

Hugging In The Classroom



Once upon a time, there was a student named Lily who loved her teacher, Mrs. Clark. Every day, Lily would feel excited to see her and sometimes wanted to give her a big hug to show how much she liked her. One day, after a fun lesson, Lily ran over to Mrs. Clark and gave her a big hug.

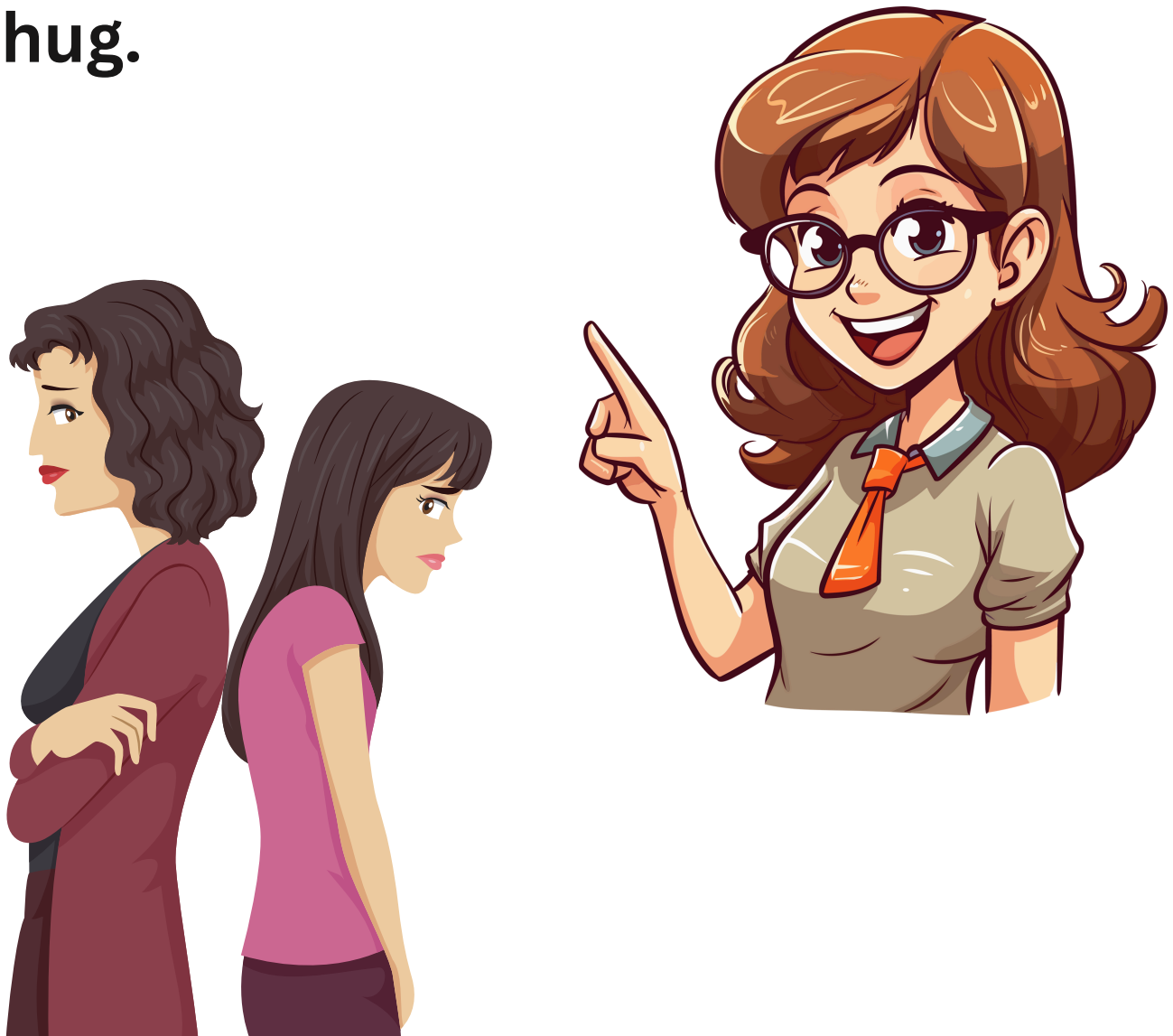


**Mrs. Clark smiled but gently said,
"Lily, we have to remember that
hugging at school is not always the
best way to show we care."**

**Lily didn't understand at first. She
loved hugs and thought it was the
best way to show her feelings.**



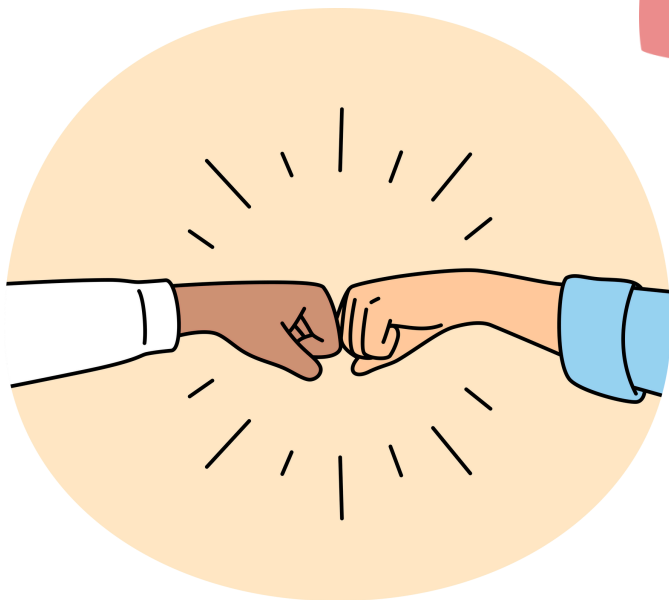
Mrs. Clark explained that hugging the teacher is not always appropriate in school, because sometimes it makes people feel uncomfortable or it can be hard to know when it's okay or not okay to hug.



Everyone has different feelings about hugs: Some people like hugs, but others may not feel comfortable with them, even if they like you. It's important to respect everyone's space and feelings



Mrs. Clark also explained that there are other ways to show kindness. You can give a high five, handshake, or fist bump. Which is appropriate while at school.



What can Lily do to show her feelings differently?

1. Take Deep Breaths:

2. If Lily felt excited and wanted to hug, she could take a slow, deep breath to calm her body and mind:

- Inhale through your nose... one, two, three.
- Exhale through your mouth... one, two, three.



Instead of hugging, Lily could say something like, "I'm really happy!" or "I'm so glad we learned something fun today!" Talking about her feelings helps her show kindness without a hug.



Lily learned that there are many other ways to show kindness and respect to her teacher and friends, like with words, a smile, or a wave. Now, she remembers to take a deep breath and think before acting. She feels proud when she uses her words to share her feelings instead of hugging.

