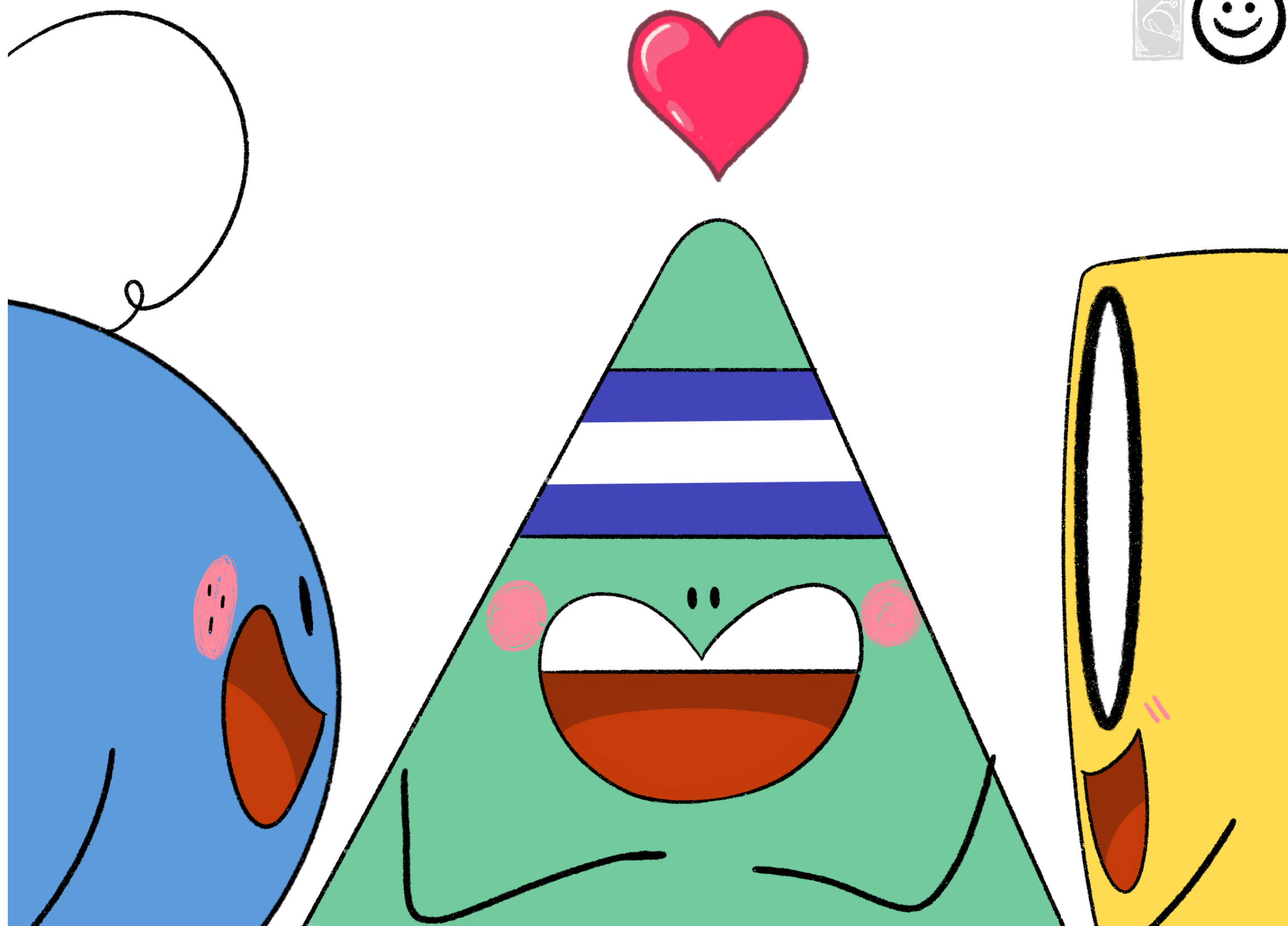


TOYBOX



Hugging is a Choice

Show That You Care

Goal: Some people do not like to be hugged, which is okay. There are other ways to show that you care!

Click here for a helpful [Video Tip!](#)

Why is this important? Establishing positive relationships helps with physical and mental health, and it is equally important for both adults and children to respect the boundaries of others.

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Simington, M. O. (2017). The Way You Make Me Feel. *Phi Kappa Phi Forum*, 97(4), 11.

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