

Hugs



It's wondrous what a hug can do.
A hug can cheer you when you're blue.
A hug can say, "I love you so,"
Or, "Gee, I hate to see you go."

A hug is "Welcome back again!"
And "Great to see you!"
Or "Where've you been?"
A hug can soothe a small child's pain
And bring a rainbow after rain.

The hug! There's just no doubt about it,
We scarcely could survive without it.
A hug delights and warms and charms,
It must be why God gave us arms...

Hugs are great for fathers and mothers,
Sweet for sisters, swell for brothers.
And chances are some favorite aunts
Love them more than potted plants.

Kittens crave them. Puppies love them.
Heads of state are not above them.
A hug can break the language barrier.
And make the dullest day seem merrier.

No need to fret about the store of 'em.
The more you give, the more there are of 'em.
So stretch those arms without delay
And give someone a hug today!

Author Unknown

Courtesy of



Hugs for Health Foundation

Making a difference—one hug at a time!

www.hugs4health.org