



# The science of... hugs

Brain scientists have shown that a big

## HUG

is a great way to wind down.

Grab a soft toy, and spend a moment wrapped up in a hug. If you prefer, you could hug someone in your family or a friend instead.

What does the soft toy smell like?

What sounds can you hear drifting in the background?

How does the fabric of your soft toy feel against your skin?

If you have a pet, such as a cat or a dog, you could try giving them a hug if they're happy with it.

How do you feel after your cuddle? Does your body feel calmer?



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Illustrations by Manu Montoya, Ada Crowe  
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