

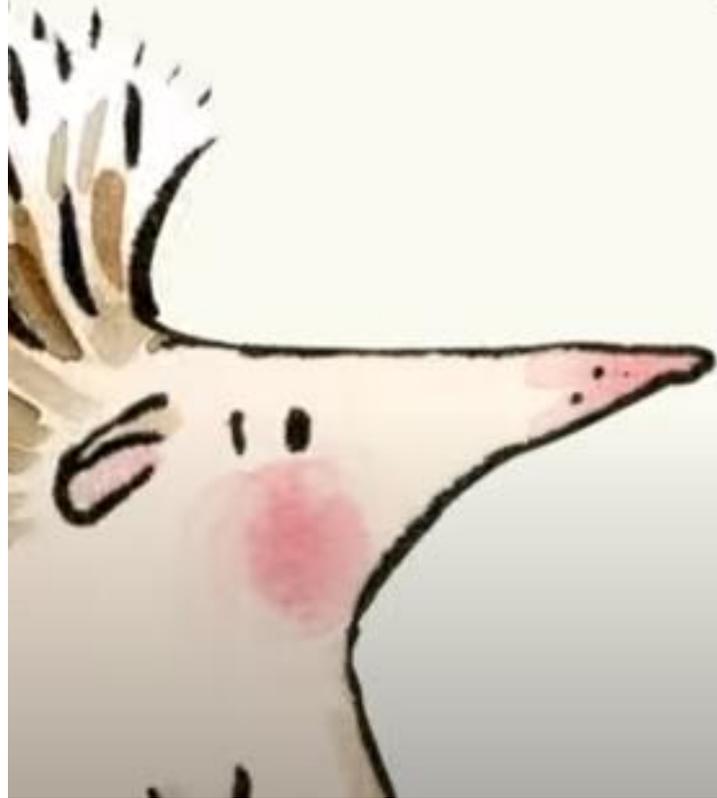
<https://www.youtube.com/watch?v=2PnnFrPaRgY&safe=active>

Share the story and discuss why we can't hug family and friends from outside our house at the moment and why it is so important that we follow the rules.





Hedgehog and Tortoise were
the best of friends.



They wanted to give each other a great, big hug.

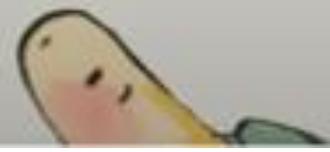


But they weren't allowed to touch.



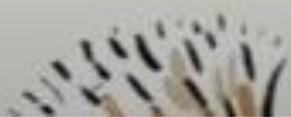


“Don’t worry,” said Owl.





“There are lots of ways to show
someone you love them.”



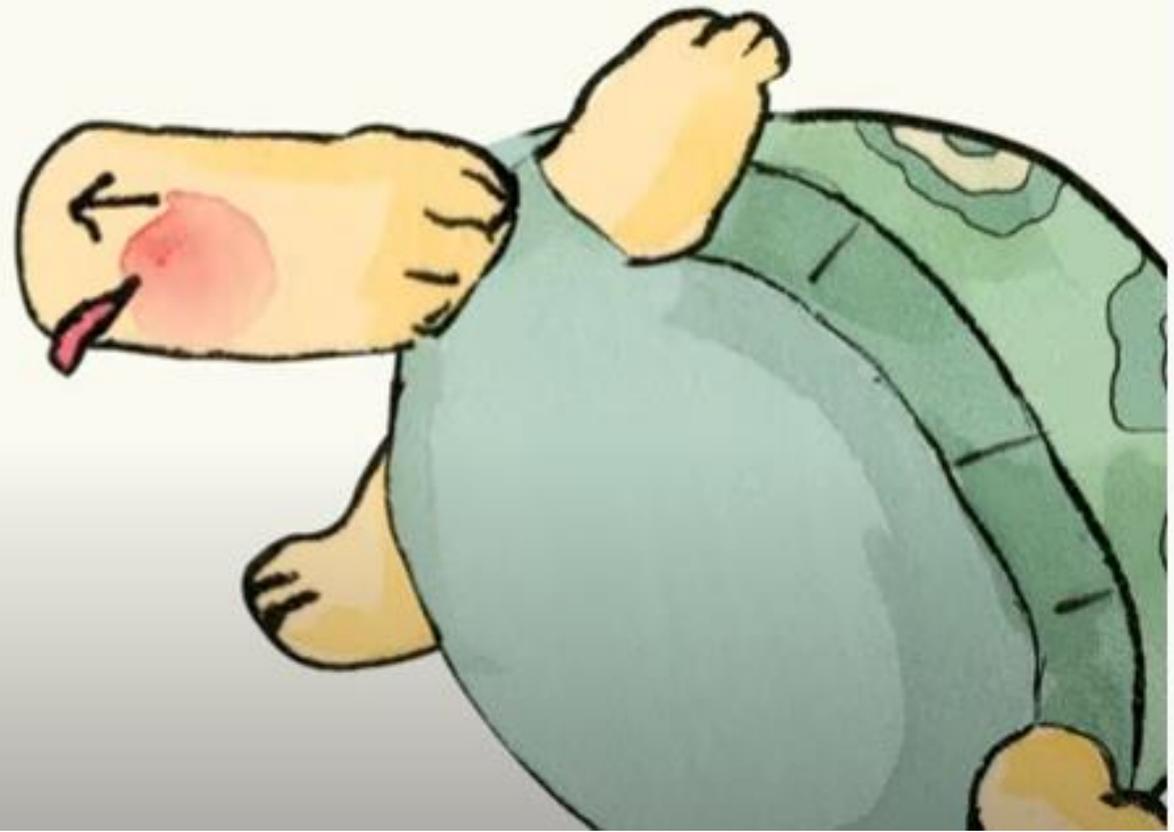
Hedgehog tried a wave.



That made Tortoise smile.



Tortoise made
a funny face.





That made
Hedgehog laugh.

Tortoise wrote a letter.



And Hedgehog wrote one back.



And when Tortoise did a little dance,
Hedgehog joined in, too.



Hedgehog blew a kiss
across the gap between them.



Tortoise saw it, and caught it, and kept it.
And sent three back again.



Tortoise sang a song.



Tortoise sang a song.
Hedgehog played along.



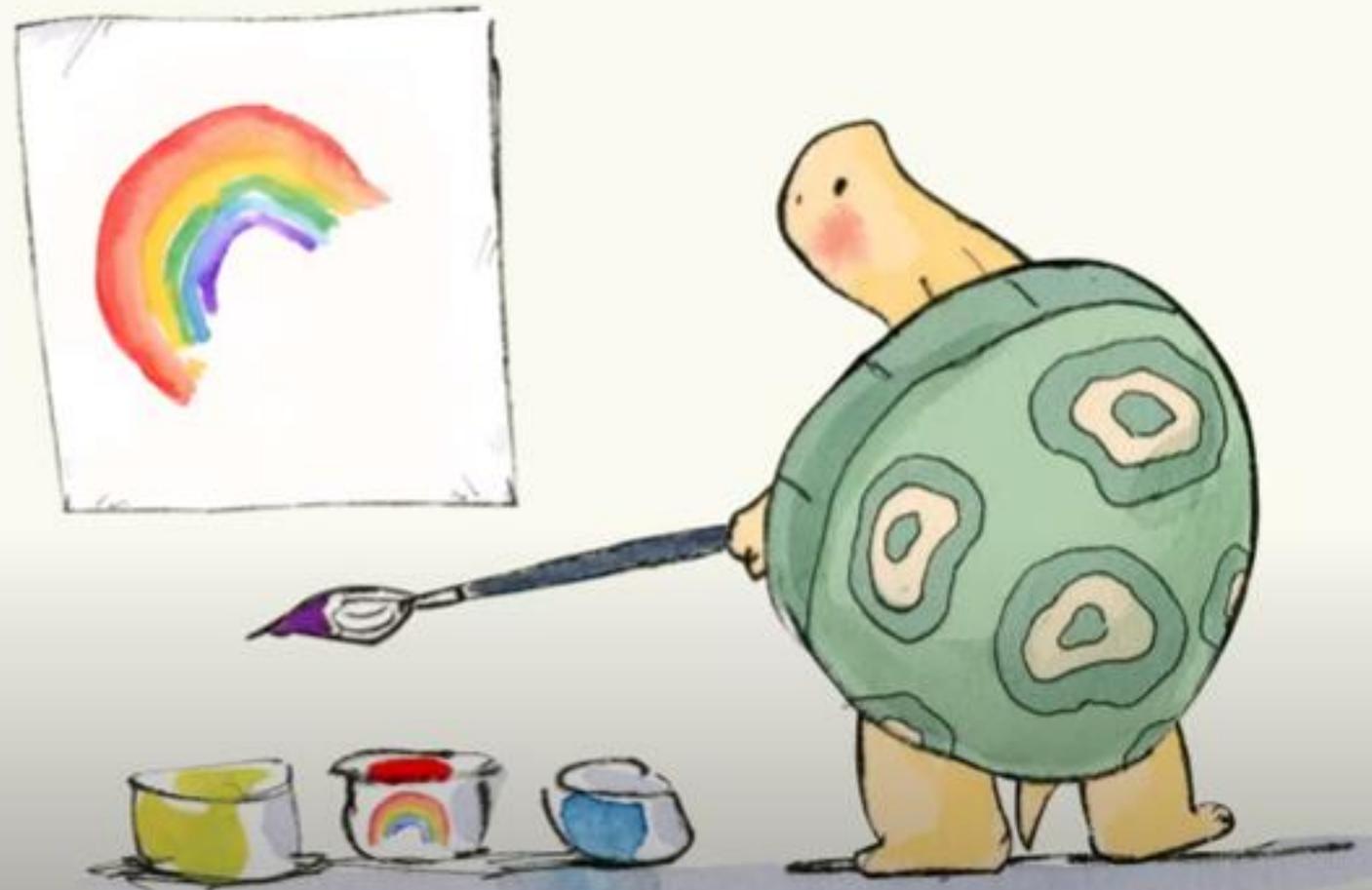
La La





Then they
both painted
pictures,

so that
everyone
would know
they were
friends . . .





... through rain ...





... and shine.





They could
not touch.



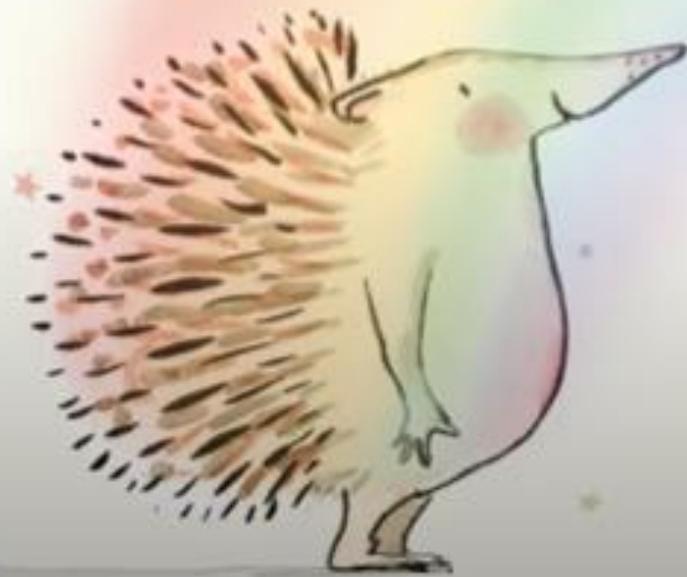


They could
not hug.



But they
both knew





But they
both knew
that they
were loved.





Kindness Award

Awarded to

INSERT NAME HERE

for

INSERT REASON HERE

#MentalHealthAwarenessWeek