

# Love Hugs



# LOVE HUG



*Daniel M. Williams*  
MD, PA



It was a cold night in the foster home, Anna was sleeping peacefully with the only toy she had, when suddenly she woke up in a fright.

She had a nightmare.

Anna sobbed quietly as she held on to her fluffy, sitting on her bed. She wished she had her mummy her with her.





This was one of those nights when Anna wished her mummy was with her, giving her a hug and telling her 'it was just a dream.'

Anna sat still until she was calm and then went back to sleep.





In the morning, Anna sat in class, thinking about her dream. She was not paying attention to what the teacher was saying.

“Anna, can you tell us the answer?”

Teacher Mary asked.

Anna stared blankly, she had missed out on what the teacher said and didn't know what answer the teacher was asking for.





After class, it was lunch time. The teacher called Anna to speak with her.

“Anna dear, you were distracted in class. I know you knew the correct answer, what is wrong?” Teacher Mary asked softly.

“I miss my mummy, I wish she could hug me before I go to bed at night, when I have those nightmares, and when I wake up in the morning,” Anna sobbed.





Teacher Mary, felt sorry for her. She knew Anna even before her mummy went to heaven.

“Anna, would you like me to give you a hug?” she asked and Anna nodded.

The teacher hugged her for a very long time. She wrapped her arms around her, holding her closely.

When they finally let go, Anna whispered, “Thank you, Miss Mary. I feel a lot better.”





Teacher Mary smiled. "I'm glad, sweetheart. Everything is going to be all right, okay?"

Anna nodded, but her voice was quiet. "But you can't always be there, can you?"

Mary sighed softly. "That's true. But I can teach you something special—something that will give you hugs anytime you need them."

Anna's eyes brightened just a little. "Really? How?"





**“When I was little,” said Teacher Mary, “my mummy worked far away. I missed her hugs, too. But she taught me something called pretend hugs.”**

**Anna tilted her head. “Pretend hugs? What does that even mean?”**

**Mary smiled. “It means wrapping your own arms around yourself—like this.”**





She demonstrated, crossing her arms over her chest and giving herself a squeeze.

“Then you close your eyes and imagine the person you love hugging you.”

Anna frowned thoughtfully. “But... will that really work?”

“It might sound silly,” said Mary, “but love doesn’t live in our arms—it lives in our hearts. When you imagine someone’s love, your heart can feel it. Try it.”

Anna hugged herself tightly. Her small arms crossed over her chest, and she squeezed.





At first, she felt shy. But then she closed her eyes and pictured her mummy—smiling, warm, kind.

She imagined her mother's soft hands on her back, the smell of her hair, the gentle sound of her voice saying, "It's okay, my little star."

Anna's face softened. Her shoulders relaxed.

"It's warm," she whispered. "It feels like... she's here."

Teacher Mary nodded, her eyes glistening. "That's your mummy's love, Anna. It never leaves you. When you hug yourself, you remind your heart that love is still there."





That evening, Anna sat on her bed with her fluffy in her lap. She remembered what Teacher Mary had told her. She crossed her arms, closed her eyes, and took a deep breath.

In her mind, she saw her mummy surrounded by golden light. She imagined that light wrapping around her, too.

It made her chest feel warm, and she smiled softly through her tears.

Then, something beautiful happened.

Fluffy, sitting in her lap, seemed warmer too—like the love was spreading from her heart to her little bear.





She decided she would send love hugs to everyone who might need one—her friends at school, the other kids in the foster home, and even to Teacher Mary. That night, she drew a picture of herself hugging her mummy, surrounded by a rainbow of colors. She called it her Love Hug Drawing. She put it by her bed so she could see it every night before going to sleep





That night, Anna dreamed again. She was standing in a garden full of soft pastel flowers. The air shimmered with golden light.

Then, her mummy appeared—smiling gently.

“My little star,” her mummy said, “I felt your hug tonight. You sent me love all the way to heaven.”

Anna’s eyes widened. “You felt it?” Her mummy nodded. “Yes, sweetheart. Love travels faster than light. And whenever you need me, just close your eyes and give yourself a love hug. I’ll always be there.”







When Anna woke up, the morning sun glowed softly on her face. She felt peaceful.

She hugged Fluffy close and whispered, "Good morning, Mummy. I love you."



And from that day on, whenever Anna  
or anyone else at the foster home felt  
lonely or afraid, she would smile and  
say,

“Don’t worry. You can have a love hug  
too.”

Then she’d cross her arms, close her  
eyes, and share the magic of love that  
could never fade.



# Draw what love looks like in your arms.

**Activity Goal:** Help children visualize love and connection

## Instructions:

- Think about someone you love—maybe your mum, dad, friend, pet, or teacher.
- Close your eyes and imagine giving them a big love hug.
- What color does your love feel like? Is it warm yellow? Soft pink? Shiny gold?
- Now, draw what your love looks like in your arms. You can draw:

You and the person (or pet) you love  
The light or color of your hug  
Hearts, sparkles, or even wings of love!



## Practice Your Pretend Hug

**Activity Goal:** Teach self-comfort and emotional awareness.

**Instructions:**

1. Sit somewhere quiet.
2. Cross your arms and give yourself a soft squeeze.
3. Close your eyes and imagine someone who loves you hugging you.
4. Take a deep breath and smile.
5. Whisper to yourself: "There's love in my hugs. I am safe. I am loved."



## The Thank You Dance

**Activity Goal:** Encourage gratitude and joyful movement.

### Instructions:

- Stand up, take a deep breath, and stretch your arms wide.
- Spin slowly in a circle.
- Whisper or sing:  
“Thank you for love.”
- Place your hands over your heart and smile.



## The Thank You Dance

**Activity Goal:** Encourage gratitude and joyful movement.

**Instructions:**

Think of three things you are thankful for today.

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# THE END



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**Natural means** with  
*Patient, Persistent, Loving Intention*



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