

N A T I O N A L  
**HUG DAY**

C H E C K L I S T

- Send a friend or family member a virtual hug through text, emojis, or virtual card
- Print and color the Hugging Day coloring sheet and give it to a neighbor
- Print and complete the "Hug Monster" craft @ <https://artwithcrystal.com/hug-monster/>
- Print, cut out, and redeem free Hugging Day coupons
- Complete the Hug Challenge: Give a hug to a loved one, friend, favorite stuffed animal/pet, or family member.
- Share your National Hug Day Activities on the PRISMS support page at <https://www.facebook.com/groups/149357361742618> . Use the hashtags: [#nationalhugday](#) [#hugorbehugged](#) [#PRISMS](#) [#hugday2025](#) [#SmithMagenisSyndrome](#)

