



The Eight-Hug Cuddle

Instructions for Grown-Ups:

Focus: Social-Emotional Skills (Expressing Feelings & Affection)

The most important lesson Opus learned was that he was wonderful at giving hugs. This activity helps your child identify feelings and express affection.

What You'll Need:

The storybook "Amy and Opus's Wobbly Dance".

A favourite stuffed animal.

Instructions:

As you read the story, point out how the characters are feeling.

Find the page where Opus is tangled and sad. Say, "Opus looks sad here. Can you show me a sad face?"

Turn to the last page where he is hugging Amy. Say, "Now Opus is so happy! Show me your big happy smile!"

When you finish the book, say, "Opus gives the best hugs with his eight arms! Let's practice our Opus hugs."

Give your child a big, gentle hug.

Wiggle your arms a bit and say, "This is a wiggly, wobbly Opus hug!"

Encourage them to give you a hug back. You can also ask them to give their favourite stuffed animal a big hug to show they love it.

What Your Child is Learning:

Talking about feelings in the book helps your child build emotional vocabulary. Practicing hugs and affection in a playful way strengthens your bond and teaches them how to show love and kindness to others.