1. Colour our logo! Use your imagination and decorate your hugs - dress them in our running vests, your favourite colours or turn them into a nurse, a doctor or even your favourite cartoon character!
2. Display them in your window for everyone to see, send to family and friends or #SendAHug on social media.
3. Tag us on Facebook, Instagram or Twitter so we can see your masterpieces - and we'll pick our favourite for our social media profiles each week!