



My Pocket Hug

Cut along the dotted line. Keep one, give one.



**You are safe.
You are loved.**



**Love travels
with you.**



**Breathe in.
Breathe out.**



**Brave hearts
get back up.**

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From Lola's Pocket Hug and Nolan's Pocket Hug by Courtney Owen. Print, color, cut, and tuck into a pocket. courtneyowenbooks.com