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## Hug your Parents

For a large part of our growing years, our parents are the center of our worlds so it's alright to give them hugs occasionally to show our appreciation for them! But as we mature into adolescents and young adults, many of us start feeling disconnected from our parents or think it's awkward to still be hugging them. Let's start to think that hugging is a good habit to inculcate!

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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