3 things you learned

* A hug is a silent way of telling someone they matter
* Someone attacked a running race, and the first thought in mind was why?
* The next Boston Marathon, the man tried as hard as possible to get the other racers to participate, so they don’t feel intimidated.

3 things you agree or disagree with

* I agree that a hug can be super powerful
* I agree that a hug can change the way that you think about yourself
* I agree that no one should feel intimidated by something that wasn’t their fault

Educational reflection

We need to feel like we are enough, because we are. Hugs are things that just tell how much we are loved and wanted in this world. We have self worth.