

# HELPFUL ALTERNATIVES TO HUGGING

As some autistic individuals are averse to the pressure or touching aspect of receiving hugs, here is a list of "hug" alternatives you can utilize.

## Adaptive hugs



Hold Hands



Fist Bump



High Five



Pinky Hug

## Non-Touching Hugs



Blowing Kisses



Say "I Love You"



Hands on your Heart



Self-Hugs



Thumbs Up