

**1. Match the paragraphs with the subheadings below.**

- a) Hugs can increase your self-esteem
- b) Hugs can boost immunity
- c) Hugging shows appreciation
- d) Hugs can lower stress

**2. Read the article and write T (true) or F (false) next to the sentences.**

- a) Hugging someone who has a cold is not recommended as you may catch one as well. ....
- b) The positive effects of a hug can last long and make a stressful occasion easier to bear. ....
- c) If people do not receive hugs from their parents, they may have lower self-esteem. ....
- d) Tatkin says that hugs can bring people closer, but they can't repair damaged relationships. ....