

Celebrate Hug Your Cat Day!

Hug your cat, if you have one, to let your cat know how much it means to you. Think loving thoughts about cats you've had in the past – they will hear you and purr.

Many people write to ask how to celebrate this holiday in a group. Create a cat collage! It's fun, social, and very revealing.

Start by gathering several outdated magazines together and buy poster board, glue, and several pairs of safety scissors.

Cut out pictures of cats and other objects/people, arrange them nicely on the poster board, and then glue them in place.

Some people like to make up a story in their minds as they arrange their pictures, and then share their story with others in their group in turn. Some people may even want to tape record these stories and play them back later.

