

Podcast Script

First scene: (Logo screen)

We are what we do, Hug Somebody.

Fading to first scene :(unhappy child receives a teddy bear)

Hugs are a great way to show love, compassion and caring towards people who are unhappy or in need .Here, a young child is feeling upset and needs affection. After receiving a hug, he feels much better and will go on to help others, in any way he can but especially to feel happier.

Fading into second scene :(Depressed man gets hugged by original sad child)

Moments later, as the child who received the hug is in a compassionate mood, he gives a hug to his brother, to cheer him up, and the brother will go on to spread compassion around to someone else, and so on and so on.

Fade into Wars slide, and then to couple arguing.

If, every once in a while, we all showed a little act of compassion to one another, instead of the usual arguments and conflicts, just think of what we could change. If the Nations of the world decided to co-operate and help each other out, we could prevent wars end them. Maybe we could work better together and make leaps in science and technology, and perhaps even save the planet from utter chaos.

It is amazing what a simple act like hugging can do to the world.

With one step at a time, we could make the world, a friendlier and better place to be, together.