



## THE QUIET QUEST

You've probably noticed that Cat Ninja is a feline of few words—actually, he doesn't speak at all! But that quietness is a kind of superpower. It lets him notice all sorts of things that most people miss.

You can try out this superpower yourself! Find a comfortable spot or ask a sidekick to go for a walk, and see what you notice when you're as silent as a ninja. The more often you practice this superpower, the more you'll be like the peaceful protector of Metro City!

- Look all around. Really look around. What do you SEE? Even in a familiar place, you can always find something you've never noticed before: a pattern in the rug, the shadows made by a tree's branches, the details in a poster on the wall. Write what you see below.

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- Close your eyes (but stop walking first!). What do you HEAR? Listen for little noises: a clock ticking, a bird chirping, a train in the distance. Write what you hear below.

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- Take a deep breath. What do you SMELL? Maybe it's freshly cut grass or lunch in the cafeteria. Think about whether these smells are clues about things that have happened or things that are going to happen. Write what you smell below.

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- How does the quiet make you FEEL? Are you calm, sleepy, or fidgety? Write what you feel below.

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- What surprised you about using this superpower? Was it easy or hard? How do you think you could use it in your daily life?

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# PAWSOME POSES FOR SUPERHERO STRENGTH

Practice these yoga poses to be strong, flexible, and stealthy—just like Cat Ninja!



## CAT-STUCK-IN-A-TREE POSE (Tree Pose)

1. Stand tall with your feet apart and your arms up in the air. If you can't keep your arms up, try lowering them to your sides.
2. Bend and lift one leg. Press the bottom of your raised foot against the inside of your other leg.
3. Hold your balance while you take 3 deep breaths.
4. Slowly lower your foot, and repeat the pose with your other leg.

**How long can you hold Cat-Stuck-in-a-Tree Pose?**  
**Challenge yourself to keep your balance for 10 deep breaths!**

## ARCH-ENEMY POSE (Cat Pose)

1. Get on all fours with your hands right under your shoulders, your knees right under your hips, and your back flat. Look straight down at the floor.
2. Exhale and arch your back up toward the sky while you dip your head down to look at your belly. (Check for snacking supervillains!)
3. Inhale while you slowly flatten your back and bring your head forward to look at the floor. Repeat 5 times.





## THE ADONIS STRETCH

*(Upward-Facing Dog)*

1. Lie flat on your stomach with your legs stretched out behind you.
2. Bend your elbows and press your palms flat against the floor right next to your shoulders.
3. Press up with your arms to lift your head and belly. Lift your chin, look straight ahead, take a few deep breaths, and slowly lower your body back to the floor. Repeat 5 times.

## MASTER HAMSTER'S RECLINING RODENT POSE

*(Child's Pose)*

1. Kneel on the floor with your big toes touching and your knees as wide as your hips.
2. Sit back on your heels.
3. Slowly bend forward and bring your forehead to the ground. You can keep your arms by your sides or pointing toward your feet, or you can rest your head on them.
4. Relax, take a few deep breaths, and dream of yum-yums (or something else that makes you happy)!

