



## 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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