



## THE QUIET QUEST

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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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# PAWSOME POSES FOR SUPERHERO STRENGTH

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## 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)!

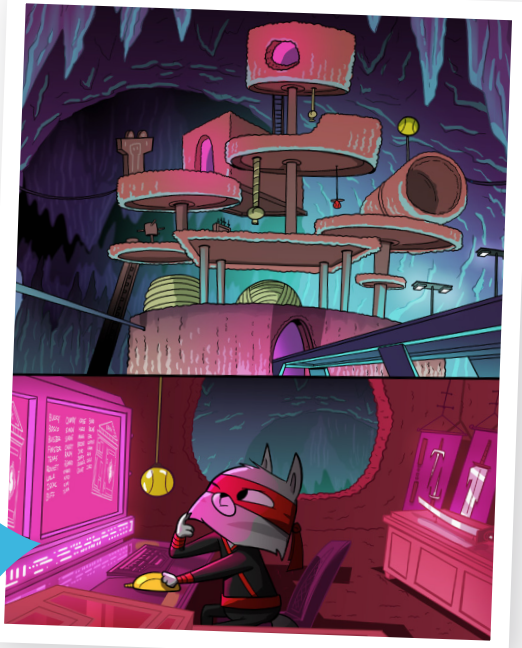




# BUILD YOUR HERO HEADQUARTERS

When Cat Ninja needs a break from Master Hamster, he goes to his underground (um... under litter tray?) headquarters. You can build your own secret hideout too—no pesky rodent required!

Cat Ninja's Lair



## 1. DESIGN YOUR LAIR.

Think about your perfect Hero Headquarters. Would it have a secret entrance? Books? Art supplies? Music? Use paper and pencil to draw a map of your hideaway with spaces for all of your favorite activities.

## 2. CHOOSE A LOCATION.

Is there a quiet, corner in your house or a shady spot in your yard?

Are you a builder?  
Make a model of your hideout using blocks, a construction set, or a shoebox.



Master Hamster's Lair



Knock Knock!  
*Who's there?*  
(Silence)  
(Silence)  
*Oh, hi, Cat Ninja!*





## SUGGESTED SUPPLIES

- Cushions and pillows
- Sheets and light blankets
- Clothespins or binder clips
- Furniture
- Cardboard boxes, tape, scissors, crayons, markers

### 3. GATHER YOUR MATERIALS AND GET BUILDING.

Start with these ideas, or create something totally new.

- Cover a table with blankets, then create a cardboard-box entrance tunnel just big enough for you. (Don't forget to hang a No Supervillains sign!)
- Look around your living room. Could you make a fort by hanging sheets between a chair and your couch, or between two high-backed chairs? Use clothespins or binder clips to hold the sheets together—and conceal the secret exits!
- Use a large cardboard box (or tape some boxes together) to design a fort with secret compartments, hidden passageways, and trapdoors. Use crayons, markers, or stickers to decorate it.
- Use cushions and blankets to turn the space behind the couch into a cozy lair for reading, snacking, or planning your next mission.

### 4. MOVE IN!

Add decorations, strings of holiday lights, and toys to make your hideout feel like home.



# MASTER HAMSTER'S **SECRET** YUM-YUM RECIPES



There are three things Master Hamster won't share: his gadgets, his underground lair, and his recipe for Yum-Yums! But after lots of delicious experiments, we're pretty sure we've figured out his secret formulas!



All of these recipes start with plain, unbuttered popcorn—air-popped, store-bought, or micro-wave. Pour about 6 cups of popcorn into a large mixing bowl, sort through the popcorn, and throw away any unpopped kernels. Set the popcorn aside while you make your topping.

To pop regular popcorn in the microwave, put  $\frac{1}{4}$  cup of popcorn kernels in a brown paper lunch bag. Fold the top down three times, and put the bag in the microwave. Cook for  $2\frac{1}{2}$  minutes, or until 3 seconds pass between pops. Wait for 30 seconds before you open it.

## CHOCOLATE AND PEANUT BUTTER YUM-YUMS

**2 tablespoons  
butter**

**$\frac{1}{4}$  cup peanut  
butter**

**$\frac{1}{4}$  cup chocolate  
chips**

Cover a baking sheet with waxed paper.

In a microwave-safe bowl, combine the butter, peanut butter, and chocolate chips. Microwave for 45 seconds. Stir until the ingredients are completely combined.

Pour half of the topping over the popcorn and use a rubber spatula to stir and coat the popcorn. Add the remaining topping, and stir until the popcorn is evenly coated.

Spread the popcorn over the waxed paper and let it cool for about 20 minutes.



## COOKIES AND CREAM YUM-YUMS

**12 cream-filled  
chocolate  
sandwich cookies**  
**1/4 cup white  
chocolate chips**



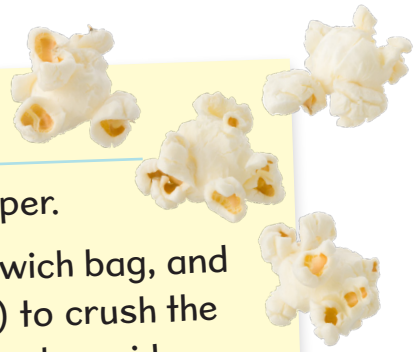
Cover a baking sheet with waxed paper.

Put the cookies in a resealable sandwich bag, and use a wooden spoon (or your hands) to crush the cookies into fine crumbs. Set the crumbs aside.

Place the white chocolate in a microwave-safe bowl and microwave for 30 seconds. Remove, stir, and microwave for another 30 seconds. Repeat until the chocolate is completely melted.

Pour half of the melted chocolate and half of the cookie crumbs over the popcorn and use a rubber spatula to stir and coat the popcorn. Add the remaining chocolate and crumbs, and stir until the popcorn is evenly coated.

Spread the coated popcorn over the waxed paper and let it cool for about 20 minutes.



## PARMESAN YUM-YUMS

**3 tablespoons butter**  
**3 tablespoons grated  
Parmesan cheese**

Put the butter in a microwave-safe bowl. Microwave the butter for about 30 seconds, or until melted. Pour the melted butter over the popcorn and stir so it's coated. Sprinkle the cheese over the buttered popcorn and stir to coat evenly.

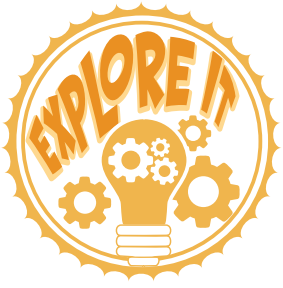
## EVERYTHING BAGEL YUM-YUMS

**3 tablespoons butter**  
**3 tablespoons  
everything bagel  
seasoning**

Put the butter in a microwave-safe bowl. Microwave the butter for about 30 seconds, or until melted. Pour the melted butter over the popcorn and stir until it's coated. Sprinkle the everything bagel seasoning over the buttered popcorn and stir to coat evenly.







# EXTENDO-HAND

Master Hamster's robot suit has detachable hands that hide scissors, rocket boosters, and other gadgets! Here's how to make your own gadget arm.

## YOU'LL NEED:

Heavy poster board or thin cardboard  
2 paper drinking straws  
2 yards (72") of string  
Tape or white school glue  
Scissors  
Ruler  
Paint, crayons, stickers for decorations



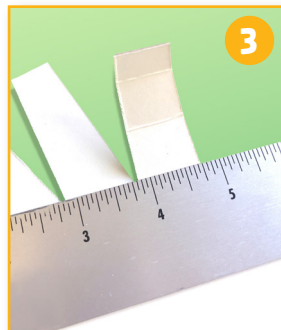
## Arm

**1** Trace your hand and forearm on the poster board or cardboard. Add a 3" by 5" section near the elbow edge of your traced forearm.

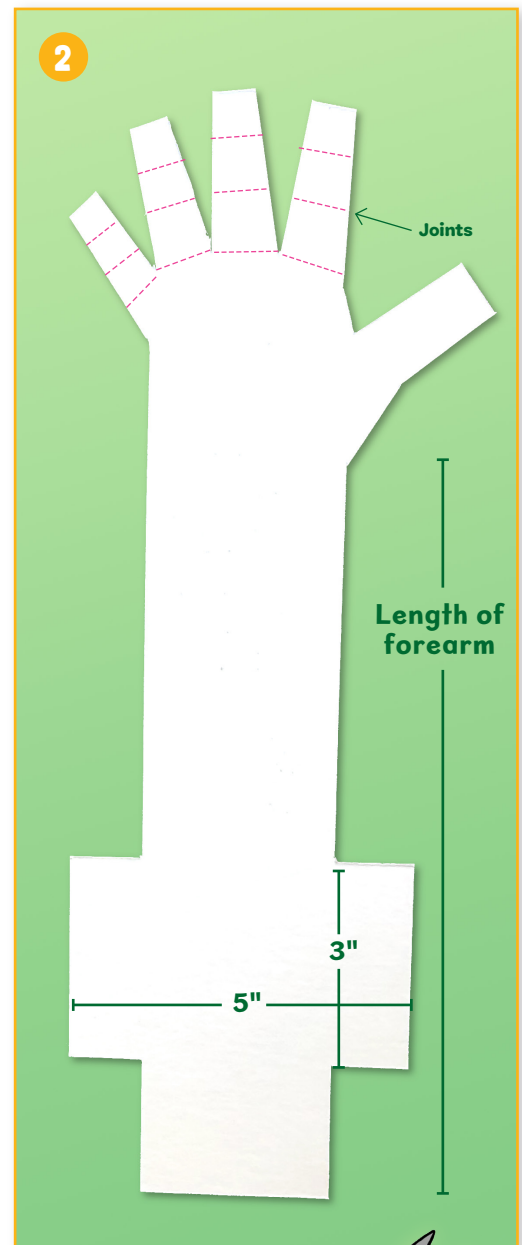
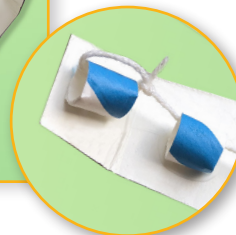
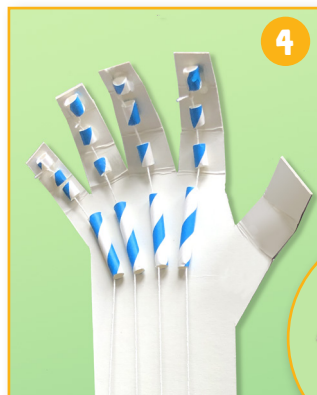


**2** Cut out the shape you traced. Your cutout will look like photo 2.

**3** Use a ruler to fold each finger in 3 places, forming the joints. See photo 3.

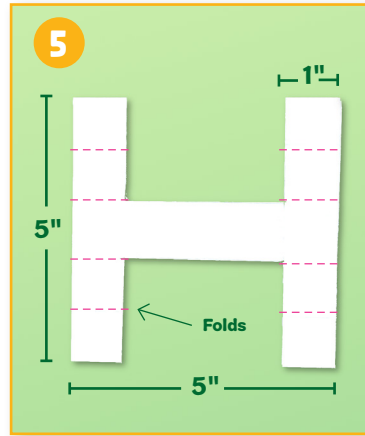


**4** Cut the paper straws into twelve 1/4" and four 1" pieces. Glue or tape one 1/4" straw between each finger joint and four 1" straws to the palm. Pull the string through all the straw pieces, including the top straws. Loop the string around each top straw and tie it to itself, as shown.



## Handle

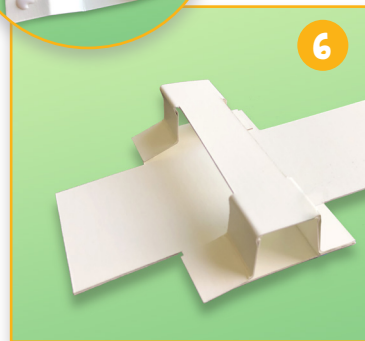
**5** Draw a 5" square on cardboard or poster board and cut it out. Draw the H shape as shown in photo 5 onto the square and cut it out. Use a ruler to make folds spaced 1" apart.



**6** Attach the handle to the arm with glue or tape as shown in photo 6.

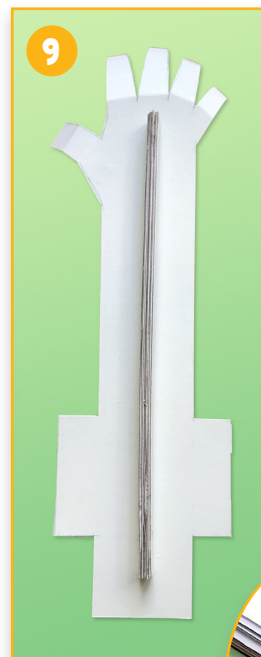
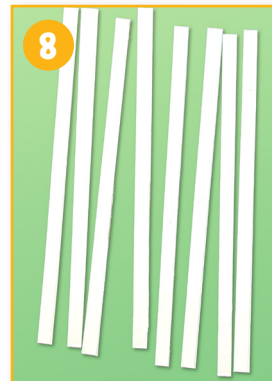
*Take a reading break while the glue dries!*

**7** Tie a loop that is big enough for your finger at the end of each string. When you wiggle your fingers, Extendo-Hand will move, too!



## FUN FACT

This arm is an example of reverse engineering. It's a mechanical version of something that already exists (your arm) that uses cardboard in place of bones and string in place of muscles and tendons!



## Brace

**8** Cut out eight 1/2" by 12" strips.

**9** Glue or tape the strips together to form one thick strip. Glue or tape the edge of the thick strip to the back of the arm to make it sturdy.





## INVENT A SUPER GADGET

Le Chat's smoke bombs hide her daring escapes. Master Hamster's freeze ray stops his enemies in their tracks. If you could invent a gadget that would do ANYTHING you wanted, what would you invent, and why? What accessories would you include?

(Maybe a shrink ray, a laser that shoots rainbows, or a rocket booster to help you escape from supervillains or help you win that track race!)

Draw a picture of your invention, and be sure to label all of its accessories. And don't forget to give it a cool name!





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## SUPER STORYTELLERS

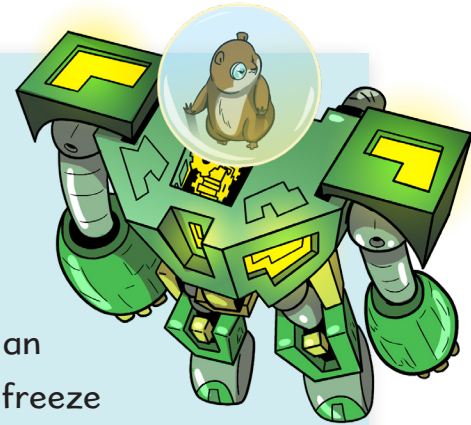
Cat Ninja doesn't always fight crime alone—enlist the help of your squad in this group storytelling activity!

### MASTER HAMSTER'S LAIR

*(2 or more players)*

Create a group of two or more storytellers to tell your own Cat Ninja story. Player 1 starts the game by saying, “When I snuck into Master Hamster’s lair, I saw a...” and then names an object they might see in a wannabe supervillain’s lair—like a freeze ray! Player 2 repeats what Player 1 said, and adds an item of their own: “When I snuck into Master Hamster’s lair, I saw a freeze ray and a bag of yum-yums!” Each player repeats the list and adds an object until someone makes a mistake or can’t remember the order of the items.

Once you’ve got the hang of it, you can add actions or events to your list of items. Player 1 might start the game by saying, “When I snuck into Master Hamster’s lair, I saw Master Hamster charging his freeze ray.” Player 2 would then say, “I saw Master Hamster charging his freeze ray, and I removed the battery.” See how long you can keep the story going as a team!



You don't always have to sneak into Master Hamster's lair. You could visit Le Chat's Chateau, the Racoon Bros' hideaway, Dr. Von Malice's Secret Lab, or even Leon's room. The story can go anywhere and include any characters you want!



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