

Find The

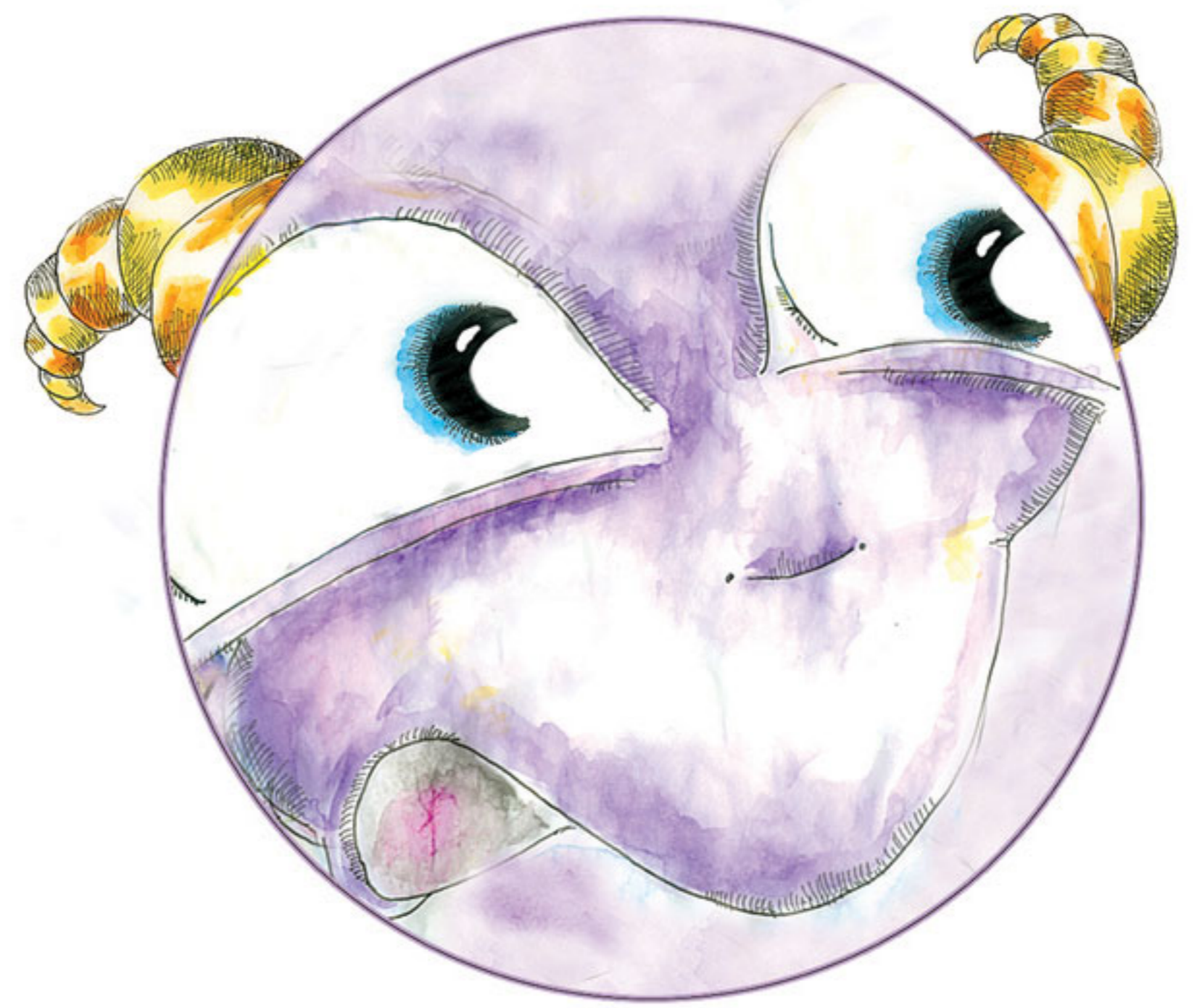
WorryBugs

There are 23 WorryBugs hidden around WooTown.
Can you find all of them?



Twitch's Feelings Faces

Twitch always feels frustrated but he also has a lot of other feelings
Write what emotion he is feeling below each face.



Mindfulness Poses With

The WorryWoos®



Chair



Butterfly



WorryBug®
Warrior I



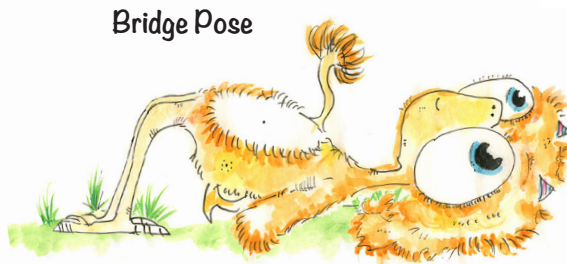
Tree



Boat Pose



Camel Pose



Bridge Pose



Triangle



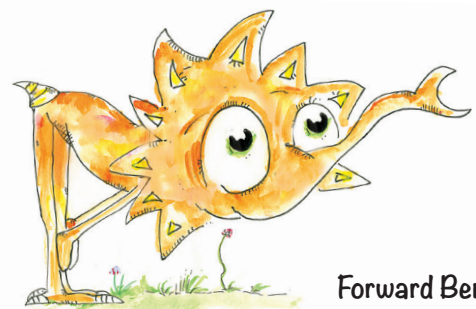
Seated Bend



WorryBug®
Warrior II



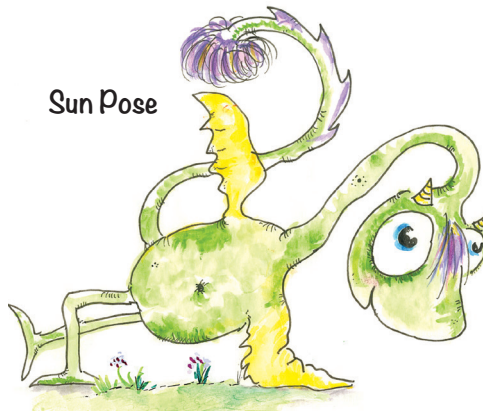
WorryBug®
Warrior III



Forward Bend



Half Moon



Sun Pose



Downward Dog

Chair Pose

Stand nice and tall with your feet hip width apart.
Exhale and bend your knees as if you were sitting in a chair
Extend your arms up with palms facing each other.

Feel the strength and the serenity from the ground up!



Butterfly Pose

Start with sitting on the floor. Bend your knees and bring the soles of your feet together.

Hold on to your feet as you gently move your knees up and down, as you are flapping your wings.

Think of all the beautiful colors your wings could have.

Remember that just like Rue, you are beautiful on the inside and out.



WorryBug Warrior I Pose

One leg is straight back, the other is bent in a lunge with the front knee of the front ankle.

Reach your fingertips up to the sky with the palms facing each other through your chest.

Remember you are a powerful warrior, not a worrier!



Tree Pose

Start out standing nice and tall with your feet together. Find a sturdy thing ahead of you to focus your gaze on.

Bring your hands to your heart and stretch your arms over your head, nice and tall. When you are feeling strong, allow the top foot to float up the inside of the standing leg.

Feel the stretch as you grow into a strong, confident tree.



Boat Pose

Sit with your knees bent, feet on the floor. Place your hands behind your knees, lift the chest.

Engage your inner thighs and draw your lower belly in and up.

Tip back on the back of your sitting bones and lift your feet up to about knee height, toes spread out.

Bring your arms parallel to the floor.

Try for a moment to straighten your legs.

To come out of the pose, on an exhalation bring your feet down, and sit with a straight spine, holding on to your legs for a couple of breaths.

Think of all the magical places your boat could travel to.



Camel Pose

Begin on your knees, with the tops of your feet resting on the floor. Place your hands on your back, with your fingers pointed down. Slowly lean back until your hands can touch or reach your feet. It's OK not to reach to your feet fully. Hold this pose for three deep belly breaths. Bring your hands to your lower belly and slowly come back to a kneeling position.



Bridge Pose

Lay down on your back. Rest your arms on the floor, by your sides. Bend your knees up with your feet flat on the floor. Lift up your hips, with your hip bones rising towards the ceiling. Hold this pose for three belly breaths. Lower your hips back to the floor.



Triangle Pose

Begin standing, then lightly jump your feet apart to a wide position about three to four feet apart. Turn your left foot out and turn to face that direction. Take a slight bend in your left leg and raise your arms out on your sides, forming a "T" shape.

Straighten through your left leg, then reach your torso over your left leg as your hips jut back. Rotate your left palm so it faces the ceiling, and gaze out over your left arm.

Maintain a long, straight spine as you reach your left hand to the mat, placing it in front of your left foot. If you feel off balance, bring in your back leg closer to shorten your stance. Gaze towards your right arm, which should be extended overhead. Hold and repeat on the other side.

You are remarkable!



Seated Bend

Start by sitting with your legs out in front of you.

Bring your arms straight out to the sides and up over your head, reaching toward the ceiling.

Inhale and draw your spine up long.

As you exhale, begin to come forward

Take hold of your ankles or shins, whichever you can reach.

Feel the strong earth beneath you.



WorryBug Warrior II Pose

Start in Mountain pose at the front of your mat and take a big step back with your left leg, toes pointing slightly in.

Press the four corners of your feet down, and firm your legs up.

As you inhale, raise your arms parallel to the floor, keeping your shoulders down and your neck long.

As you exhale, bend your right knee, keeping your knee over your ankle.

Roll the top of your thigh down towards the floor on the right. Press down through your big toe to balance that action.

Press the top of your left thigh back, and ground the outside of your left foot into the floor.

Draw your lower belly in and up and lengthen your spine. Extend through your collarbones and fingertips. Look over your right hand.

To come out of the pose press into your feet and straighten your legs as you inhale. Repeat on the other side.

You are a strong warrior!



WorryBug Warrior III Pose

Feeling adventurous. Test your balance by moving from Warrior I into Warrior III.

Bring your palms together and slowly lean forward. Lift your left leg off the floor like you are about to fly away like a superhero. Keep your body, arms and legs parallel to the floor. Show off your strength by holding this pose and breathing in and out!

• Need to modify the pose? Instead of reaching arms out, hold your hands to your hear.



Forward Bend

Stand with your feet together. Bend your knees slightly and fold your torso over your legs, moving from the hips, not the lower back.

Place your hands next to your feet or on the ground in front of you.

Inhale and extend your chest to lengthen your spine. Keep your gaze directed forward.

Exhale and gently press both legs toward straight. Lift the knee-caps and gently spiral your upper, inner thighs back. Keep your legs straight without hyper-extending.

On an exhalation, extend your torso down without rounding your back. Stay long throughout your neck, extending the crown of your head toward the ground.

Draw your shoulders down your back.

Enjoy some deep breaths and the feeling a bringing good to the world.



Half Moon

Start in extended triangle with your left foot forward.

Bring your right hand to your hip and turn your head to look at the floor.

Bend your front leg and shift your weight into your front foot.

Reach your front hand a little forward and place it on the mat or a block directly beneath your front shoulder.

Lift your back leg until your thigh is parallel to the floor. Slowly turn your chest to face the right, twisting your torso and hips.

Reach your top hand to the ceiling.

Keep a slight bend in your standing leg.

Exit the pose the same way you came into it and return to Extended Triangle.

Calm your mind as you look to the sky.

• Leg can stay down for easier pose - see **Sun Pose** (Assisted Half Moon)



Downward Facing Dog Pose

Start on the floor on your hands and knees.

Keep your palms flat and your fingers spread out on the floor.

Exhale and lift your knees away from the floor and let your hips float up your body.

You should be forming a nice V shape.

Exhale and release by bringing your knees to the floor in the child's pose.

This pose will help you feel strong and help you see the world from a different angle.

