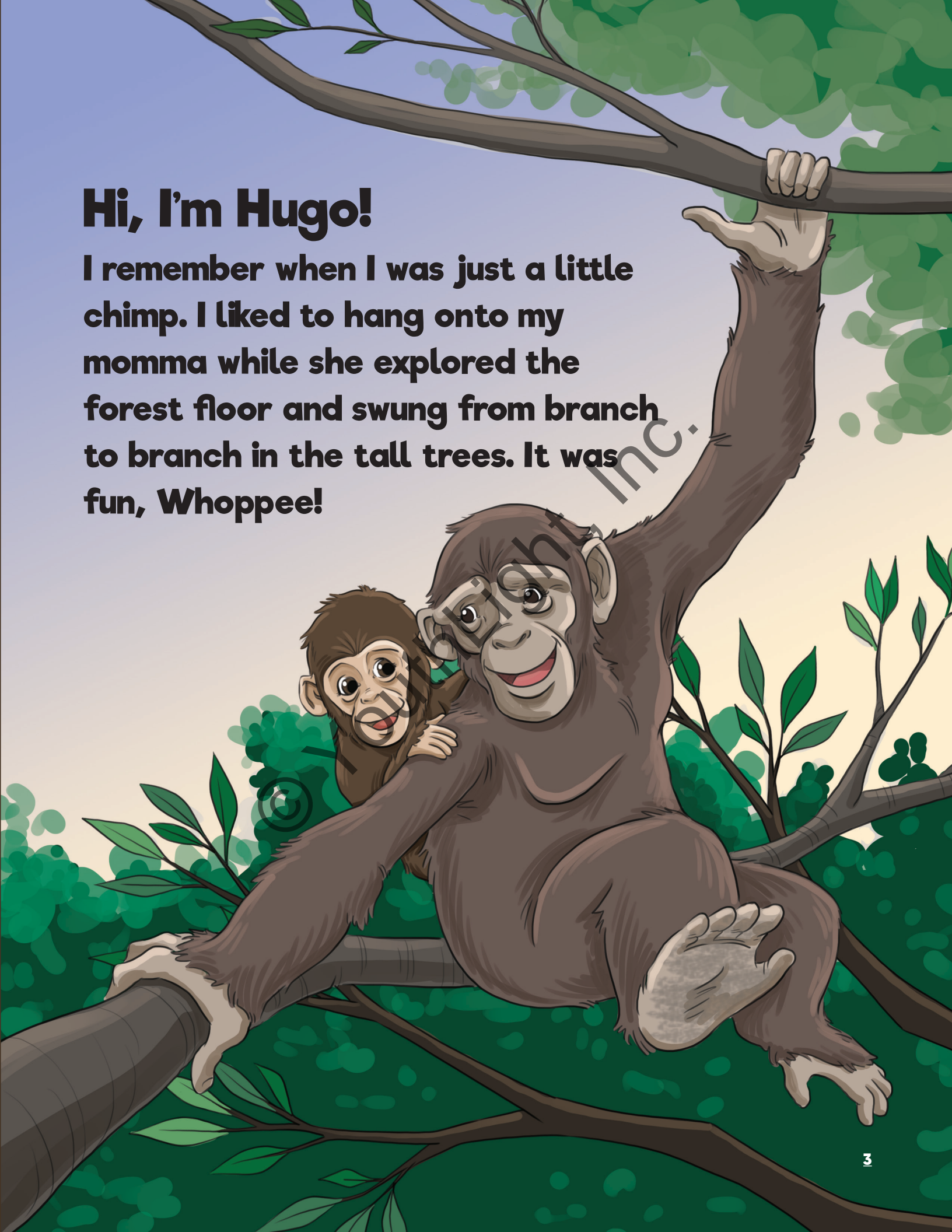


Hi, I'm Hugo!

I remember when I was just a little chimp. I liked to hang onto my momma while she explored the forest floor and swung from branch to branch in the tall trees. It was fun, Whoppee!



We had a big family called a troop. Many times, we would see who could collect the most termites! We all chose a special stick and then started poking in the termite mounds.

I was just learning this new skill, so sometimes the termites tried to fight back. Ouch!

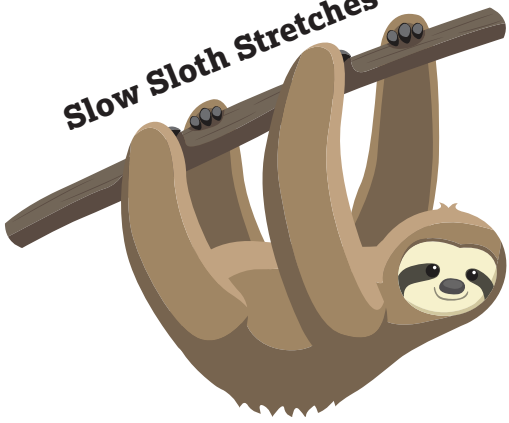




MINDFULNESS STRETCHING

Directions: Choose your favorite animal stretch and practice doing a different one each day.

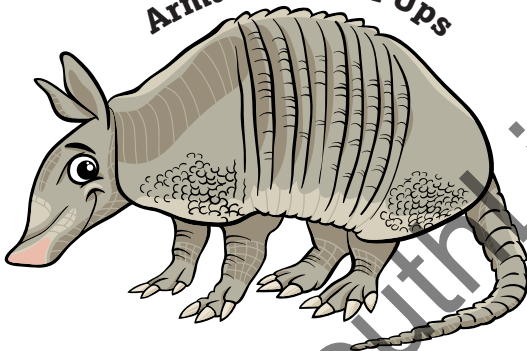
Slow Sloth Stretches



Flexible Flamingo



Armadillo Curl Ups



Dog Stretch



Giraffe Neck Stretch



Calming Koala

