

FLEXIBLE FELINES

Did you know that cats are fantastically flexible? They're so limber they can twist 180 degrees. That means their upper body can face one way while their lower body turns the opposite way! The secret is elastic discs that act as cushions between their spinal bones. That's why a cat can adjust rapidly, whether it's fleeing, hunting, or playing with your shoelace.

We can learn a lot from cats about keeping our cool and

rolling with changes. Flexibility isn't just a fun trick—it's a virtue that helps us adapt to the unexpected. If a storm pounces on your plans or your siblings growl about chores, get creative and *purr*-oblem solve. Keep an open mind and stay *paw*-sitive to boost your health and happiness.

No matter what challenges prowl your way, staying flexible can help you calmly land on your feet.



Find nine cats named for qualities that can help us stay flexible when trouble pounces.



WHY ARE CATS AFRAID OF TREES?

IT'S THE BARK!

WHERE DO CATS TAKE NOTES?

ON SCRATCH PAPER!