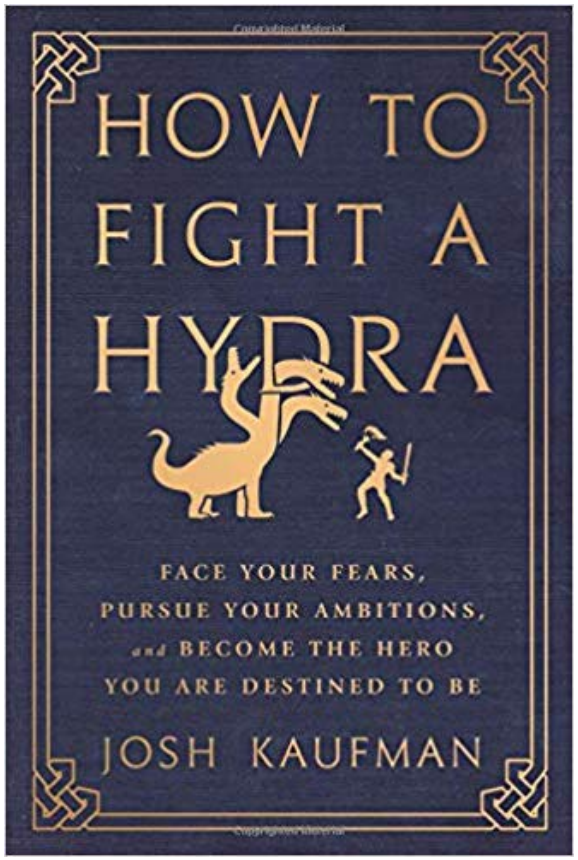


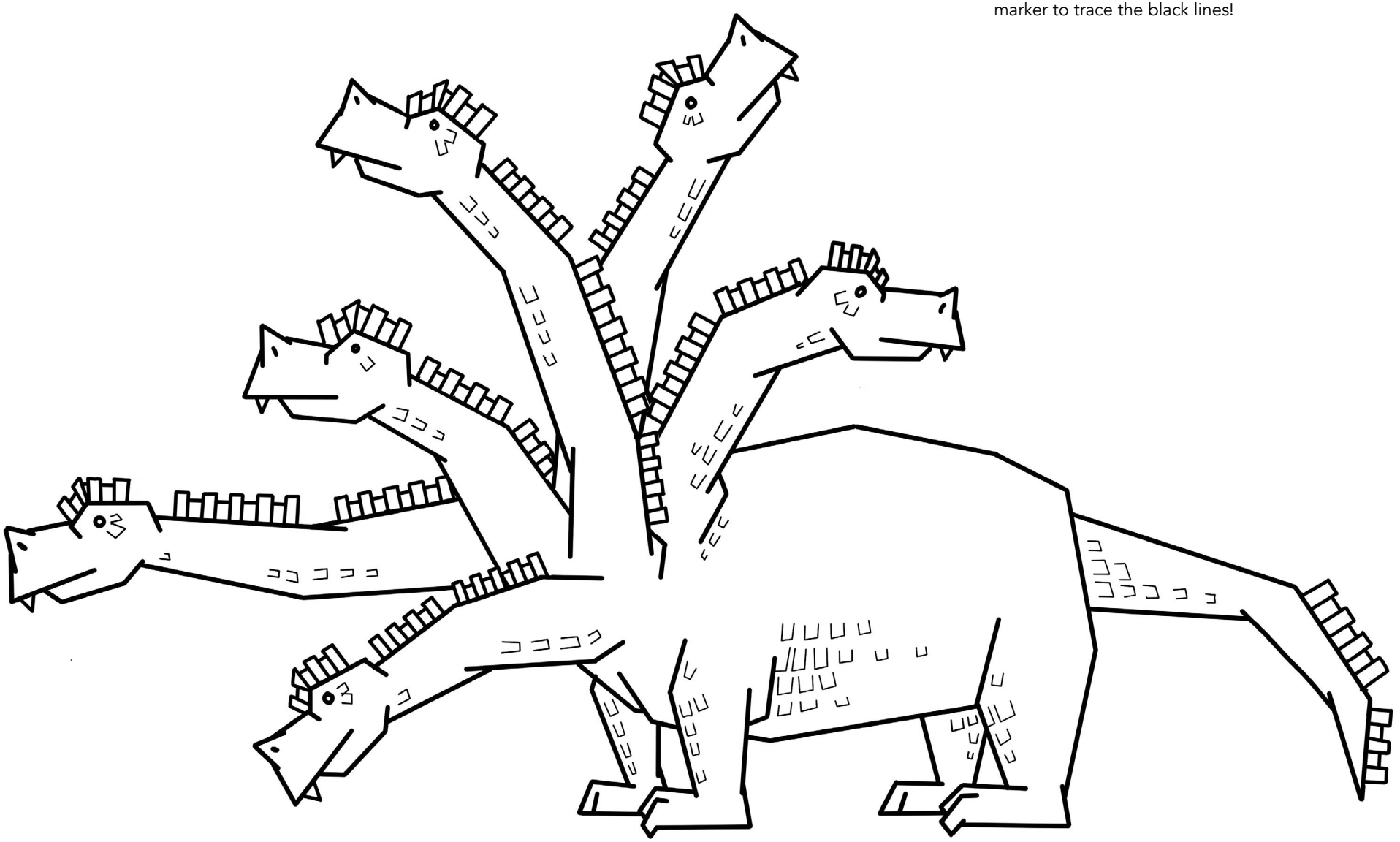

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**PURCHASE THE BOOK**

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# HYDRA ACTIVITY PACK : coloring sheet

**Level Up:** Print this at 50% scale and color with fabric crayons to create an iron-on transfer for a boring white t-shirt. Use a fabric marker to trace the black lines!



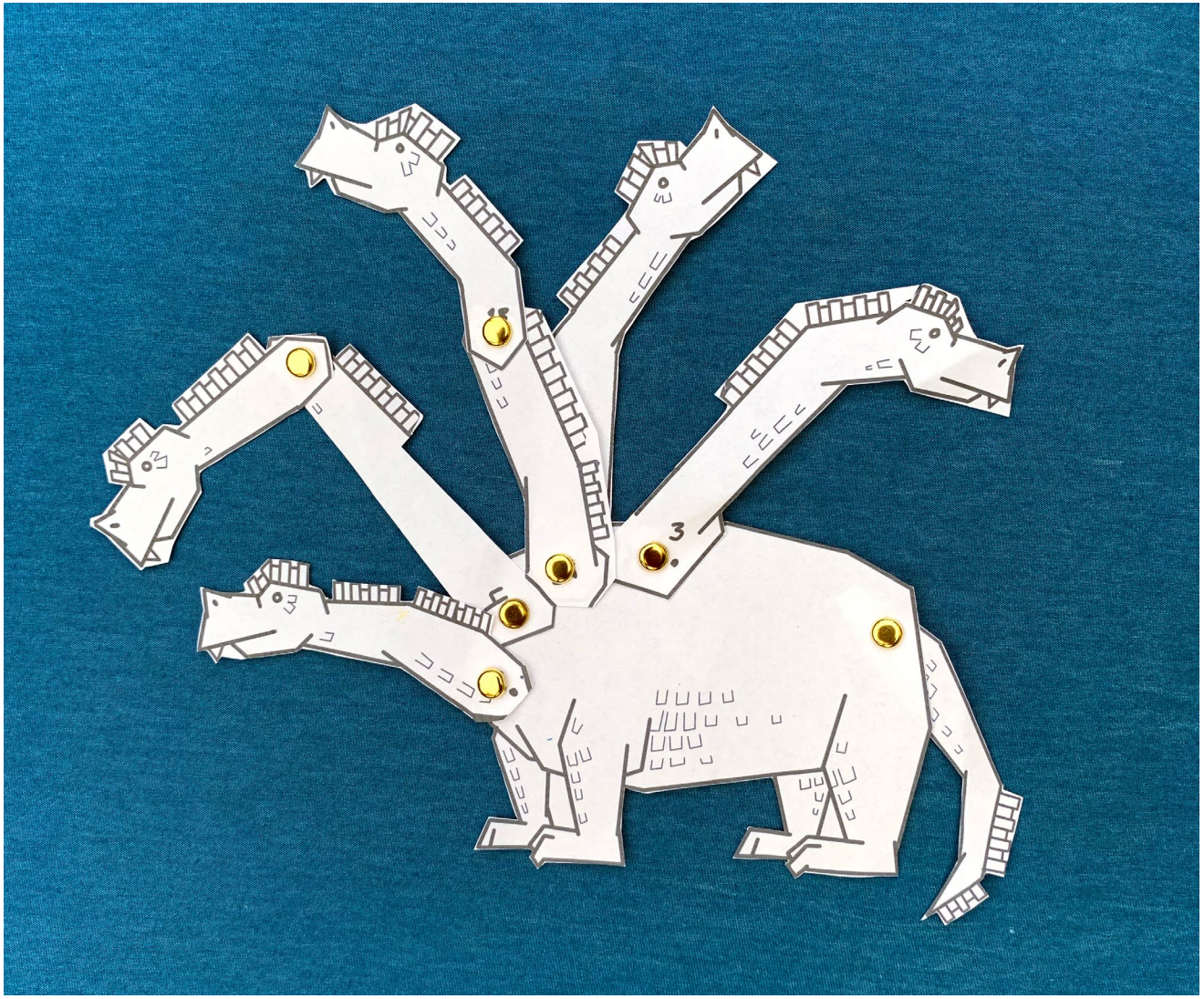
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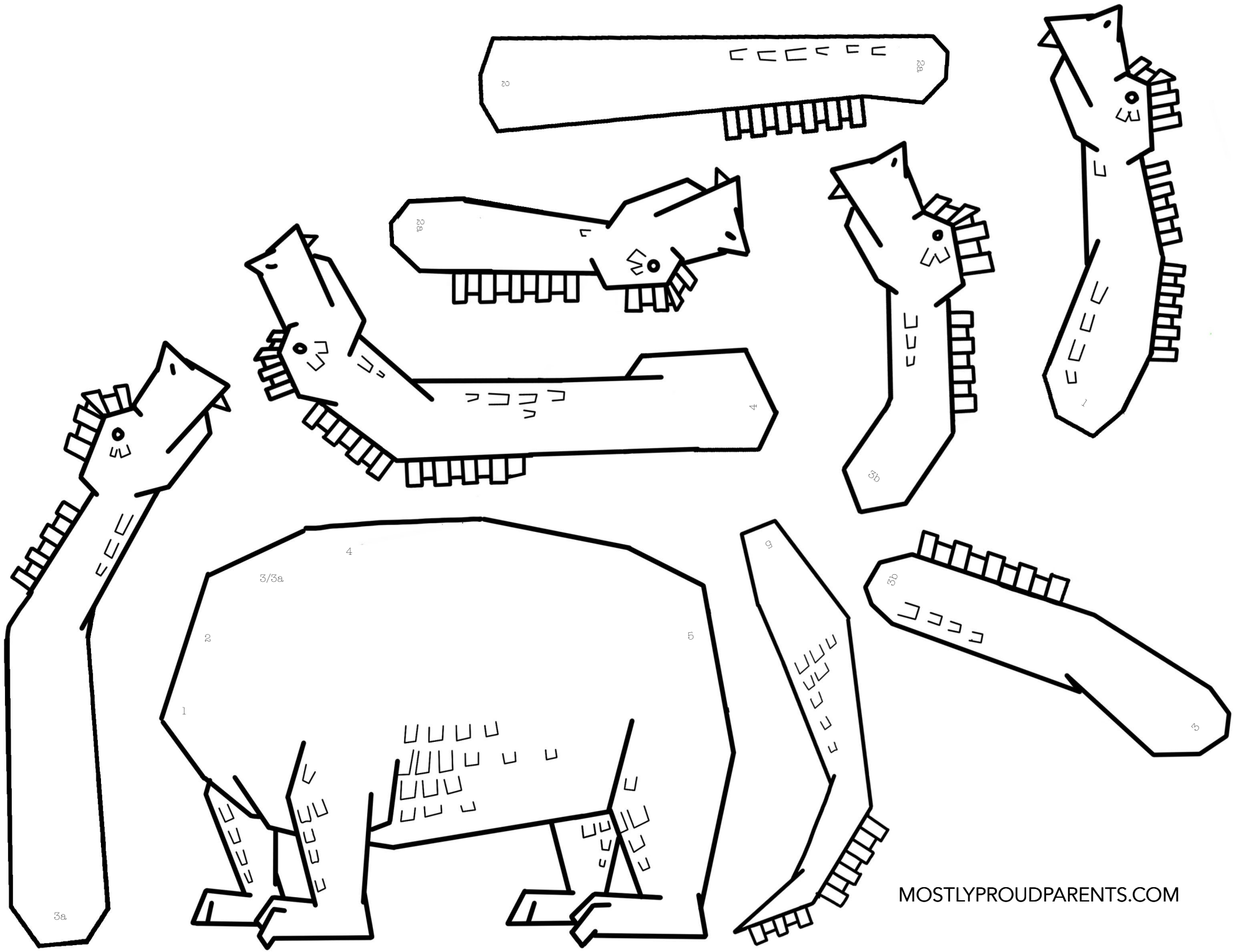
# HYDRA ACTIVITY PACK: Hydra Puppet

You will need:





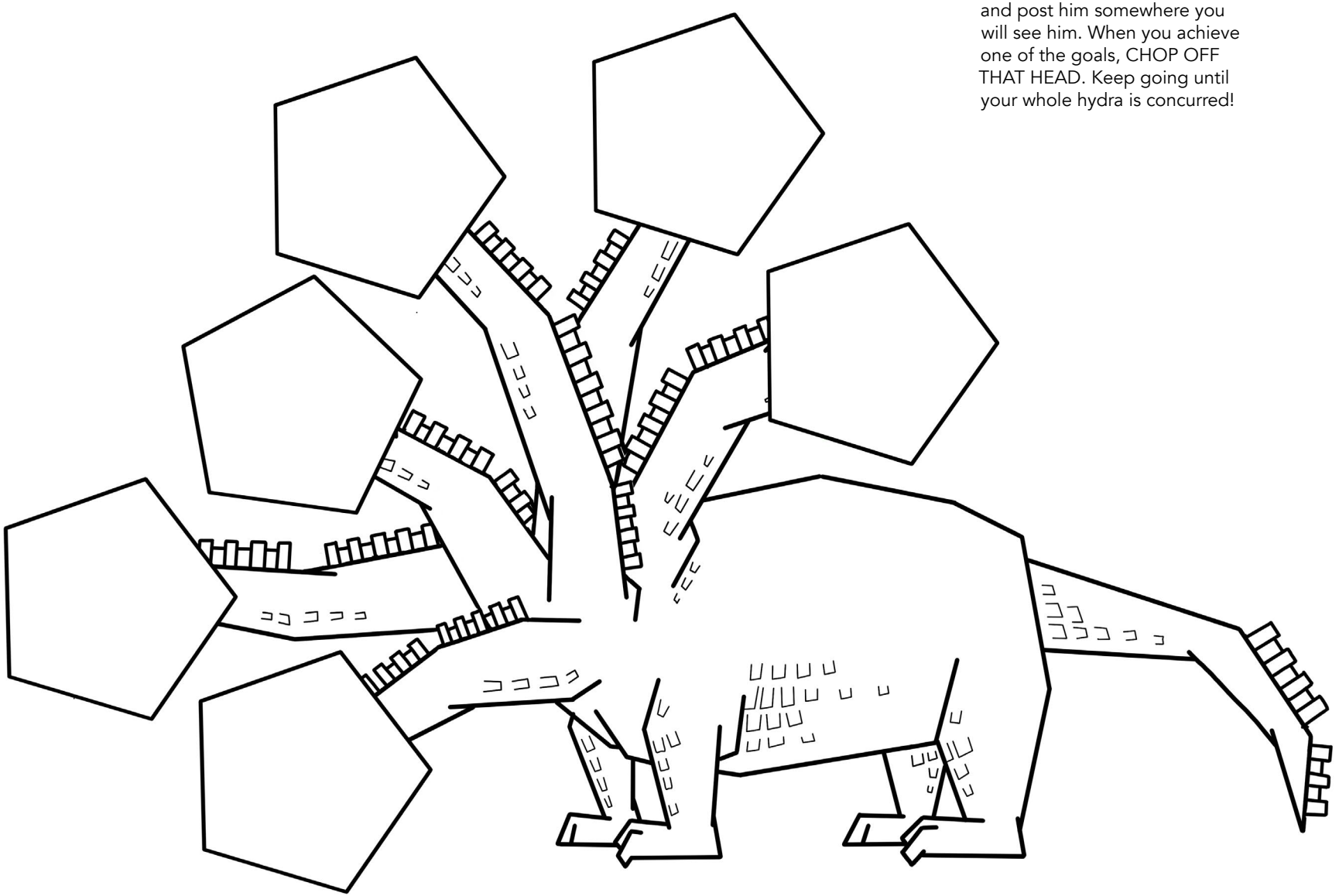



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# HYDRA ACTIVITY PACK: Goal Hydra

**Do you have some goals you're working toward?**
Write or draw your goals in the empty pentagon "hydra heads" here. Cut out your Goal Hydra and post him somewhere you will see him. When you achieve one of the goals, CHOP OFF THAT HEAD. Keep going until your whole hydra is concurred!



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**HYDRA ACTIVITY PACK: Extension Questions**

**How would you feel if your teacher or parent didn't believe in your quest/dream?**

**How do we know when to ignore a Master's (or teacher's) thoughts/advice?**

**Have you ever been afraid to try something, but done it anyway? How did you feel afterward?**

**Do you have anything you train for? How long have you been training and have you seen improvement?**

**What kind of tools do you use for your training, and how do you take care of those tools?**

**Design your own hydra-tooth knife or hydra-scale armor. Draw it up.**

**What if YOU had six heads? Would they all look alike? Would some be scary/happy/shy/bold? Draw yourself as a hydra.**

