

Tizu



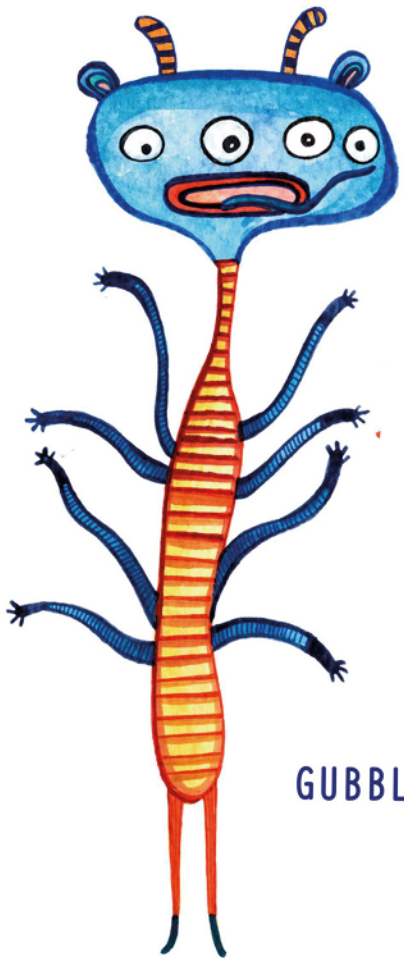
BOOHOP



Hu Hou



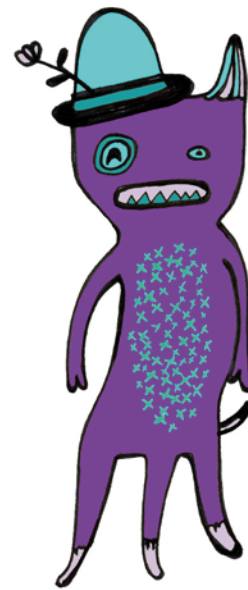
THOPPER



GUBBLE



Lilu



Woltzi



BARABORE



BLOOP



GALUB

Something strange and troubling is happening in the land called Pleuth . Whilst the woodlands , the forests, the shores and the seas all seem undisturbed, there is a ghost like malevolence sweeping through the air of this land. It is dangerous, it is unknown and the creatures of Pleuth are feeling frightened.

All creatures are staying safe in their homes, taking solace only in their local habitats. Therefore they are feeling lonely and must discover new ways of communicating with many of their friends. Their lives have been flipped upside down and the most normal things now feel incredibly unusual. Whilst this is being experiencing by all the creatures of Pleuth, every creature has a different personality, their own mind and body, so it makes sense that they are each experiencing their own set of worries & whilst many of their worries are the same, their circumstances are somewhat different.





“Glaub you don’t seem quite like yourself today are you ok?”, asked Lilu , whose ears have a miraculous sensitivity to detect emotions within other creatures. Lilu could not only hear that the Galub was feeling somewhat out of sorts, but could see that their normally flamboyant and gregarious nature had all but disappeared. Lilu wanted to help.

“I feel sad and I’m not sure I can explain why because my head feels fizzy and foggy?” muttered Galub miserably , who given their colossal intellect and library of knowledge , found this to be a most unsettling position to be in. “Sometimes it’s very hard to voice the reasons our hearts feel sad. But you have such a wonderful way with words, and you are such an organised creature, maybe you could start with a list of words that help describe how you are feeling? Do you think this may be a good place to begin?” offered Lilu. “ Why that’s a novel idea! I do find list making to be such a useful and logical task. Ok here goes...confused, lost , lonely, worried, agitated , lethargic and unproductive” , Galub explained with a huge sigh.

“ This is a lot for one creature to be feeling all at once, I understand why your mind must be feeling all jumbled up” , Lilu acknowledged.

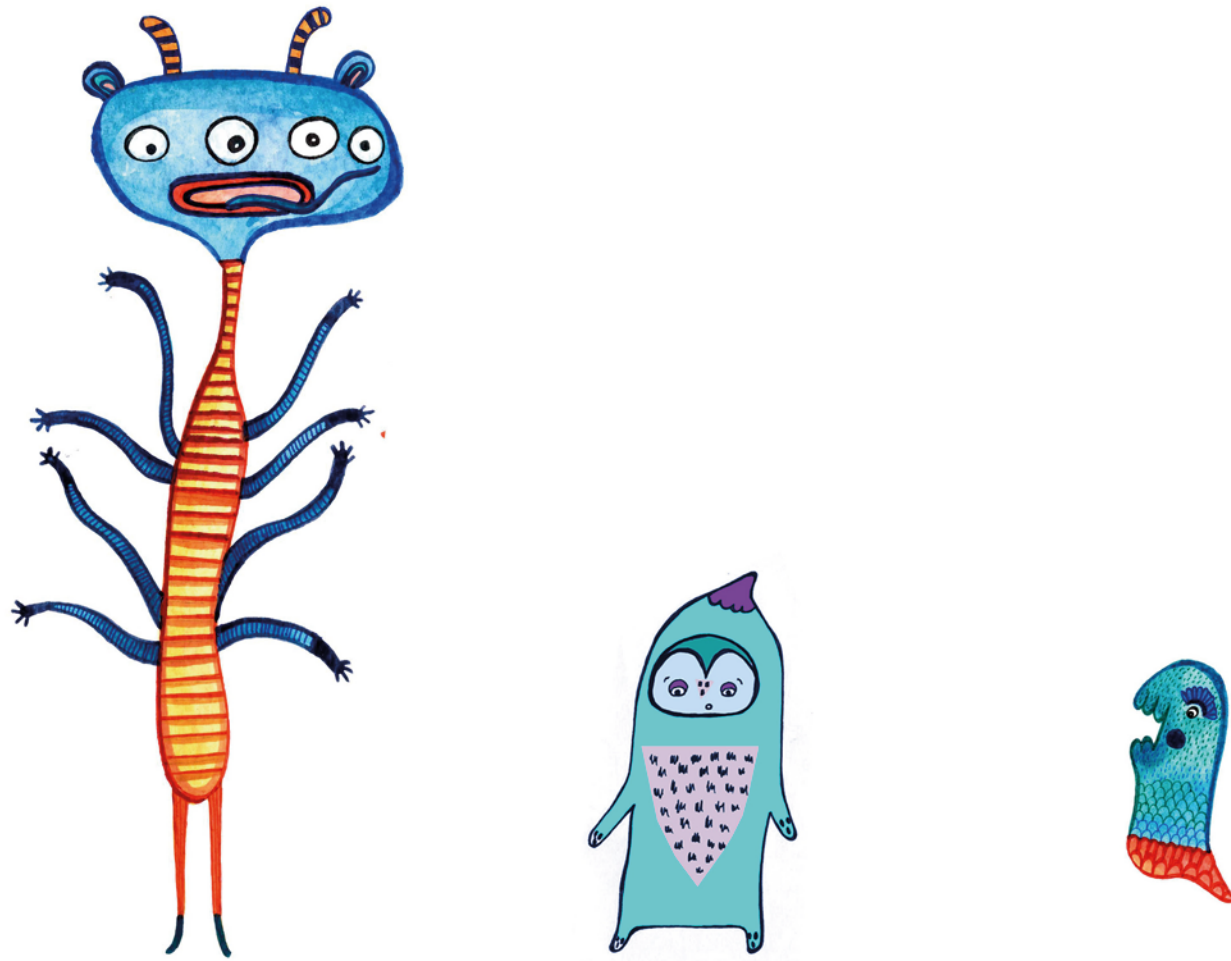
“Do you feel a little lighter for simply attaching some descriptive words to your emotions?” Lilu asked Galub.

“ My mind does feel a little clearer, saying it out loud makes it feel less scary” , Galub agreed and their body seemed to visibly relax a little as this thought was mulled over.

“You must first be kind to yourself Galub, remind yourself that it is ok to feel how you feel. When something unexpected occurs that rocks the safety, comfort and order of your everyday live, you will need to take a breath and accept that some days will feel more difficult than others. You mustn’t be afraid to talk about this. Remember that our voices, our words and a listening ear are the most powerful tools we have” , said the wise Lilu.

Something happened to Galub at that moment that was most unusual, a single tear escaped their left eye. The tear was not an unhappy tear. No, it was a tear of happiness that another creature was able to understand and offer comfort by reminding Galub that not all feelings last forever and that things in time, would feel ok again. Until then finding support from friends may just be the thing to warm Galub’s heart and ease troublesome thoughts.





Boohop, Gubble and Bloop were walking together one sunny afternoon. Boohop and Gubble were not feeling themselves. Bloop being a caring creature with a natural gift for evoking a sense of calm wanted to help.

“Have you both thought about trying meditating or yoga?”, Bloop suggested.

“My mind doesn’t work like yours Bloop, my over active imagination is always whirling, ALL of the time, EVEN when I sleep I am dreaming about new ideas. My mind feel like a film on a continuous spool, I can’t find the pause button”, Boohop explained with a sense of melancholy.

“I too have realised that I am not especially good at slowing down and feel agitated when I have nothing to occupy my hands and my mind. My body starts to feel jittery, I can’t sit still and being bored makes me a grumpus!”, Gubble admitted with a frustrated frown.

“Busy can be brilliant and is of course often necessary at times. Consider too though that sometimes a little slower can be better. Slowing down can help you find some space in your mind to be with your thoughts. But slower isn’t always easy. Slowing down is a skill that needs to be learnt and similar to other skills like reading, cooking or learning a new language, some creatures will find it easier than others. That’s ok it’s a journey of small steps and I could help you with that journey if you like?” Bloop offered with patience and understanding. Boohop and Gubble both nodded, their shared inquisitiveness was piqued.

“I feel silly doing all the bending and stretching in yoga, it’s all so slow, I’m used super energetic exercise and I find all the breathing work tricky. I feel like I am terrible at it,” Gubble admitted.

Bloop considered this carefully, “I understand, it can feel different and strange. I think trying something new can feel silly, but trying something out of your comfort zone can bring you a sense of freedom. Maybe just start by trying, make the first stretch and take the first breath. The first willing bend may feel strange and unusual but keep an open mind you might just surprise you,” Gubble and Bloop turned these thoughts over and a smile started to tickle at the corner of their mouths. Bloop feeling hopeful continued ...

“Remember to ask yourself ;what’s the worst thing that can happen? You still don’t like it. Well that’s ok, you tried. You take a pause then you try something else. Walking, jogging, swimming, and dancing, as long as it’s something that helps you to relax your mind. We must remember that not all exercise has to purely be about fast paced activity for the benefit of our exterior bodies, it is essential to take care of our inside bodies and minds too. If we are gloomy on the inside, a dark shadow is cast all around us, in all of our busyness we might not notice it creeping outwards, until all of the light around us is extinguished. We must take the time to shine a light on how we feel and sitting with ourselves helps to light a torch in and amongst the shadows. This light might at first be a flicker, but a flicker can catch fire and spread, becoming a bright beacon that shines bright for all to see and warming you from the inside out.”

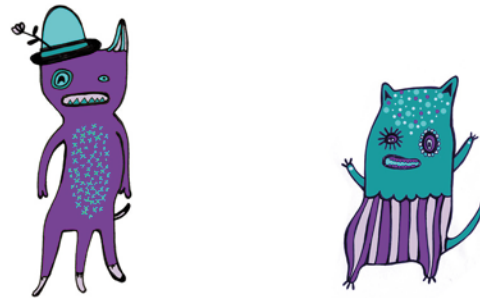
Together Gubble and Boohop sat with Bloop to begin basking in a slowness that felt alien to them. At first it felt a little like wearing shoes that were a little too small, pinching, feeling like they belonged on somebody else’s feet. However in time the slowness started to feel like a comfortable snuggly jumper, familiar, warming and just what they needed after all.



Tizu , Thopper, Barabore, Hu-Hou & Woltzi were all communicating in a new and most curious, confangled way that involved electronic devices , so whilst they couldn't see each other in person they could still see each other virtually. This wasn't quite as wonderful as maybe going for a walk with one another, nevertheless it was certainly comforting to see familiar faces and they were finding a shared happiness in this strange alternative.

Together they were mulling over what things they were learning , what they were missing from the humdrum of their everyday lives. Things that gave them a sense of purpose . Things that used to make them feel whole, they all had feelings of emptiness for one reason or another. On this matter Woltzi felt compelled to impart some wisdom. Being such a resourceful creature and who, due to it's three legs had a necessary dawdling walking pace had learnt to reflect this slowness into the relaxed easy going pace of their lives.

"Perhaps you could use this time to think about what makes you happy. Maybe a hobby or an activity you have always enjoyed but have never had quite enough time for? Or perhaps you try something completely new, you could learn a skill, explore a new pastime. Or indeed if you have a particular talent you could think about sharing this skill with others?", Woltzi suggested. "Connecting through a shared interest could be the blossoming of a new friendship!"



Woltzi's words resonated with Tizu, " I am a resourceful creature and busying myself with my hobbies has certainly been incredibly helpful for me. I am thankful for the extra time to create and to think about new and better ways for doing things. I hadn't thought about sharing my skills, this is of most interest to me. Especially as I have been feeling lonely, as a nocturnal creature I am used to my own company, however I am beginning to realise the importance of friendship and community", Tizu felt considerably better for having a new plan to think about.

"I am missing my loved ones immeasurably and being able to touch, hug, have my belly stroked and my head ruffled. It is painfully difficult. It is forcing me to care differently for those around me. It is important to remember how powerful small gestures can be, to show you are thinking of another and how wonderful it is to receive a thoughtful gift or note , and importance of returning those gestures to others, to show we care through our kind words and actions. When I am really missing others I think about happy memories and remember that you can be anywhere if you just close your eyes".

Hu-Hou smiled and continued, "I am struggling to keep my mind busy and active, I will most certainly be finding myself a new hobby, I do enjoy dancing," Hu – Hou mused.



Thopper seemed delighted at this and remarked, "Funny you should mention dancing, I am happy to teach you how to break dance! I am also using this time to teach myself new styles of dancing and I am finding a particular affinity with both salsa and tap. Who knew I would have a talent hidden within me for such things!" Thopper scoffed with his famous ground vibrating belly laugh, "I have however come to the realisation that my less than desirable table manners and penchant for rebellious behaviour needs to be curtailed and improved. I am welcoming the time for self-reflection!" The others all laughed too, Thopper had gotten them all into strife at one point or another and they had all to their dismay witnessed his "alternative" methods of eating.

Once the laughter had subsided Barabore remarked, " Oh how important it is to find laughter in even the darkest of times, laughter is a tonic that can ale us all! Humour has always come so easily to me, I am grateful for this now more than ever! If anyone needs any foraging tips too, just let me know, food is such an important part of all of our days and can be a source of great joy and wellbeing!"

"Here here!", agreed Woltzi, " Such sage advice has been shared today, but we MUST remember to not put too much pressure on ourselves, it's natural to retreat , relax and recharge, to spend time doing nothing. We mustn't simply rush around like a speeding car, trying to do everything at lightning speed. After lightning remember comes thunder. A turbulent chaotic storm bubbling inside of us is never good. Our energy batteries will empty, leaving us with nothing. It's ok to wait for the storm to pass. For the debris to wash away. After all stormy weather never lasts long".

