

Reading Worksheet

Flow and the Maze of Maybe EP1: The Inner Landscape

This worksheet helps you explore some of the words from Episode 1.

When you listen to the story, you may hear words that feel new or interesting. Learning new words helps you understand stories more deeply – and express your own thoughts more clearly.



Vocabulary from the Story

1. Hair-nado

When your mind spins with too many ideas (like a tornado in your hair)

2. Maze of Maybe

The confusing place full of too many choices and “what ifs”

3. Pause

To stop and breathe when everything feels too much

4. Overwhelm

The big, heavy feeling when there are too many options or thoughts

5. Whispering thoughts

The quiet, soft worries or doubts inside your head

6. Enough

Feeling “I am enough” just as I am

7. Too many choices

When there are so many doors/options it feels confusing

8. Present moment

Right here, right now (the best place to be)

9. Being between

The okay feeling of not knowing the answer yet

10. Deep breath

A slow, calming breath that helps your body feel safe

11. Sparkles

When overwhelming bubbles turn into something beautiful and light

12. Calm

The peaceful feeling after you pause

13. Peaceful

Quiet and safe inside your heart

14. Safe

Feeling okay even when you feel lost

15. Inner voice

The quiet voice inside you that knows what you need

16. Self-doubt

The whisper that says “Am I good enough?”

17. Good enough

Knowing you are already okay exactly as you are

18. Too many doors

Too many decisions or paths at once

19. Being present

Staying in the now instead of worrying about later

20. The best place to be

Right here, right now, in the present moment

Easy Crossword

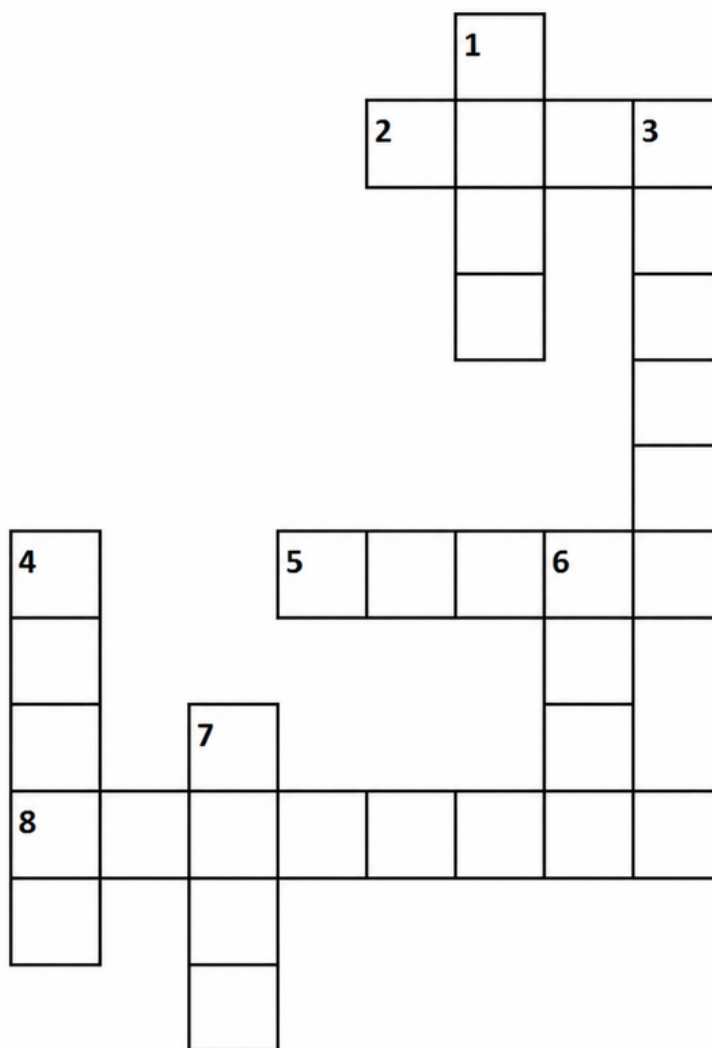
Flow and the Maze of Maybe EP1: The Inner Landscape



HOW TO PLAY:

You already know these words from the vocabulary page. Now you can gently practice them here. Read each clue and think about what it means. Then write one letter in each box.

If you're not sure, that's okay – skip it, take a breath, and come back later. Take your time. Sometimes one small word helps another one appear.



ACROSS

2. Flow steps into the ___ of Maybe.
5. Flow's magical thought-combing ___.
8. The bubbles turned into tiny, sparkling ___.

DOWN

1. My ___ is doing the Hair-nado again!
3. You are safe. You are ___.
4. Too many choices... but I can ___.
6. You are ___. You are enough.
7. His curly hair is ___ and fluffy once more.

Medium Crossword

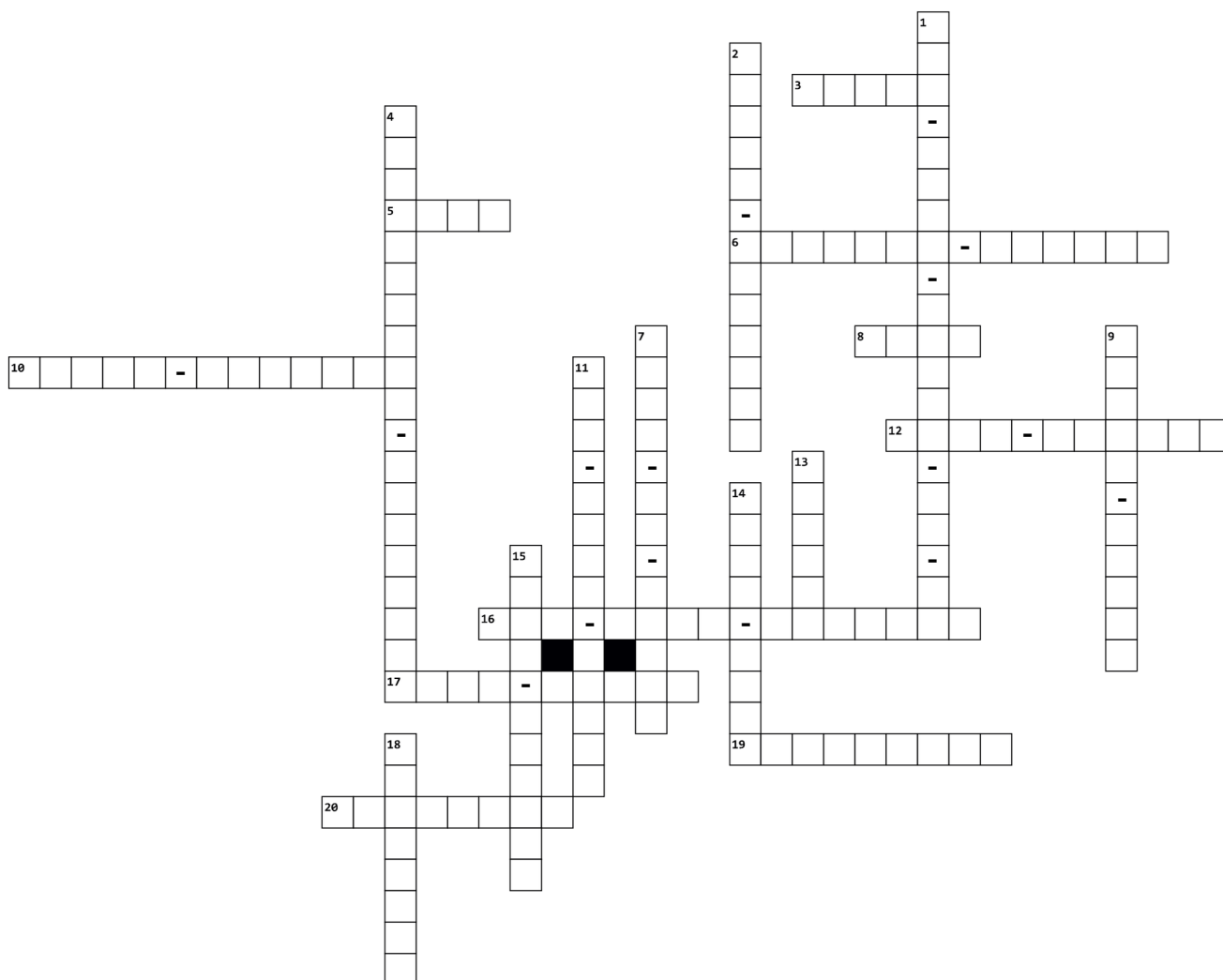
Flow and the Maze of Maybe EP1: The Inner Landscape



HOW TO PLAY:

You already know these words from the vocabulary page. Now you can gently practice them here. Read each clue and think about what it means. Then write one letter in each box.

If you're not sure, that's okay – skip it, take a breath, and come back later. Take your time. Sometimes one small word helps another one appear.



ACROSS

3. to stop and breathe when everything feels too much
5. feeling okay even when you feel lost
6. right here, right now (the best place to be)
8. the peaceful feeling after you pause
10. the okay feeling of not knowing the answer yet
12. a slow, calming breath that helps your body feel safe
16. when there are so many doors/options it feels confusing
17. the whisper that says "Am I good enough?"
19. the big, heavy feeling when there are too many options or thoughts
20. quiet and safe inside your heart

DOWN

1. right here, right now, in the present moment
2. staying in the now instead of worrying about later
4. the quiet, soft worries or doubts inside your head
7. the confusing place full of too many choices and "what ifs"
9. the quiet voice inside you that knows what you need
11. too many decisions or paths at once
13. feeling "I am enough" just as I am
14. when your mind spins with too many ideas (like a tornado in your hair)
15. knowing you are already okay exactly as you are
18. when overwhelming bubbles turn into something beautiful and light

Spot the 7 Differences

Flow and the Maze of Maybe EP1: The Inner Landscape

HOW TO PLAY:

Look carefully at both pictures. Can you find 7 small differences?

Circle each difference gently when you see it.

If you feel stuck, pause, take a deep breath, and look again. It's okay not to find them all – this is about noticing, not being perfect. (On the next page, you'll find a large version of this picture to color slowly.)





