



# BUILDING YOUR BEASTIES

## Field Guide notes on emotion behaviour.

Think back to the last time you felt anxious and imagine an 'anxiety beastie' in your place. How do you think it might behave? What sort of things might it do?

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Continue on the back if you need more room.

## anxiety

In what parts of your body do you feel anxiety most strongly? \_\_\_\_\_

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Do you think that an 'anxiety beastie' would be easy to tame? What might you do to care for it?

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