



# BUILDING YOUR BEASTIES

## Field Guide notes on emotion behaviour.

Think back to the last time you felt excitement and imagine an 'excitement 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.

## excitement

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

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

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