



# BUILDING YOUR BEASTIES

## Field Guide notes on emotion behaviour.

Think back to the last time you felt fear and imagine a 'fear 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.

## fear

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

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

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