



BUILDING YOUR BEASTIES

Field Guide notes on emotion behaviour.

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

Continue on the back if you need more room.

happy

In what parts of your body do you feel happiness most strongly? _____

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

