



BUILDING YOUR BEASTIES

Field Guide notes on emotion behaviour.

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

nervousness

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

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

