



BUILDING YOUR BEASTIES

Feeling Beastie Field Guide Notes

Think back to the last time you felt angry and imagine a
angriness 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.

ANGER

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

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