BUILDING YOUR BEASTIES

Feeling Beastie Field Guide Notes

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

WORRY

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

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

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