



BUILDING YOUR BEASTIES

Feeling Beastie Field Guide Notes

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

ANXIOUS

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

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