



# BUILDING YOUR BEASTIES

## Feeling Beastie Field Guide Notes

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

## DISGUSTED

In what parts of your body do you feel disgust most strongly? \_\_\_\_\_

---

---

---

---

---

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

---

---

---

---