



# BUILDING YOUR BEASTIES

## Feeling Beastie Field Guide Notes

Think back to the last time you felt excited and imagine an excitement 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.

# EXCITED

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

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

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