



BONUS WORKSHEET (BEFORE)

WHAT ANIMAL ARE YOU?

ANSWER THIS QUESTION:

If you could be an animal right now, what would you be and why?

Examples:

- If I were an animal, I'd be a panther - it's sleek, confident, and it stands its ground.
- If I were an animal, I'd be a mouse - it's timid and shy, and always hiding, but it's always alert and quick to move.

Don't overthink it. Just go with your first thought.



BONUS WORKSHEET (AFTER)

WHAT ANIMAL ARE YOU?

ANSWER THIS QUESTION WITHOUT LOOKING BACK AT YOUR “BEFORE” ANSWER:

If you could be an animal right now, what would you be and why?

Examples:

- If I were an animal, I'd be a panther – it's sleek, confident, and it stands its ground.
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