

We are Tiger: What's your Animal? (Morven Macbeth)

Oliver Emmanuel's fantastic new play is called I AM TIGER

There are lots of cultures and belief systems the world over which speak to us of a spirit animal. Perhaps you've heard the term 'guide animal' or 'power animal'? They feature in films you might have seen and books you may have read: in Phillip Pullman's *His Dark Materials* and his 'daemons', or in *Harry Potter's* patronus animals.

For this piece of writing, have a really good think about what *your* guide animal might be.

It might be different to your favourite animal.

What characteristics do you share with your guide animal? What qualities do they have that you admire, and that you would perhaps like to draw on little more in your day-to-day life? In your actions, your thoughts, and in the ways you turn up for yourself, and for others?

Write those qualities and characteristics down.

Now, really thinking back to two years ago, write a kind note of advice to yourself, from your guide animal. What warm words of wisdom, and advice, might they have for you? Write a warm note of advice, from your guide animal, to yourself.