



Go to Outer Space

Name / Call Sign

I'm going to Outer Space with _____ to better understand each other's our feelings and needs in our situation. By going to Space, we can rebalance Dark Energy and protect our universe!

Step 1: Reflect and complete S + P + A on your own. Move onto Step 2 when you're both ready.

S

State what happened

What happened? What did you see and hear? Just the facts!

P

Place your feelings

How do you feel? Choose a feeling or write your own.

Calm

Rested

Centered

Safe

Grateful

Sad

Disappointed

Tired

Lonely

Bored



Happy

Motivated

Excited

Hyper

Proud

Angry

Nervous

Stressed

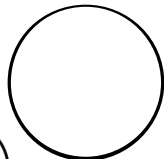
Scared

Annoyed

A

Add your needs

What need is met or unmet? Choose a universal need or add your own.



Step 2: Are you both ready? Take turns to listen to each other talk about S + P + A. Then work together to complete C + E.

C

Communicate their feelings and needs

Do you both understand each other's feelings and needs?

How do they feel?



What do they need?

E

End with a plan

What can you both do now? Together, make 3 plans. Then choose 1 to try first!