



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?

P

Place your feelings How do you feel?



A

Add your needs What need is met or unmet?

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?