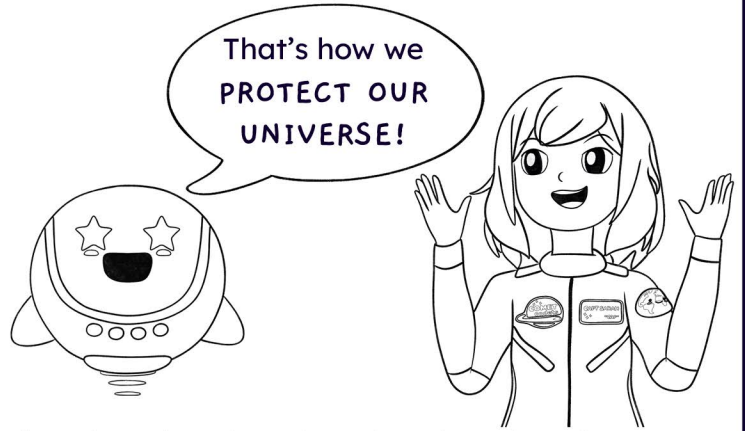


ONBOARDING PART 1: WELCOME TO COMET CADETS

Welcome to Comet Cadets! Your biggest mission as a Comet Cadet is to learn how to understand your feelings and communicate them with others.

Communication is one the biggest keys to build **strong relationships with people** in your life!

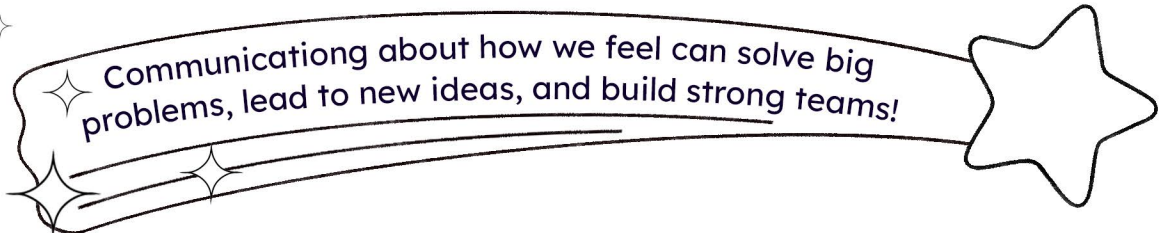


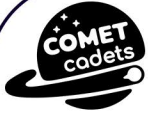
Who are people in your life that are important to you? Write about or draw pictures of them in the boxes below.

Name _____

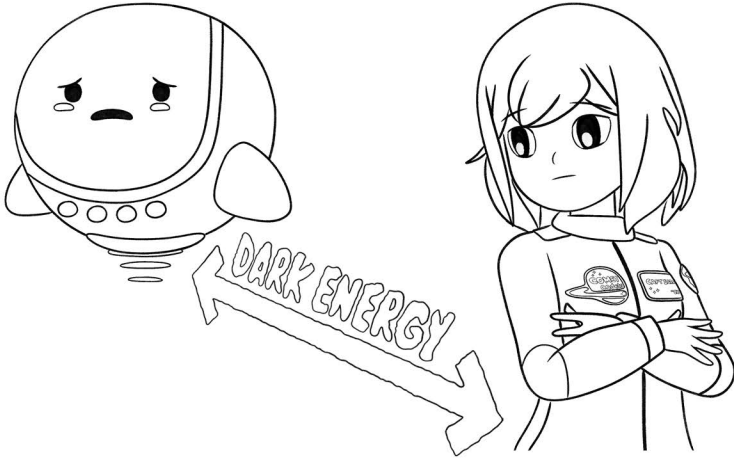
Name _____

Name _____





ONBOARDING PART 2: DARK ENERGY



Dark Energy is an invisible force spreading across our universe – and it’s pushing everyone apart!

People can create Dark Energy when they do something that hurts someone on the inside or out. You can hurt yourself and others when you say unkind words or do unkind things. This can turn into Dark Energy that pushes us apart!

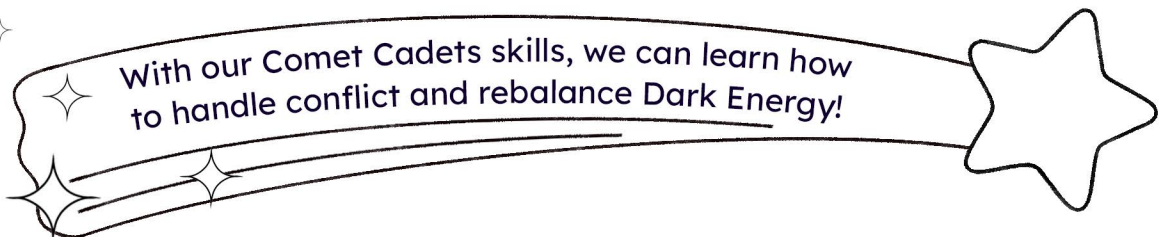


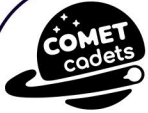
Think of a time you had a conflict. How did you feel? What did you do about it? Write about or draw a picture to show it.

What happened?

How did you feel?

What did you do about it?

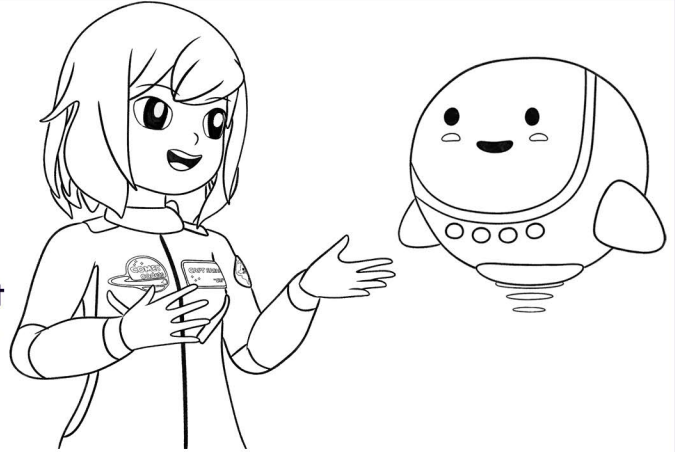




ONBOARDING PART 3: GOING TO SPACE

To rebalance Dark Energy, Cadets **go to Space!**
Space is a 5-step process that helps you understand a person's feelings and needs, and how to communicate them!

There are two kinds of space: Inner Space and Outer Space. We go to Inner Space to figure out our own feelings and needs. And we go to Outer Space to listen to someone else's feelings and needs, and to communicate your own!

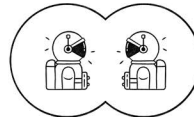


Complete the steps of Inner Space and Outer Space by writing what each letter stands for.



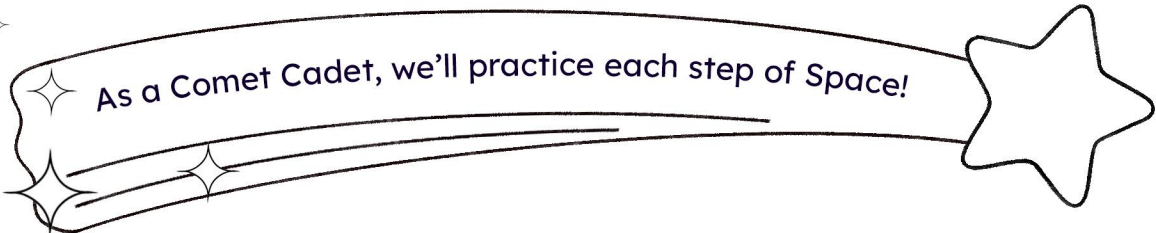
Inner Space

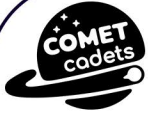
S	
P	
A	
C	
E	



Outer Space

S	
P	
A	
C	
E	



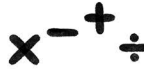


ONBOARDING PART 4: YOUR CALL SIGN

Every Comet Cadet gets to choose their own call sign! A call sign is a short nickname that helps identify someone and communicate quickly on missions. It becomes a part of who you are!

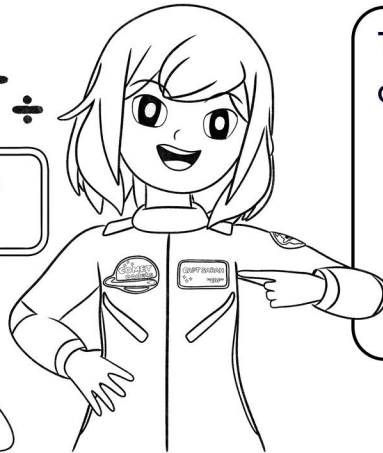
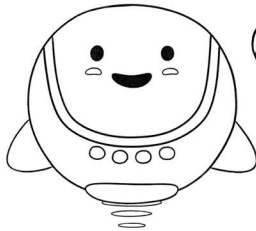


"PICKLES"



"DIGIT"

"BUZZ"



To choose your own call sign, think about:

- + What you like about yourself
- + Skills you have
- + Hobbies or activities you like
- + Interests or passions you have

Your call sign is unique to you!

Choose a call sign for yourself! Then write your call sign on the patch below. Cut out the patch and display it somewhere to remember your role as a Cadet!

✂

NAME

CALL SIGN

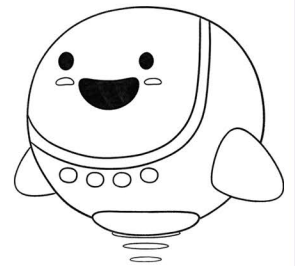
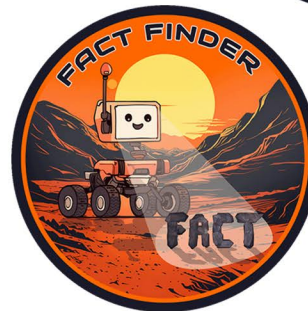
Now you're ready for your first mission!



ONBOARDING PART 5: MISSIONS

Feelings are everywhere, so missions are everywhere!

Missions are a central part of your Comet Cadets training. Each mission is specially designed to help you train your communication and emotion skills. With each mission, you earn a unique patch to add to your collection!



Which mission will you complete first? Write it in the box below.

Check out all your missions at [cometcadets.com/missions!](https://cometcadets.com/missions)

