

# Comet Cadets Quick Guide

Call Sign \_\_\_\_\_

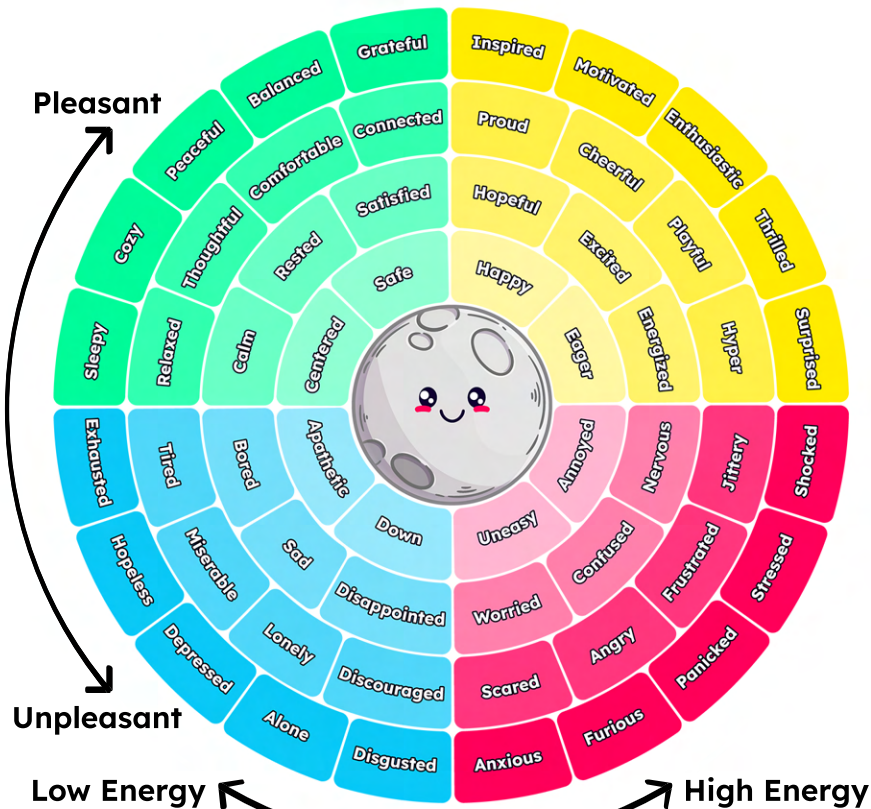
Our mission is to listen to ourselves and others!  
That's how we rebalance Dark Energy  
and protect our universe!

Remember, feelings are everywhere!



## Mood Moon

What zone are you in?



Go to Space to understand feelings and needs in a situation.

## Inner Space

To understand myself

- S**tate what happened
- P**lace your feelings
- A**dd your needs
- C**enter yourself
- E**nd with a plan

## Outer Space

To listen and talk with others

- S**tate what happened
- P**lace your feelings
- A**dd your needs
- C**ommunicate their feelings and needs
- E**nd with a plan

## Universal Needs

How can you meet your needs?

