



Go to Inner Space

Name / Call Sign

I'm going to Inner Space to better understand my feelings and needs in my situation. By going to Space, I can rebalance Dark Energy and protect our universe!



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



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

Calm	Rested	Centered		Happy	Motivated	Excited
Safe	Grateful			Hyper	Proud	
Sad	Disappointed	Tired		Angry	Nervous	Stressed
Lonely	Bored			Scared	Annoyed	



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



Center yourself Do you need a break? How can you reset? Visit the Space Station!

Air Lock	Take a few breaths to relax	1. Which tool did you use? _____ 2. How do you feel now? _____
Research Lab	Use your 5 senses to relax	
Recreation Deck	Focus on a creative activity	
Gymnasium	Move around to use energy	
Control Center	Say positive words to yourself	




End with a plan What can you do now? Make 3 plans. Then choose 1 to try first!

