



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.



State what happened What happened?



Place your feelings How do you feel?



Add your needs What need is met or unmet?

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.



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

How do they feel?



What do they need?



End with a plan What can you both do now?

