



# 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!

S

## State what happened

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

P

## 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

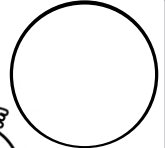
Annoyed



A

## Add your needs

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



C

## Center yourself

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



Air Lock

Take a few breaths to relax



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

1. Which tool did you use?

2. How do you feel now?



E

## End with a plan

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