



# 01 MISSION PREP ZONE

## Daring to Dream



**Challenge Question:** Who Supports Your Big Dreams?

**Key Themes:** Acknowledging experiences with mentorship and positive peer relationships, expressing gratitude

- » **Challenge Activity:** Create messages of gratitude for a person who has supported you to imagine new possibilities for yourself, your community, or your world.
- » **Standards:** CASEL Self-Management, Relationship Skills
- » **STEM Highlights:** Many Paths to Space Exploration; What is an Engineer?; Designing EVA Suits



25 mins



### Activity Framing to Share with Learners



It takes an immense amount of teamwork to safely send people to Space. There are countless engineers to develop and test new equipment and operations, scientists and researchers to develop the experiments and plans for the mission, and so many others. Polaris Dawn is a complex mission full of exciting objectives, requiring every person to give their expertise, care, and passion to the project. Every person's path to supporting Polaris Dawn was different, with many steps along the way. However, it's safe to say all these incredible team members' paths share at least one thing in common: at some point each individual has dared to dream new things were possible, for themselves and for our world.



### Sarah Interviews Joe Tanner

Hear Polaris crew member Sarah Gillis describe some of the moments when she dared to dream, including imagining a new possibility for her future thanks to the support of this conversation's special guest, former NASA astronaut Joe Tanner.



## Challenge Activity

When Sarah Gillis dared to imagine a new path for herself in aerospace engineering, Joe Tanner helped her believe it was possible. In this Challenge, you'll be connecting to your dare-to-dream moments!

**01** Think back to a time when you dared to dream and imagined a new idea for yourself, for your community, or for the world. It might have been a moment when you tried something new, changed your perspective, or aimed for something different. Maybe you've got a new idea you're daring to explore right now!

**02** Once you have a moment in mind, ask yourself this Zone's Challenge Question to think about who supports you as you imagine and grow:

### Who Supports Your Big Dreams?

Think of someone who helps you...

- » ...believe in your own abilities.
- » ...take action for a positive change.
- » ...use your creativity in a new way.
- » ...learn a new skill.
- » ...find a solution to a problem.
- » ...see something from a different perspective.
- » ...try something you weren't sure you could do.

→ *(This supportive individual might be a real person you are close to, like a friend, teacher, or family member. However, it's also possible to have your imagination sparked by someone well-known you've never met, or even a fictional character from a book, story, or movie.)*

**03** Say "Thank You" to the person who has sparked you to imagine new possibilities, for yourself or for the world around you. Write them a letter or quick note, or record a brief video or audio message of gratitude. (And, if you can, hug them and tell them in person!) Be sure to let them know how they inspired or helped you.

### Learning Idea

Develop a routine of saying "Thank you." In subsequent sessions, repeat this challenge with a focus on learners sharing small messages of gratitude for supportive actions they've noticed within the learning group or class.



Want to let us know who you're grateful to? Share your messages of thanks on social media using the hashtag **#space4music**. We will be sharing some submissions in this Zone's **Challenge Accepted** space.

**04** Finally, turn your thoughts to the future and imagine how you could help pass that spark of inspiration and imagination on to someone else.

- » How might **you** support other people to learn something new or see things in a fresh way? How can **you** help others to dare to dream?



### Learning Idea

Collect and save learners' ideas for ways of supporting others. Revisit their ideas in a future session and reflect as a group on ways these supportive practices—or new ones—have come into action as they participate in their class and community.



### Learning Idea

To focus on **dare to dream** moments connected to your particular learning environment, provide more detailed parameters for the prompt in Step 1. For example, in a music ensemble class: "Think of a dream you have (or had) for yourself as a musician." Or, for students in their final year of middle school: "What is your dream for something you could accomplish before starting high school?"