



## 02 MISSION PREP ZONE

# Joining a Stellar Crew



**Challenge Question:** What Strengths Do You Bring to a Team?

**Key Themes:** Identifying positive personal traits.

- » **Challenge Activity:** Use a graphic organizer to link favorite personal pursuits to the strengths and larger life learnings they help develop.
- » **Standards:** CASEL Self-Awareness, Relationship Skills
- » **STEM Highlights:** How Do You Tackle Space Walk?; Traits of a Planeteer



20 mins



### Activity framing to share with learners:



The four Polaris crew members going into orbit were chosen with their scientific, engineering, and operational expertise in mind. However, their professional experience is only part of what makes them a strong team. Excellent teams—whether they're going to space, playing soccer, performing a symphony, or taking on any other collaborative challenge—are made up of members whose personal strengths and unique qualities complement one another.



### Sarah Interviews Polaris Crew Members

Each member of the Polaris crew brings unique traits, special qualities, and skills they've developed while exploring interests and passions beyond their dedication to space exploration. Hear Sarah Gillis explain some of the ways her love of music prepared her to take on the Polaris Dawn mission and discover the personal passions that have helped her fellow crew members as they come together to create a truly stellar team. Then, get a pro tip from Joe Tanner on one of the top traits for finding success in whatever you dream of doing!



## Challenge Activity

Through her dedication to violin Sarah Gillis learned about patience, perseverance, and how to tackle difficult problems by following projects step-by-step to their completion. Now, she adds all these qualities to her work as part of the Polaris team!

Explore how the activities you love also help you gain skills and find your own unique strengths. Like Sarah, you might even see ways your different interests connect, and how the strengths you discover can be used in many different situations. Follow the steps below to create your own Loves and Strengths web and answer this Zone's Challenge Question:

### What Strengths Do You Bring to a Team?

**01** Start your Loves and Strengths web by drawing 3 or 4 bubbles or hearts on a piece of paper. Inside each one, write down one of your most-loved activities.

**02** Borrow and build on ideas from the box [below] to brainstorm which qualities and Life Learnings you strengthen as you pursue these interests and loves. Add these to your Loves and Strengths web, drawing lines of connection wherever you can. You can also check out an example web below to help you get started.



#### Learning Idea

In a setting where learners share an interest—such as a **music ensemble**—begin by brainstorming together skills connected to that shared activity (i.e. music!). Then, have learners individually work to expand their web and connect skills to their additional loves and interests.

#### Life Learnings

- » Use creative problem-solving—think of multiple solutions or paths
- » Be an active and engaged listener
- » Express my feelings
- » Give and receive feedback
- » Set goals and create plans to work towards them
- » Use strategies for dealing with challenging emotions
- » Manage my stress
- » Work cooperatively with others
- » Be curious
- » Make connections to others and develop friendships
- » Work to understand different perspectives than my own
- » Show concern for others' feelings and well-being

#### Loves and Strengths Example



03

Finally, looking at your Loves and Strengths web, take a moment to reflect on how these qualities may appear to those around you, and imagine how these strengths will continue to help you in the future.

- » Which of these strengths do you think your friends or family might notice most about you? What are some ways they see them in action?
- » Think of a dream you have for your future—maybe it's a goal for your time in school, or an idea for a future career. How might the strengths you're developing help you get there?
- » If you were aiming for the stars (literally!) and wanted to join a future space exploration mission, which of these skills do you think would help make you a stellar crew member?



### Learning Idea

Invite learners to reflect on these questions and share their webs in small groups or pairs.



Collectively make a "Future Astronaut" Loves and Learnings web by combining learner's reflections on skills needed to achieve that role with some real life activities from their own webs that are helping them develop those space-ready skills now.



Want to share your **Loves and Strengths** web?

Post your on social media using the hashtag [#space4music](#). We will be sharing selected submissions in this Zone's **Challenge Accepted!** space.