



04 MISSION PREP ZONE

Plotting the Mission Timeline



Challenge Question: What Music Would You Bring to Space?

Key Themes: Navigating challenges by identifying emotional responses and using emotional regulation strategies

- > **Challenge Activity:** Choose music for a mini Mission Playlist, inspired by a sample Polaris Dawn in-orbit schedule and the emotions that might come with being part of a busy day in space.
- > **Standards:** CASEL Self-Awareness, Self-Management; NCAS Anchor Standards #7, #8, #10, #11
- > **STEM Highlights:** First Commercial Space Walk; Partner Research in Space; Preparing for Big Emotions; Internet in Dragon!, Wake-Up Calls from Earth



15 mins



Activity framing to share with learners:

Training for the Polaris Mission keeps Sarah Gillis and the crew busy, but once they're in orbit their schedule of activities will be even more jam-packed. There are multiple blocks of intense research time, focused sessions for realizing the mission's many technical objectives like the crew's Spacewalk and testing Starlink satellites, plus medical check-ins, chats with family, and even daily media events. Now, add to this list "being far from home in a strange (and sometimes uncomfortable) environment" and you have a recipe for some big, big emotions. But, not to worry! To feel ready for such an intense experience, the Polaris crew has been planning and practicing how they will handle the big feelings that will inevitably come up during the mission.

For lots of people, listening to and playing music can be a way to express and process emotions. As a musician, this is certainly true for Sarah Gillis. Music will be a big part of her time in space! Watch Sarah's conversation with the world-renowned musician, producer, and author Rickey Minor to find out more about the music they'd each want with them in orbit to help with day-to-day challenges and celebrations, as well as hear Rickey Minor's thoughts on the power of music, no matter where you are in the universe.



Sarah interviews
Rickey Minor



Plotting the Mission Timeline

Challenge Activity

01 Start by looking through the timeline [below] of some real-life moments the Polaris crew will experience during one of their days in orbit.

- » If you were part of the crew for this day, what emotions might you be feeling—or want to feel—during each of these activities?

Polaris Mission Single Day Simplified Timeline

- Wakeup and Breakfast
- Research and Experiments
- Media Event with Earth
- Lunch
- Research and Experiments
- Try on and Perform Inspections of EVA Suits
- Dinner
- Family Calls
- Medical Check-In
- Sleep



Learning Idea

Provide copies of the [PDF worksheet](#) and have learners annotate and document their ideas directly onto the timeline.

02 Now, take on this Zone's Challenge Question and imagine you could have your favorite music along with you on this busy day in orbit:

What Music Would You Bring to Space?

Create a mini Mission Playlist for yourself by focusing on three or four events in the timeline. Choose some favorite songs or pieces you think would help you connect to those activities and your emotions while you're doing them.

- » How will hearing or playing your musical choice help you settle into a positive emotion or handle a challenging one?
- » What is it about your song or piece choices that make them feel like a good fit for these moments on the mission?

03 Compare your emotion ideas and playlist choices with a friend's or family member's.

- » Are their feelings about the events on the timeline similar or different from yours? Why might that be? Ask some follow-up questions to find out more!
- » What musical choices from their playlist surprised you? Which ones would you consider adding to your own mission playlist?



Want to tell us about the music you'd bring to space? Share your Mission Playlist ideas on social media using the hashtag [#space4music](#). We will be sharing selected Playlist ideas in this Zone's **Challenge Accepted!** space.



Learning Idea

Compile learner's music choices to create a real playlist on the streaming service of your choice. As a group, play a low-stakes listening game by having learners guess where they might be on the mission timeline as they hear each song.