

# Notes to staff

## Unintended Opportunities

- This is designed for assembly or tutor time.
- You can listen to the Pearl episode anywhere you get your podcasts to get the full story.
- You can also download the transcript for your own preparation.
- The assembly has been edited to fit more with students and relevant to them.
- There are notes at the bottom of each slide for reference.
- We would love to hear how it has gone, email [admin@pixl.org.uk](mailto:admin@pixl.org.uk)



**PIXL**

**Comfort**

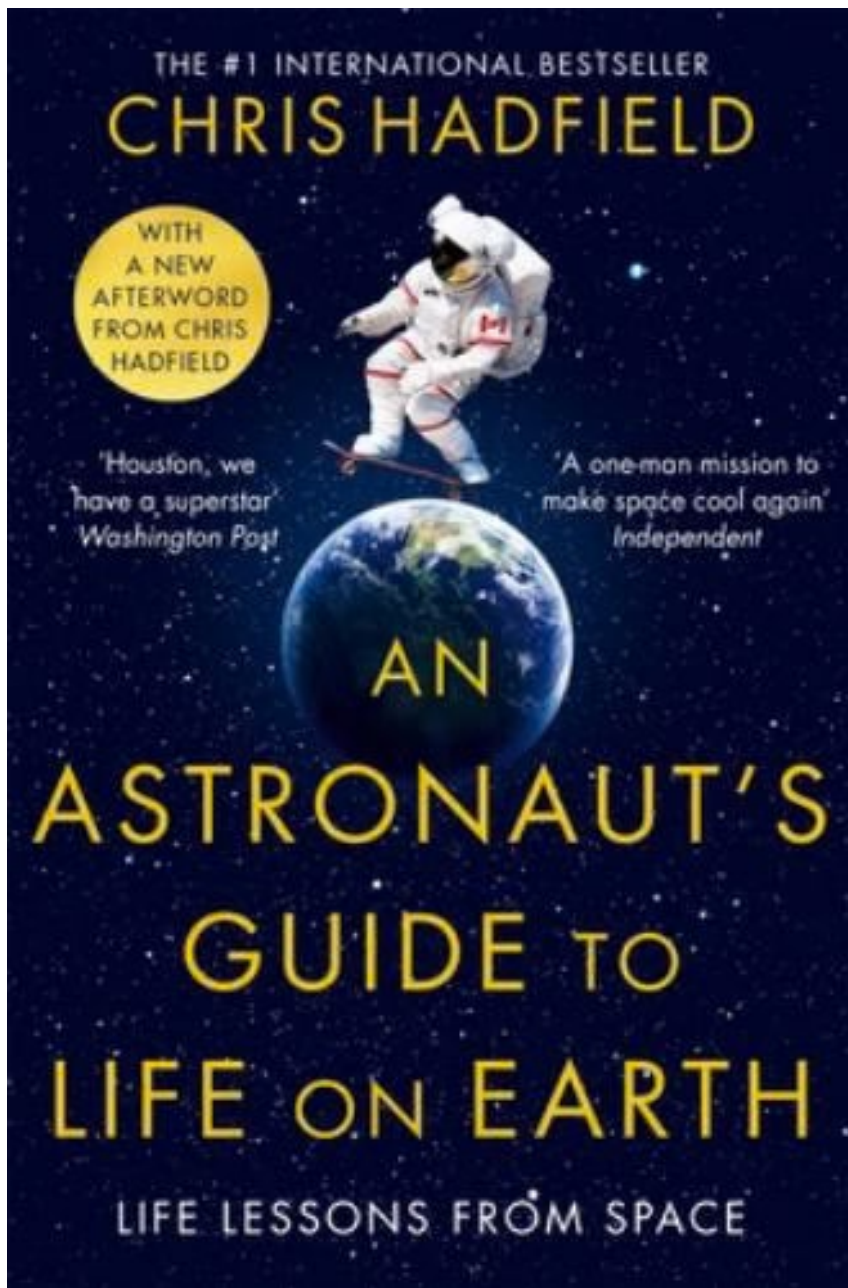
IGNITING LEADERS, CHANGING LIVES

# Chris Hadfield



## A Canadian Astronaut

- The first Canadian to walk in space
- Commanded the International Space Station
- A fighter pilot and a test pilot
- An aeronautical engineer
- Yet he didn't expect to go to space



**What is it like to live in space?  
What can we learn for our lives  
on Earth?**

# The Stress Tests

INNOVATION > CONSUMER TECH

## Could You Pass The Quirky Claustrophobia Test NASA Gives To Astronauts?

By [Quora](#), Contributor.

Follow Author

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# Being Prepared for Space

## Astronauts are trained on:

- How they will handle bad news in space
- What will happen in an emergency
- How they would cope if someone on Earth died
- How they will work together to do all that needs to be done

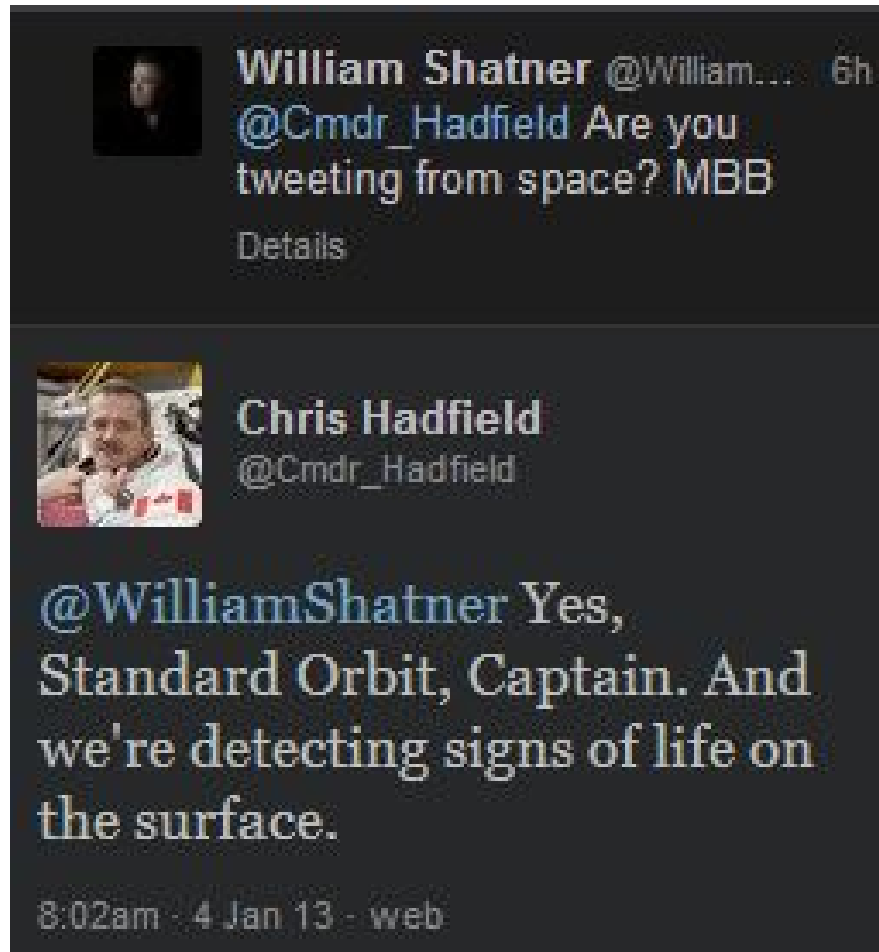
# Comfort in the Small Things

*Space Oddity* by David Bowie, recorded in space



- Gained thousands of followers on social media
- Recorded a whole album
- Bowie described it as, “the most poignant rendition of the song he had ever heard”

# Fun and Games in Space



- The actor who played Captain Kirk tweeted.
- The tweets went viral.
- Star Trek fans and stars of the show joined in.
- They even played Scrabble up there!
- The tiles had Velcro on so they didn't cause problems!
- Brought joy to those in space.

**What can we learn  
about life on Earth from  
life in space?**

# 1) Look for signs of home

## What is 'home'?

- It can be a physical place.
- It can be people.
- It can be somewhere where you feel like you are you.
- It can be where you feel safe.
- It can be a memory that you can recall to help comfort you.

## 2) Find the small things that bring joy

### What are the things that make you smile?

- Being with your friends
- Watching a film or a series
- Playing games
- Hot chocolate with marshmallows and cream
- Being out in the sun
- Sledging in the snow

### 3) Re-set your perspective

"Every single thing that you learn really just gives you more comfort. It's something I counsel kids all the time: if someone is willing to teach you something for free, take them up on it. Do it. Every single time. All it does is make you more likely to be able to succeed. And it's kind of a nice way to go through life".

Chris Hadfield

## 4) Sweat the small stuff

“An astronaut who doesn’t sweat the small stuff is a dead astronaut.”

Small things matter:

- The small things that bring joy or comfort
- Getting your bag packed the night before
- Going to bed at a decent time!
- Doing things that make you laugh
- Taking care of the presentation of your work!