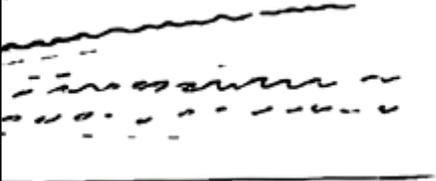




Sometimes feelings get so big, it feels like your skin can't hold them...

WHEN THE SKY IS THERE



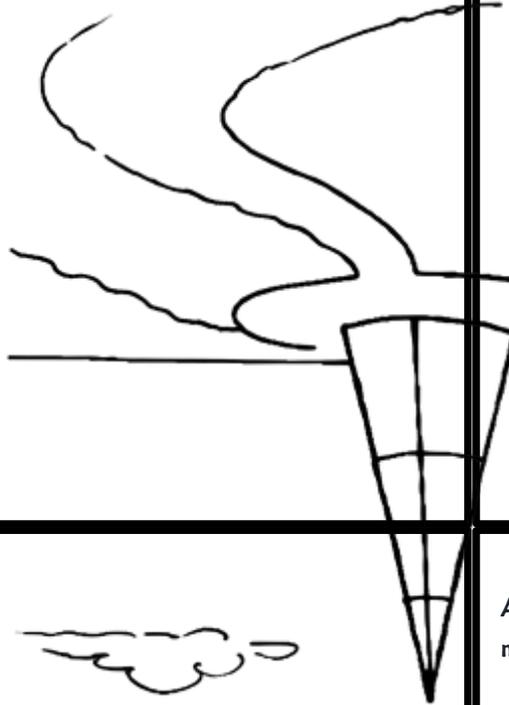
...but the sky has room for big things.

Storms. The Dawn. Endless blue.

It doesn't panic when clouds arrive. The sky just is.

Inspired by theLight Pyramid (The Beacon) by Liliane Lijn (2012) Campbell Park | Milton Keynes

We will weather this with you.



In the day, find a cloud.  
Name its shape.  
Dragon. Whale. Shoe.

Watch it change.  
Notice how it cannot stay the same.

Our feelings are our sky.  
Messy and marvellous with the weather.

You are not too much.  
You belong under this sky.

Beyond your skin.  
As big as the sky.

There is comfort and safety too.

Above you, maybe there's movement to follow until it's gone.

A bird.

A plane stitching white thread.

Light sliding across rooftops.

The world keeps moving even when you feel stuck.

That hurts.  
But, the weather will move on.  
Breathe for a moment.



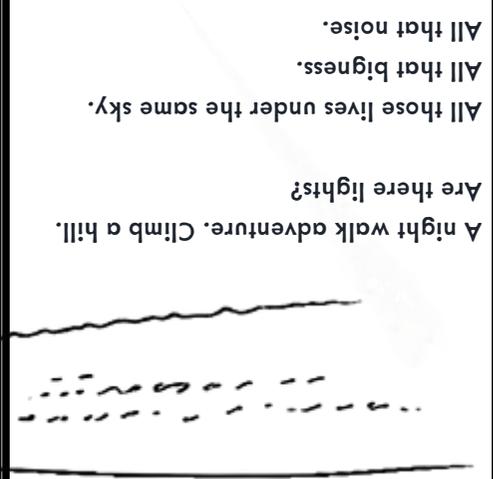
At night, befriend the stars.

Choose a constellation.  
Learn to find it through the seasons.

Follow the ISS across the year.

Catch it falling past you at  
17,500mph.  
Some people shout at the sky.  
The sky can take it.

Everything turns.  
As fast as the ISS passes.  
Gone in a moment.



A night walk adventure. Climb a hill.  
Are there lights?

All those lives under the same sky.  
All that bigness.  
All that noise.

Cut round the thick outside line of the rectangle. Fold along every grid line, then open out flat. Turning the page to portrait, fold in half. Snip from the fold line upwards one grid line. Open out, you should have an aperture in the centre that's square-shaped. Push the front cover to the opposite corner of the square. Then fold round until the final page creates the back cover. Look on YouTube at 8-page zine fold videos for visuals.

## ABOUT THIS RESOURCE

Sometimes emotions swell so fast it feels like your skin can't hold them.

When that happens, the sky can help.

Not because it fixes anything.  
But because it is bigger than whatever is happening right now.

You don't have to do this perfectly.  
You don't have to "calm down."  
You're just borrowing perspective.  
And it's portable, always there, and free.

## IN THE DAY

If you can, step outside.

Look up.

- Find one cloud and name its shape.
- Watch how it changes.
- Notice light moving across rooftops.
- Follow a bird or a plane until it disappears.

Clouds cannot stay the same.  
Neither can feelings.

If leaving the house feels impossible, look through a window. Even a patch of sky is enough.

## AT NIGHT

At night, the sky becomes wider.

- Choose a star or constellation and learn its name; Orion is my favourite.
- Notice where it sits in the sky this month.
- Watch how it shifts over the year.

You can also look for the International Space Station (ISS). It travels at around 17,500 miles per hour. When it passes overhead, it looks like a steady - but rapid - moving star.

At different times of the year you can spot planets, meteorites and even the Northern Lights.

You can find out when the ISS will be visible by using:

- The NASA "Spot the Station" website
- The Heavens-Above website
- Free sky apps like Sky Guide or Stellarium

They will tell you:

- The time
- Which direction to look
- How long it will be visible

It usually appears just after sunset or before sunrise.

When you see the ISS, you are watching something human-made moving through space above you.

It reminds us:  
Everything moves.  
Everything orbits.  
Nothing is stuck.  
While our feelings can be huge, the sky reminds us we are part of something bigger.

And if you need to shout at the sky, it can take it.

## WHY THIS PLACE

This piece was inspired by the Light Pyramid at Campbell Park in Milton Keynes.

I have walked there on difficult days with my son. We have stood under that sky when things felt impossible.

During Lockdown, my village gathered to watch the ISS pass overhead. We watched planets line up at Christmas. We looked for something bigger than the moment we were in. The sky didn't solve anything. But it gave us room.

## A NOTE ON PDA

This was created by an adult PDAer for other PDAers.

You do not have to use this in any particular way.

There is no right way to look at the sky. You are not doing it wrong if it doesn't "work."

It is simply an option.  
Having options matters.  
And you can always say no.

Julia  
X

If you are not safe, tell someone.  
We will weather it with you.  
Same sky. Different perspectives.



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