

ASTRONAUT WORKOUT

This energetic workout will get you ready for space! Complete each exercise and record your results.

Can you think of other exercises that might help you prepare for space? Create your own workout and try it with your friends!

1. JUMP FOR THE MOON

How many jumps can you do in 30 seconds?

RESULT: _____

2. FLOAT

You need to get used to floating in space. Lie on your tummy and stretch out like an aeroplane. Can you hold this for 30 seconds?

☐

Yes

☐

No

3. BALANCE

Astronauts need good balance. How long can you balance on one leg? If you find this easy, try closing your eyes and blocking your ears!

LEFT LEG: _____

RIGHT LEG: _____

4. STRETCH

Your body will grow in space! How high can you reach with your hands right above your head?

RESULT: _____ cm

5. BREATHE

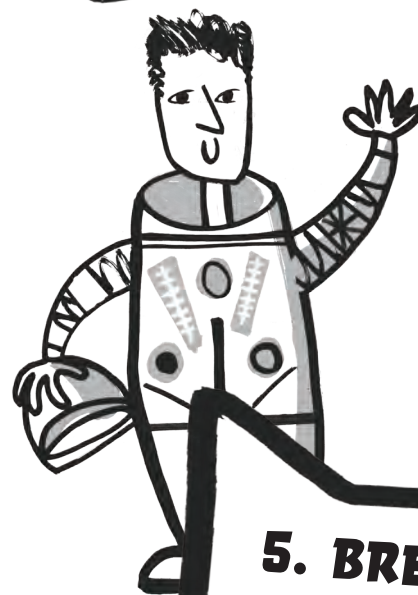
You need to have a calm mind to make sure you can deal with any situation in space. Breathe in and out slowly for one minute. Are you relaxed and ready to fly?

☐

Yes, let's fly!

☐

No, try again!



YOUR BODY IN SPACE

Zap for answers!



Hey guys!

I'm Marco and I help astronauts like you understand how your body will change in space. Can you help me work out which five of these are true?

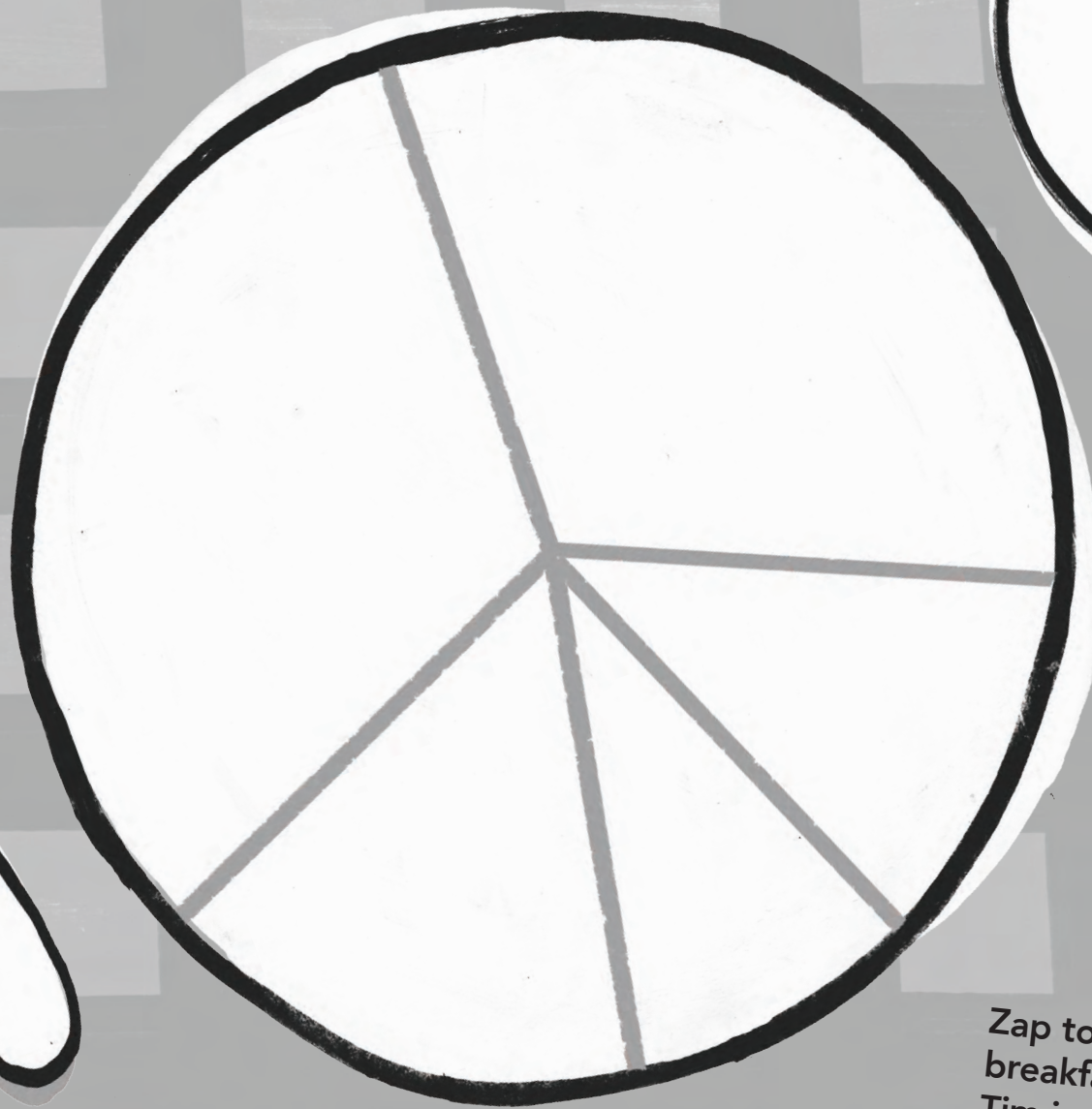
10. Add your own question and test your friends!

WHEN YOU GO TO SPACE YOU MAY FIND THAT...

	True	False
1. You get taller.	<input type="checkbox"/>	<input type="checkbox"/>
2. You'll probably feel sick for your first few days in space.	<input type="checkbox"/>	<input type="checkbox"/>
3. Your thumbs fall off.	<input type="checkbox"/>	<input type="checkbox"/>
4. Your eyeballs change shape.	<input type="checkbox"/>	<input type="checkbox"/>
5. Your bones become weaker.	<input type="checkbox"/>	<input type="checkbox"/>
6. Your ears turn purple.	<input type="checkbox"/>	<input type="checkbox"/>
7. You grow hair all over your body.	<input type="checkbox"/>	<input type="checkbox"/>
8. Your face gets puffy.	<input type="checkbox"/>	<input type="checkbox"/>
9. You can't poo in space!	<input type="checkbox"/>	<input type="checkbox"/>
10.	<input type="checkbox"/>	<input type="checkbox"/>

SPACE DINNER

NUTRITION GUIDE



Zap to have
breakfast with
Tim in space!



Astronauts need to eat a balanced diet.
Can you draw your first meal in space,
making sure it has all the right nutrients
for a healthy space traveller?



DESIGN YOUR SPACESUIT

It's time to design your
own spacesuit!

You can design it
however you want
but don't forget to
include features that
will let you breathe,
communicate and
keep you protected.

Zap to see Tim in
the Sokol suit he
wore for launch
and re-entry and
find out what
special features
your suit will need.

