



Feel like an astronaut!

People in space

time

55 minutes

Tip Carry out this activity in the gym.

learning outcomes

To:

- find out how an astronaut washes
- see how an astronaut eats breakfast
- know that an astronaut can sometimes feel sick
- feel weightless for a moment
- find out that it is difficult to work wearing astronaut's clothes
- know how an astronaut stops his or her belongings floating about
- consider whether he/she would like to be an astronaut

materials needed

- photograph of an astronaut's life (Appendix)

- photograph of astronauts eating (Appendix)
- 2 ski suits
- 2 pairs of gloves
- 2 helmets
- 2 nuts
- 2 bolts
- 2 chairs
- 2 ropes
- 2 spoons
- 2 plastic bags
- 2 small drink cartons (the sort that you need to squeeze to drink)
- wet face cloths
- office chair
- box to jump from (gym)
- landing mat (gym)
- flip chart
- felt-tip pens
- Velcro
- colouring pencils

Preparation

For the activity **An astronaut's life** you will need the photographs 'An astronaut's life' and 'Astronauts eating' from the Appendix. For the activity **You are an astronaut!** divide the gym into six sections. Prepare the resources for each activity.

For the activity **How does an astronaut eat breakfast?** place the ropes ready on the chairs so the children can tie themselves down.

For the activity **What does it feel like to work as an astronaut?** prepare the nuts and bolts that the children will need to screw together.

For the activity **How does an astronaut prevent his or her belongings from floating about?** stick a small piece of Velcro onto a collection of felt-tip pens. Attach the other side of the Velcro to the board. Make 24 copies of the picture of the astronaut from the end of this lesson and place them with this activity.



An astronaut's life 10 min.

Tell the story of Andy the Astronaut on the following page. While you are telling the story show the photographs of the various activities on the discussion sheet and from the Appendix.

Andy wakes up. He's lying in his sleeping bag. He wants to get up, but first he has to undo his safety belts. He is 'hanging' on the wall. Andy goes to wash himself. There isn't a shower. He washes himself using a wet facecloth. Andy gets dressed. First of all he puts on his overalls. Now he is ready for breakfast. He fastens himself to a chair. He drinks from a carton. If he was to try drinking from a glass, the drink would float away. Andy wants something to eat as well. He uses a spoon to get some food out of the plastic bag. He has to put it in his mouth quickly before it floats away. Andy feels a little sick. He's suffering from space sickness. That's because he's in a weightless environment. Gravity has basically no effect on the space station, which is why he is floating around. Even though Andy isn't feeling very well, he still has work to do. He pulls on his space suit and gloves and puts on his helmet. Now he's ready to go outside the space station. He uses his tools to fasten a nut and bolt. He has practised this many times before, so it isn't difficult. He writes down what he has done. To do this he has to get a pen. The pen is stuck to the wall using Velcro. When he has finished he uses the Velcro to stick the pen back onto the wall. If he didn't do this, the pen would float away. It takes some getting used to, but Andy is glad he became an astronaut!



The children learn about what it is like to be an astronaut.



Pretend you're an astronaut! 30 minutes

Organise the children into groups of four. Assign each group to a different activity. Explain that they are going to imagine what it is like to be an astronaut. They need to ask themselves the following questions:

- How does an astronaut wash?
- How does an astronaut eat breakfast?
- How does an astronaut feel?
- How does it feel to be weightless?
- How does it feel to work as an astronaut?
- How does an astronaut stop his belongings from floating about?

Good to know. In reality an astronaut wears overalls inside the spaceship. He only puts on his spacesuit and helmet if he has to go outside on a spacewalk.

All the groups begin their first activity. After five minutes each group moves on to the next activity, so that by the end of the lesson they have taken a turn at everything. Take care during the activity **How does an astronaut feel?** that the children do not get spun around too much. You do not want them to really feel sick.

How does an astronaut wash?

The children take turns washing their face with a wet face cloth.

How does an astronaut eat breakfast?

The children take turns to tie themselves to a chair. Explain that during this activity the children will only be pretending to eat and drink, not really eating and drinking. The child 'drinks' from the carton and uses the spoon to 'eat' from the plastic bag. They have to be quick or all the food will float away!

How does an astronaut feel?

One child sits on a revolving office chair with their eyes shut. Another child turns the chair round a few times. Stop the chair.

How does it feel to be weightless?

The child jumps from a box onto a landing mat. This enables them to experience a brief moment of weightlessness.

How does it feel to work as an astronaut?

The child puts on a ski suit, gloves, and helmet. The child screws the nut onto the bolt. Then they unscrew it again. When they have finished they take off the clothes.

How does an astronaut stop his belongings from floating about?

The children colour the astronaut on the worksheet. They can use different colours for this. Every time they have finished with a felt-tip pen they must stick it back on the Velcro. Ask them to write their name on their worksheet and leave it in a safe place while they complete the rest of the circuit.



Take the children back to the classroom. Hand out the worksheets.
The children complete Tasks 1 and 2 on the worksheet.



Who wants to be an astronaut? 15 min.

Sit in a circle with the children. What did they think about the activities?
Discuss the various activities, using the completed worksheets.

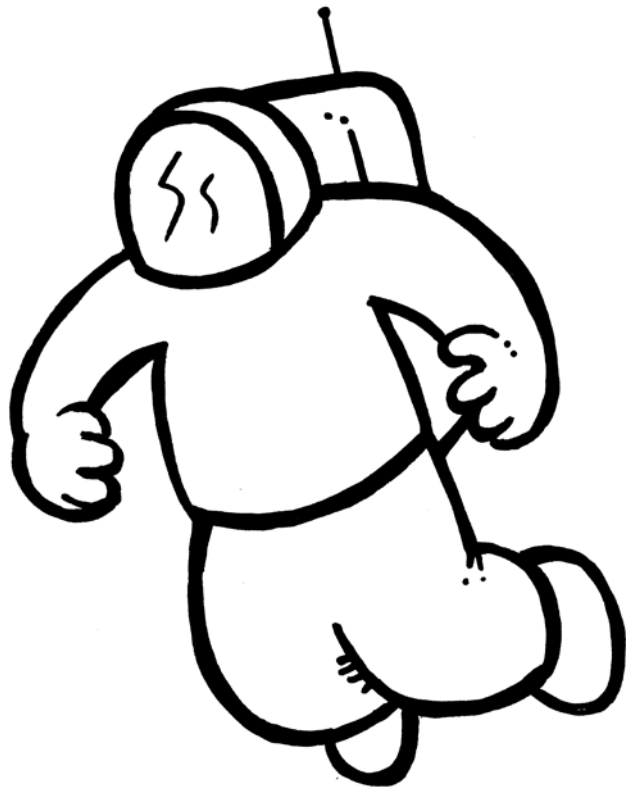
Ask the following questions:

- Did the children enjoy washing using a wet cloth?
Would they miss being able to take a normal shower?
- How did they feel about having to eat their breakfast quickly out of a plastic bag and drink from a carton? Would they be able to keep tying themselves down so they wouldn't float away?

- What is it like to feel sick? Would they be able to cope with feeling sick for days on end?
- How would they like to feel weightless all day long?
- Is it difficult to work wearing an astronaut suit?
- How would they feel about having to always take everything they wanted to use from the wall and having to stick it back straight away?

Would the children like to be an astronaut? Encourage them to share their reasons with the class.

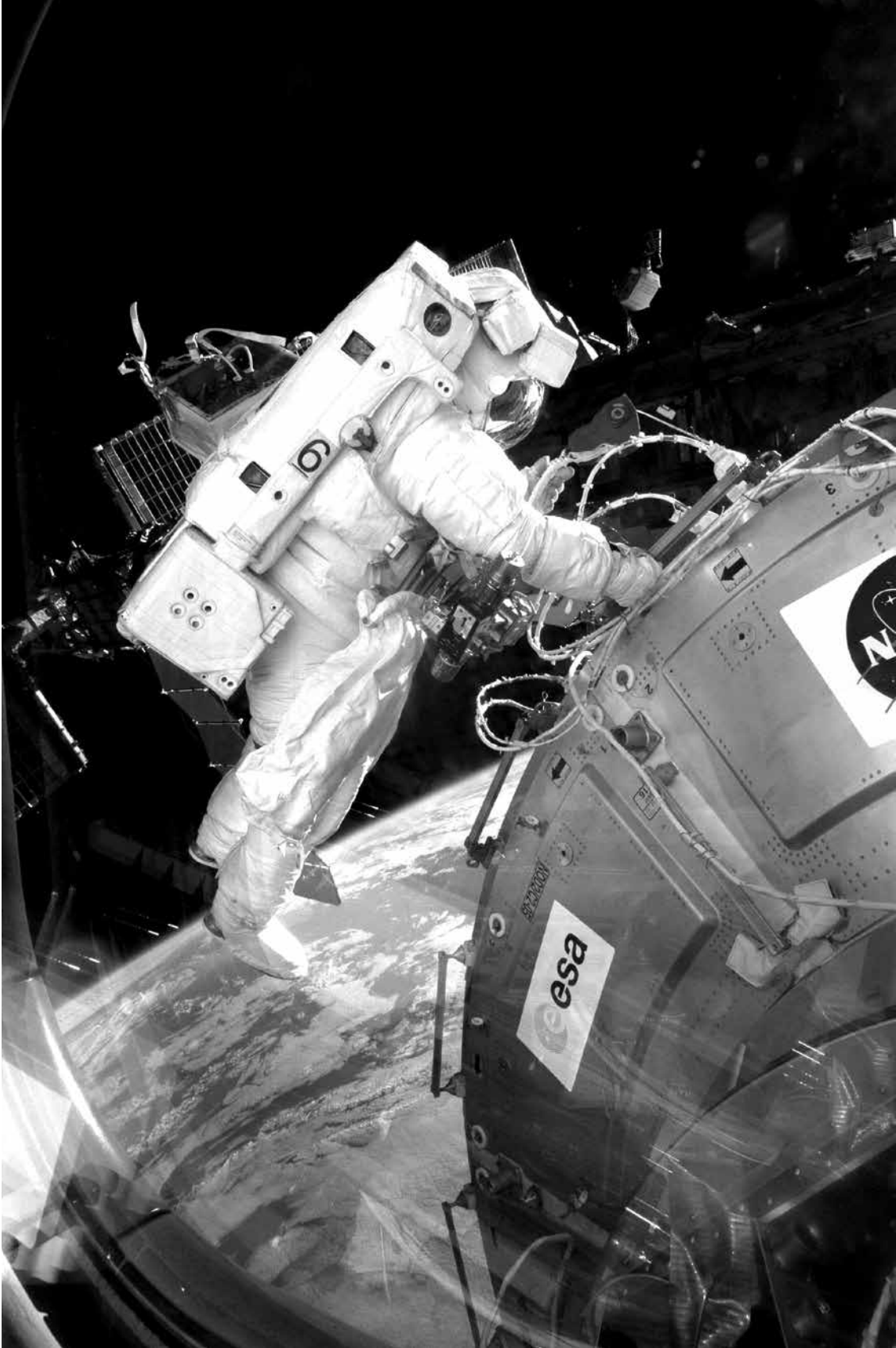
Have they changed their mind since the beginning of the lesson?





38

discussion sheet







Feel like an astronaut!

1 You are an astronaut!



What do you like about being an astronaut? And what don't you like?



like / don't like



like / don't like

CIRCLE
what you
like / don't
like

like / don't like



like / don't like



like / don't like



like / don't like

2 Who wants to be an astronaut?

Would you like to be an astronaut? **yes / no**



Astronauts eating • LESSON 38