

# YOU COULD BE AN... ASTRONAUT

**This sessions story**  
"Astro Girl" by Ken Wilson-Max  
Storytime: Ken Wilson-Max  
reads 'Astro Girl' - YouTube



**What did you think of the story?**

Astronauts are trained by different space agencies such as NASA in order to command, pilot or serve as a crew member aboard spacecraft and the International Space Station. Astronauts have to be fit, healthy and fully prepared before they go into space. When they are in space, they carry out scientific experiments and research.



**HARD WORK**

**TEAM WORK**

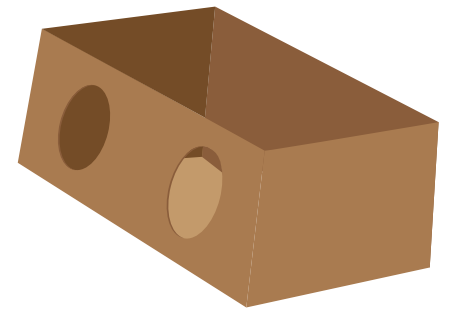
**COMMUNICATION**

**KEY SKILLS**

## ASTRONAUT GLOVE BOX

Glove boxes are used by astronauts to study objects that may be harmful to humans without protection or objects that can be easily damaged.

We are going to imagine that we are studying rocks from another planet, which planet are your rocks from?



### ASTRONAUT KIT

- Cardboard box
- Scissors
- Black acrylic paint
- Paint brush
- Plastic cup
- Black marker
- Box cutter/craft knife (adult use only!) ⚠️
- Gloves
- Duct tape
- Rocks
- Sand
- Cling film
- Star stickers
- Markers



### STEPS

**Prep the Box:** Using scissors, cut off the box flaps. Paint the outside of the box with black paint.

**Cut Out Holes:** Trace around a plastic cup with a marker to create two circles on one side of the box (add another two circles on the other side of the box if someone else is joining in). Ask a grown up to cut out the circles ⚠️. The holes should be large enough for you to easily fit your hand through.

**Insert the Gloves:** Push a glove through each hole then duct tape the ends of the gloves to the box.

**Fill the box:** Put sand, rocks, and any other things you think you might find on a planet inside your box.

**Cover the box:** Cover the top of the box with plastic wrap.

**Decorate the box.**

**Explore!** Feel, measure and take notes about your discoveries.

# EATING LIKE AN ASTRONAUT

There is no gravity in space, so food will float around and water won't stay in a cup. So crumbs and drops of liquid might float around and damage the spacecraft. To solve this astronaut food is freeze dried and quickly frozen and then has the water sucked out. When the astronauts are hungry they add water to the various powdered foods so they can eat them.

If you did the session in the library this is the at-home activity

Click here to watch real life astronauts preparing food in space!  
[https://www.youtube.com/watch?v=4exaXdPKS3Y&ab\\_channel=EuropeanSpaceAgency%20CESA](https://www.youtube.com/watch?v=4exaXdPKS3Y&ab_channel=EuropeanSpaceAgency%20CESA)

## ASTRONAUT KIT

- 2 tsp Milk powder / Vegan alternative
- 2 tsp Ground almonds / Coconut flour
- 1 tsp Hot chocolate powder
- 1/2 tsp Edible stars
- Pinch of salt
- Water
- Paper drinking straws
- Sandwich bag
- Scissors

## STEPS

**Measure dry ingredients:** Put all the dry ingredients into the sandwich bag

**Add water:** Start with 3 tablespoons, if it's not enough add a little more.

**Mix it up:** Seal the bag and squidge it together to mix it up.

**Now for the fun part!** Ask a grown up to cut a corner of the bag carefully ⚠️. Squeeze the pudding into your mouth like a tube of toothpaste or use your straw.



ACTUAL SPACE FOOD!



## HOW DID YOU FIND THE ACTIVITIES? DO YOU THINK YOU USED THE THREE SKILLS?

**Congratulations!** You have successfully completed your astronaut training and are ready to head into space! Think of all the planets there are to discover. But how do astronauts get into space from the Earth? **Turn over to find out more...**

