

# SPACECARE

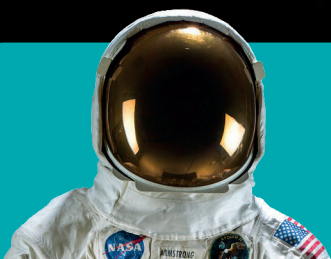
By Jennifer Swanson

## Teaching Guide



### DISCUSSION QUESTIONS

1. Of all the ways that space affects the human body, which did you find most surprising and why?
2. What do you think you would enjoy most about microgravity? What would you find most challenging about it?
3. What is unique about how astronauts eat, sleep, exercise, and use the bathroom in space?
4. In terms of health and safety, what are some ways that astronauts must take care of themselves and each other in space?
5. If you were able to visit the International Space Station (ISS) right now, which part would you want to visit first and why?
6. How do you think you would feel about living on the ISS for an extended period of time (for example, six months)?
7. If you were to engineer your own spacesuit, what features would it need to have? What features would you want it to have? What materials would it be made out of?
8. Of all the different research projects that happen on the ISS, which would you be most excited to participate in and why?
9. How does learning more about surviving in space help us better learn to survive on Earth?
10. In your opinion, why is the idea of living in space appealing to so many people?



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## PERSONAL REFLECTION

If you were to leave everything behind and live on the International Space Station (ISS) for a while, what would you miss the most and why?

What would be the most challenging thing about living in space or what would you be most nervous about?





## ACTIVITY

# DRAW YOURSELF IN SPACE

In the space below, draw a picture of yourself as an astronaut living inside the International Space Station (ISS). You could draw yourself eating, sleeping, exercising, or working. Show as many details as you can about the unique way this activity is done in space. Include at least five labels to identify parts of your picture: what you are wearing, the equipment you are using, where in the ISS you are located, etc.



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## ACTIVITY

# SPACECARE CROSSWORD PUZZLE

### Across

4. A rotary-wing aircraft, like a helicopter
5. An electrocardiogram, or a device that measures the electrical activity of the heart
6. The curved motion around another object
7. An expert on diet and nutrition
8. Energy, like electromagnetic energy, that travels very fast as a particle or a wave
10. The domed windows where astronauts can view space and the Earth

### Down

1. An environment with little gravity where objects appear weightless
2. A device used to measure the amount of ionizing radiation a person experiences
3. When a body part begins to waste away, possibly because it's not being used
9. The genetic material that determines how an organism looks and functions



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