



Explore! Health in Space

Effects of Space on the Human Body



Activity Shopping List

<p>For Activity 1 <u>The Initial Engagement: Space Bound!</u></p> <p><i>For the group:</i></p> <ul style="list-style-type: none">___ Poster board or poster paper___ Marker(s)___ Writing utensils and scrap paper for the children___ Several books about life in space that are appropriate for the participating age group (See resource list for suggestions)	<p>For Activity Set 2 <u>Space Radiation: UV Man!</u></p> <p><i>For each child:</i></p> <ul style="list-style-type: none">___ 3 UV beads (at craft stores; other sources listed in activity)___ 2 non-UV beads___ 2 pipe cleaners, preferably white___ Scissors ___ Various materials that will “protect” UV Man! from ultraviolet radiation, for example: white or colored construction paper, foil, plastic wrap, paper sunglasses (obtained from an optometrist), sunscreen (different SPFs), masking tape, paper, cloth, etc. You may even wish to include containers of water for experimentation!
<p>For Activity Set 2 <u>Space Radiation: UV Man! In Space</u></p> <p><i>For each group of 4 to 5 children:</i></p> <ul style="list-style-type: none">___ Cotton or poly-fill fluff (enough to make a square about 12” x 12”)___ Spray bottle with water, set on <i>mist</i>___ A few drops of red and blue food coloring, to tint the water purple <p><i>For each child:</i></p> <ul style="list-style-type: none">___ 1 UV Man! (in a shirt or poncho) ___ Craft items to construct and decorate a space capsule for UV Man! For example, paper towel tubes, egg cartons, small boxes, milk cartons, aluminum foil, paint, markers, old CDs, construction paper, pipe cleaners, etc.	<p>For Activity Set 3 <u>Space Stations: Living and Working in Space – Beans in Space!</u></p> <p><i>For the station:</i></p> <ul style="list-style-type: none">___ Facilitator Background___ Banner or poster with station name <p><i>For 1 set; 3 sets are recommended for a station:</i></p> <ul style="list-style-type: none">___ 3 opaque non-breakable containers such as coffee cans___ Tape (to seal the containers)___ 3 cups of beans for each Earth can___ 1/2 cup of beans for each Moon can___ Paper or foam to stuff inside the Earth and Moon cans so that the beans don’t rattle___ Labels for each can___ Children’s Guide for <i>Beans in Space</i> <p><i>For each child:</i></p> <ul style="list-style-type: none">___ Spaceport (Space Passport)
<p>For Activity Set 3 <u>Space Stations: Living and Working in Space – Follow the Bouncing Ball!</u></p> <p><i>For the station:</i></p> <ul style="list-style-type: none">___ Facilitator Background___ Banner or poster with station name <p><i>For 1 set; 3 sets are recommended for a station:</i></p> <ul style="list-style-type: none">___ 1 high-bounce ball (Not all high-bounce balls actually are. Test them to make sure!)___ 1 jacks ball or other low-bounce ball___ 1 permanent marker___ Children’s Guide for <i>Follow the Bouncing Ball</i> <p>You may substitute other pairs of balls for high-bounce and jacks balls, as long as they bounce at noticeably different heights.</p>	<p>For Activity Set 3 <u>Space Stations: Living and Working in Space – Measure Up!</u></p> <p><i>For the station:</i></p> <ul style="list-style-type: none">___ Facilitator Background___ Banner or poster with station name <p><i>For 1 set; 3 sets are recommended for a station:</i></p> <ul style="list-style-type: none">___ 1 ruler___ 2 different colors of markers___ 1 18-inch length of string that does not stretch___ A writing utensil and scrap paper___ Timer or watch___ Children’s Guide for <i>Measure Up!</i>

For Activity Set 3 Space Stations: Living and Working in Space – Bones of Contention

For the station:

- ___ Facilitator Background
- ___ Banner or poster with station name

For 1 set; 3 sets are recommended for a station:

- ___ 1 pencil or dowel (slightly sharpened)
- ___ Colored markers
- ___ Children's Guide for *Bones of Contention*

For each child:

- ___ 2 Styrofoam cups (the taller, the better)

For Activity Set 3: Space Stations: Living and Working in Space – Sponge Spool Spine

For the station:

- ___ Facilitator Background
- ___ Banner or poster with station name

For 1 set; 3 sets are recommended for a station:

- ___ A tall, *clear* (not translucent) plastic container filled $\frac{3}{4}$ full with water (a 2-liter soda bottle with the top few inches cut off works well)
- ___ Ruler
- ___ 1 pencil (slightly sharpened)
- ___ Scissors
- ___ Scrap paper and writing utensil
- ___ Children's Guide for *Sponge Spool Spine*

For each child:

- ___ 2 pipe cleaners
- ___ 3-4 small wooden spools (at craft stores)
- ___ 3-4 sponge cut-outs, about the size of a dime
- ___ 1 circular sponge cut-out about the size of a half-dollar for a Sponge Spool Spine head (optional)

For Activity Set 3 Space Stations: Living and Working in Space – Jumping to Conclusions

For each child, pair of children, or team:

- ___ 1 set of Jumping to Conclusions cards and game boards copied on light cardstock (6 sheets per child or team)
- ___ Clear tape or a glue stick
- ___ Scissors
- ___ Children's Guide for *Jumping to Conclusions*

For Activity Set 4 The Astronaut In Me - Space Venues and Excuses, Excuses...

For the group:

- ___ A dry erase or chalkboard (alternative materials for constructing a Venn Diagram include yarn and pins or tape, poster board, or poster paper)
- ___ Dry erase markers or chalk in 3 colors
- ___ 30 large index cards (15 each of 2 different colors)
Colored paper may be substituted
- ___ Colored markers
- ___ Clear tape
- ___ Background information for facilitator

For Activity 4: The Astronaut In Me - Healthy Choices

For each group of 3-4 children:

- ___ Poster paper or board
- ___ Colored markers or crayons
- ___ Other craft items for the posters (optional)
- ___ Tape for hanging
- ___ Background information for facilitator

For Activity 4: The Astronaut In Me - Tracing the Connections

For each pair of children:

- ___ Butcher paper about 1' longer than each child is tall
- ___ Colored markers or crayons
- ___ Other craft items for the tracings (optional)
- ___ Tape for hanging
- ___ Background information for facilitator