



CHECK IT OUT

1

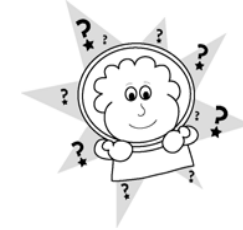
Living on the Space Station in microgravity affects humans a lot!



WHAT TO DO

You can play the card game yourself or you can get partner or two to join you to match the correct answer cards to the question sheets.

After matching all the cards, read the *Jumping to Conclusions* story aloud.



WHAT TO ASK...

How does microgravity affect astronauts?

What can astronauts do to keep their muscles and bones strong?

What can YOU do to keep YOUR muscles and bones strong?

**What happens to your
body when you live and
work in SPACE?**

**What do you and
astronauts need to do to
stay HEALTHY?**

**Let's see how
much you know!**

1

**What force pulls you
back to Earth when you
jump into the air?**

2

**Where would you be able
to jump higher - on
Earth or on the Moon?**

3

**Why? Because the Moon
is smaller and has less
mass and therefore less**

4

**On the Space Station,
you would live in**

**conditions. You would not
feel the force of gravity
pulling on you at all.**

5

**In microgravity
everything**

**even the fluids inside of
you.**

6

**And because there is no
gravity to pull down on
you, your spine
s-t-r-e-t-c-h-e-s
and you get**

7

**The stronger the force
of gravity pulling on YOU,
the**

**is needed to make your
muscles work.**

8

**The more your muscles
work, the**

they become.

9

**In space, your muscles
could become**

10

Because they

have to work as hard!

11

**To keep their muscles
strong, astronauts**

12

**In microgravity your
bones become**

13

**To keep their bones
strong and healthy,**

astronauts

**(hint: may be more than
one right answer!)**

14

**To keep your bones and
muscles strong on Earth,**

you need to

**(hint: may be more than
one right answer!)**

Congratulations

**on being a strong and
healthy Astronaut
candidate!**

EARTH



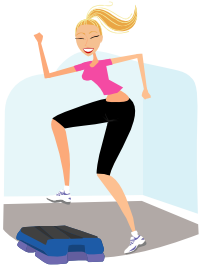
SHORTER



LESS Effort



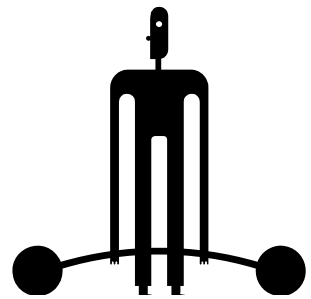
More Effort



Exercise!

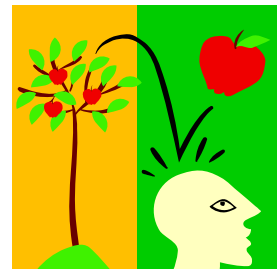


WEAKER



Would

EAT WELL

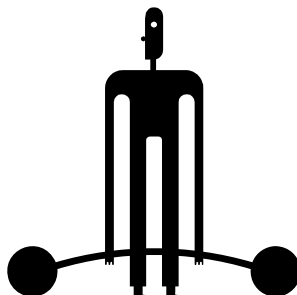


GRAVITY

Exercise!



WEAKER



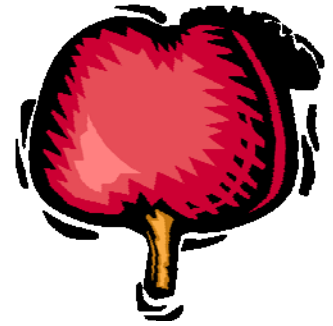
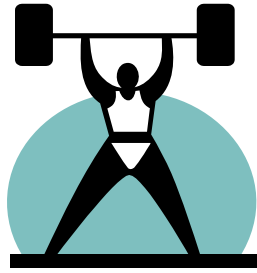
Would

NOT

Moon



STRONGER



Microgravity

TALLER



FLOATS



EAT WELL



Sinks!



Exercise!



Gravity

Exercise!



Eat Well

