

The Astronaut in Me!

Do you know that you have a lot in common with astronauts? They do! Astronauts have to make sure that they are healthy while they are on Earth, but also while they are in space. Space has a different effect on the astronaut's bodies than Earth does. Eating well, getting plenty of sleep, exercising to maintain their bones and muscles, staying protected from harmful radiation, and playing and relaxing are all important to the health of an astronaut. How would you feel if you didn't sleep very well during the night? What if you didn't eat a well balanced breakfast to start your day? Making healthy choices keeps you strong just like the astronauts. Use this activity to determine what you need to stay healthy.

You and your child will explore the importance of good nutrition, sleep, exercise, and recreation for astronauts – and you! Your child will revisit the healthy choice challenges they have in common with astronauts.

What You Need:

- ✦ Butcher paper about 1' longer than your child is tall
- ✦ Colored markers



What to Do:

- ✦ Have your child lie down on the butcher paper
- ✦ Trace the outline of your child
- ✦ Invite your child to decorate the image – put their face on it, add a space suit, etc.
- ✦ Help your child determine what he or she needs to stay healthy and indicate this information on the poster (draw an arrow to the leg and write "to keep strong bones, I need plenty of calcium and exercise" or "to keep my brain sharp, I need 8 hours of sleep")

Parent Prompts:



What do you do to keep your bones healthy?

What do you do to keep your brain sharp?

What protects you from getting sunburned?

What different things keep your muscles strong?