

Astronaut Workout



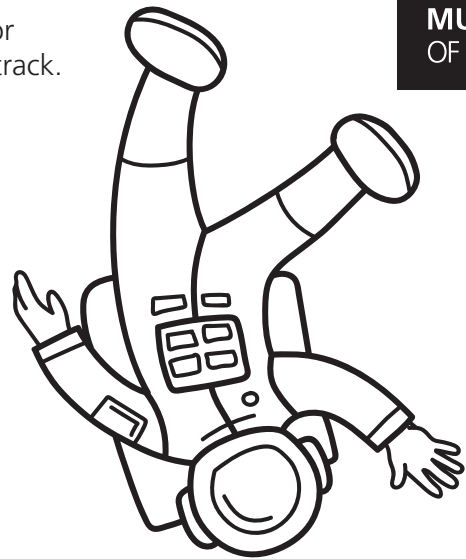
With the help of your adult, this energetic workout will get you ready for space! Your adult will have a timer and tape measure to help you keep track. Complete each exercise, and record your results.

Can you think of other exercises that might help you prepare for space?

Create your own, and share it with your adult!

Tools to use in this activity:

- Timer
- Tape Measure
- Telescope
 - Red Filter
 - Blue Filter



1. JUMP

How many jumps can you do in 30 seconds?

Result: _____

2. FLOAT

You need to get used to floating in space. Lie on your tummy and stretch out like an airplane. Can you hold this for 30 seconds?

Circle One: Yes No

3. BALANCE

Astronauts need good balance. How long can you balance on one leg? If you find this easy, try closing your eyes and blocking your ears!

Left Leg: _____ seconds

Right Leg: _____ seconds

4. STRETCH

Your body will grow in space! How high can you reach with your hands right above your head?

Result: _____ cm

5. BREATHE

You need to have a calm mind to make sure you can deal with any situation in space. Breathe in and out slowly for one minute. Are you relaxed and ready to find some secret space images?

Yes, ready to search! No, try again!

6. FIND

There are six space images hidden around the room. Use your telescope by switching between your red and blue filters to find them all!

On the lines below, record what images you found.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____