

Space Movie & Picture Yourself in Space

Overview: How Do NASA Astronauts Train?

YouTube Link: https://www.youtube.com/watch?v=h9Gn4_VrJ1Q

Activity Timeline: 8:00 minutes per rotation. 6 rotations. Group sizes between 8 and 13.

Introduction: The video discusses the training astronauts must complete on Earth before flying in space.

Procedure: Take each student's photo in front of the green screen for their "Picture Yourself in Space" image. Then arrange the students directly in front of the screen. Show the video. Run time 2:10 minutes.

Conclusion: Discuss the different types of training and ask questions to confirm the students understanding. For example, ask why they train in the water here on Earth? Ask the students if any of them want to be astronauts, what part of training looks the most fun and why?