INTERNATIONAL SPACE STATION (ISS)

For the Busy Moms

Welcome to the International Space Station (ISS)!

On Saturday, May 30, 2020, NASA and SpaceX launched the first astronauts to the International Space Station from the United States soil since 2011! NASA astronauts Bob Behnken and Doug Hurley flew on SpaceX's Crew Dragon spacecraft, lifting off on a Falcon 9 rocket. They successfully docked with the International Space Station the next day.

Follow https://www.spacex.com/ for video footage and mission updates as well as information on future launches.

How long has the ISS been in use? The ISS was constructed between 1998-2011 and continues to evolve. It has been occupied continuously since Nov 2, 2000.

The ISS orbits at an average altitude of 250 miles above the Earth and it circles the globe about every 90 minutes at a speed of 17,500 mph. The ISS, including its large solar arrays, spans the area of a U.S. football field and weighs over 861,000 lbs. The ISS has been visited by astronauts, cosmonauts and space tourists from 19 nations.

Family Activities

1. Build a rocket! Older kids: build and launch a real rocket from a model building kit. Younger kids: build a rocket out of Legos or put together a stomp rocket which is launched by air pressure. OR you can build the ISS craft on page two from items around your house!


Photo credit: NASA

2. Track the ISS and when it will be over your house! You can visit the website https://spotthestation.nasa.gov/sightings/ and enter your location to find a list of upcoming space station sighting opportunities. How cool would it be to watch the ISS fly right over your house?

3. Become an astronaut! Older kids: Research an astronaut and their background. Dress up as the astronaut and record yourself giving a speech about your life as an astronaut. Younger kids: dress up like an astronaut and pretend you are living in outer space!

4. Read! Older kids: Space Stations: The Art, Science and Reality of Working in Space by Gary Kitmacher, Ron Miller and Robert Pearlman. Younger kids: The Ultimate Book of Space by Anne-Sophie Baumann.

5. Check out the links to 3D Virtual Reality videos of the ISS at www.forthebusymoms.com!

Build your own ISS

Use your imagination and creativity along with items you can find around the house to construct your very own ISS. See page 2 of this packet for craft instructions!

Forthebusymoms.com

Space Food!

What do astronauts eat? John Glenn was the first American to eat in space aboard Friendship 7 in 1962. He ate applesauce packed in a tube and sugar tablets with water. The first solid food eaten in space was a corned beef sandwich on rye. According to NASA.gov, today's astronauts eat three meals per day—breakfast, lunch and dinner. Some foods such as brownies and fruit can be eaten in their natural form. Astronauts can also eat foods such as macaroni and cheese or spaghetti after adding water. Astronauts have condiments such as ketchup and mustard available to them as well. The salt and pepper they use is actually in liquid form since regular salt and pepper would simply float away! Interesting fact: The space station has an oven, but not a refrigerator!

Build an International Space Station

Step 1: Gather Supplies: one paper towel cardboard tube, four straws, printed out array template from page three of this packet or one sheet of construction paper, glue, scissors, markers or crayons, and a single hole punch if you have one (if not, you can use a pen).

Step 2: Make eight holes in the cardboard tube to push the straw through. Kids, get your parents help with this step. If you have a single hole punch you can use it to make the two holes closest to each end of the cardboard tube to push two straws through. These holes should be about one finger space from the end of the tube. (Test your hole punch on a piece of paper first to see if it is the right size for your straws). Use the tip of a pen to make two additional holes approximately 2 1/2 inches (four finger spaces) from the end of each side of the cardboard tube. You can use a ruler if you want to make sure the holes are directly across from each other.

Step 3: Push each of the four straws through a set of holes you just made. Add a small drop of glue in each place where the straw goes through a hole in the cardboard tube. These straws will hold the solar arrays.

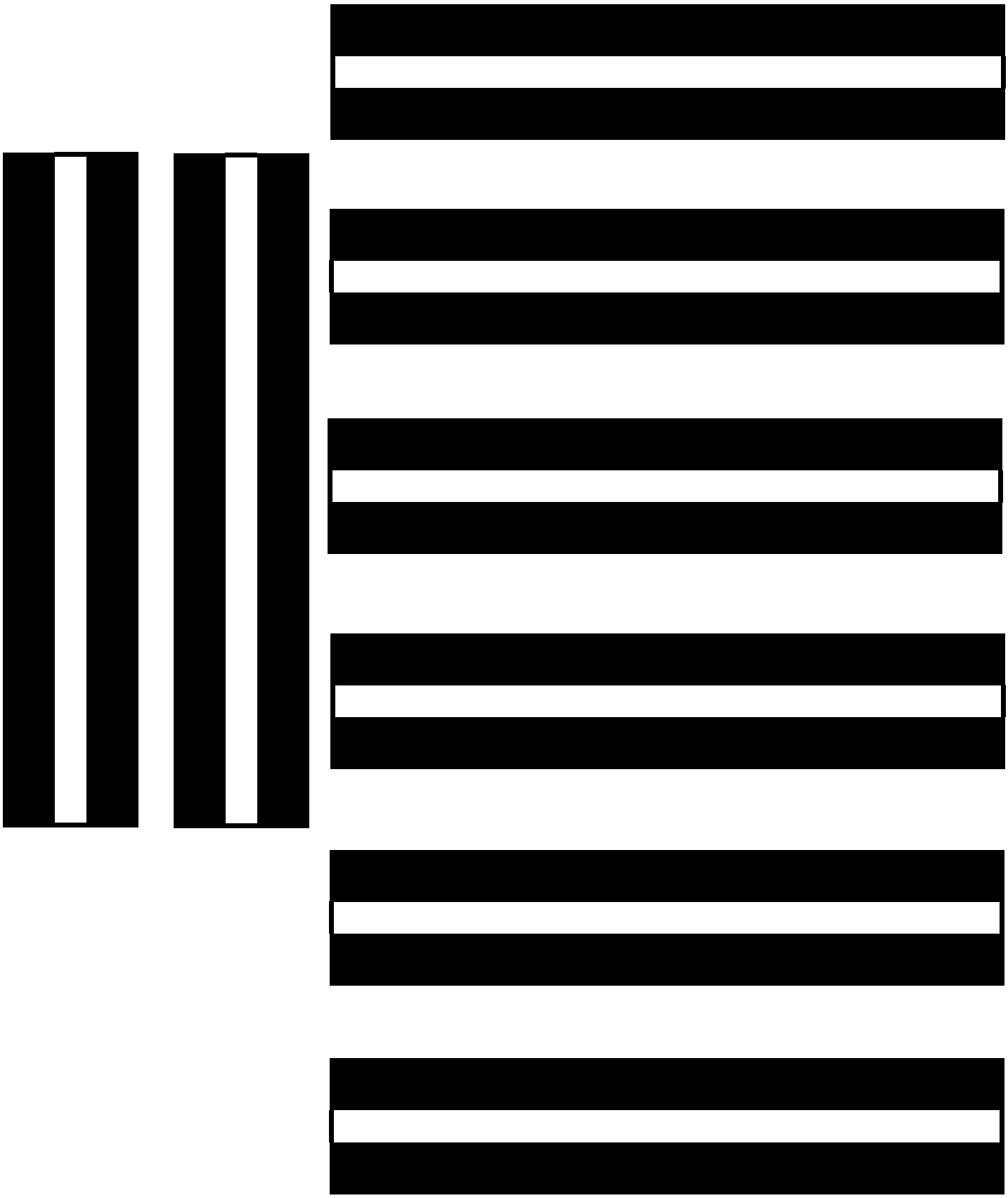
Step 4: Cut out the eight rectangles from the solar array template on page three of this packet. You can also get creative and design your own solar arrays by drawing eight rectangles on construction paper and cutting them out.

Step 5: Attach each of the eight rectangles onto the straws with glue.

Step 6 BONUS: Get creative and draw or attach any items you find around the house to make additional modules on the ISS. Decorate your ISS with crayons or markers. Pretend your other toys are visiting the ISS!

Take a picture of your ISS and have your parents email it to forthebusymoms@forthebusymoms.com by June 30, 2020, to see it featured on the For the Busy Moms website!

International Space Station Array Template



MAZE

Help the Crew Dragon Spacecraft with the astronauts reach the International Space Station

Finish

Photo Credit: NASA

Start

Photo Credit: NASA

Word Search

LAUNCH	ORBIT
NASA	ARRAY
SPACEX	ISS
ROCKET	ASTRONAUT
FALCON	GLENN

B	T	I	Y	O	R	B	I	T
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