



ACTIVITY 1: PRACTICING SELF-CARE

Directions:

Explore the self-care checklist for astronauts. Think about how you take care of yourself. Which ones do you think are important for you if you were to be in space? Check the ones that you feel are important.

<p>Astronaut's Self-Care</p>	<p>Check this box if you feel this action is something important for your self-care in space.</p>
<p>Turn down the lights in sleeping quarters.</p>  <p><small>Credit: Clipart-library.com</small></p>	
<p>Read a book.</p>  <p><small>Credit: Clipart-library.com</small></p>	

Listen to relaxation music.



Credit: Clipart-library.com

Use a social media account to communicate with loved ones on Earth.



Credit: Clipart-library.com

Video-chat with loved ones on Earth.



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Bring an object from Earth that is calming.



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Exercise daily for two hours.

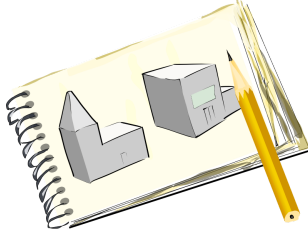

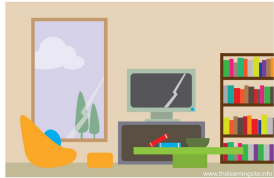


Credit: Clipart-library.com

Make friends with crew members so we can talk about our experiences.



Credit: Clipart-library.com

<p>Draw pictures or write in a journal.</p>  <p>Credit: Clipart-library.com</p>	
<p>Hold celebrations.</p>  <p>Credit: Clipart-library.com</p>	
<p>Limit the amount of television or computer time.</p>  <p>Credit: Clipart-library.com</p>	

Is anything missing from the list? What else would you include?

ACTIVITY 2: A DAY ON THE INTERNATIONAL SPACE STATION

Directions:

Explore the [International Space Station](#) virtually and write in the names of the spots you believe are the most suited for each of these activities. If you're not sure by looking around, read the descriptions of the different modules for more information.

Area	Name of the Module or Node
Where would you go to get the best view?	
Where would you want to take a nap?	
Where would you go to eat a snack?	
Where could you use the restroom?	
Where could you conduct experiments?	
Where could you get some exercise?	
Where would you go to read a book?	

Where do you think you would spend the most time on the International Space Station? Why?