

SUIT UP AN ASTRONAUT

Prepare your astronaut for a space adventure

What you'll need:

- Astronaut template (provided)
- Paper
- Magnetic paper (optional)
- Glue
- Markers or pencil crayons

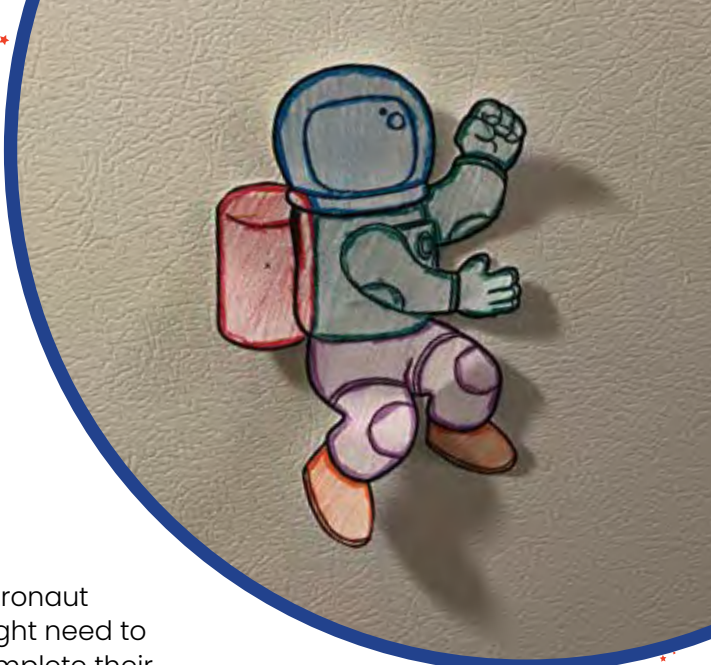
Create:

1. Print out the astronaut template provided below. No printer? No problem! Using the template as a guide, draw your own version of the items astronauts need in outer space.
2. Use your markers or pencil crayons to colour the items after you've printed them out or drawn them.
3. If you have magnetic paper, glue your template or sheet onto it and give it some time to dry.
4. Cut out the different items on your page.
5. If you used magnetic paper, you can complete the next part of the activity using your fridge or another magnetic surface. If you used regular paper, make some space on your table, counter or floor.

Play:

It's time to suit up your astronaut! First, think about where they're travelling. Is your astronaut heading to the Moon, Mars, the International Space Station—or maybe even somewhere else? What do you think they will see on their journey?

Once you've decided where your astronaut is going, take a look at the items in front of you. Try on different pieces and think about what your



astronaut might need to complete their mission. Think about the harsh environment of space, which can be very cold or very hot. Why are boots important? What about a helmet? Share your ideas with a parent, sibling or grownup to see what they think.

Learn:

You have probably seen pictures of astronauts suited up for a space adventure before, but do you know why they dress like this—or when?



Astronauts wear spacesuits while performing spacewalks. Any time the astronaut leaves their spacecraft or vehicle, it's called a **spacewalk**—even if there is no actual walking involved. Usually, astronauts set out to accomplish a certain task on a spacewalk, like conducting a scientific experiment, testing new equipment or repairing older equipment.



Astronauts rely on many different items to stay safe during a spacewalk. Space is missing a lot of things, including oxygen and water, so the astronauts have to bring many supplies with them in their suits. Check out the next page to learn more about some of this interesting equipment!



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Oxygen Tank

Earth has lots of oxygen for humans to breathe, but outer space has very little. This is why astronauts doing spacewalks must wear a type of oxygen tank known as a **Primary Life Support Subsystem**. This system provides oxygen, removes carbon dioxide and also has equipment that helps keep the astronaut cool.

Spacesuit

Astronauts wear spacesuits when they go on spacewalks. Spacesuits protect astronauts from extreme hot and cold temperatures and radiation. They also supply oxygen to breathe and water to drink, and they allow astronauts to communicate with other humans. Though astronauts need to suit up for spacewalks, they don't have to wear their suits while inside their spacecraft.

Helmet

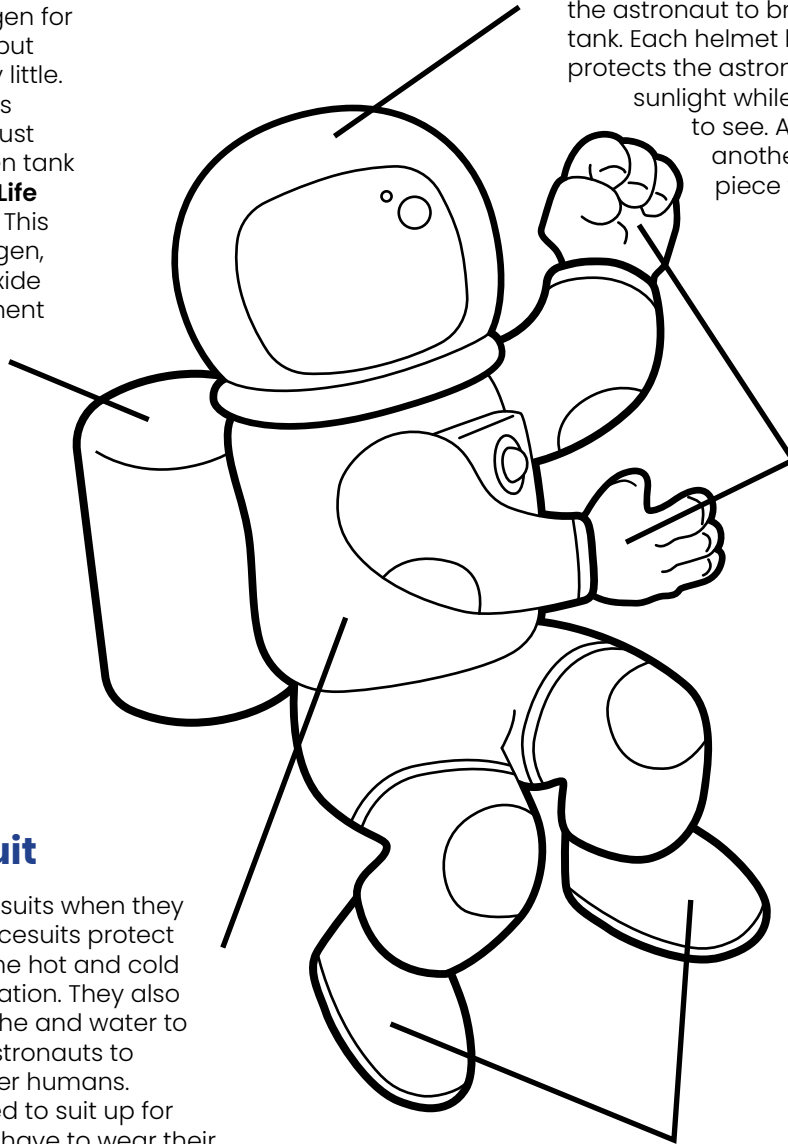
Astronauts wear special helmets to keep them safe. These helmets help control the pressure inside the astronaut's suit, and they also allow the astronaut to breathe oxygen from their tank. Each helmet has a gold-coated visor that protects the astronaut's eyes from bright sunlight while still allowing the astronaut to see. Astronaut helmets also have another fun feature: a small foam piece for scratching an itchy nose!

Gloves

Space can be very cold, so astronaut gloves include built-in heaters. This heat allows astronauts to easily move their fingers when they're using tools to conduct science experiments or repair their spacecraft.

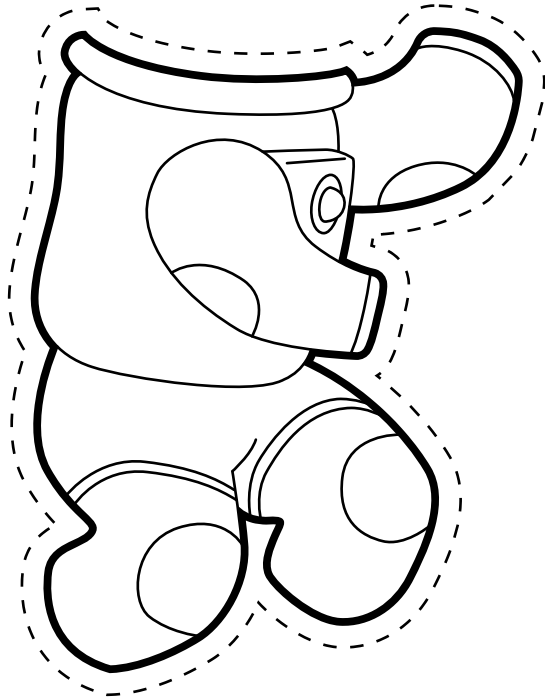
Boots

Astronauts wear different types of boots depending on where they are going and what they are doing. Sometimes, they wear only the soft boots built into their spacesuits. Other times, they also wear special heavy boots on top. The Apollo astronauts who landed on the moon wore heavy boots—and left behind the footprints to prove it!

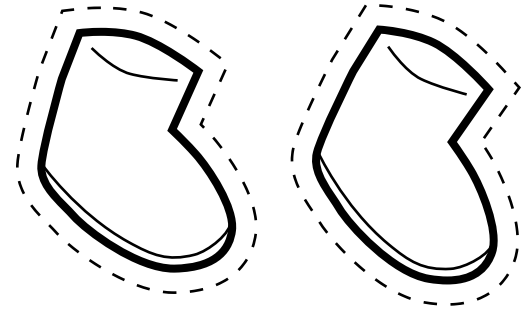


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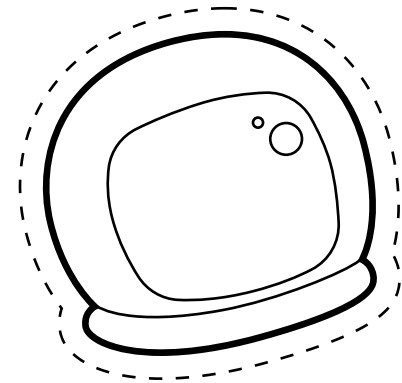
Spacesuit



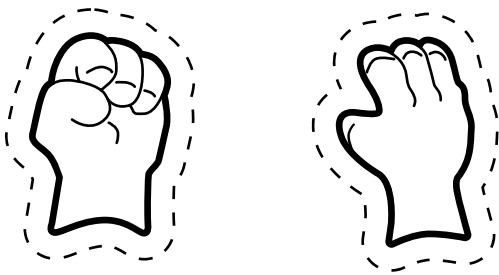
Boots



Helmet



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Oxygen Tank

