

Living space

Prepare the next generation of astronauts by imagining what it's like to live on the International Space Station



ESA astronaut Tim Peake

'Eating and drinking is surprisingly easy in space, but we have to use pouches, otherwise the fluid would come out and make a mess. There are two things I miss about being in space. One is weightlessness: imagine if what you were doing was done in weightlessness. It takes on a whole new meaning. The other thing I really miss is the view of Earth. Every time you look out the window you notice something different.'



Space loos

In space, astronauts fasten themselves to the toilet so their body won't float away. Then they use a device like a vacuum cleaner to suck any waste away.

Suitable for Beavers, Cubs and Scouts

Future generations might be able to travel to new lives on other planets like Mars, or on board space stations like the International Space Station (ISS). Prepare your young people by getting them to imagine what it's like to live on the ISS, where there are currently six people orbiting Earth, 400km above us.

Instructions

1 Explain to your group that they will be spending the evening in space – imagining that they are living on the ISS. Leaders could mark out sections on the floor to demonstrate the size of living and working areas on a space station.

2 Ask the young astronauts to imagine what it's like to play some of their favourite games, like football, tag or board

games, in microgravity. How would they have to adapt their activities to make them work?

3 Challenge them to play out scenarios like a soap opera in space. How could they adapt their other favourite activities? How would they celebrate birthdays in space? Imagine it's someone's birthday, or that they all want to watch different TV channels but there's only one room... How would they decide who gets to do what?

Did you know?

The length of the ISS is about the same as a football pitch. This space is shared by a rotating crew of six astronauts at any one time.



What do astronauts eat?

Astronauts eat breakfast, lunch and dinner and nutritionists make sure their food has a balanced supply of vitamins and minerals. Astronauts can choose from different types of food, including chicken, beef, seafood, spaghetti, fruit and nuts. They can even have salt and pepper – but only in liquid form!



Time needed
60 minutes

Badges



UK Space Agency partners the Scout Astronautics Activity Badge

Partner



Outcomes

Young people – our possible astronauts, engineers or astrophysicists of the future – will imagine what it's like to live and work on the International Space Station and how they would have to adapt to living in a confined space with microgravity.

More information

The UK Space Agency aims to inspire our next generation of UK scientists and engineers by partnering the Scout Astronautics Activity Badge and introducing Scouts to the exciting and growing world of space engineering and space science. For more information and activities visit scouts.org.uk/supporters/uk-space-agency.