

Neil Armstrong's Life

His first trip into space was aboard Gemini 8 in 1966.

Then in 1969 he went aboard Apollo 11 and became the first man to walk on the moon.

He died in 2012 in Ohio, USA.

Who is Neil Armstrong?

Neil Armstrong was a famous American astronaut.

He is famous for being the first man on the moon.

Walking on the Moon

On December 23, 1968, Neil Armstrong was offered the chance to command the space mission Apollo 11. This would be the first manned landing on the moon. After months of practice and preparation, the Apollo 11 spacecraft launched from the Kennedy Space Centre in Florida on July 16th 1969.

Neil Armstrong, along with Buzz Aldrin, landed on the moon. Neil became the first man to walk on the moon on July 21st 1969. The astronauts arrived back on earth on July 24th 1969.

Neil Armstrong's Life

He was born in 1930, in the state of Ohio in America

He was 15 years old when he got his first pilot's license.

After attending university he became a test pilot and flew over 200 different aircrafts in his career.

He was accepted to be part of the NASA Astronaut corps in September 1962.

Neil Armstrong's Famous Words

After stepping onto the moon, Neil Armstrong was heard saying: "That's one small step for man, one giant leap for mankind."

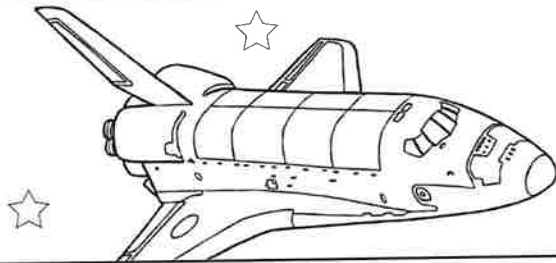
Neil Armstrong

Date of birth: August 5, 1930

Date of death: August 25, 2012




Neil Armstrong is significant because he was the first person to walk on the moon. He was an American aerospace engineer, naval aviator, test pilot and university professor.



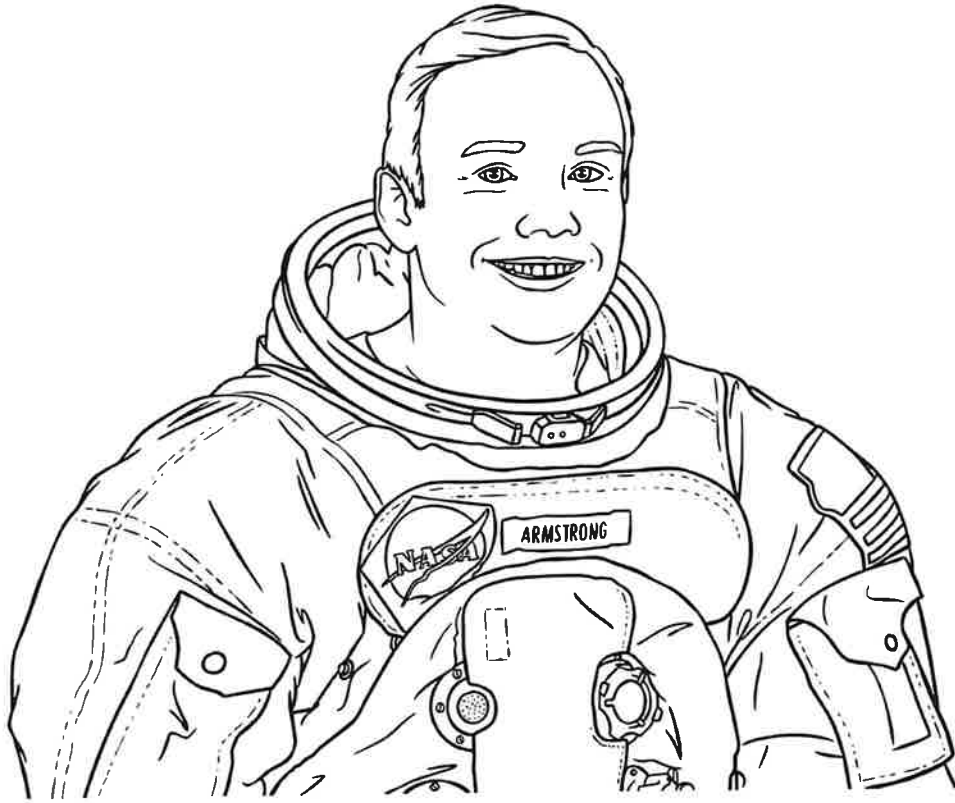
A picture of Neil Armstrong



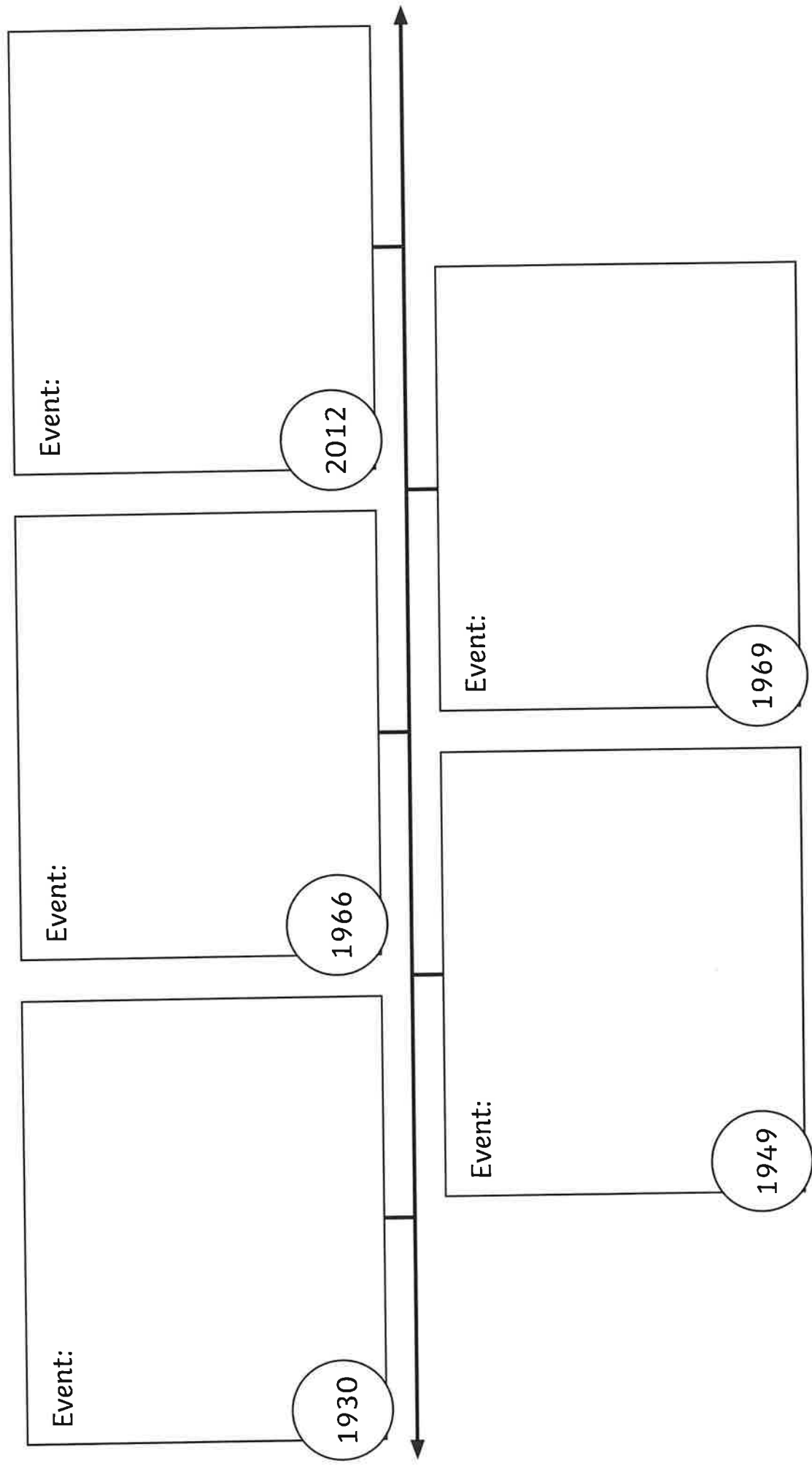
Interesting Fact 

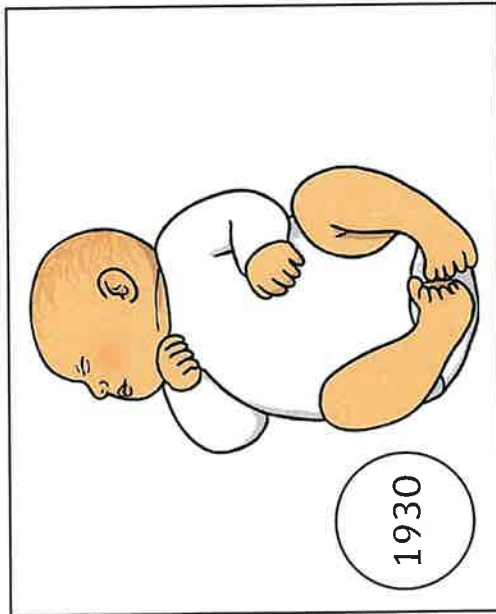
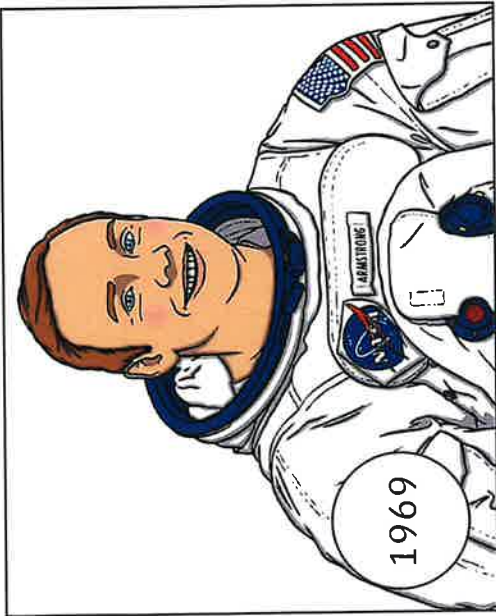
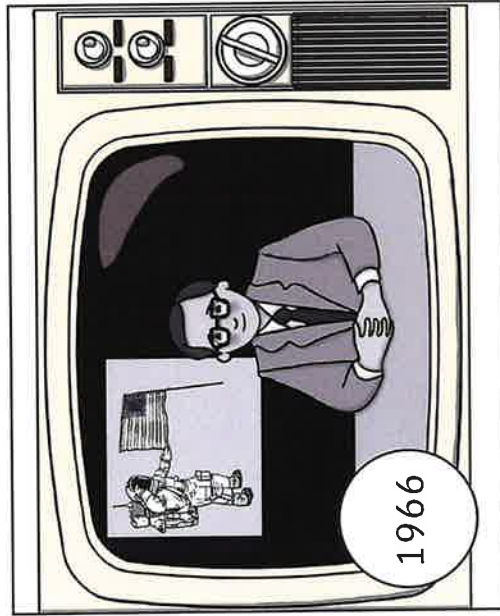
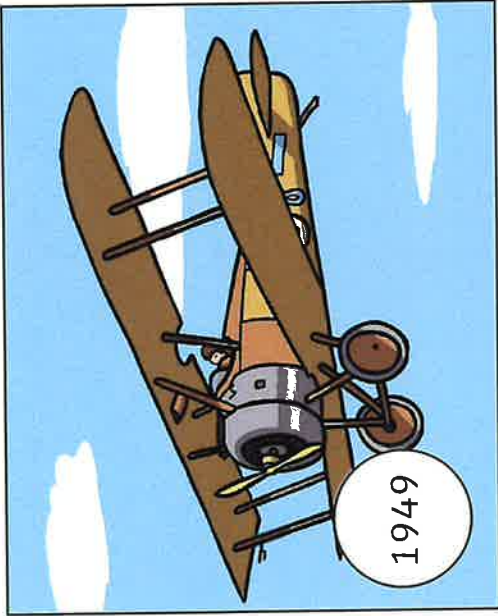
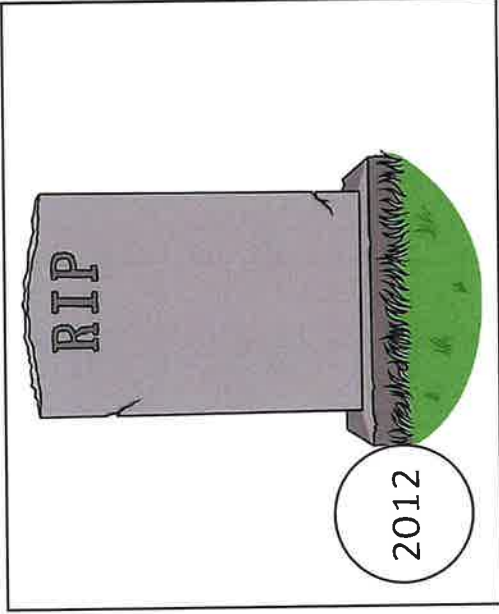
On 20th July 1969, Neil Armstrong was part of NASA's mission for man to walk on the moon.





Neil Armstrong Timeline





Day 1

Stuff You Need to make a bird feeder

- Good quality bird seed
- Raisins
- Peanuts
- Grated cheese
- Suet or lard
- Yoghurt pots
- String
- Mixing bowl
- Scissors

Important notes

Not suitable for children with nut allergies. Note that bird seed, including peanuts bought for birds, is not suitable for human consumption.

Step-by-step guide

1. Carefully make a small hole in the bottom of a yoghurt pot. Thread string through the hole and tie a knot on the inside. Leave enough string so that you can tie the pot to a tree or your bird table.



2. Allow the lard to warm up to room temperature, but don't melt it. Then cut it up into small pieces and put it in the mixing bowl.



3. Add the other ingredients to the bowl and mix them together with your finger tips. Keep adding the seed/raisin/cheese mixture and squidding it until the fat holds it all together.



4. Fill your yoghurt pots with bird cake mixture and put them in the fridge to set for an hour or so.



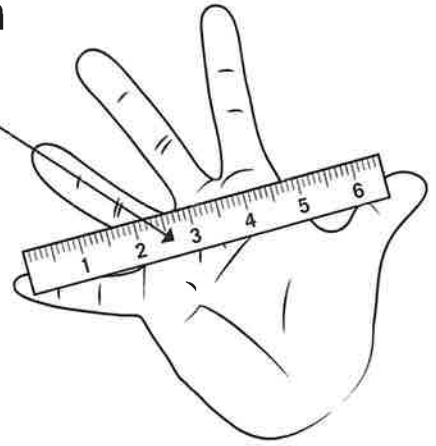
5. Hang your speedy bird cakes from trees or your bird table. Watch for greenfinches, tits and possibly even great spotted woodpeckers.



Measuring length

Measure objects around your house using your handspan as a measuring tool. Then complete the table below.

handspan



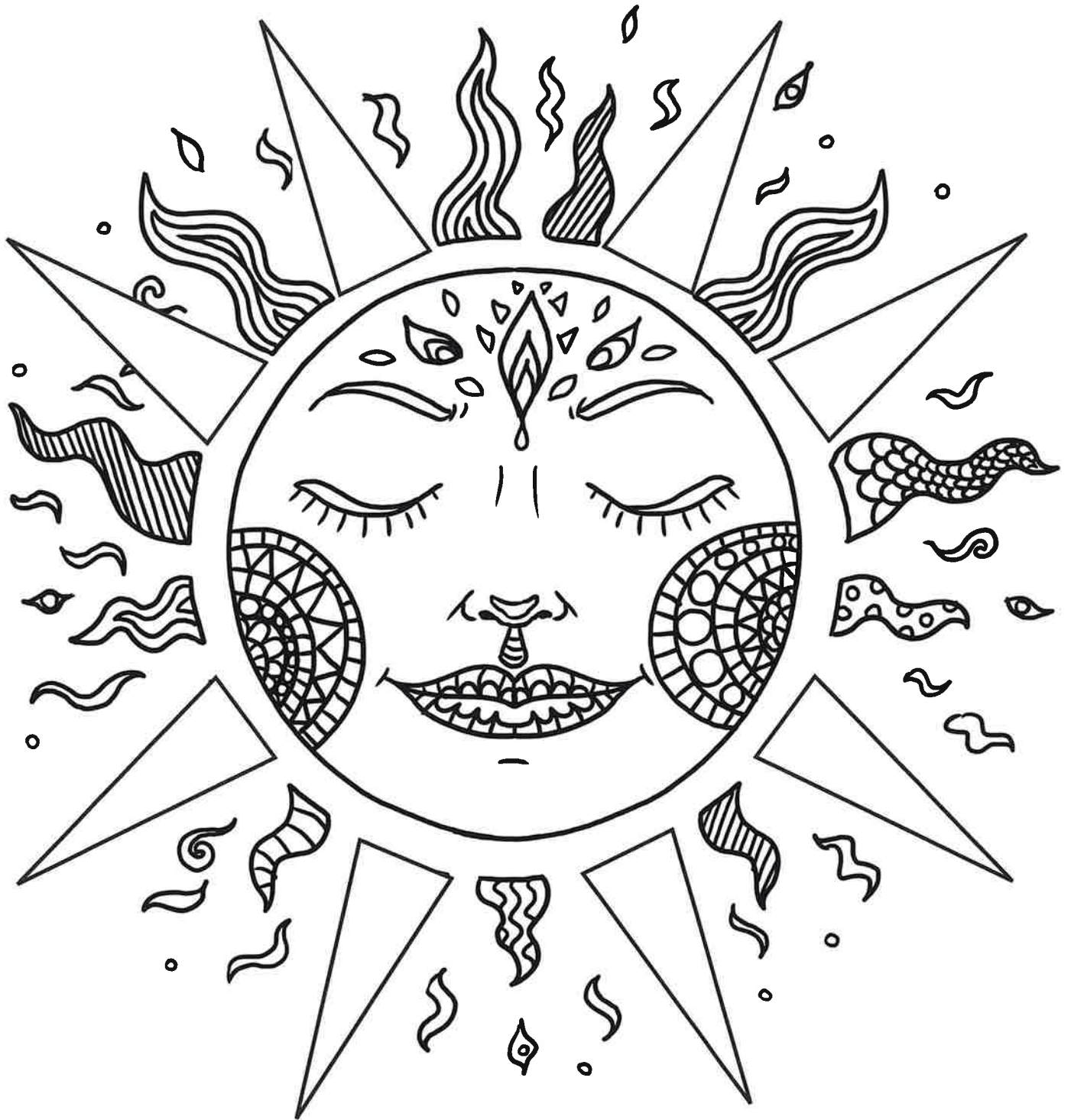
Object	Number of handspans

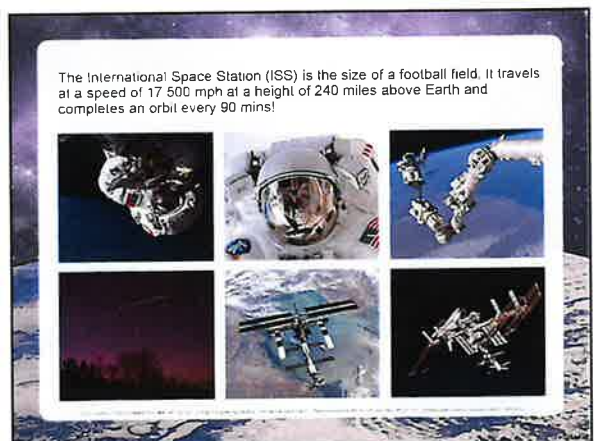
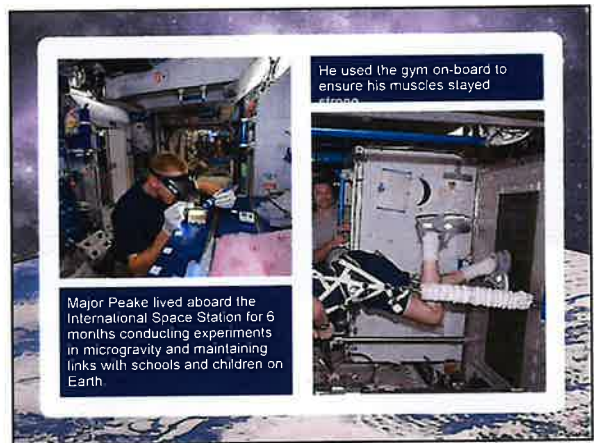
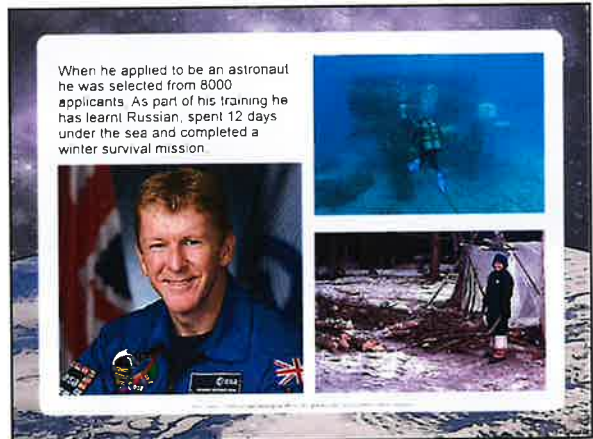
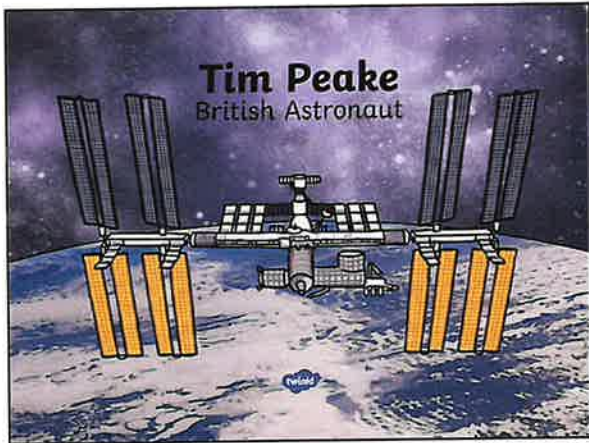
Which object was the longest/tallest? Which object was the shortest?

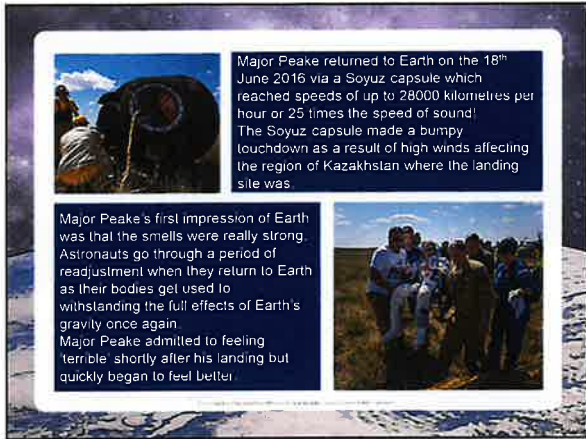


I Am Amazing

Write something amazing about yourself in each of the sun's rays. As you colour the sun, think about all the incredible things that make you special.







Major Peake returned to Earth on the 18th June 2016 via a Soyuz capsule which reached speeds of up to 28000 kilometres per hour or 25 times the speed of sound! The Soyuz capsule made a bumpy touchdown as a result of high winds affecting the region of Kazakhstan where the landing site was.

Major Peake's first impression of Earth was that the smells were really strong. Astronauts go through a period of readjustment when they return to Earth as their bodies get used to withstanding the full effects of Earth's gravity once again. Major Peake admitted to feeling 'terrible' shortly after his landing but quickly began to feel better!




Tim Peake's Mission in Numbers

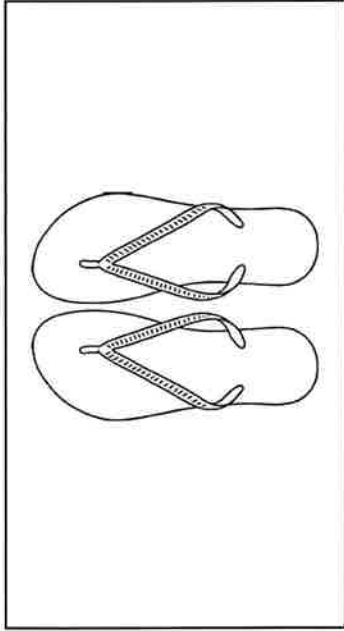
- 186 – Days in Space
- 10 – The ISS moves 10 times faster than the speed of a bullet
- 2600 – Approximate number of orbits of the Earth made
- 114,240,000 – Approximate number of kilometres travelled by Tim Peake during his time aboard the International Space Station
- 5 cm – Temporarily, Major Peake could be up to 5cm taller than he was when he left Earth!
- 1 – Number of times Tim Peake dialled the wrong number from space and asked "Is that Planet Earth?"

What You Could Find Out:

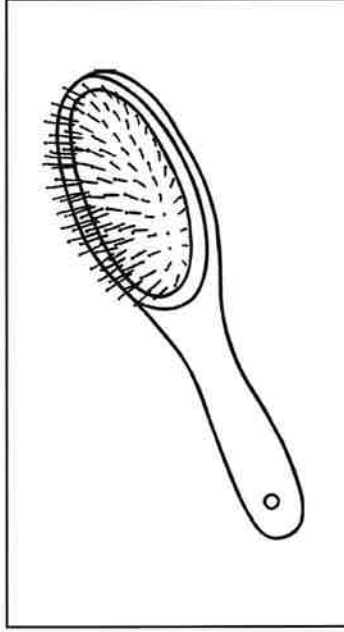
- When you can see the International Space Station
- What it looks like inside.
- How astronauts sleep, eat and go to the toilet.
- How you can apply to be an astronaut



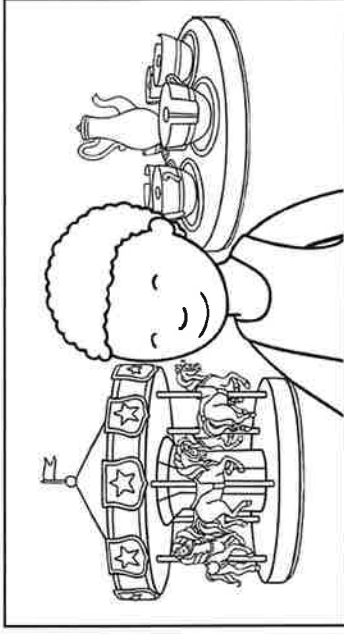
Clair at the Funfair



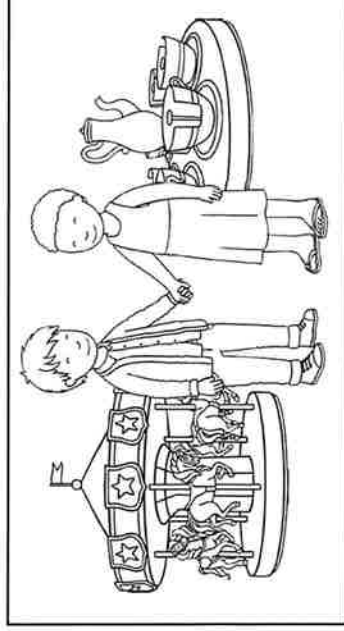
It was hot. Clair sat on a chair to put on a pair of red flip-flops.



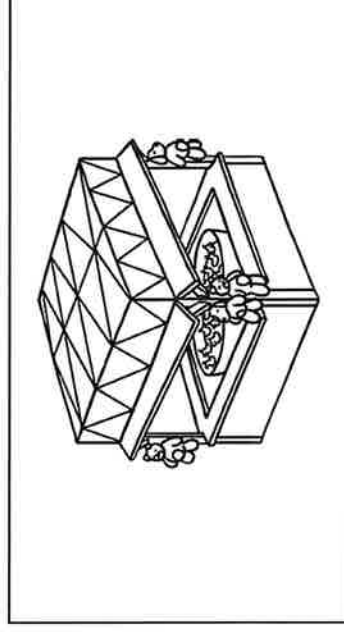
Then, she brushed her short hair and put in a clip.



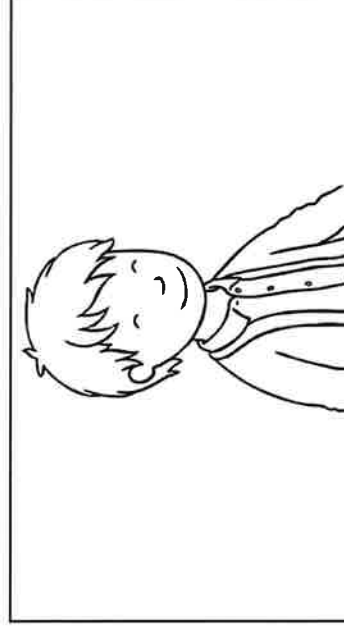
After that, she set off to the park. Clair went to the funfair at the park. The fair was fun.



At the park, she met Gair. They went to get a ticket together. The fair ticket was silver.



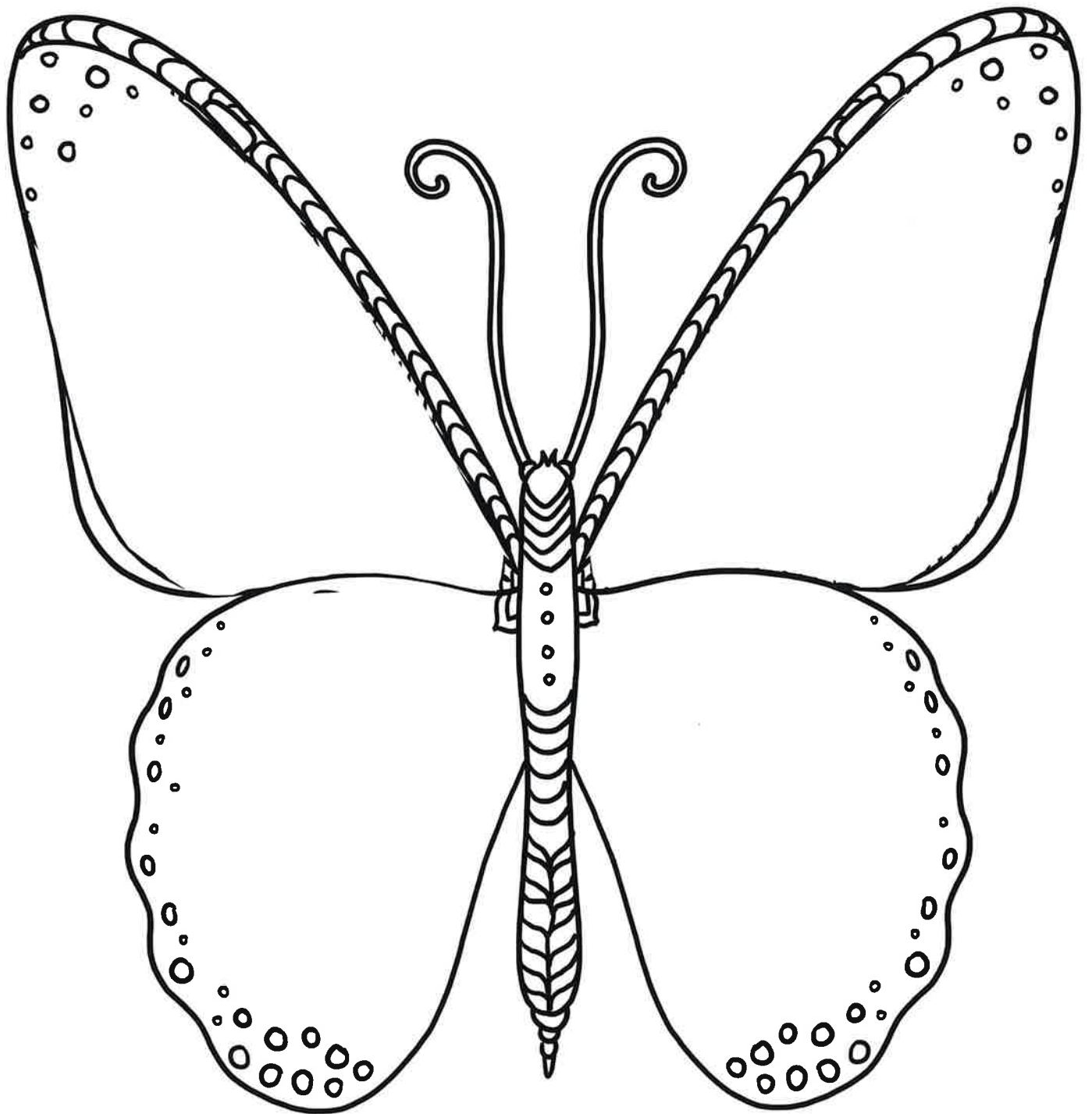
Clair and Gair had lots of fun. Clair went to the hook-a-duck. She got a duck and then a doll.

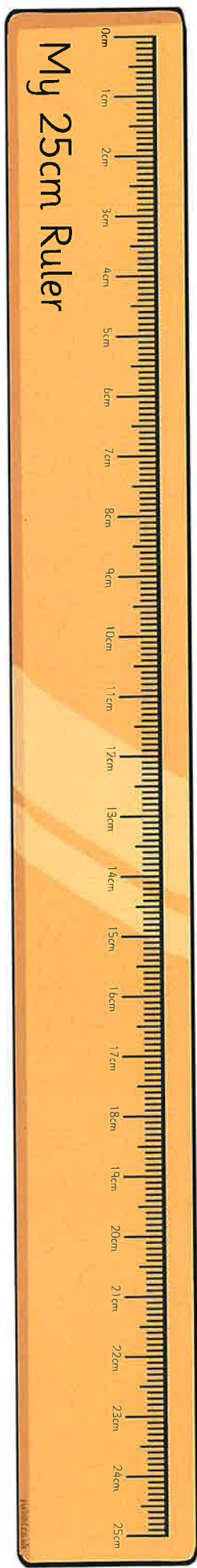


Gair had to finish at the fair, as his mum was waiting. He felt it was unfair, as Clair was still at the park. He might go back again the next day.

Don't Worry, Be Happy!

Think about things that make you worry. In the wings of the butterfly, write the things that make you worry and think about your worries flying away. As you write, think about things that make you happy. What can you do to make yourself happy? Imagine yourself without worries, happy and smiling.





Find and Measure!

Instructions

Have a look at the list of objects. Estimate the length of the objects in centimetres. Then find the object in the classroom and measure it using a ruler, metre stick or tape measure. Add some of your own objects to measure at the bottom of the table.

Object	Estimate	Measurement

Questions

Answer the following questions about your measurements.

1. What is the shortest object you measured?

2. What is the longest object you measured?

3. Which object had your most accurate estimation?

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What do astronauts eat when they are in space? This page will tell you all about the meals space explorers eat, and how they eat them. As specialist retailers of space toys, space dressing up and other fun space stuff, we love everything about space exploration. If you have any queries or think something is missing, please email us at info@spacekids.co.uk

If you would like to visit our online shop, please visit www.spacekids.co.uk



What's so hard about eating in space?

The main problem with eating and drinking in space is that there is no gravity. If you let go of a piece of food in a space craft, it will drift around, not fall to the floor. Water won't stay in a cup, it will float out and hang in the air. Food crumbs and drops of water could float around the spacecraft, make a mess or even damage the the space craft itself.

The first space missions only lasted for a few minutes, so of course there was no need for the crews to eat, but as missions became longer, astronauts had to be fed.

Special ways of packaging and eating foods had to be invented for space meals. Scientists spend lots of time working on foods for space travel, to make sure astronauts stay fit, happy and healthy, so they can be at their best while they are in space.



The first space foods

The first meals eaten in space were soft, gloopy foods a lot like baby food, packed in tubes like toothpaste. The astronaut squeezed these meals into their mouths!

The first meal an American astronaut ate was apple-sauce. The first Russian astronauts, or cosmonauts as they are known, ate tubes of Borscht, which is a type of Russian vegetable soup. The tube shown here is a tube of Borscht. This early space food was not very good to eat, and astronauts didn't really enjoy it.

An American astronaut called Gus Grissom got into trouble after eating a corned beef sandwich that had been smuggled onto the Gemini 3 space craft. Gus's real name was Virgil, and the character Virgil Tracey, pilot of Thunderbird 2 in the tv series, was named after him!



Special foods for space travel

As missions became longer, and astronauts complained more about the quality of their food, scientists came up with a new way to provide tasty meals in space.

Freeze dried food was cooked, quickly frozen and then had the water sucked out of it in a vacuum chamber. This food would last ages, without being kept cool in a fridge, and was easy to package and store on board a spacecraft.

Of course there was no water in the food at all, and while some things, like fruit could just be eaten dry, other foods needed to be mixed with water to make them edible. To prepare their meals, astronauts squeezed water into the packet of food, with a water gun, and then ate the moist food after a few minutes.

Hot meals in space

The NASA Apollo missions, which took men to the moon, lasted several days, so the astronauts had the luxury of hot water to mix into their food to make hot meals! They were able to enjoy hot soup, chicken and rice, spaghetti, beef sandwiches, and even chocolate pudding!

In the 1970's NASA invented a special tray to warm up food, and fridges were added to space craft like the Skylab space station, to keep fresh fruit and vegetables.

By the time the Space Shuttle was flying in the 1980's astronauts were eating varied and complex meals, that looked much like food you would eat at home, including mashed potatoes, bread-pudding and jambalaya. Special scientists who know about nutrition make sure that astronauts always get all their vitamins and their five-a-day fruit and vegetables, even in space!



Great food - in space!

To make sure astronauts are happy while they are in space, especially if they are going to spend a long time in space, scientists invest a lot of effort in working out ways to make their favourite dishes suitable for zero gravity eating.

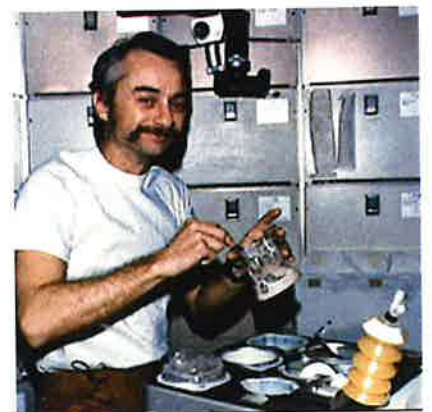
The International Space station (the ISS) has been home to astronauts of lots of nationalities, and sometimes they have brought foods from their home countries.

In 2008, Gregory Chamitoff brought Jewish bagels with him to the ISS. The picture here shows some Japanese dishes, with noodles in the packet on the right.

How does an astronaut drink in space?



Drinking in space requires special equipment to stop the drink going everywhere. Drinks are usually kept in pouches, with a built in straw. Some missions even carry soft drinks, with special nozzles that dispense the drink straight into the astronaut's mouth. Coca Cola have even designed a Coke dispenser so that space shuttle crews can get a cold soda whenever they want one!



Astronauts have developed bowls, trays and

Being in space means that astronauts' bodies

On board a space shuttle, there is a full

cutlery, that hold everything in place with velcro, so they can eat their meals much more like they would eat at home.

Here are three astronauts enjoying a meal together - notice that the food on their trays doesn't fall off because there is no gravity.

need different vitamins in their foods to stay healthy.

They need extra calcium and vitamin D, to keep their bones strong, because when you are floating in space bones become weaker - they don't have to work so hard in space!

kitchen, with hot and cold water and an oven. Great meals can be prepared up in space.

It takes about 20 to 30 minutes to add water and cook a meal in the shuttle, and the washing up is done with special wipes.



You can buy astronaut food to try yourself at home. It is freeze-dried and comes in lots of varieties.

This is freeze dried ice cream, which is real ice-cream, but doesn't need to be kept in a freezer. It tastes great too!

The process of freeze drying food was invented for space travel, but is now used for everyday foods as well.

Some breakfast cereals now contain freeze dried fruit, similar to these strawberries.



What will astronauts eat in the future?

Scientists believe that in the future, astronauts will be able to grow their own food. Longer missions, to Mars, or long stays on space stations in the future will require astronauts to be gardeners too!

Astronauts will grow peanuts, spinach, cabbage, lettuce, rice and other vegetables. NASA imagine the crews growing crops that can be turned into bread, pasta, salads, and even soyamilk shakes.

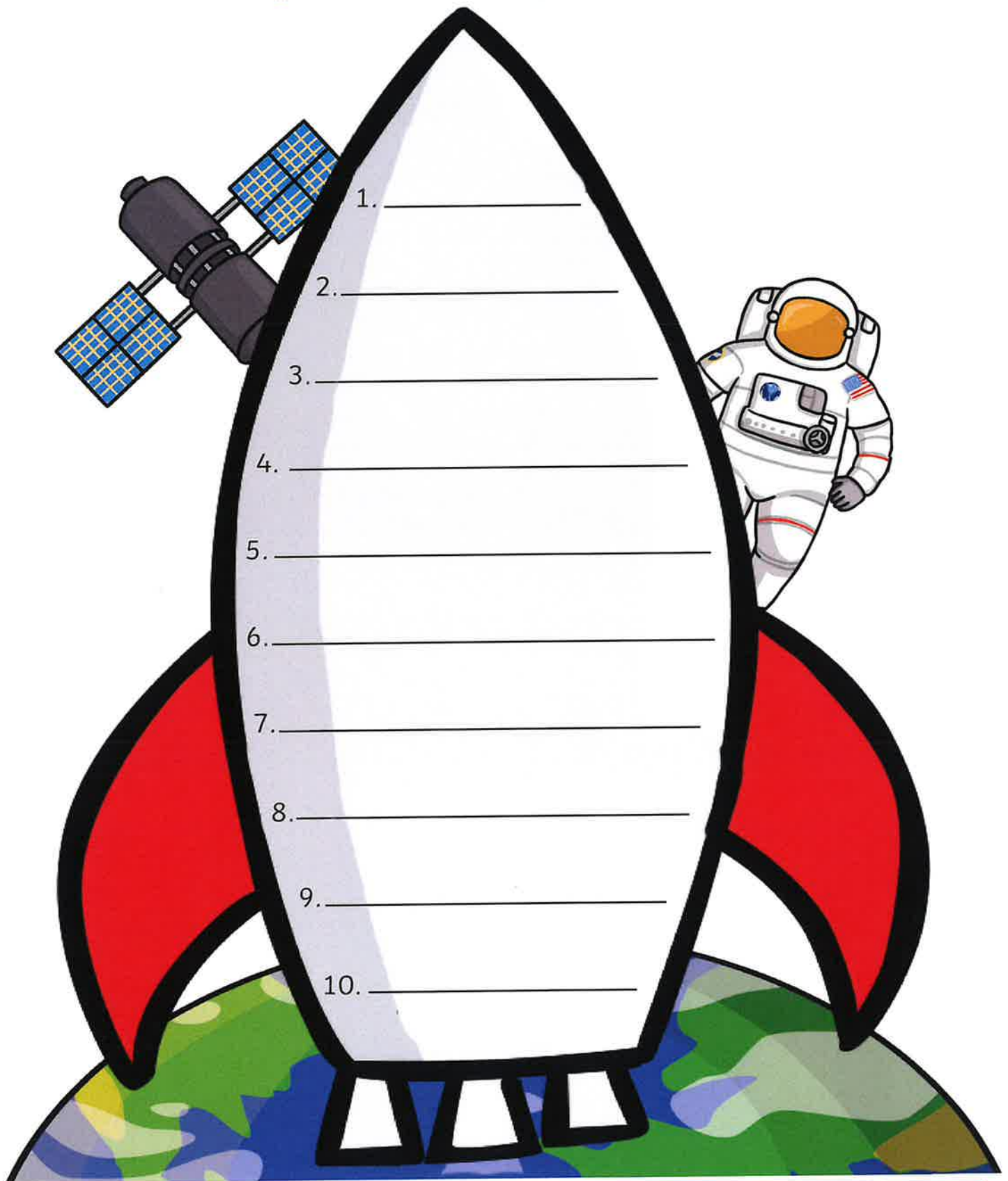
Plants have already been grown in space. These experiments were carried out so scientists could check that it was possible!

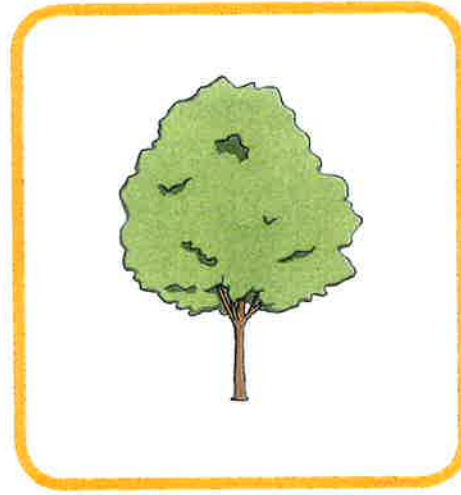
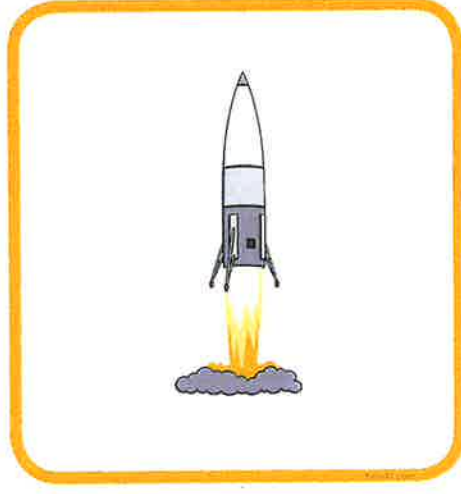
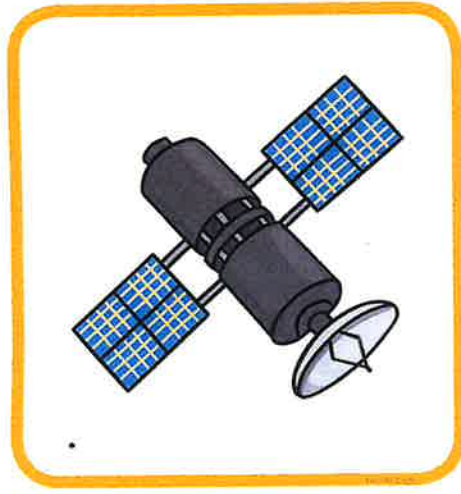
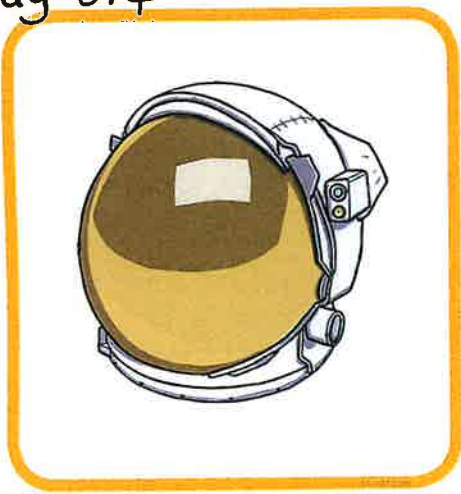
If you would like to try astronaut food yourself, why not visit the Spacekids online shop which stocks astronaut food, space related toys, dressing up, and other cool stuff at www.spacekids.co.uk

LEARN ABOUT SPACE

visit our learn webpages for more articles about space exploration at www.spacekids.co.uk/learn

10 Things I Would Take to Space in My Rocket





Day 4

Measuring Length Challenge Cards



Measuring Length

Can you find 5 objects (e.g. toy cars) and order them according to size?

Measuring Length

How many building bricks tall are you?

Measuring Length

Measure your height. Then, with someone's help, measure the distance from fingertip to fingertip when you stretch your arms wide. Compare the distances - do you notice anything?

Measuring Length

How long is a stick of spaghetti? Is it the same length after it has been cooked?

Measuring Length

Measure how tall you are and mark your height with masking tape on the floor. Place objects side by side next to your height. Can you find a combination of objects that measures the same length as your height?

Measuring Length

Measure the length of your foot. Then measure the distance between your wrist and your elbow. Compare the two distances.

Measuring Length

Who has the longest finger? Can you find out?

Measuring Length

Are all the pieces of spaghetti the same length? Are they the same length as spaghetti in other packets?

Measuring Length

Take an A4 piece of paper and measure it. What are the dimensions? Can you invent a new paper size?

Measuring Length

Measure some shoes. Make a table comparing shoe size to length of shoe. Can you predict how long bigger shoes would be?

Measuring Length

Can you invent a unit to measure things with? E.g. the door is 16 pencils wide.

Measuring Length

How many steps does it take you to reach the door? How about to the doorway of another room?

Measuring Length

How long is a £5 note? Are all notes the same size?

Measuring Length

How long is a strand of your hair? Place your hair near the first millimetre mark on the ruler. How wide do you think it is? If you have a microscope, look through that.

Measuring Length

How far does the toy car travel if you roll it down a slope? Which one goes the furthest?

Measuring Length

Take a ball of string and cut off a piece as close to a metre as you can estimate. Ask someone else to do the same. Who was the closest? Repeat with other measurements.

Measuring Length

How many things can you find which measure exactly 15 cm?

Measuring Length

Can you make your own ruler?

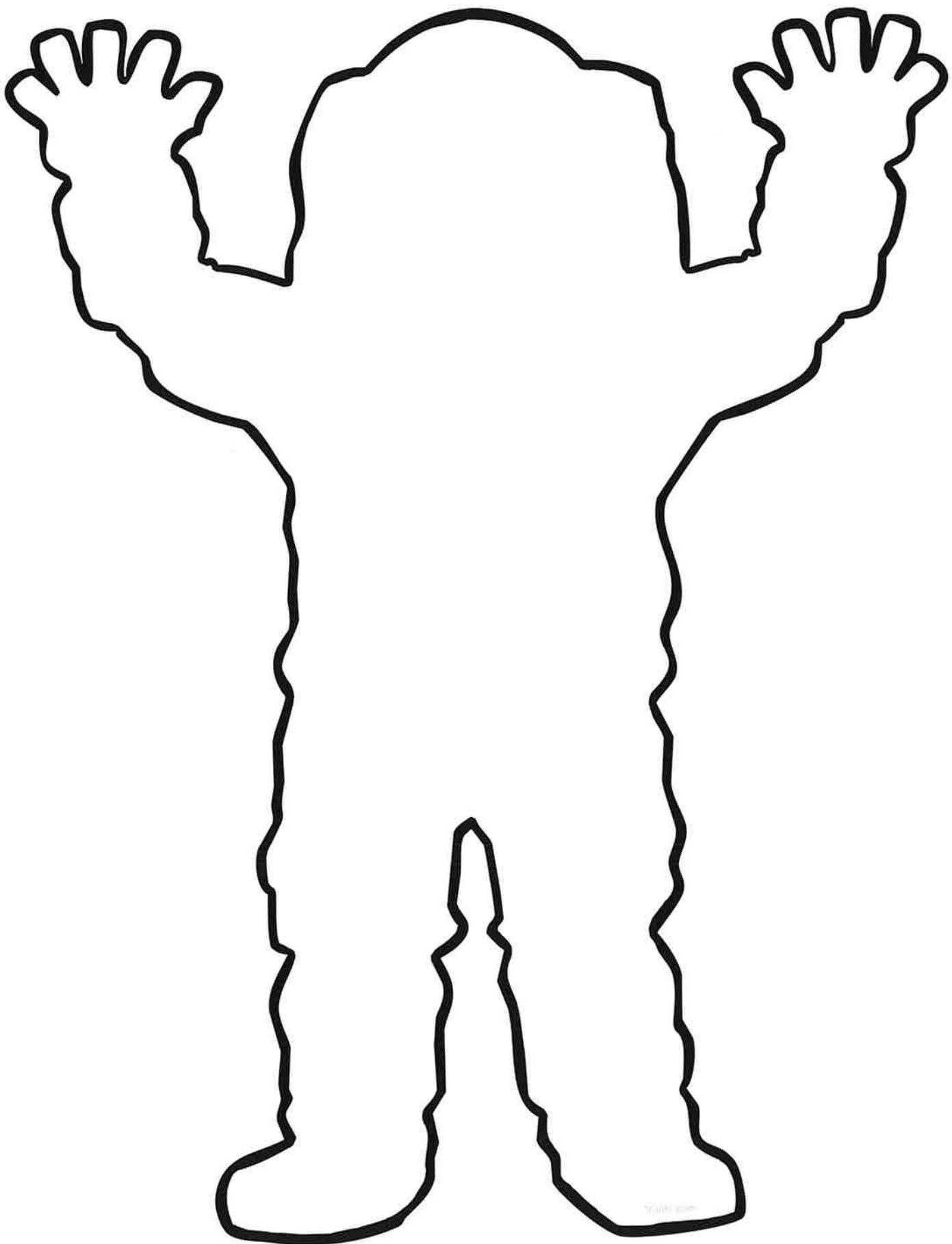
Measuring Length




What is the longest pencil line you can draw on a piece of paper?

Measuring Length

Can you measure the dimensions of a room and draw a plan?

Day 4



	growl	groan	gran	grunt	grip
	gran	grip	grunt	green	grab
	grip	groan	growl	gran	grunt
	grunt	green	grip	groan	growl
	groan	growl	grunt	gran	grab
	grip	gran	green	grunt	grip

Cardboard Tube Rocket

You will need:

- Long cardboard tube
- Silver foil
- Tissue paper
- Brightly coloured card
- Brightly coloured paint
- PVA glue
- Scissors
- Sticky tape



Instructions

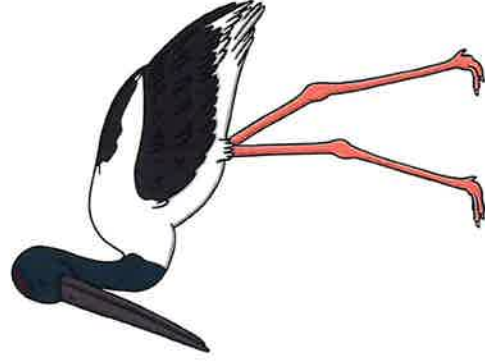
1. First paint the cardboard tube in a bright colour, then leave to dry.
2. For the top of the rocket, choose a different coloured card. Then draw around a small circular object, such as a cup, onto this.
3. Cut out the circle. Then also cut out a line going from the outside to the centre of the circle, stopping once you reach the middle.
4. Roll the circle into a cone shape, then secure using sticky tape.
5. Stick two pieces of tape on the inside of the cone. Then stick the cone onto the top of the cardboard tube.
6. Now make some windows for the rocket using silver foil. To do this, draw around a small circular object onto the foil three times.
7. Next cut out the circles in silver foil and stick them onto the rocket using PVA glue.
8. For the flame, take some pieces of tissue paper and place them onto of each other in layers.

9. Pick up the layers of tissue paper and cut the strips vertically into them, ensuring the cuts do not go right to the top.
10. Finally, gather the sheets of tissue paper at the top, then secure and strengthen this by sticking tape around it.
11. Using sticky tape to attach the flame to the bottom of the rocket.



Croak! Croak! Croak!

- 7 There were three frogs in a pond.
- 16 The green frog swam under a log and got
- 25 stuck. The next frog crept into a tree and
- 33 got stuck. The brown frog swung on a
- 40 stick and got stuck on some rocks.
- 46 "Croak! Croak! Croak!" said the frogs.
- 57 A stork was in the pond. It had a plan to
- 64 help and soon the frogs were free.



Read Together Quick Questions

1. Where did the green frog get stuck? Tick one.



- in a tree
- under a log
- on some rocks

2. How did the stork know that the frogs needed help?



3. Which word shows what the brown frog did? Tick one.



- swam
- crept
- swung

4. Do you think that the frogs will get stuck again?



I AM BRILLIANT



I am really good at

I was brave when I

I was kind when I

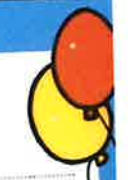
I am proud that I

My most fun adventure was when

I want to learn to

I can make my mark on the world by

My **MR. MEN** or **LITTLE MISS** name would be



I may surprise you | I have an appetite for life | I care about others | I'm very curious | I can change things | I am resilient and bounce back | I like being helpful | Life is messy | I look at things differently | I like to surprise and entertain | I lack confidence



I can make a big impact | I'm creative and intelligent | I remember what's important | I can be brave | I can be quiet | I can be motivated | I enjoy making others happy | I can be generous | I can also listen | I am careful and conscientious | I am full of energy



There's method in my madness | Don't underestimate me | Nothing is impossible | I have my weaknesses | I can be happy too | I can be careful | I deserve to be heard | I'm keen to enjoy life | I never look down on others | It's good to share your worries | I don't take life too seriously



I can get things right | I prefer the word slim | I'm just looking for fun | I'm always learning | I need a rest sometimes | I take life at my own pace | I feel scared too | It's ok to feel sad | No one is perfect | I can be serious too | Cool is a state of mind



I can have good manners | I'm proud to try my best | Everybody is a somebody | Life is an adventure | We are all important

Lucky Fish

Supplies

- Fish template
- A4 coloured card
- PVA glue
- Coloured tissue paper
- Scissors



- 1 Print the fish template out onto coloured card. Using scissors, carefully cut around the outline of the fish. Also cut the inside section of the fish out; you may need an adult to help with this.



- 4 Spread glue onto the outer edge of the fish template. Then place strips of the tissue paper going vertically over the cut out middle of the fish. Rub them down gently so that they attach to the template.



- 2 Cut long, thin strips of tissue paper in different colours. Place them in a pile, one on top of the other, then fold the pile back and forth, making them into a concertina.



- 5 Continue to build up layers of tissue paper, ensuring that each one overlaps. Once the fish template is completely covered, leave to dry.



- 3 Cut a semicircle out of the top and bottom of your folded tissue paper. Now you can open the strips out again ready to decorate your fish.

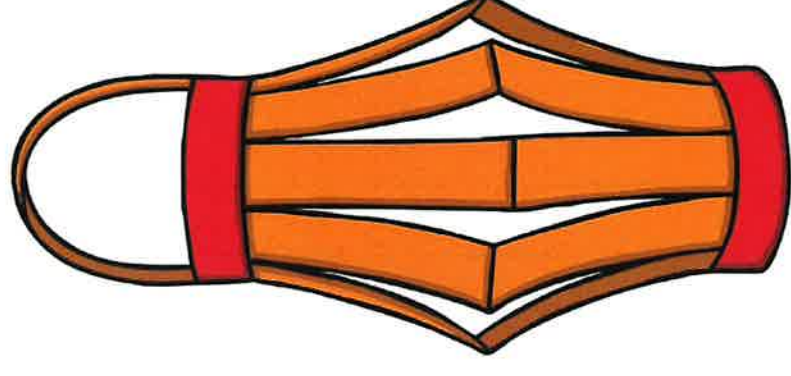


- 6 Once dry, carefully cut around the outer edge of the fish. This should leave you with a fish shape with some beautiful coloured scales in the middle!

How to make a paper lantern:

1. Cut off one end of the paper. Set aside to use as the handle.
2. Decorate the sheet using coloured pens, paint or glitter.
3. Fold your paper in half lengthwise along the dashed line.
4. Cut the marked lines along the sheet. (Do not cut to the edge of the paper).
5. Unfold the paper.
6. Match the long edges together on the lantern and use tape to hold it in place.
7. Staple the handle to the top of the lantern.

Why not try printing the template onto coloured paper?



Day 5

Handle

A handwriting practice sheet featuring a central vertical dashed line. On either side of this line, there are ten horizontal solid lines, creating a series of ten rows for practicing letter formation. The lines are evenly spaced and extend across the width of the page.