

# → BEAT CABIN FEVER BY LEARNING ABOUT THE INTERNATIONAL SPACE STATION!

## → WEEK 2

### UNDER 6's

- Let Paxi take you through some fun facts about the International Space Station

[Get busy with this great Paxi game: Spacecraft assemble!](#)

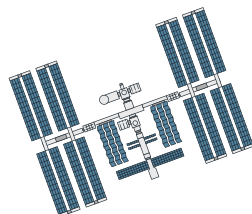


### AGES 6-12

- [Build your own Space Station](#)

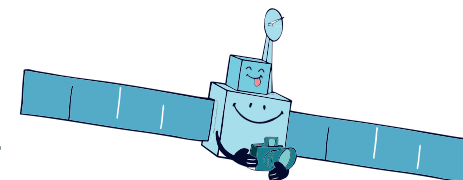
The International Space Station is as long as a football field. It's made up of different parts put together by robotic arms and astronauts then launched on a rocket. How about building your own?

Did you know astronauts become taller in space? On board the Space Station, your weight would be close to zero. What would that feel like? Find out more in this activity about [Weightlessness](#).

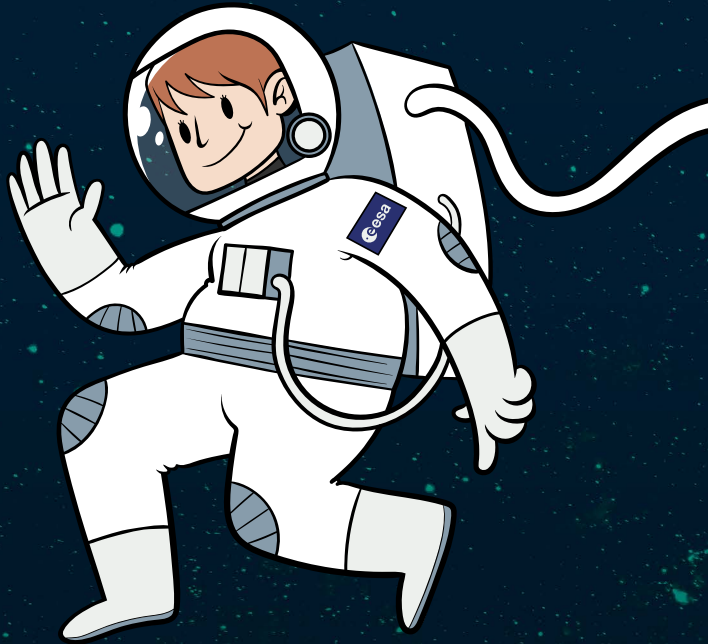


### AGES 12 AND UP

- [How does the ISS stay in orbit?](#) The ISS has to be carried into orbit with the help of a rocket, but to get there it has to reach a certain speed. Try this experiment to see how the ISS stays in orbit around the Earth. All you need is string and an eraser!
- Did you programmers get started with [Astro Pi](#) last week? Now meet the [Astro Pi cameras](#) – your 'how to' for using the cameras in the Astro Pi kit. Find instructions on how to set up and use the camera to take stills and videos, as well as ideas for some cool apps for the camera.
- **Paper model** – great for anyone, anywhere. [Rosetta and Philae](#): Rosetta was the first mission ever to orbit a comet's nucleus (the solid centre of a comet – often called a 'dirty snowball') and land a probe on its surface. Philae was the lander that stayed with Rosetta until it separated to touch down on the comet. Get creative and make your own model of the first spacecraft (and companion!) to fly alongside a comet as it headed towards the inner Solar System.



→ GET MOVING: EXERCISES DESIGNED FOR ASTRONAUTS!



→ PEAK LIFT-OFF

In [Peak Lift-Off](#) you will perform a 'burpee', this activity is designed to give you a combination of muscular strength, agility, coordination and endurance. The burpee blends together squats, pushups and jumping in the air!



[Watch: Space Station Fitness](#) - ESA astronaut Thomas Pesquet gives us a guided tour of the International Space Station's exercise machines. Astronauts have to spend an incredible two hours every day doing fitness routines to keep healthy in Space.