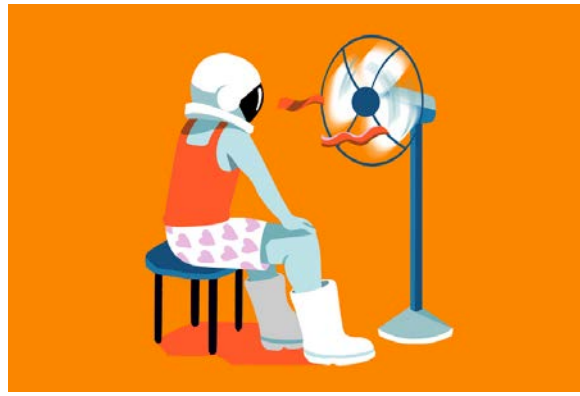




**Mission Stellar Health:**  
**Train Like An Astronaut**

- Discover how astronauts stay fit in the weightlessness of space and how that can help you stay healthy.
- Materials: Anything you can use as exercise equipment (i.e. cans of food as weights), a chair for seated activities.



**Mission Sensor Watch:**  
**Cool Your Community**

- Explore how the ISS monitors the Earth's surface with high-tech sensors to track rising temperatures.
- Materials: thermometers, timers, tracing paper (or plastic wrap), colored pencils, markers, computers with Internet access.



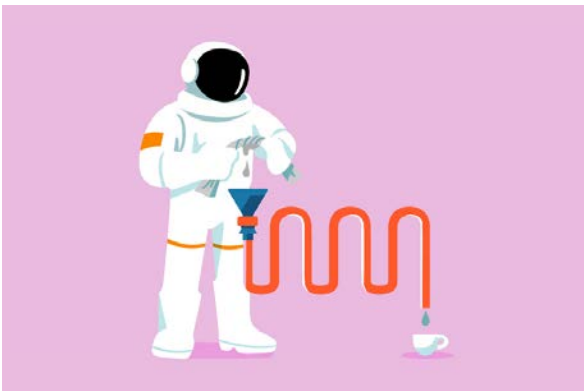
**Science Friday Live! From The International Space Station on January 14, 2025**

**SCHEDULE**

*\*\*All times listed approximate & listed in EST*

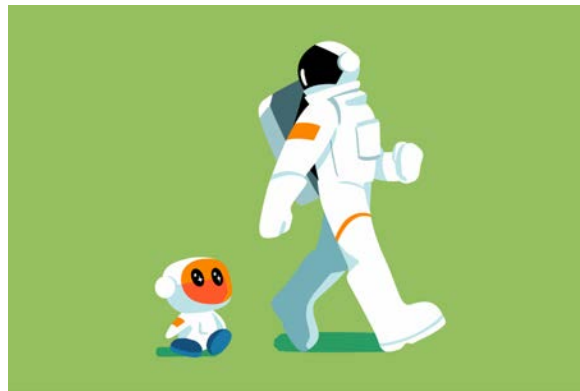
- 10:00am - In-Flight Education Downlink with NASA!
- 10:30am - Livestream with Astronaut Cady Coleman
- 11:15am - Space Station Trivia
- 12:00pm - Educator Demo • Mission Tech Force
- 1:00pm - Down to Earth Interview with Dr. Michael Wong
- 2:00pm - Livestream with Astronaut Ellen Ochoa
- 2:45pm - Educator Demo • Mission Sensor Watch
- 3:15pm - Down to Earth Interview with Dr. Julia Badger
- 4:00pm - Livestream with Astronaut Nicole Stott
- 4:45pm - Educator Demo • Mission Rehydrate
- 5:15pm - Down to Earth Interview with Emilie Lafleche

More information at  
[ScienceFriday.com/Downlink](https://www.sciencefriday.com/Downlink)



**Mission Rehydrate:**  
**Clean Water For A Thirsty Planet**

- Learn how astronauts on the space station recycle every drop of water.
- Materials: spoon, small clear cups, measuring cups, permanent marker, gauze square, small rubber band, disposable water bottle, timer, index cards, filter media (i.e. sand, gravel, cotton balls, coffee filters & charcoal).



**Mission Tech Force:**  
**Robots For A Sustainable Future**

- Explore how robots assist astronauts on the ISS with critical tasks, from docking shuttles to installing equipment.
- Materials: Large rubber bands, string cut into one to two feet pieces, 16-ounce plastic cups.