



OCT. 5—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.



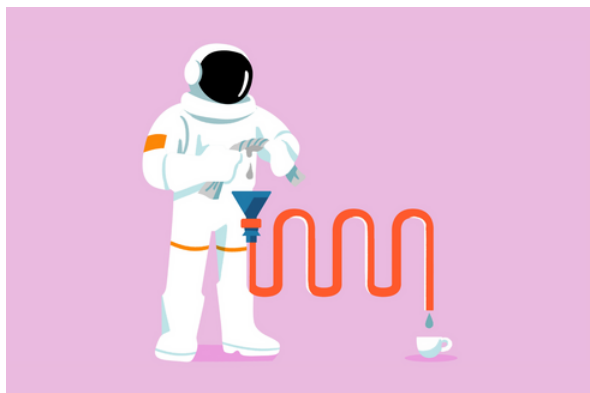
OCT. 6—Mission Sensor Watch: Cool Your Community

- 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.



OCT. 7—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.



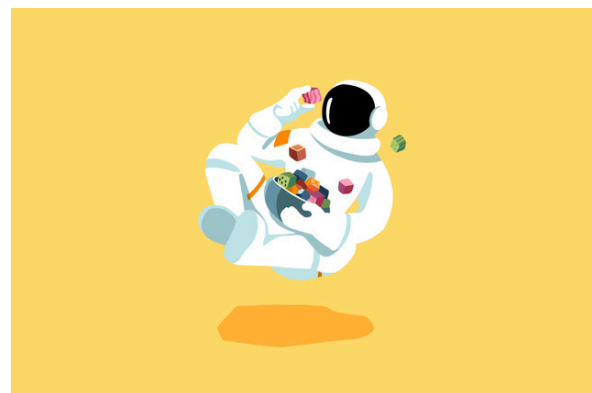
OCT. 8—Mission Rehydrate: Clean Water For A Thirsty Planet

- Learn how astronauts on the space station recycle every drop of water.
- Materials: spoon, clear cups, measuring cups, marker, gauze, rubber band, disposable water bottle, timer, index card, filter media.



OCT. 9—Mission Cosmic Crops: Combat Hunger With Space-Age Technology

- Discover space-age technology for growing fresh food and investigate how hydroponics can combat hunger.
- Materials: disposable water bottle, foil, plastic wrap, sock, gravel, seeds, growing media, nutrient concentrate



OCT. 10—Mission Orbital Eats: Engineer Foods For Extreme Environments

- Discover how scientists engineer foods for space missions, then design your own cosmic menu.
- Materials: black napkin or paper, table and chair, various types of breads, tortillas, camera.



Friday, October 3, 1:15 pm ET / 10:15 am PT
Ladybug Launch: True Stories of Determination and Creativity

- Join us as we meet special guests Melissa Trempe and Natalia Ojeda, authors of the picture book *Ladybug Launch: Inspired by a True Story of Chinitas in Space*. Natalia will share her incredible real-life experience as a student whose all-girl class designed an experiment for NASA. They wanted to know if astronauts wanted to grow food in space, could chinitas (ladybugs) go along to keep the pests away? Discover how this solution became part of a space shuttle mission and learn how young scientists can contribute to space exploration.
- Participate live on YouTube
www.youtube.com/live/fnVz7NbrS9w
- Get the book on BookShop
bookshop.org/a/18570/9781665930406



Wed., October 3, 1:15 pm ET / 10:15 am PT
Growing Food In Space: The Science of Agriculture on the ISS

- Meet NASA scientist Dr. Gioia Massa from Kennedy Space Center, where she leads groundbreaking research on growing crops in space! Dr. Massa headed the science team for Veggie—a real plant growth system aboard the International Space Station—and now studies the nutrition and flavor of space-grown food. Discover how astronauts grow fresh lettuce and peppers in microgravity and learn about the challenges of creating space farms that could feed future crews traveling to the Moon, Mars, and beyond. Bring your questions about what it takes to become a space farmer!
- Participate live on YouTube
youtube.com/live/Ko9ZsDkgSsE



Friday, October 10, 1:15 pm ET / 10:15 am PT
Atlas Obscura: Exploration and Invention Through History

- Meet award-winning author, podcast host, and speaker Jennifer Swanson of *The Atlas Obscura Explorer's Guide to Inventing the World*! This dynamic duo will take us on a globe-spanning journey through the history of invention, exploring how agriculture has evolved through time and how space technology like rockets and satellites are revolutionizing how we may live among the stars. From ancient farming techniques to cutting-edge space agriculture, discover the fascinating inventions that feed our world—and could feed astronauts in space.
- Participate live on YouTube
www.youtube.com/live/N3Sr1i1Hc-w
- Get the book on BookShop
bookshop.org/a/18570/9781523516889

Event Title: _____

Guest Name

One Question I Have

Guest's Job & Career

Two Interesting Facts

Three Things I Learned

Name: _____ Date: _____ Section: _____