

an astronaut at home



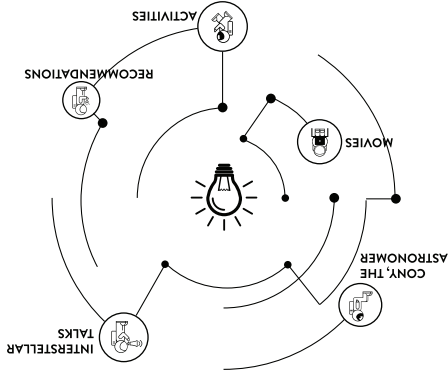
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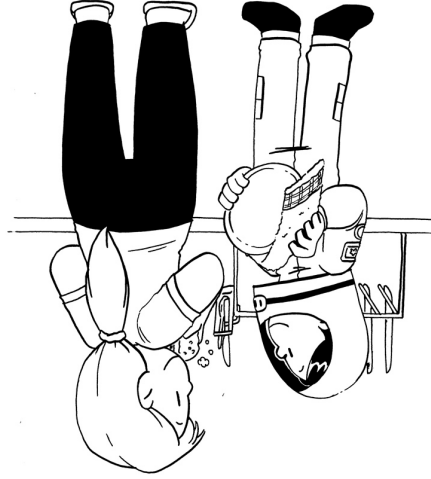
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INVITE YOU TO ENJOY
THE ENERGY OF THE UNIVERSE AT HOME



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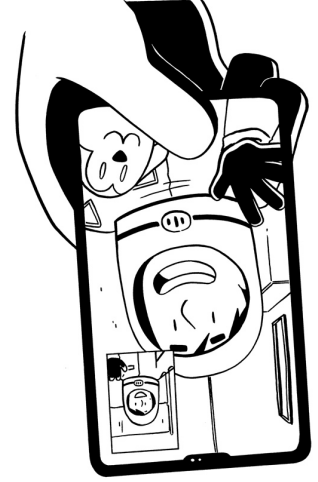
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To ensure that everything works at the Space Station, everyone aboard has to help with the different chores and tasks. It's very important to work as a team!



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Astronauts are far away from family and friends, but they don't stop talking to them! Thanks to the internet we can call or videocall each other from anywhere in the world.

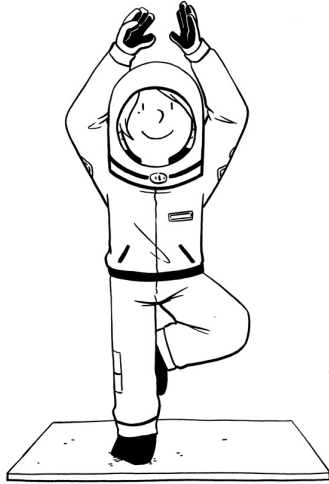


Can you imagine how astronauts live at the International Space Station?

Astronauts have an important and very exciting job, but they have to spend a long time away from nature, friends, and family.

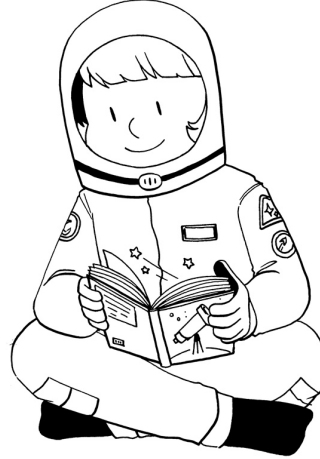
Today we'll give you some tips to live like an astronaut!

1



For an astronaut it's very important to exercise every day, to stay healthy and strong. It's also important to eat right to get all the nutrients that the body needs.

2



When they're in space, astronauts work and do research to learn new things to bring back to Earth. It's important to stay curious and ask lots of questions!

3



To stay healthy in space, it's important to have time to rest and have some fun. For example, watching a new show, reading comics, or trying a new hobby.

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