



ALFIE FOX'S CREATIVE IDEAS FOR KIDS

ASTRONAUT TRAINING



Astronauts often have to carry out really tricky tasks in space. It is very important that they have strong hands, and are able to do things even when they are very fiddly. The astronauts train to make this easier. Here are some activities you can try below:

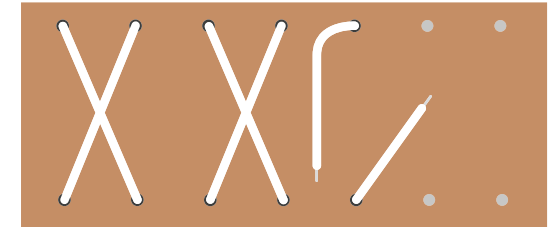
THREADING ACTIVITY

You will need:

- Piece of card
- Shoe lace or similar length of string
- Scissors
- A sharp pencil

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online tutorial at
aerospacebristol.org

1. Cut your piece of cardboard to size, approximately 20x30cm is a good size, but we used the flap of a cardboard box. It depends what you have to hand. Sturdy cardboard will make this easier.
2. Poke evenly spaced holes down both long sides of the piece of card. Use a pencil to do this (you may need to put a rubber or piece of blue tack behind the board to protect your fingers) You need a minimum of 4 holes on either side, but can have more.
3. Find a shoe lace, or cut a piece of string to a similar length. Between 70 and 100cm is good.
4. You may need to tie a knot in one end of the string to make this easier.



CHALLENGE

Thread the string in a pattern through the holes as shown.

Can you do it in 1 minute?

Why not post your fastest time online using the [#aerospacechallenge](https://twitter.com/aerospacechallenge) and tag [@aerospacebristol](https://twitter.com/aerospacebristol) You can see how other people are doing! Can you make your own pattern and challenge others to complete it?

