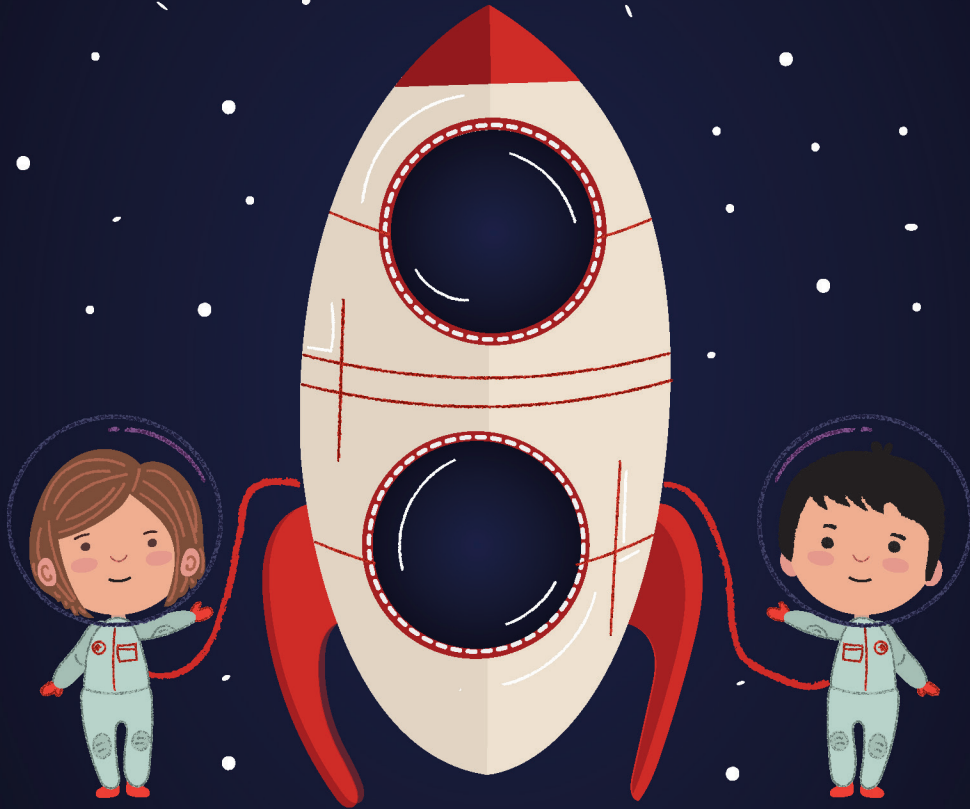


Authors: María Fernanda Arellano Curiel and Maricruz Vázquez Bañuelos

Illustrations: Brenda Báez Rodríguez

Translation: Mariana Rojas Chávez and Georgilett Pérez Bedwell

Simple tools to live confinement.
Traveling through space.



Technical editors, Puebla Astronomical Society, Germán Martínez Hidalgo A.C.,
Yulia Solovieva, Luis Quintanar Rojas and Elena Ugarte



Gobierno de Puebla
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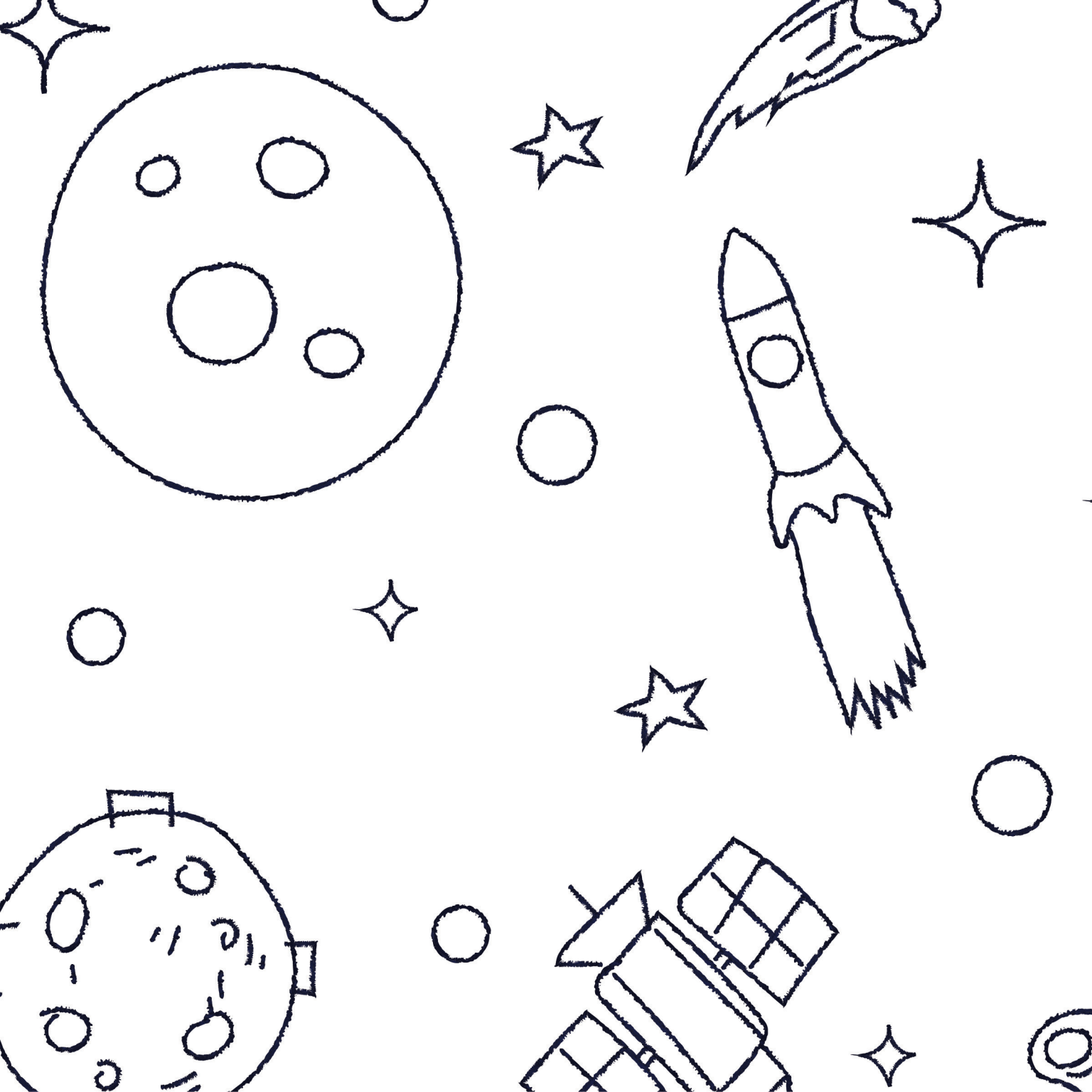


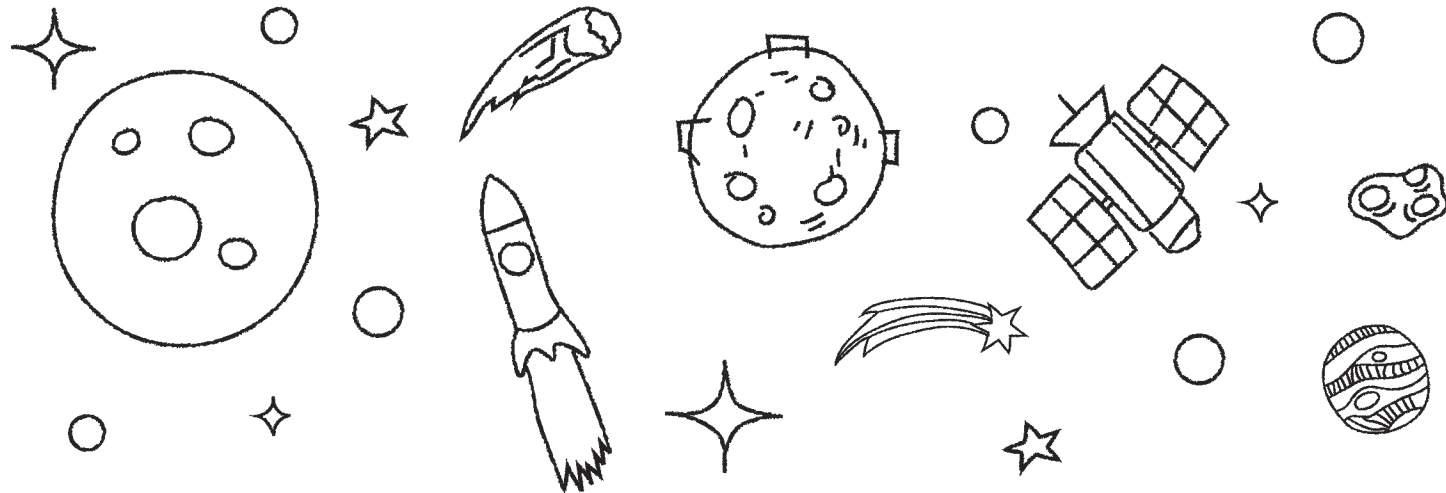
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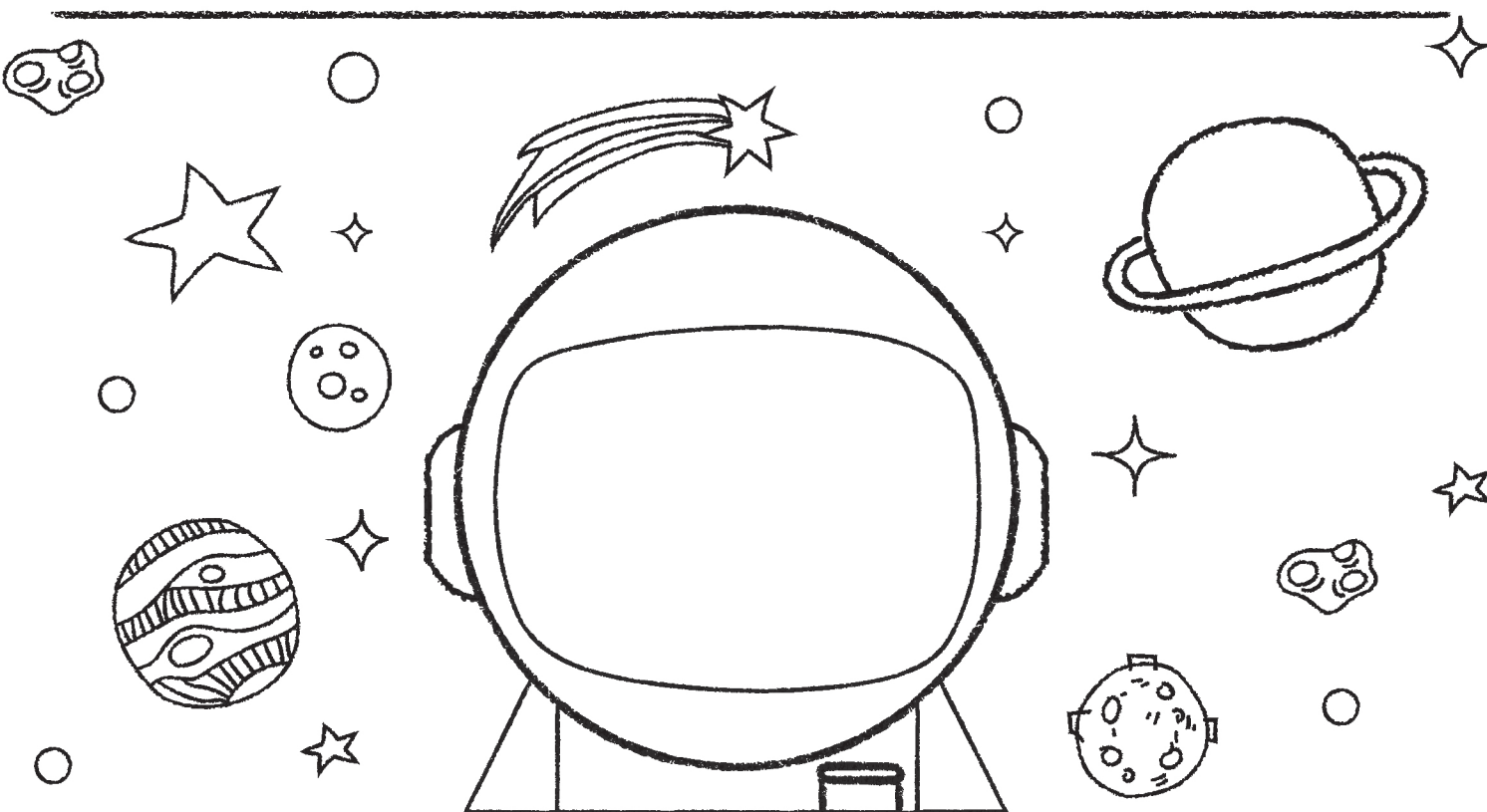
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Simple tools to live
confinement.

Traveling through space.

My first space trip

Authors: Maria Fernanda Arellano Curiel y Maricruz Vázquez Bañuelos

Illustrations by Brenda Báez Rodríguez

Translation: Mariana Rojas Chávez and Georgilett Pérez Bedwell



These are María and Gabriel.
Every night, they look at the sky.

They love watching the **moon and the stars.**





When they see a full moon, they dream on living adventures as **astronauts** do.

An astronaut is a **scientist** who **studies** and prepares himself or herself for **space missions**. In some parts of the world, they are also called cosmonauts.

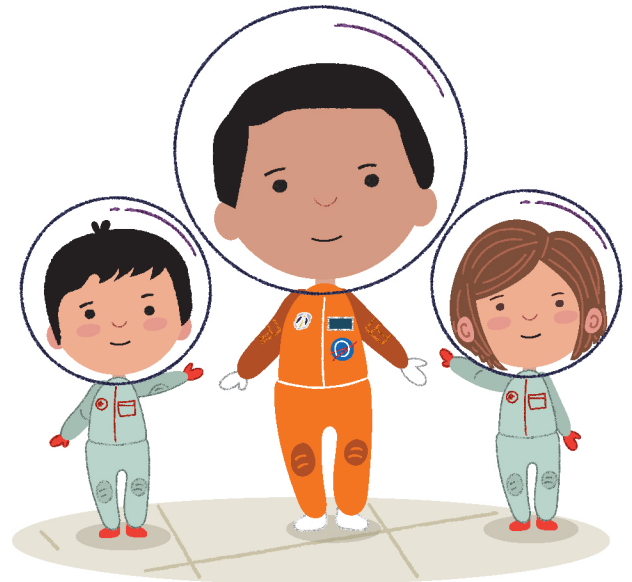




Miguel is a great astronaut.
Astronauts are trained to
travel through space.

The word **astro** refers to
the stars or space and **naut**
means sailor.

When they travel in a
spaceship, they do so
with a **group** called a
space crew.





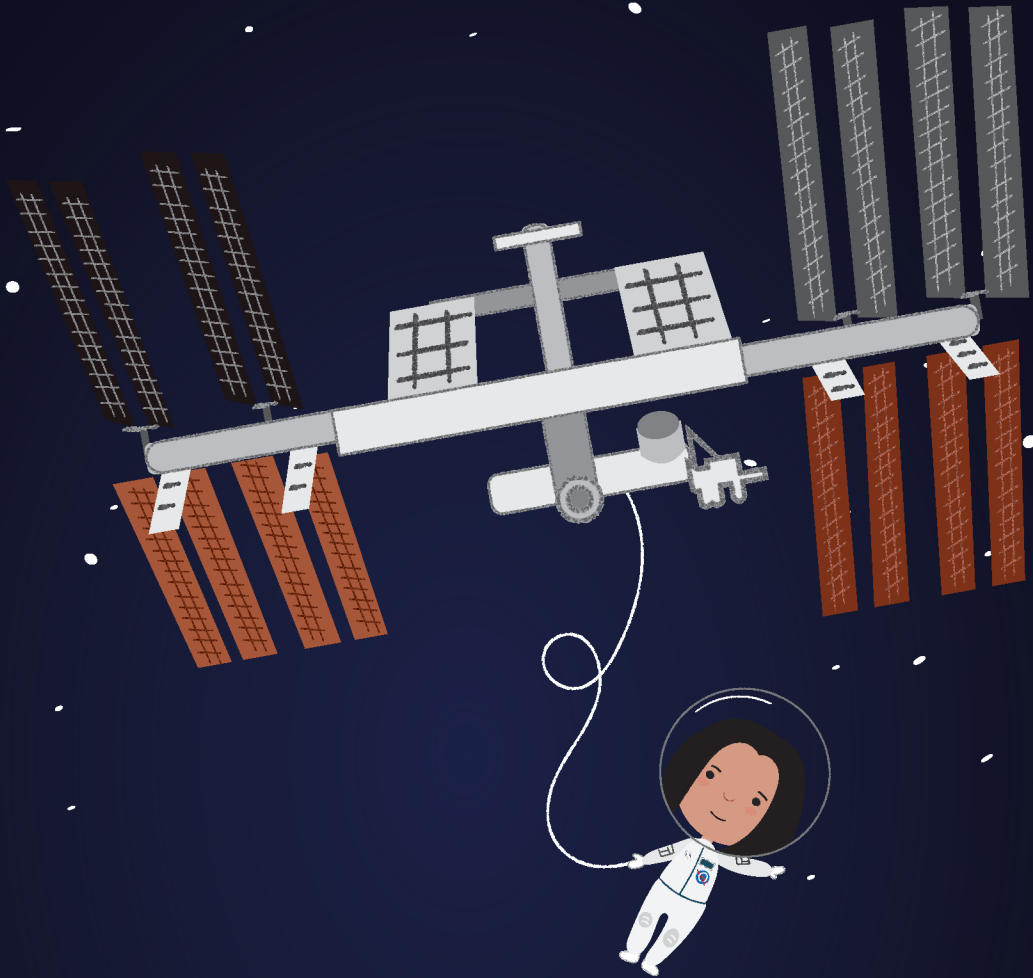
Astronauts explore the Universe in
spaceships.

Spaceships are **vehicles** that need
a lot of **power and energy** to
arrive in space.



Living in space is **wonderful**, but it can be challenging too.

Before their journey, **astronauts** must be **in quarantine**. This way they do not **get sick**.

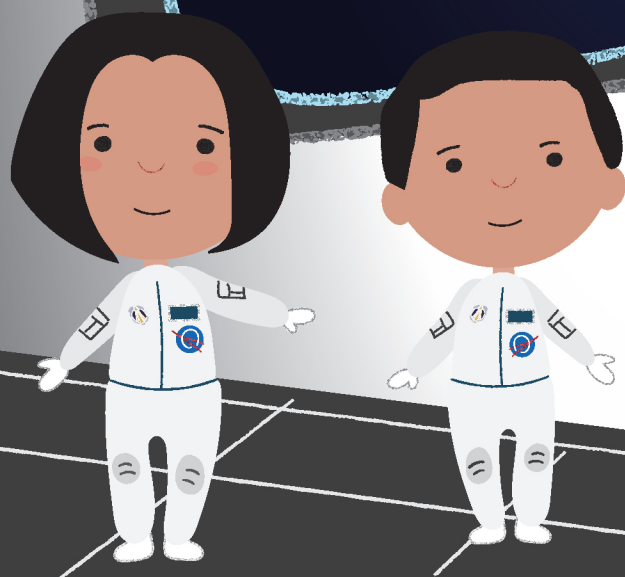


Brenda is an important astronaut.
She has been working for many days
at the **space station**.

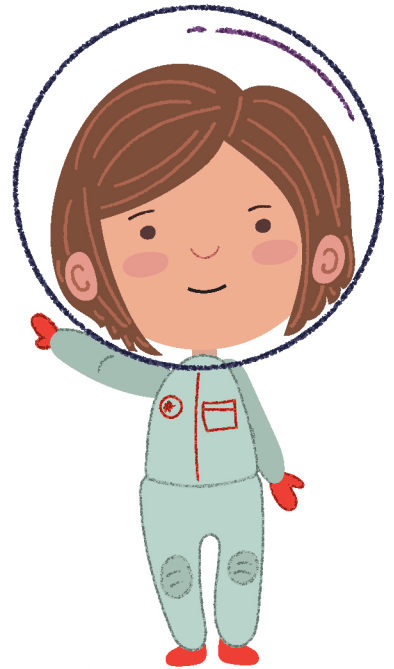
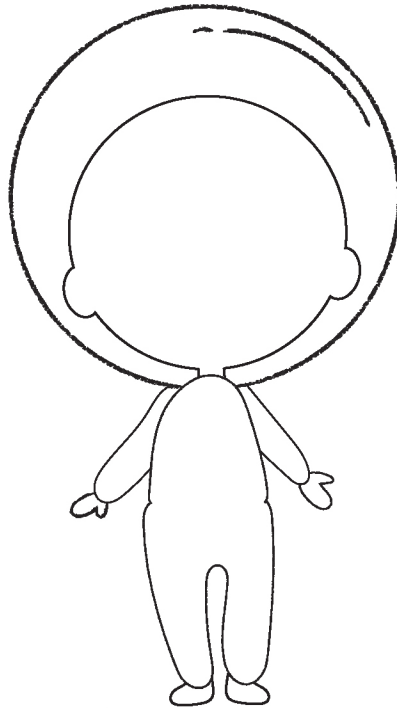
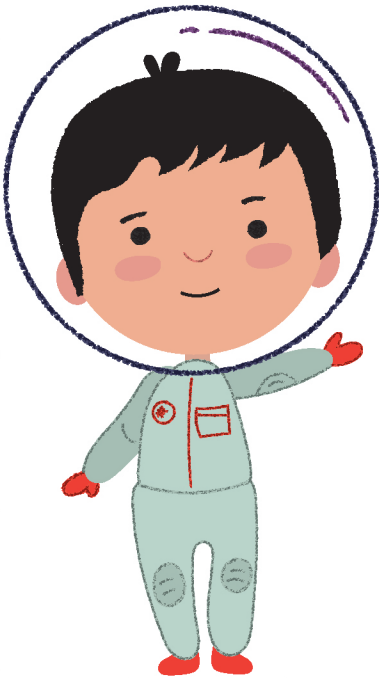
The **International Space Station** is
the **biggest space station**.

As part of their **space tasks**, Brenda and Miguel have to go on **some missions**.

This time you will have
the chance to help them
using your **imagination**.



Mission 1.
Draw yourself in a space suit.



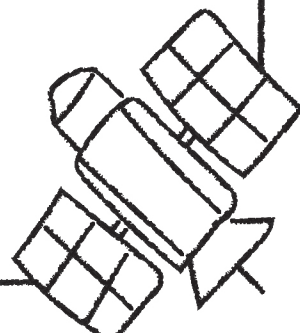


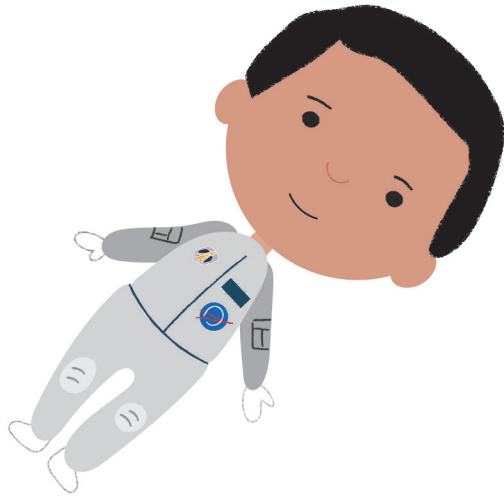
Astronauts can spend more than one year at the space station.

The rooms are tiny. Because of **gravity**, astronauts **sleep standing in sleeping bags** attached to the walls.

Gravity is an invisible force that attracts things to the center of the Earth.

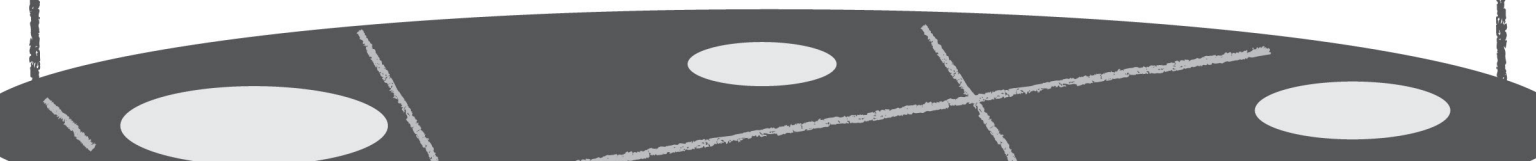
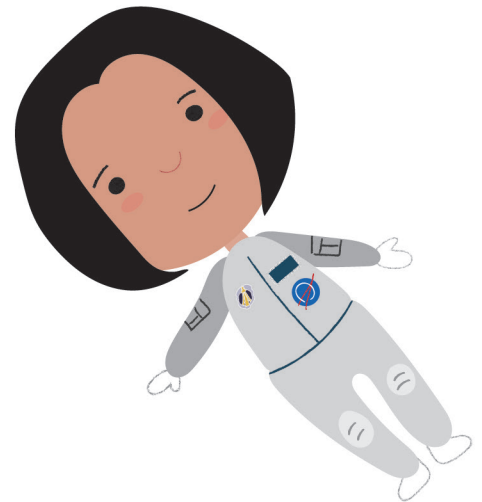
Mission 2.
Make a drawing of your bedroom.





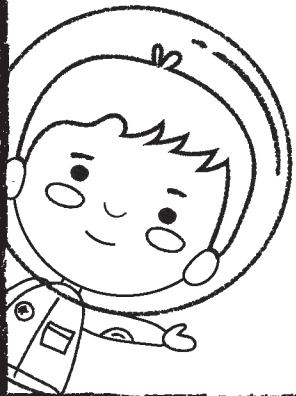
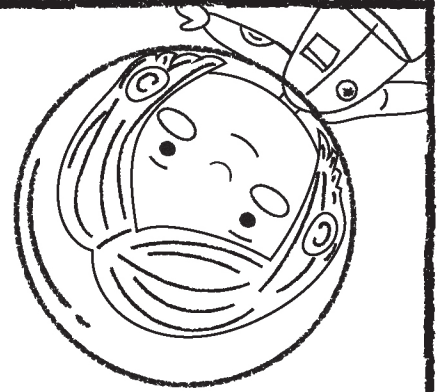
During this time, astronauts learn lots of things and they perform **experiments about gravity**.

If you drop an apple inside your room, **it will fall to the floor**; but if you do so in space, **it will float**.



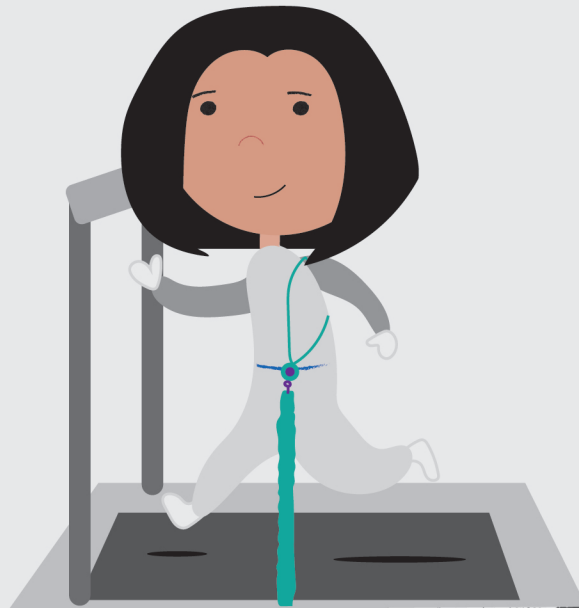
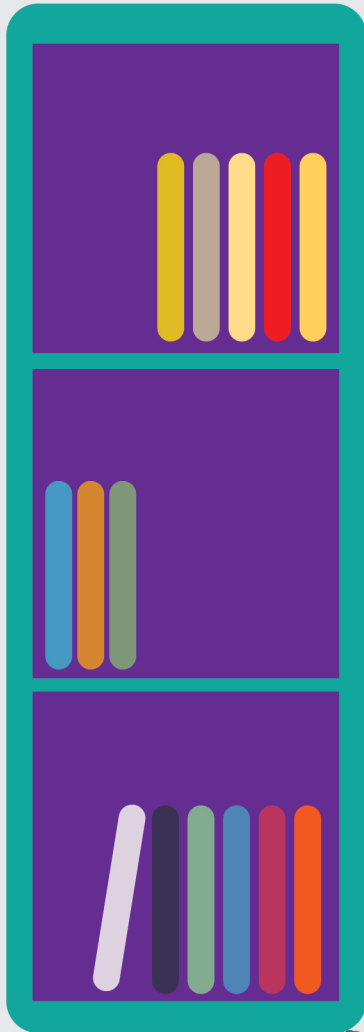
Mission 3.

Draw everything you have recently
learned at home.



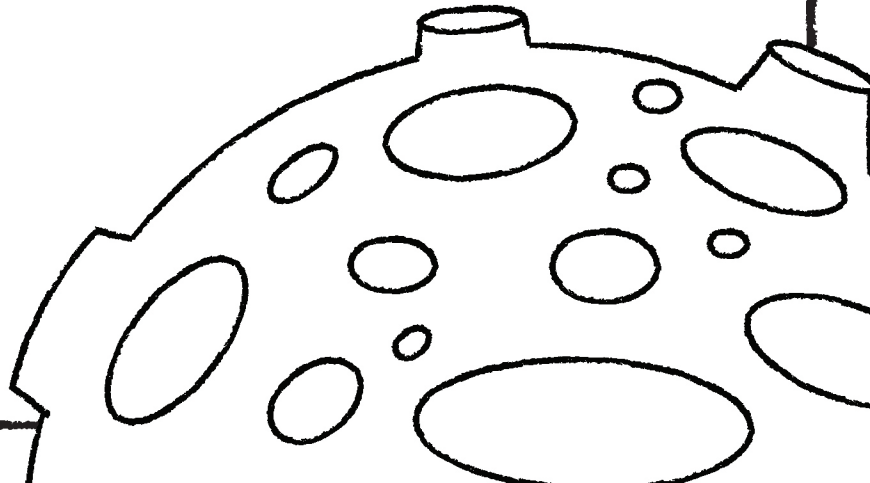


In space, our **bones and muscles become weak.**
Astronauts work out every day
to **take care of their physical health.**



Mission 4.

Draw the physical exercises you do at home or the sports you practice.



Lunch time is one of
astronauts' favorite
times of the day.
They love tortillas.

They **are tasty, nutritious**
and they leave **no crumbs**
behind that could **float**
around and damage the
spaceship.



Mission 5.

Draw your favorite food

Remember to eat fruits and veggies and to drink enough water.

Fruit

Vegetable

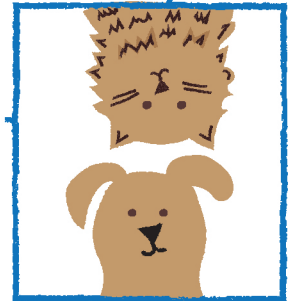
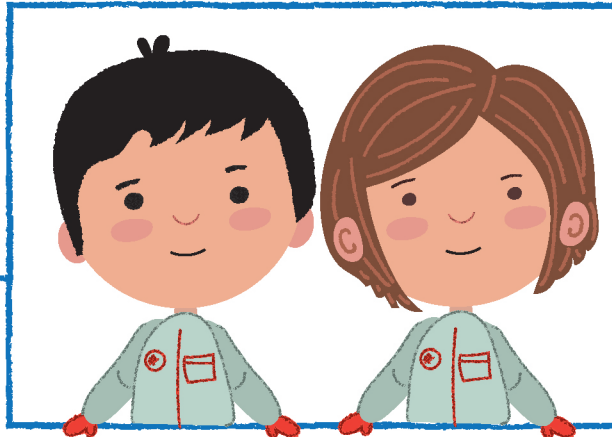
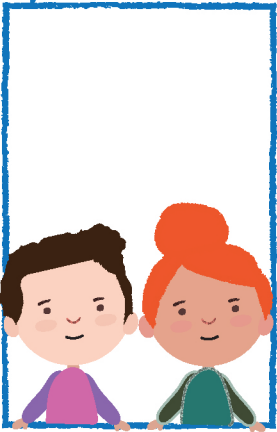
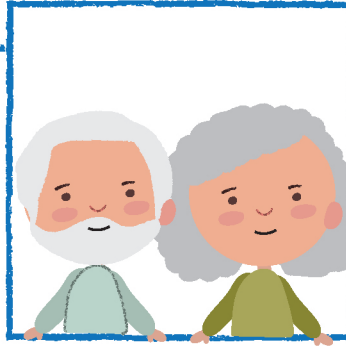
Candy

Drink

Favorite food

It is very important for **astronauts** to talk to their loved ones and to tell them how they feel.

Their loved ones certainly wonder how their day is going at the space station.



Mission 6.

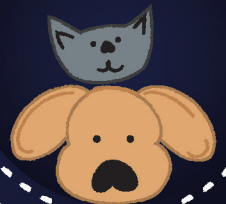
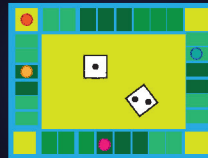
Make a drawing of your loved ones and how
are you feeling right now.

Review mission 10 to learn about feelings.



During the space mission
astronauts **try to enjoy**
everything they do.

Yuri Gagarin was the first
cosmonaut in space in 1961
and Neil Armstrong was
the **first astronaut to land**
on the moon in 1969.



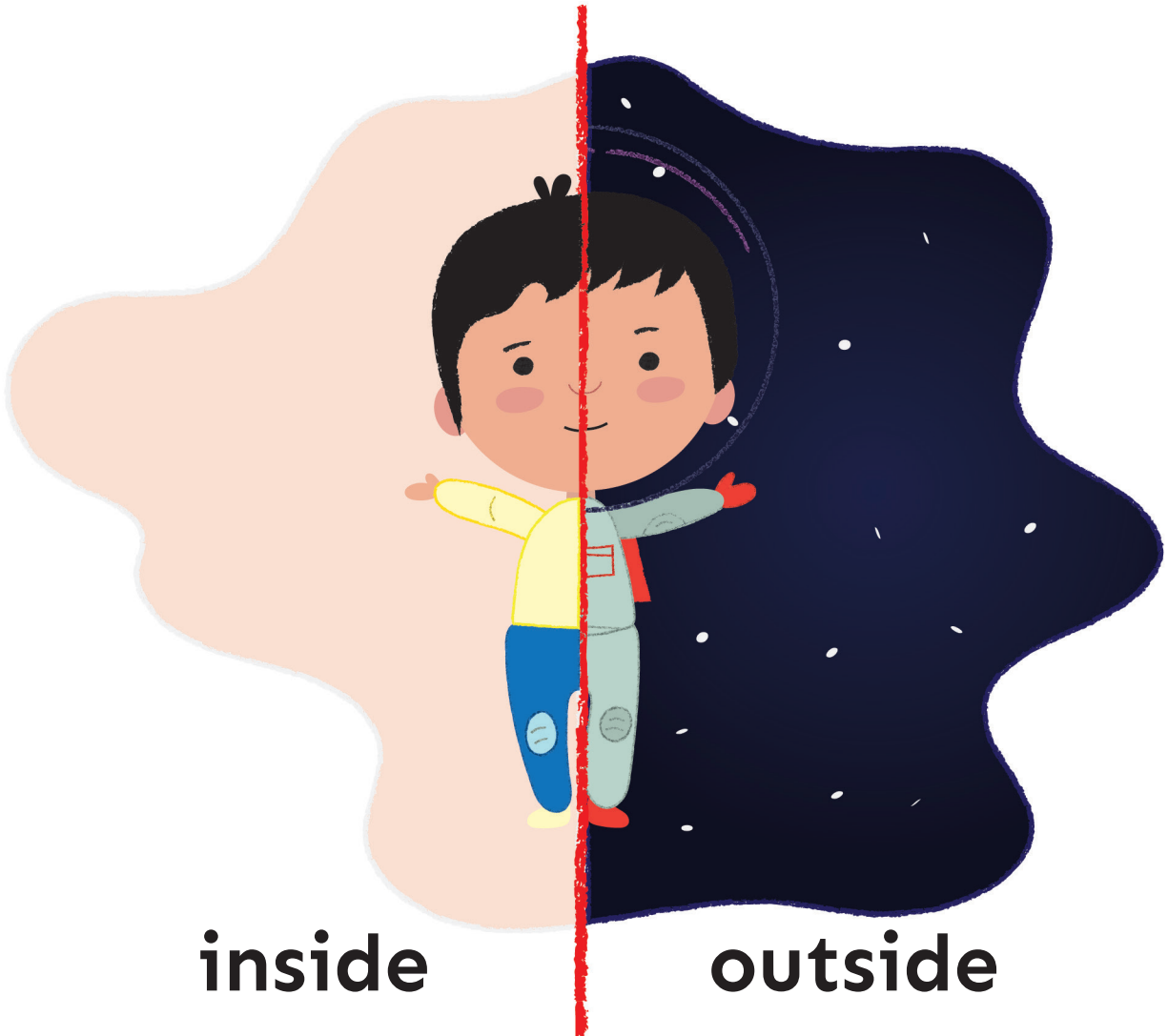
Mission 7.

Draw what you like the most about being at home.



On special occasions, astronauts **need to leave** the spaceship. **They are careful and prepare themselves.**

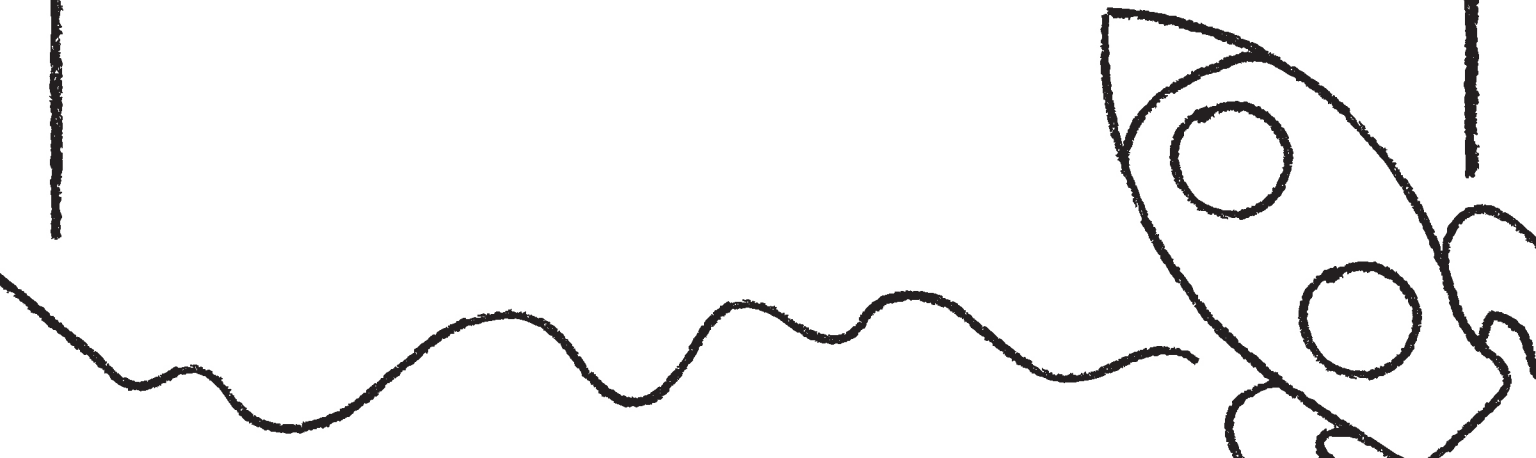
Their spacesuits protect astronauts from **extreme temperatures**, which means intense **heat** or **cold**.



Mission 8.

Draw the way you take care of yourself at home and how you and the people you live with prepare before going out of the house.

Do you use special spacesuits?



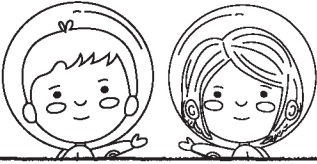
Astronauts **plan their days** out to go on adventures. They have activities **on their own and with other people**.



	S	M	T	W	T	F	S
Make the bed							
Hiking							
Reading							
Exploring							
Cleaning							
Perform Experiments							

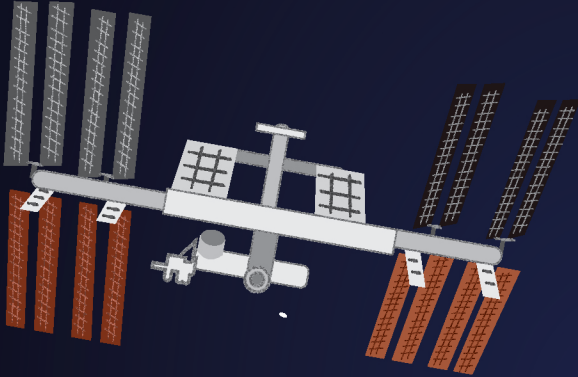
Mission 9.

Plan your schedule.



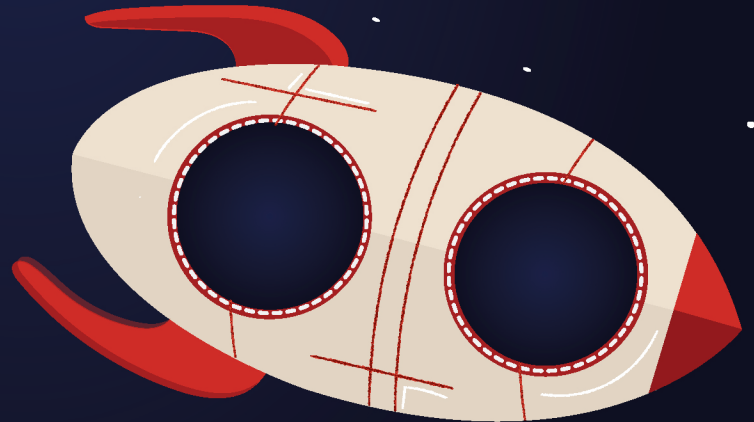
S	M	T	W	T	F	S

You can include activities you do with other people.



Astronauts' bodies are affected by gravity in space. **When they come back from space they are up to 8 cm taller.**

Now you know much more about astronauts and their space trips.

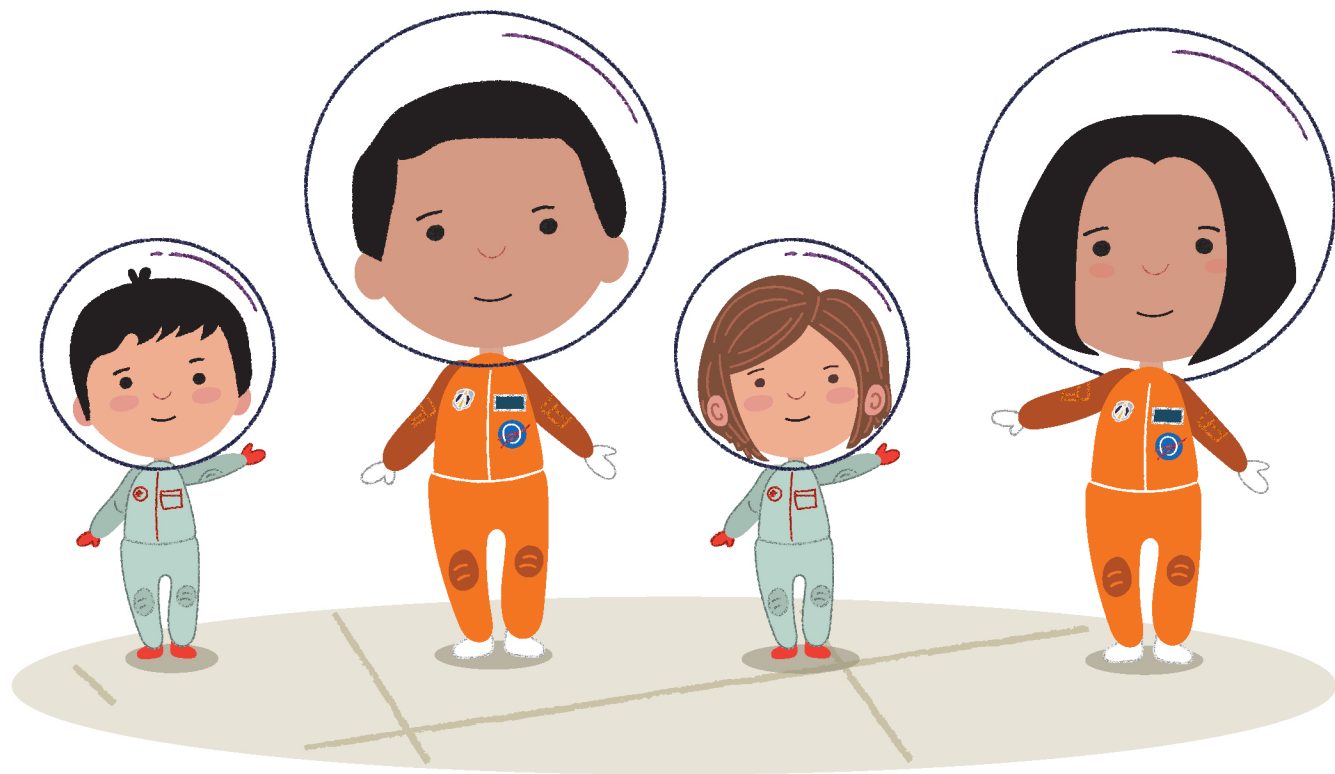




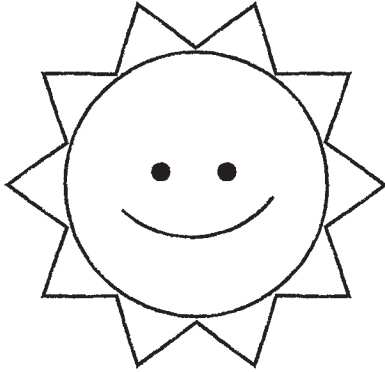
It is time to go back to Earth,
now you are ready for the “**Stay at home**
mission”



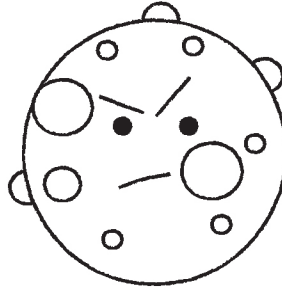
¡We will see you on our
next journey!



Special mission 10.
Acknowledge your feelings



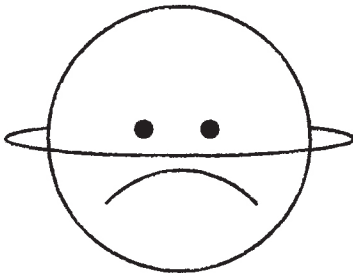
Joy



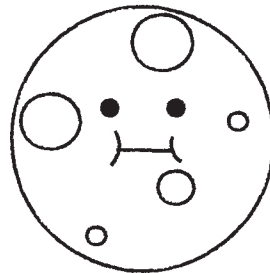
Anger



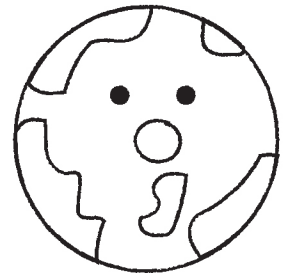
Fear



Sadness



Disgust



Surprise

Special mission 11.

The Solar System has 8 planets revolving around the Sun.



Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune. Pluto also revolves around the Sun. It is considered a dwarf planet because it is the smallest.

Special mission 12.

Tell someone you love about your space mission.

Dear:_____

My name is:_____

I am:____years old I live in:_____

These days I have felt:

★Happy

★Annoyed

★Surprised

★Sad

I want to tell you that:_____



Recommendations for the book activities

This book contains missions of different complexity levels. We suggest that a responsible adult supports the children, considering their individual development.

- **Simple missions: 1, 5 and 10**
- **Intermediate missions: 2, 3, 4, 6, 7 and 8**
- **Advanced missions with greater emphasis on literacy: 9, 11 and 12**

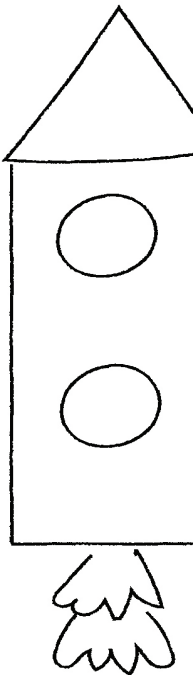
Warning sings

We are living through difficult times and unexpected changes. This pandemic is forcing us to adapt to a new reality. We may experience significant changes in how we feel, how we think and what we do.

To know if our physical and mental health and that of our loved ones is at risk, it is important to be aware of the following sings presented by the Mayo Clinic (2020):

- Drastic mood swings, change in behavior or personality
- Constant sadness
- Avoidance of social interactions
- Hurt oneself or talking about hurting oneself
- Taking about death or suicide
- Having anger outbursts and extreme irritability
- Changes in eating habits
- Weight loss
- Trouble sleeping
- Constant headaches or stomach aches
- Difficulty concentrating

If you detect these sings, seek for help from a health care professional.



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