

Stars and Planets

Fly me to the moon
and I'll play among
the stars!



tuneful
chatter

darts

What will you take with you on your journey to space?

Who will you go with?

Do you need to wear a special outfit?

Where will you land?

Could it be the moon, a new planet, a huge space rock, a cold comet, or a beautiful shooting star?

What will you do when you get there and who might you meet?

Useful things to collect:

Silver tin foil
Black bin liners/paper
Plastic bottles/lids
Pans/colanders/lampshades
Empty boxes
Finger lights/torches
Ribbons/string/wool
Cotton wool balls/pads
Toilet/kitchen roll tubes
Paper or plastic plates
Stones/pebbles
White/silver/dark materials
(e.g. blankets, duvet covers)

Top tips for adults:

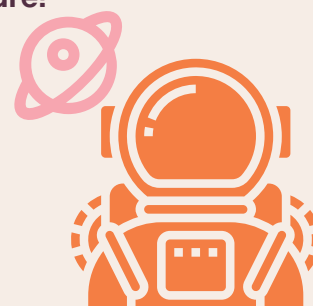
- Encourage your children to help collect up all the things they will need.
- Think about any songs/rhymes that you may know about Space, e.g.
'Five little people in a flying saucer, flew round the Earth one day, they looked left and right but they didn't like the sight, so they quickly flew away. Four/Three/Two little people in a flying saucer. One little person...and they did like the sight so they decided to stay!'

'Hey Diddle Diddle, the cat and fiddle, the cow jumped over the moon, the little dog laughed to see such fun and the dish ran away with the spoon.'

Ideas to explore while you're in space:

- Astronauts need to be fit so you can plan a workout. Use things that you can find around the house to set up an obstacle course. Try to jump over cushions, crawl under blankets or balance along a line of socks or rolled up tea-towels. Or you can try star jumps to dodge the moon rocks, squats to miss the asteroid or hopscotch moves over the craters.
- Dress up like an astronaut. You could use a box, a pan or an old circular lamp shade for a helmet, a toilet roll tube for a camera and wrap empty bottles in silver foil for your oxygen tanks.
- Think about how you will move in space; slowly with big strides, bending, stretching, twisting, turning as you float. Step over huge space rocks and boulders, squeeze through small spaces and reach to catch shooting stars.
- Build a space den. Use dark material to drape over a clothes rail, chairs, or other furniture. Use finger lights and torches to explore in the darkness. What might you see and what could you find?
- Make a star torch. Cut some black paper circles to go over a torch. Use a pin or skewer to make lots of small holes. Turn the lights off and use your torch to turn the stars on!
- Do some star gazing. Snuggle up for with blankets and look for star patterns in the night sky. Maybe you could wish upon on star! What would your special wish be?
- Make some moon sand by mixing flour and oil. Use 8 cups of plain flour, 1 cup vegetable oil or baby oil and some food colouring if you want to add your own space colour!
- Do an inside or outside moon rock hunt! Stick some space pictures/letters/words on small stones or pebbles and wrap them in silver tin foil to hide round and about! When you find them, could you make up your own story about your time in space?

Enjoy your space adventure!



CAST



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