

EDUNAUTS presents:

FIRST KIDS IN SPACE

Everything a young explorer needs
to know before they launch



BY JONATHAN NALDER,
THE EDUNAUT

FOR:

- Ages 6 to 12
- Grown-ups with kids

FEATURING:

- Space Scientists
- Real life Astronauts

V.1 INCLUDES:

- Parent's Chapter
- Citizen Science Project

ABOUT THIS BOOK

Sending a kid to space is a dream - but it wasn't long ago that sending anyone to space was thought impossible. Since 1961 though, when Yuri Gagarin became the first person to see our planet from above the atmosphere, this dream has become a reality for over 650 people!



Now that there are also private astronaut missions and plans for private space stations, this dream is opening up to many more people - so why not kids? If you are crazy about space and learning everything you can - and if you dream about going there one day - then this is the book for you!



We especially want to capture your ideas - see page 6 for a global citizen science project where you can add your dreams and ideas.

ABOUT EDUNAUTS

Edunauts are teachers, educators and learners who are going beyond - trying new things to escape the gravity of how 'school' and 'training' have been done before.

Learn more at Edunauts.net.



ABOUT THE AUTHOR

Jonathan 'the Edunaut' is Australia's only 'NASA spaceward Bound MDRS' Teacher, a former pilot, Mars Society Ambassador, writer and self-confessed space nut. He has spent over 23 years as an Educator and knows the only thing more mind-opening than space, is learning itself.



Learn more at JonathantheEdunaut.com, or checkout his mission patch project designs for shirts, stickers + more at Redbubble [here](#).



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FIRST KID IN SPACE - INTERACTIVE ONLINE COURSE:

Why not also earn a First Kid in Space digital badge in our easy online course? Over 3 hours, you'll go hands-on with learning about Space and make your own 3D VR space base!

- Send a pic of your hand pointing at this book, and we'll send a 25% off code!
- Tell your grown-ups, then find out more at edunauts.net or send an [email](mailto:info@edunauts.net).



CHAPTER 1: WHAT DO YOU NEED TO KNOW BEFORE YOU LAUNCH?

Going to space might seem scary because there is so much to learn - but this book is a perfect place to start. This chapter will begin with the basics:

- Where did dreams of space start?
- Experts who dreamt of space like you
- Why we want to explore space
- What you shouldn't believe about space
- What are your ideas?



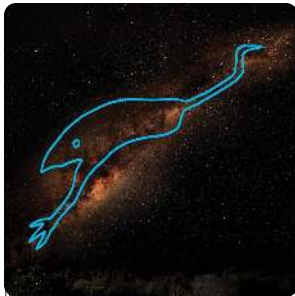
WHERE DID DREAMS OF SPACE START?

People just like you have looked up at the stars for thousands and thousands of years and wondered what the Moon and twinkling lights mean.

Different cultures around the world made their own star maps to tell stories, find their way on long trips, and know when to plant crops or go hunting.



For example:



Norris CC BY-SA 4.0

- Some Native American tribes imagined the Big Dipper constellation as a big bear being chased by hunters
- Australian Aboriginal people mapped out seasons by when constellations shaped like Emus or Kangaroos appeared in the night sky
- Polynesians used stars to sail across huge oceans to find faraway islands



More recently, we have been able to look closer at the stars with telescopes and even go into space to explore. How amazing to be alive just when that is possible?! Now, you don't have to just dream about it - even private citizen astronauts are now starting to become a possibility. Who knows - maybe you could be the first 'Kid-onaut' who gets to explore space!



DREAMING OF SPACE

Let's hear from some space experts about their early dreams. How do they compare to yours?



Chris Sembroski, Engineer, Air Force Veteran, Citizen Astronaut Inspiration4

My trajectory to get to where I am today and how I ended up on Inspiration4 started with a lifelong love of space astronomy building model rockets. Then, as I got older, I was encouraged to go beyond my comfort zone when it came to physics in high school as I had a professor who wouldn't settle for anything less than our very best.

In fact, when writing in class, he'd say 'okay everyone what's the next piece that I need to write down?'. He'd hold up his chalk and pause, and if the class was silent, he would stay paused and then he'd put his chalk down and then he'd just turn around and look at us with his arms folded and a nice little smile on his face - and just walk out the door and wait 'till we figured out the answer to keep going.



Image United States Department of Defense - ID 070622-F-47075-004

Dr Michaela Musilova, Astrobiologist, Analog Astronaut Mission Commander

I've had a dream since I was eight years old to become an astronaut. Unfortunately, my background in being from Slovakia makes that very hard. My country is not yet a part of the European space Agency, and I'd have to be a citizen of a country with a space program like the USA to apply there.



Because of this, I've always had to find my own way, and before long I realised I had a passion for exploring Astrobiology, or the study of extreme forms of Earth life to help learn about how we might find alien life. Pursuing this has helped me find a place in the space industry as I keep working on a path towards also becoming an astronaut.

Dr Soyeon Yi, Engineer, South Korea's first Astronaut

Frankly, I never thought about space or being an astronaut until I applied for the national program. In Korea, when I was growing up, we couldn't afford to think about space as we were still struggling to feed people after the Korean War. I chose engineering as my career just for better job prospects.

Then, when the government announced their space program, I was excited about doing experiments in space, not becoming an astronaut. I was naive about the responsibility of being the first Korean astronaut - but it shows that anyone can be inspired to join in. I learned that combining STEM with art and culture is crucial - it inspires people to make things happen, even if those things seem unrealistic at first.



Johnson Space Center (NASA) under Photo ID: JSC2008-E-004174

TIP: Hear from many more space experts at the space Prize Speakers page [here](#).

WHY DO WE EXPLORE SPACE?



There are lots of great reasons to explore space:

1. We're curious! Humans love to learn new things, and space is full of mysteries to solve.
2. It leads to cool inventions we use every day. Things like camera phones, water filters and satellite TV were first created to help with space missions.
3. It helps us protect Earth. By studying other planets, we learn more about our own planet and how to take care of it.
4. It inspires people to do amazing things. space explorers show us that with hard work and teamwork, we can achieve incredible goals together.
5. When we look at pictures of Earth from space, we realize how special our planet is and how we're all part of one big home floating in space.

Q: Which of these is your favourite reason? Would you replace one of these, or add something else as well?



CITIZEN SCIENCE: WHAT ARE YOUR IDEAS?

Reading this book and learning from others is great - BUT we want kids to start sharing their ideas and dreams about space as well!



Already, many, many kids and even an Astronaut have done this by answering 3 questions at our global citizen science page - and here are some of the ideas shared so far:

Col. Greg Johnson

Greg is Chief Space Officer at Spacenation, a long time STEM advocate and a two-time Space Shuttle pilot with 37 days in space.



Here are his answers to the citizen science questions:

1. When did your space dream start?

"When I was age seven"

2. Why did space first fascinate you?

"It came from when I watched Neil Armstrong walk on the moon. I was woken up after bed time and watched it with my family on black and white tv. Once I was inspired by this to go to space, my siblings sometimes laughed at me, but I kept the dream to myself as the inspiration that kept me going"

3. What item from home would you take to space?

"I took a printed photo of the people important in my life. I wanted this because a physical picture makes it seem like people in the photo were coming with me. I was then able to take the photo back to give to them."

WHAT ABOUT KIDS IDEAS?

These are some of the answers that kids like you have shared so far:

"My dad and I used to watch the night sky, and in a short time, we would discuss a lot about the sky and the universe. That fascinated me a lot."

"My dream started when I first saw a solar eclipse"

"If I could live on the Moon, I want to plant the first plant there."

"I would take a notebook to write about my experiences."

"The mysteriousness of not knowing how big the universe is so fascinating."

"I would take a chocolate bar. Yes that would be a 'want!'"

GET READY TO SHARE:



NOTES: You can download the data to analyse it.
As the project continues, we aim to showcase the thoughts shared at the Edunauts webpage. Your sharing is anonymous.
Location is optional.



Pick location

Open the location picker...

Map showing location picker with coordinates: Latitude: -35.5368, Longitude: 146.121

Date and time: 08/10/2024 01:06:09 PM

Add your answers below. You can answer one, two or all three questions. Get a giveaway to help if you need it.

1. When did your space dream start?
When I was 6

2. What makes you so interested in Space?
I love how there is always more to learn

3. What home object smaller than 5cm x 5cm would you take to Space?
I would take a pack of cards to play games

* Is your object something you NEED for the mission, or something you WANT?
 WANT NEED

Observation Date	Dream Start	Interest in Space	Object to Take	Need or Want
2024-10-09 13:06:03	12 years old	It is so amazing	A book to write about my experiences	NEED
2024-10-09 02:57:14	My space dream began when I saw lots of stars in the sky.	My dad and I used to watch the night sky, and in a short time, we would discuss a lot about the sky and the universe. That fascinated me a lot.	I would bring my cactus with me to space as my pet.	NEED
2024-10-08 20:22:11	I was 8	rockets taking off are just so exciting to see	I would take a toy to remind me of home	WANT
2024-10-08 17:18:02	From when I attended a space workshop	I've been passionate since I was a child	-	-
2024-10-08 16:33:14	When I watch movies like "planet" of apes	planets and moons	Stick	NEED, WANT
2024-10-08 03:42:13	7 years old	the weird planets like Venus	a chocolate bar	WANT
2024-10-08 03:04:02	When I was 5	I love how big it is	A GoPro camera to record my adventure	NEED

WHAT SHOULDN'T YOU BELIEVE BEFORE YOU GO INTO SPACE?

Sometimes people believe things about space that aren't true. Let's look at some of these myths and find out what's really going on up there!



TOP 5 SPACE MYTHS:

Myth 1: Space is totally empty

Actually, space has tiny particles, dust, and even invisible stuff called radiation floating around. It's not as empty as you might think!



Myth 2: There's no gravity in space

Surprise! There is gravity in space. Astronauts float because they're falling around the Earth very fast, not because there's no gravity.



Myth 3: All planets are too hot or cold for anything to live there

While most planets in our Solar System are pretty extreme, some moons might have the right conditions for life. Scientists are still exploring this exciting possibility!



Myth 4: Space discovery is a new thing

People have been dreaming about space for a very long time! Smart folks like Galileo and Johannes Kepler studied the stars hundreds of years ago and helped us understand space better.



Myth 5: Space exploration is only about going to other planets

Robots are super important in space exploration too! Rovers like Curiosity on Mars and spacecraft like Voyager help us learn about other planets without putting astronauts in danger.



Q: Do you know another one that should be added?

CHAPTER 2: WHAT ARE THE TOP 5 THINGS YOU NEED TO KNOW BEFORE LAUNCH?

space exploration as we know it today started in the middle of the 20th century. That's when humans first built rockets powerful enough to reach space! To help you learn about this and everything else that you might need, we are going to take a look at some Top 5's of space Exploration.

- Fun facts about the universe
- Early days of space exploration
- What came next
- Pioneering astronauts
- Elements of the space exploration puzzle



FUN FACTS ABOUT THE UNIVERSE

Here are some mind-blowing facts about our universe!

Fact 1. The universe is HUGE! It's about 93 billion light-years wide and always getting bigger, like a balloon being blown up. That's so big it's hard to imagine!

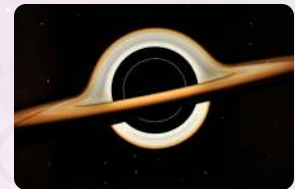


Fact 2. There are more stars in the universe than grains of sand on all the beaches on Earth. Wow!



Fact 3. Space has some crazy places:

- Venus is super hot (about 471°C or 900°F)
- Saturn has over 146 moons



Fact 4. Black holes are real! They're places where gravity is so strong that nothing, not even light, can escape.



Fact 5. Some exploding stars (called supernovas) can shine brighter than entire galaxies for a short time.

Question: What would you add if it was a top 6?

EARLY DAYS OF SPACE EXPLORATION

1. First human-made object in Space

In 1957, the first human-made object to orbit Earth was launched - the Sputnik 1. It was about the size of a beach ball with four antennas, and its launch inspired many countries to focus more on science and technology education.



2. First Creature in Space

The first living creature in space was a dog named Laika. On November 3, 1957, she orbited the Earth aboard the satellite Sputnik 2.



3. First Human in Space

In 1961, Yuri Gagarin became the first person to go into space. He orbited 301 kilometres above the Earth for 89 minutes in a spacecraft called Vostok 1.



4. First Woman in Space

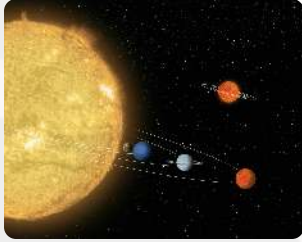
Valentina Tereshkova was the first woman to travel into space. On June 16, 1963, she was launched in the spacecraft Vostok 6, which completed 48 orbits in 71 hours.

5. First Humans on the Moon

In 1969, Neil Armstrong and Buzz Aldrin became the first people to walk on the Moon during the Apollo 11 mission. This is when Neil said the famous words, "That's one small step for man, one giant leap for mankind."



WHAT CAME NEXT?



1. Missions to other Planets

1962 saw Mariner 2 launch to Venus as the first mission to another planet. Since then, over 200 missions have explored the Solar System, and Voyager 1 has travelled outside the Solar System.

The most explored planet is Mars, with six rovers having successfully landed there since 1997 to look for signs of life and test if humans could survive.

2. Space Stations

In 1971 the first space station, Salyut 1, allowed humans to begin living in space. Since then, several others, such as SkyLab, Mir, Tiangong and the largest, the International Space Station, have seen up to 17 people at a time live and work away from Earth.



3. The Space Shuttle Program

The space Shuttle first launched in 1981 with the special ability to take off like a rocket but land like a plane. This enabled it to be used multiple times. In total, the program lasted 30 years and 135 missions.

4. Reusable Rockets

Reusing rocket boosters is making it easier and faster to get things into space. In 2010 SpaceX successfully landed a Falcon 9 rocket back on Earth, something that it had repeated over 275 times by 2024. From 2025, the debut of the much larger SpaceX Starship, as well as Blue Origin's New Glenn and others will help to make reusing spacecraft the norm.



5. Private Citizen Missions and Companies

At first, only governments could send people to space. But now, citizen missions mean many more countries and groups can join in. The first all-private space mission with non-government astronauts was Inspiration4 in 2021, followed by Polaris Dawn in 2024. Private missions have also been launched to the International Space Station by companies like Axiom, who also plan to build independent space Stations so more missions can occur.

FIVE PIONEERING ASTRONAUTS

Now let's learn more about five of the most important adults who have been to space. This can help you prepare to be the first kid who goes there.

Q: Who would you put in this list? [Email](#) and let the author know.

Yuri Gagarin: The First Human in Space

- Yuri Gagarin was a Soviet cosmonaut who became the first person to go to space on April 12, 1961
- He famously said "Poyekhali!" (Let's go!) when his rocket launched
- He flew in a spacecraft called Vostok 1 and orbited Earth once with his flight lasting 108 minutes
- Gagarin's mission proved that humans could survive in space and inspired many people to become astronauts



Sally Ride: Breaking Barriers for Women

- Sally Ride became the first American woman in space in 1983
- Sally loved science and had a degree in physics from Stanford University
- She flew on the space Shuttle Challenger and helped deploy satellites and do experiments
- After being an astronaut, she started a company called Sally Ride Science to encourage girls to love science and technology



Mae Jemison: The First African American Woman in space

- Mae Jemison flew to space in 1992 on the space Shuttle Endeavour
- She's not just an astronaut - she's also a medical doctor and an engineer
- Mae did experiments in space to learn how being in zero gravity affects the human body
- She loves encouraging kids, especially girls, to follow their dreams in science and space exploration



Buzz Aldrin: Walking on the Moon

- Buzz Aldrin was the second person to walk on the Moon, right after Neil Armstrong
- He flew on the Apollo 11 mission in 1969 and spent 2.5 hours exploring the lunar surface
- He called the Moon's surface "magnificent desolation" because it was beautiful but empty
- After his Moon trip, Buzz became a big supporter of space exploration and wrote books to inspire others



Jared Isaacman: Inspiration4 Mission

- Jared Isaacman is a US entrepreneur and pilot who commanded Inspiration4, the first orbital spaceflight with only private citizen astronauts on board
- It launched in 2021, and also raised \$243 million for St. Jude Children's Research Hospital
- Its crew spent 3 days in orbit in a SpaceX Crew Dragon craft, marking a milestone for private missions



TOP 5 ELEMENTS OF THE SPACE EXPLORATION PUZZLE



Space exploration is like a big puzzle that uses lots of different types of science. Here are some pieces of that you might want to explore:

1. Gravity: Scientists need to understand how strong gravity is to launch rockets and move spaceships around.
2. spacecraft: Engineers work on making better rockets and spaceships, such as the rockets that can land back on Earth and be used again.
3. Biology and health in space: Researchers study how living in space might negatively affect astronauts' bodies so they can keep astronauts healthy on long space trips.
4. Life Support Systems: These are super important! They give astronauts air, water and food in space, often by recycling what is used.
5. Having fun and relaxing: astronauts can miss their families or even just being able to have normal showers! New laser communications and more supply missions are just two of the things that can help.

Learning about these might give you ideas for how to make space travel even better when you start your mission!

THE FUTURE OF SPACE EXPLORATION

Exciting times are ahead for space exploration! As you prepare to be the first kid in space, here's an overview of what's coming up next:



1. Back to the Moon

NASA has a new program called Artemis that will send people back to the Moon. This time, we're planning to stay longer and build moon bases!

2. On to Mars

Mars is the next big goal. NASA and other space agencies are working on sending people to the Red Planet. How cool would it be to also be the first kid to walk on Mars?



3. More Private Companies Join the Space Race

It's not just NASA going to space anymore. Companies like SpaceX, Rocketlab and Blue Origin are building their own rockets and spaceships. They want to make it easier for more people and companies to go to space.

4. Space Tourism

Imagine if you could go on a vacation... to space! Some companies such as Blue Origin, Virgin Galactic and World View Enterprises are working on making this possible, although the cost to begin with is very high. Maybe one day however, you could celebrate your birthday while in zero gravity!



5. Younger People in Space

Right now, there's never been a kid in space, yet, but that doesn't mean it won't happen in the future! The youngest person to orbit Earth was Gherman Titov in 1961 at age 25. Since then, Oliver Daemen took a trip to the edge of space in 2021 at age 18. As we build more spacecraft and maybe even bases on the Moon or Mars, younger people might get a chance to go to space. Who knows, maybe you could be the first kid in space someday!

SO, WHAT WOULD THE FIRST KID IN SPACE DO?

Now you have learned so much about space Exploration, you can begin to imagine being the first kid astronaut. Here's what your day might look like working on a space station or on the Moon or Mars:

1. Conduct Cool Experiments:

- Care for plants and test how grow in space
- See how your body feels in zero or low gravity



2. Be a Space Ambassador:

- Talk to kids back on Earth about life in space
- Make videos showing how you eat, sleep and have fun without gravity



3. Help the Grown-up Astronauts:

- Organize supplies and keep things clean
- Set up science equipment



4. Keep Yourself Healthy:

- Exercise for 2-3 hours a day to keep your muscles healthy
- Have regular health checkups to see how living in space is impacting you



CHAPTER 3: GETTING READY FOR SPACE

Well done on all you have learned in Chapter 1 and 2! Now we are going to look at specific activities you can do to get ready for space.

- Realise why young explorers are so important
- Websites and online activities
- Hands-on activities
- Things you can do to prepare



REALIZE WHY YOUNG EXPLORERS ARE SO IMPORTANT

Kids like you are very valuable for the future of space exploration. Here's why:

- You have fresh ideas that adults might not think of
- You're not afraid to ask "Why?" and "What if?"
- You'll grow up with new technology that can take us further into space

By learning about space now, you're preparing to be a valuable member of the next generation. You can then be one of the:

- astronauts who will walk on Mars
- Scientists who will discover new planets
- Engineers and Designers who will build even better spaceships
- Artists and reporters who record and share discoveries



COOL WEBSITES AND ONLINE ACTIVITIES

The internet is full of amazing websites where you can learn all about space. These sites are like treasure chests filled with cool facts, pictures and videos about planets, stars and astronauts. These websites can help you:

- Share your ideas about going to space
- Learn about the planets and stars
- Discover how spacecraft work
- Find out what it is like to be an astronaut



Challenge: What Would the First Kid in Space Take with Them?

LINK: Citizen Science project tinyurl.com/firstkidsinspace

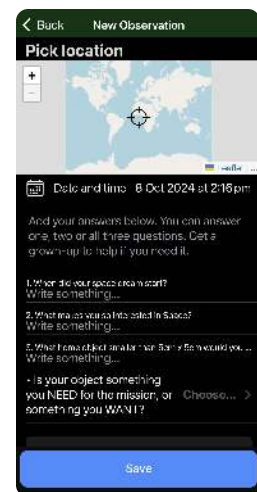
Imagine you are chosen to be the first Kid-onaut. You start packing a whole suitcase of things to take - things you might need or even just things you want to have with you. But then you are told sorry, there is only room for you to take one personal object that fits into a 5cm by 5cm box.

If you haven't already - go add your answers now!

Question 1 When did you first dream of space?

Question 2 What makes you so interested in space?

Question 3 What would you take? Is it something you NEED or WANT for the mission?



NASA's Kids Club website

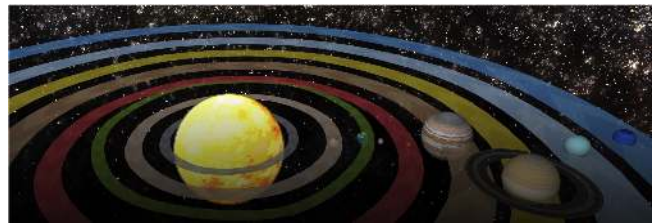
This site has the latest news about space missions and lots of fun stuff for kids: <https://www.nasa.gov/learning-resources/nasa-kids-club/>

The European space Agency's kids site

Go here for awesome pictures and videos that make learning about space super fun: <https://www.esa.int/kids/en/home>

3D Planet Orbits

Learn about the orbits of planets around our Sun in this 3D activity that you can also load inside a VR headset: <https://edu.cospaces.io/YL-K-CVM>



Junior Astrobiologist Citizen Science Project

Start a journey as a junior Astrobiologist with Dr Michaela Musilova and XtremeFrontiers by joining and adding your observations [here](#).



Mars Desert Research Station chatbot

Chat with a virtual mission specialist I have built who is situated on a fictional future Mars base inspired by [The Mars Society's](#) real research base, and try to find out what problems you can help with [here](#).

International space Station in VR

If you have access to a compatible VR headset, you can tour the ISS in virtual reality so it looks like you are actually there with [this app](#).



Send a postcard to the edge of space

Blue Origin's Club for the Future allows anyone to make a postcard and have it flown to the edge of space on a New Shepherd reusable rocket. Find out more [here](#).

FIRST KIDS IN SPACE ONLINE COURSE

[See Edunauts.net for access](#)

Now you've read the book, why not earn your official First Kid in Space badge in our easy online course? Over 3 hours, you'll go hands-on with learning about Space and make your own 3D VR space base! You will also take on a mission specialist role, learn new interactive tech skills and solve space problems!

See page 24 once you finish the book for how to get a discount code!



HANDS-ON ACTIVITY SUGGESTIONS

Want to start feeling like a true space expert? Grab some paper, cardboard, pens, tape and marbles and try these fun activities:



1. Make a Space History Timeline Poster

- Draw pictures of important space events
- Put them in order from the first satellite to the latest Mars mission



2. Create a Classroom Space Museum

- Pick your favourite astronaut or space expert
- Make a poster about their life and adventures in space

3. Build a Model Rocket

- Use paper (or cardboard or plastic bottles) and [this Wikihow guide](#)
- See how far you can make it fly or glide



4. Make Moon Craters

- Fill a tray with flour or sand
- Carefully drop marbles or small rocks into it to see how craters form

5. NASA Hands On Activities

- Choose a hands-on challenge with clear instructions from NASA's jet Propulsion Laboratory from the amazing list [here](#).



TOP 5 THINGS TO DO NOW TO PREPARE FOR YOUR SPACE ADVENTURE

Want to be ready when it's time to go to space? Here's what else you can do:

1. **Study hard in school, especially in:**

- Science
- Math
- Technology
- Design and Engineering
- Art and Humanities

2. **Stay healthy:**

- Eat good food
- Exercise regularly
- Get plenty of sleep

3. **Learn to work in teams:**

- Join clubs or sports teams
- Help with group projects in class
- Share this book with a friend who also loves space

4. **Never stop being curious:**

- Ask lots of questions
- Try to figure out how you think things work

5. **Be brave and don't give up:**

- space exploration can be tough, but it's worth it!
- Remember everyone who has been to space before you was once told
by someone their dream was impossible, but got there anyway



STS 131 Crew

CHAPTER 4: FOR GROWN-UPS

This section is for grown-ups - parents, guardians, teachers and anyone who is helping guide a young person towards their future.

Dear grown-ups:

As a parent, I've not only been that kid who reads and watches everything about space, I've also been a teacher who celebrates finding those kids in the schools I work at, and a parent explaining and taking joy in my own kids as they have been blown away by the excitement of space exploration.

Now, I'm excited to share the top tips and resources I have discovered along the way:



1. Read with kids

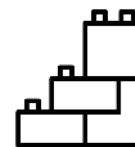
Reading with children is a crucial aspect of parenting that offers numerous benefits. It fosters a strong bond between parent and child, creating cherished moments of closeness and shared experience. This activity stimulates a child's imagination, expands their vocabulary, and improves their language skills from an early age. Regular reading sessions help develop critical thinking abilities and enhance concentration.

Moreover, it instills a lifelong love of learning and literature, setting the foundation for academic success. Reading together also provides opportunities to discuss various topics, helping children understand the world around them and develop empathy. By making reading a priority, parents invest in their child's cognitive, emotional and social development, ultimately shaping them into well-rounded individuals.



2. Play and Build with kids

"Play is the work of children." The importance of this concept is underlined by the fact that several education pioneers such as Jean Piaget, Maria Montessori and Friedrich Fröbel have all had this quote or similar attributed to them. In essence it means that 'playing' at ideas like being the First Kid in Space is important. Grown-ups can signify this importance by not just being accepting of such play, but by participating and encouraging it. Who knows, you might discover a freshness of thinking yourself and perhaps the idea that "Play is the work of humans."



3. Keep Learning yourself

Continuous learning is vital for adults to thrive in our rapidly changing world. It keeps the mind sharp, enhances career prospects and promotes personal growth. Acquiring new skills and knowledge boosts confidence, adaptability and resilience.



Learning also combats cognitive decline, potentially reducing the risk of age-related mental health issues. It fosters curiosity, broadens perspectives, and enriches social connections. Whether through formal education, self-study or new experiences, lifelong learning empowers adults to remain relevant, innovative and fulfilled - and by doing so, you are also modelling the same for young learners.

You might start with the amazing list of books at the [Space Education site](#).

RESOURCES FOR PARENTS, GUARDIANS AND TEACHERS

To help you with continuous learning, here are several resources and opportunities you may want to consider when it comes to space:

ARES learning trains Teachers and Parents in planetary science - and they have online courses and amazing in-person tours and experiences that you can learn about [here](#).



The Mars Society and Spaceward Bound - There are more than ten simulated research bases for helping us learn about living on Mars. The best known is the Mars Society's 'Mars Desert Research Station' in Utah, USA. Anyone over 18 can apply for a mission - and you can learn about the Teacher focused mission that I attended [here](#).

Going To Space has a section on their website with resources for helping parents of kids who want to go to space that can access [here](#).

First Kid in Space course - You can also do the First Kid in Space online course (when available) alongside your child to help them get the most out of it and learn more yourself.

Find out more at edunauts.net or send an  [email](#).

STEAM4Space - A new way to spark curiosity and ignite a student's passion for space by placing a real mission patch into their hands, sharing the stories told by astronauts and space artists about the design of their patch to transform the learning experience and engagement in STEAM for space. Start by requesting a free set of mission patches. Learn more [here](#).

YOUR SUMMARY

Feel free to write down any after-reading insights and thoughts

After reading this, I feel right now...

1.

2.

3.

4.

5.



CONCLUSION: KIDS - YOUR MISSION STARTS NOW!

We've zoomed through a lot of cool space stuff in this book! From busting myths to learning about the future of space exploration, you're now ready to continue your own space adventure.

Remember, space missions start with a dream and hard work. You might be the kid who:

- Discovers a new planet
- Invents a faster spaceship
- Finds signs of alien life



So, are you ready to take your first step towards becoming a space explorer and maybe even the first Kid-onaut? Start today by learning something new about space. Who knows? Maybe one day, we'll be watching you wave to us from the Moon or send a message from Mars!



WHAT'S NEXT?

First Kid in Space interactive online course:

Next, why not earn a First Kid in Space digital badge in our easy online course? Over 3 hours, you'll go hands-on with learning about Space and make your own 3D VR space base!

- Tell your grown-ups, then find out more at edunauts.net or send an [email](#)
- Send a pic of your hand pointing at this book, and we'll send a 25% off code!



Mission Patches:

Want to choose your own mission patch and get it printed on shirts, stickers or nearly anything? Head to the Redbubble store [here](#).



REFERENCES

You can use these references to learn even more:



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3. Sputnik 1 – First Human-Made Object in Space (1957): Sputnik 1, launched by the Soviet Union, was the first artificial satellite to orbit Earth.
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7. Chris Sembroski – Inspiration4 Citizen Astronaut: Chris Sembroski was one of the crew members aboard Inspiration4, the first all-private space mission.
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- Inspiration4 All-Civilian Mission (<https://inspiration4.com/crew>), Axiom Space Missions (<https://www.axiomspace.com/missions>)
12. Mars Exploration – Rovers on Mars (Since 1997): Several robotic missions, including NASA's Perseverance and Curiosity rovers, have been exploring Mars since 1997, searching for signs of life.
- NASA's Mars Rover Overview (<https://mars.nasa.gov/>)
13. Space Stations – From Salyut to the ISS: The Salyut 1 was the first space station, followed by the International Space Station (ISS), where astronauts from different countries live and work.
- History of the ISS (https://www.nasa.gov/mission_pages/station/main/index.html)
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- NASA Artemis Program (<https://www.nasa.gov/specials/artemis/>)

EDUNAUTS presents:

FIRST KIDS IN SPACE

Everything a young explorer needs
to know before they launch



BY JONATHAN NALDER,
THE EDUNAUT

FOR:

- Ages 6 to 12
- Grown-ups with kids

FEATURING:

- Space Scientists
- Real life Astronauts

V.1 INCLUDES:

- Parent's Chapter
- Citizen Science Project