

12th April 2020 - Activity pack

International Day of Human Space Flight

Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining an existing/creating a new sense of identity and purpose. Providing a safe, friendly and adaptable network of support using evidence-based approaches including:

- **Validation**
- **Creative**
- **Activity**
- **Reality Orientation**
- **Socialisation**
- **Physical Exercise**

Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being. The provision of routine and therapeutic activities to patients who are 'ready for transfer' are awaiting placement in a care home or a complex package of care in their own home we aim to increase their overall environmental, emotional and physical wellbeing whilst reducing their fears and confusion in a hospital setting.



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Registered Charity Number: 1123842 Company Number: 6468412



Aim of Pack:

To create activities that celebrate International Day of Human Space Flight April 12, 2020



The International Day of Human Space Flight takes place on April 12th 2020 because on this date in 1961 Yuri Gagarin, a Russian cosmonaut, was the first human being space flying. The United Nations (UN) chose this date for the International Day of Human Space Flight as a remembrance of this meaningful event. The Soviet Union (Russia), the USA and China are the only nations organizing human space flights.

The International Day of Human Space Flight is considered the startup of the space age and it celebrates the scientific and technical achievement in that industry. It also is reminder of the ambition to use space for only peaceful reasons.

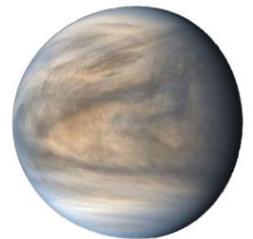
Fun Facts about Space

SPACE IS COMPLETELY SILENT

There is no atmosphere in space, which means that sound has no medium or way to travel to be heard. Astronauts use radios to stay in communication while in space, since radio waves can still be sent and received.

THE HOTTEST PLANET IN OUR SOLAR SYSTEM IS 450° C.

Venus is the hottest planet in the solar system and has an average surface temperature of around 450° C. Interestingly, **Venus** is not the closest planet to the Sun – **Mercury** is closer but because Mercury has no atmosphere to regulate temperature it has a very large temperature fluctuation.



THERE MAY BE LIFE ON MARS.



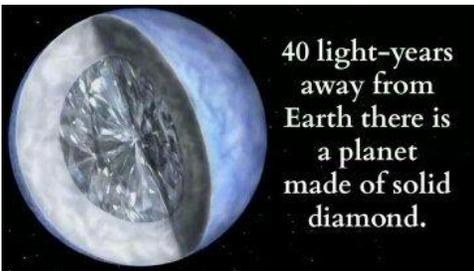
Of all the planets in our solar system (apart from Earth), **Mars** is the one most likely to be hospitable to life. In 1986, NASA found what they thought may be fossils of microscopic living things in a rock recovered from Mars.

NOBODY KNOWS HOW MANY STARS ARE IN SPACE.

The sheer size of space makes it impossible to accurately predict just how many stars we have. Right now, scientists and astronomers use the number of stars only within our galaxy, The **Milky Way**, to estimate. That number is between 200-400 billion stars and there are estimated to be billions of galaxies so the stars in space really are completely uncountable.



THERE MAY BE A PLANET MADE OUT OF DIAMONDS.



40 light-years away from Earth there is a planet made of solid diamond.

As space facts go, this is pretty impressive. Research by Yale University scientists suggests that a rocky planet called 55 Cancri e — which has a radius twice Earth's, and a mass eight times greater — may have a surface made up of graphite and diamond. Its 40 light years away but visible to the naked eye in the constellation of Cancer.

THE FOOTPRINTS ON THE MOON WILL BE THERE FOR 100 MILLION YEARS.

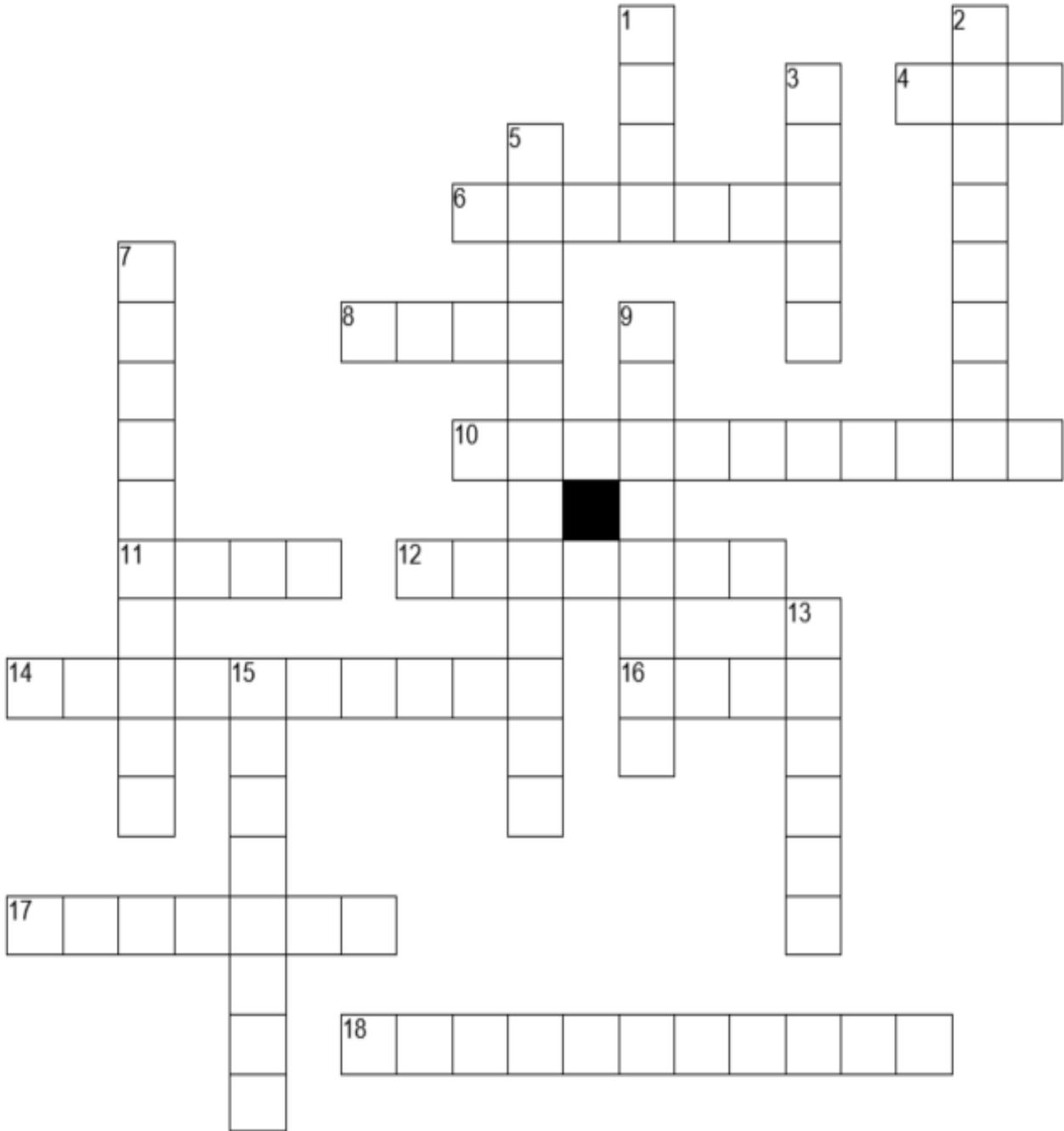
The Moon has no atmosphere, which means there is no wind to erode the surface and no water to wash the footprints away. This means the footprints of the Apollo astronauts, along with spacecraft prints, rover-prints and discarded material, will be there for millions of years.



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Space Travel



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Across

4. What was the first living creature in Space launched by the USSR in 1957?
6. What is the surname of the only US president to have ever been at a space shuttle launch?
8. The moon is made of rock and which metal substance?
10. Earth is located in which Galaxy?
11. What is Earth's moon called?
12. Which is the largest planet?
14. What was the surname of the first woman in Space?
16. How many planets are there in the Solar System?
17. What name was given to the first satellite to be launched in space?
18. NASA is an acronym of National A.....& Space Administration (Fill in the blank)

Down

1. What planet did Armstrong, Aldrin and Collins land on in 1969?
2. Which space shuttle made 28 flights before its tragic end in 2003?
3. Which planet is visible to the naked eye?
5. Who was the first American in Space?
7. Who joined Neil Armstrong on the Apollo 11 Mission?
9. What Neil famously said "The Eagle has landed"?
13. What is a Shooting Star called?
15. On what region of the moon did Apollo 11 land? The Sea of



Word Search

Space travel



R V A S T R O N A U T S B S
A C E L E S T I A L W E P I
E V O Y A G E R O R B I T M
X A S T E R O I D P D T X U
P V U N I V E R S E G Y D L
L D M E T E O R I T E R J A
O S V E L O C I T Y T B W T
R P G S A T E L L I T E O I
A V T E L E S C O P E N H O
T C O N S T E L L A T I O N
I D L U N A R A P L A N E T
O C A P S U L E C O M E T S
N Y L G R A V I T Y J J S T

Orbit
Telescope
Simulation
Exploration
Constellation
Voyager

Planet
Velocity
Satellite
Celestial
Meteorite
Universe

Asteroid
Astronauts
Capsule
Gravity
Lunar
Comet

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Planet Word Search

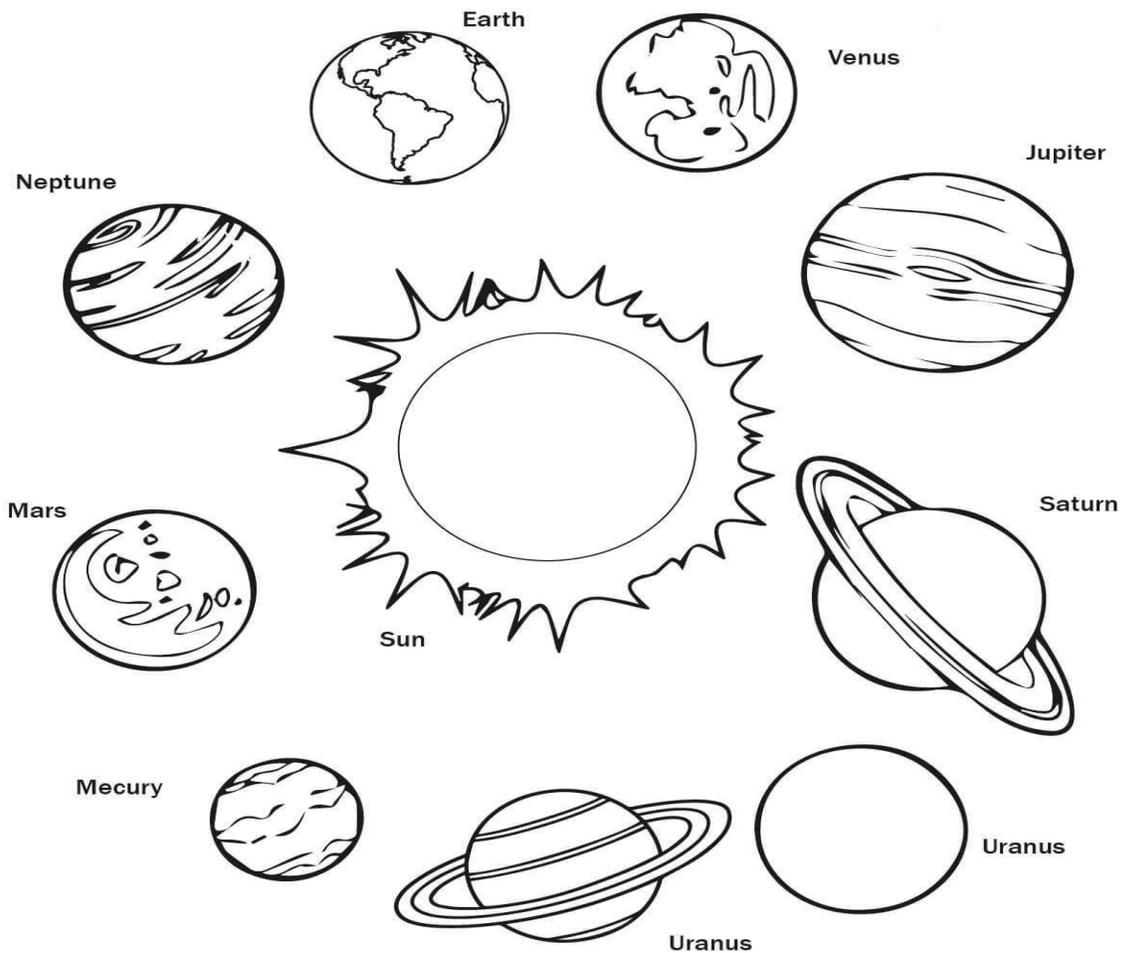
s	i	c	a	t	e	j	u	p	i	t	e	r	s	s
e	a	r	t	h	s	a	r	r	l	s	o	s	y	r
s	s	i	o	r	o	l	a	i	d	u	n	w	l	i
w	e	s	d	m	n	g	n	a	v	u	t	o	f	c
i	j	a	a	e	t	i	u	a	e	a	n	o	r	s
g	h	i	s	t	r	u	s	e	n	g	g	i	e	n
o	m	e	r	c	u	r	y	u	u	d	c	f	t	a
w	o	s	d	i	o	r	c	e	s	k	o	h	t	p
a	s	r	i	o	l	h	n	d	e	c	t	s	u	o
l	e	a	u	f	r	t	t	t	u	r	t	h	b	e
k	r	m	r	a	g	o	n	e	p	t	u	n	e	r
u	e	l	s	h	s	i	f	e	a	t	s	l	u	g
s	n	p	i	l	u	o	l	a	i	t	y	l	e	s

mercury
 venus
 earth
 mars
 jupiter

saturn
 uranus
 neptune
 pluto
 sun

Colouring Pages

Space

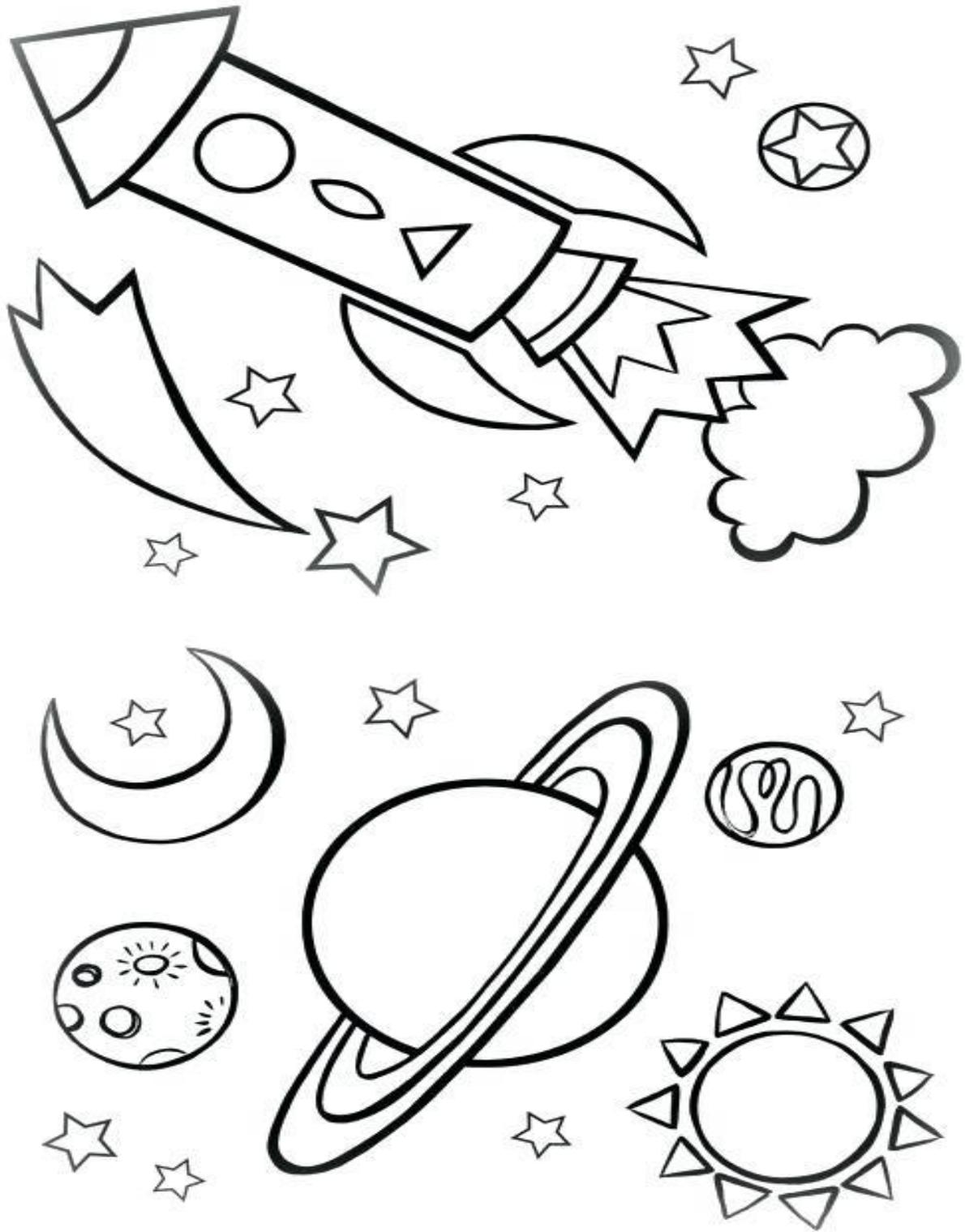


Solar System



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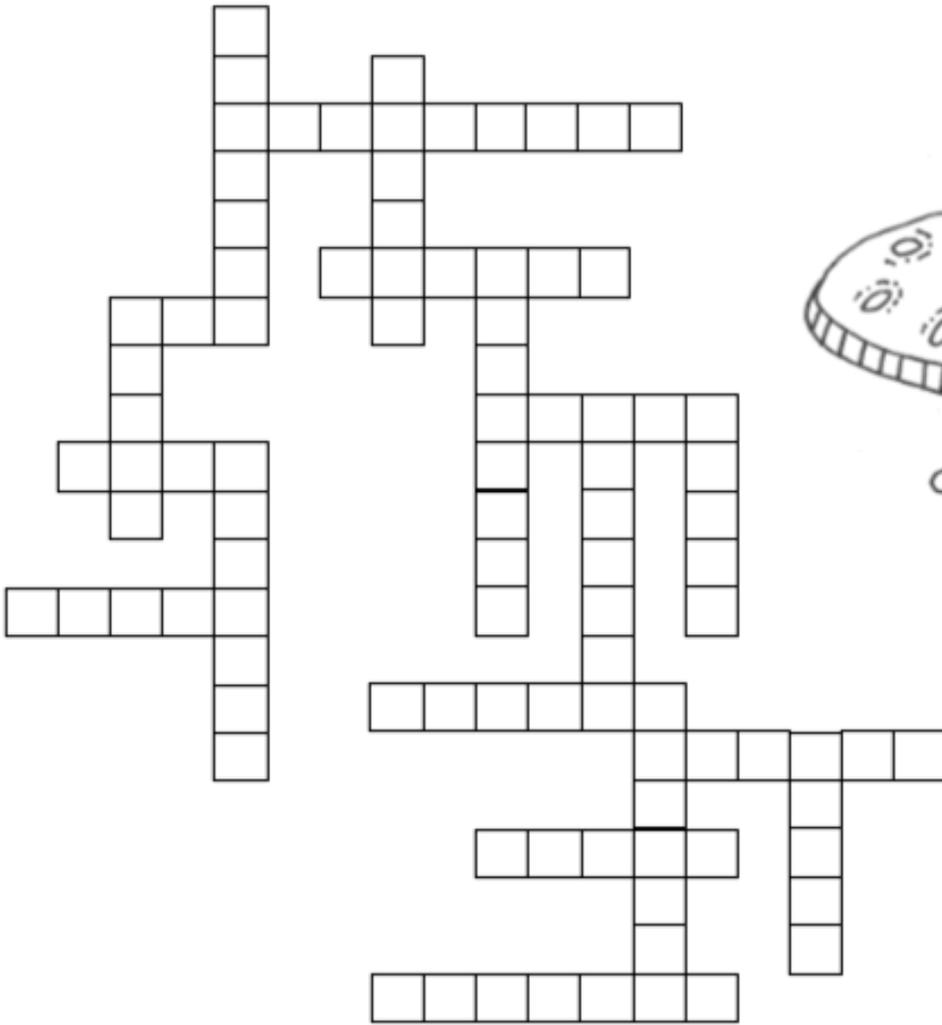




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UFO Cross Word



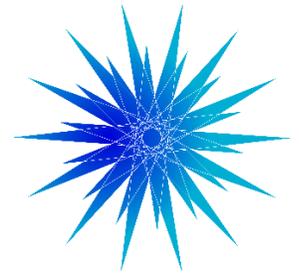
ASTRONAUT
 CRATER
 GRAVITY
 HALLEY
 LUNAR
 MARS
 NEBULA
 NEPTUNE
 ORBIT



PLUTO
 PROBES
 SHUTTLE
 SKY
 SOLAR
 SPACE
 STATION
 UNIVERSE
 VENUS
 VOYAGER

Adrift

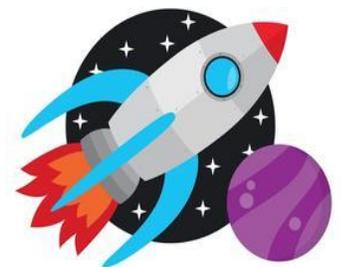
Time and space closing down
Shuttering the light.
Where do people go
Whenever that is
When present becomes past?



The things they carry with them
May just wink out like the embers of a fire at end,
Without any lingering luminescent images.

Or maybe those mirage like images linger in space,
To be carried in the mind's eye
Of those left behind, until finally fading into the mists of time
gone by.

David Holmes 2020



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My Weekly Planner

MORNING

AFTERNOON

EVENING

M

T

W

T

F

S

S

THINGS TO REMEMBER

HIGHLIGHTS OF MY WEEK

