Parent Guide: Paint A Galaxy, Telescope Craft, Train Like An Astronaut

1. Paint A Galaxy
   A two-part painting activity with endless color combos and a unique outcome!

   **Supplies Needed:**
   - canvas or thick paper
   - paint in several colors (black for background works best)
   - brushes
   - sponge
   - tooth brush or splatter brush

   Join us on our Facebook page for instructions!

2. Cardboard Tube Telescope
   Create your own telescope - how far and what can you see?

   **Supplies Needed:**
   - cardboard tube (paper towel tube works best)
   - colored paper
   - glitter
   - paint
   - stickers and other craft decorations
   - glue

   Join us on our Facebook page for instructions!

3. Train Like An Astronaut
   Keep those bodies moving and strong!

   Visit NASA’s MISSION X project at https://www.nasa.gov/tla and start your training!

source: highlights.com
source.nasa.gov