Space is the Place!
Lesson Plan: Outer Space

**Vocabulary**

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**Gross Motor Activities (Big Muscle Activities)**

**Moon Walking**

**Materials:**
- Pillows
- Large white or yellow sheet
- Rubber bands - two per child
- Sponges - two per child

**Directions:**
Create a moon landscape for the children to walk on by placing the pillows all over the floor and covering it with the sheet. Attach sponges to the children's feet using rubber bands for space shoes. Place eerie outer space music as the children pretend to walk on the moon's surface!

**The Hot Sun Game**

**Directions:**
Have the children sit in a circle and pick one child to be the sun. The others form a circle with the sun in the center. When the music starts, the children move around the sun in a circle until the music stops. The child who is standing in front of the hot sun moves to the center and is the sun for the next round.

**Spaceship Trip**

**Directions:**
Have the children sit in a circle and explain to that everyone is going on a space trip to other planets. Countdown, blastoff, and pretend to travel through space until you spot a planet. Announce that this is a "crawling only" planet, and as you play some music, the children can crawl around the area until the music stops. Then, everyone hops back into the circle to blast off and travel to the next planet (like a "hopping only" planet). Visit as many planets as you like before landing back on Earth!

**Song: We're Going on a Space Trip**
(Sung to the beat of "We're Going on a Bear Hunt")

After the mission commander (teacher) says a line, the flight crew (students) repeats the line and the actions that go with it.

- We're gong on a space trip (salute)
- Pack your flight bag (put items in a bag and zip it up)
- Get on your spacesuit (get dressed)
- Let's climb on board (climb steps)
Buckle your safety strap (fasten belt)
Countdown time! (10-9-8-7-6-5-4-3-2-1 –Lift off!)
I see the Moon. (Point ahead of you)
Can’t go over it (Point above you)
Can’t go under it (Point below you)
Have to go around it

Continue the chant with some obstacles in your way. Sun, planet, asteroid, meteor, comet... Complete the chant by pantomiming, “Our Mission is completed (clap) Time to turn back. I see the comet. I see the meteor.”

**Song: I’m a Little Rocket**
(Sung to the beat of “I’m a Little Teapot”)
I’m a little rocket and I’m glad,
Soon I’ll blast off from my pad. (Crouch down near floor)
When I get all fired up, hear me roar,
Up, up, up I go watch me soar! (Jump up and pretend to soar)

**Song: Ring Around the Spaceship**
(Sung to the beat of “Ring Around the Rosie)
Ring around the spaceship, (walk with others in circle)
Try to grab a star (reach up high)
Stardust, stardust, (wiggle fingers)
All fall down. (Drop to floor)

**Fine Motor Activities (Small Muscle Activities)**

**Glowing Stars**

**Materials:**
- Star shapes (different sizes)
- Glow in the dark paint, markers, or crayons
- Fishing line or thread to hang the stars

**Directions:**
Have the children paint and decorate the star shapes as desired. When dry, make a hole at the top of each star and hang from the ceiling using the fishing line. Cover the windows, turn off the lights, and watch the stars glow!

**Awesome Astronauts**

**Materials:**
- White, round, plain paper plates (two per child)
- Markers
- Tape, glue, or a stapler

**Directions:**
Have the children draw a self-portrait (head only) on the inside of one of the paper plates. Be sure to tell them not to make the portrait too big so that their face will be visible through the opening on the second plate. Next cut a semicircle in the middle of the second plate. Arrange the plates so that the portrait can be seen through the semi-circle on the second plate. Next glue the rim of the plates together with both plates facing in. Then have the kids decorate the outside of their helmet too.
Space Vests
Materials:
- Large brown paper bags
- Scissors
- Markers, crayons, and stickers to decorate

Directions:
In advance, cut the paper bags lengthwise up one side and through the bottom part of the bag. Cut a hole at the bottom for the children’s head and cut out armholes on the side. Then, have the children decorate their vest with markers, stickers, or even stamps!

Rockin’ Rockets
Materials:
- 3 oz. paper cups
- Empty toilet tissue rolls
- Makers, crayons, or paint to decorate with
- Glue or tape
- Streamers (optional)

Directions:
Have the children glue or tape a paper cup to the top of the toilet tissue roll to create the rocket. The children can then paint or draw on the rocket ship to decorate. They may add a door, stairs, or a ladder. Add strips of streamer to the bottom for an added effect!

Alien Goop
Materials:
- Cornstarch
- Water
- Green food coloring

Directions:
The amounts to make goop are 1 part water to 2 parts cornstarch. (Example: 2 cups of cornstarch with 1 cup of water). Add several drops of green food coloring to the water before adding to the cornstarch.

This is a great activity! The goop "hardens" in the table, but once in your hands, your body temperature makes it melt! Tons of fun!
Literacy:
Books are a great way to keep up the space adventure! Here are few to get the children started.

- Curious George and the rocket by H.A. Rey
- Draw Me a Star by Eric Carle
- There’s No Place Like Space by Tish Rabe