

UKS2 – Lesson Plan 2 – PSHE

What qualities do we need to survive and thrive in space—and in life?

Aim: What qualities do we need to survive and thrive in space—and in life?	Key Words: resilience, perseverance, wellbeing, teamwork, support, emotions, isolation, preparation, adaptability, challenge	Preparation: - Video or article about life on the International Space Station (ISS) - Role-play or discussion scenario cards - Emotions chart / astronaut wellbeing journal template - Flipchart or large paper for group mind maps - Reflection worksheet (e.g. “What would you pack for your emotional wellbeing in space?”)
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Prior Learning: Children have explored mental health and emotional wellbeing through PSHE and understand basic facts about living in space.

WC / PT	<u>Warm-up:</u> Pose the question: “If you were in space for 6 months, what would be the hardest part?” Watch a short video showing daily life for astronauts (e.g. eating, sleeping, missing family). Discuss challenges such as: - Isolation from friends/family - Working in a small team under pressure - Coping with mistakes and problem-solving in a confined environment	0-5 mins
WC	<u>Main Teach:</u> Talk through key emotional skills needed in space: - Resilience when things go wrong - Working as a team - Dealing with loneliness or stress - Staying motivated and focused Introduce the idea of astronauts using daily wellbeing routines, such as talking to loved ones, journaling, or exercising to stay mentally healthy.	5-10 mins

I / S	<u>Activity:</u> Talk through key emotional skills needed in space: • Resilience when things go wrong • Working as a team • Dealing with loneliness or stress • Staying motivated and focused Introduce the idea of astronauts using daily wellbeing routines, such as talking to loved ones, journaling, or exercising to stay mentally healthy.	10-30 mins
I	<u>Extension Challenge:</u> Write a personal letter from space to a loved one, sharing how you've coped with isolation and what you've learnt about yourself.	30-35 mins
WC	<u>Plenary:</u> Class discussion or circle time: • What did we learn about astronauts and ourselves? • Which of these skills are useful on Earth too? Children share one emotional or mental health strategy they'd recommend for someone going through a tough time.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Science Link: Research the physical and psychological effects of space travel on the human body and mind.
Challenge B	English Link: Write a short diary entry or blog post titled: <i>"A Day in the Life of an Astronaut (Feelings Edition)."</i>