



Get Culture! A day in the life of an astronaut

Step 1

Work in groups of four. Discuss these questions.

- 1 What do astronauts do at the ISS?
- 2 Where do they do these activities?
- 3 How do they feel?

Step 2

Plan your video. Decide:

- where each scene is;
- who is in the scene;
- what they are doing;
- how they feel.

Step 3

Write your script and learn it. Then film the astronauts. Use these ideas to help.

*Hi! My name is ... and I'm a(an) American/
Polish astronaut.*

My life is really interesting! I get up at ...

Then ...

I really like ... because ...

At the moment I'm ...

*I'm very hungry/tired/
happy!*



TIPS:

- Choose someone to film each scene.
- Use props and costumes.
- You can film a scene again if you make a mistake.
- Your video should be 2–3 minutes long.

Step 4

Share your videos with the class. Vote for your favourite video.