



Space Brain Hack

Student worksheet | Grades 6 to 8

Project title:

Date:

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Educator name:

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Educator email address:

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School/organization/homeschooled:

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City/town:

Province/territory:

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Number of participant(s) in the team (up to six):

Grade level(s) of the participant(s):

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THE CHALLENGE

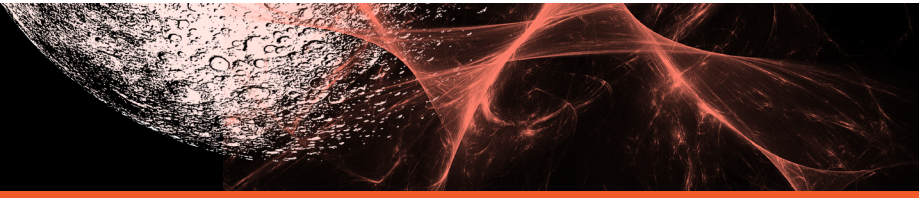
Canada and the global space community are preparing for the Artemis and Lunar Gateway missions, which will take humans back to the Moon and later on to Mars. During these missions, the mental health of astronauts will be a significant concern.

How can astronauts maintain their mental health and well-being on long-duration journeys, potentially deeper into space?

Keeping in mind the difficulties described by your educator, design a solution for one or more astronauts that will:

- provide them with sensory simulation and a virtual escape from their work and stressful environment; or
- help them keep in touch with family and friends and with the home planet.



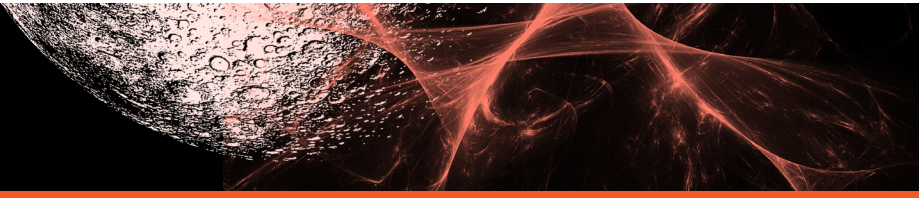


WHAT IS YOUR IDEA?

Describe your solution, how it works, and include a diagram. Be sure to label your illustration. (maximum 300 words)

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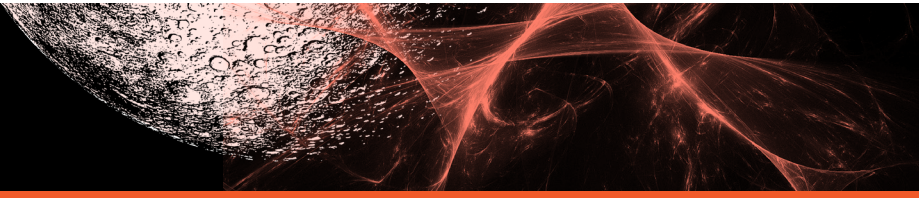




How could your solution be adapted for use by people on Earth? If your solution is for an individual, could it be adapted for other crew members to use? What modifications would be required? (maximum 150 words)
Hint: these answers are about discussing adaptations for your solution.

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REALITY CHECK

Present and describe your idea to someone outside your team (preferably more than one person). Note what questions they ask or how they think it works. What did their feedback suggest to you? Did they help add elements to your solution or make changes to it? If no elements were added or changed, explain why. (maximum 100 words)

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