

Paragraph Checklist

- Exercise (to stay in shape – this is very important)
- Doing research, like:
 - Growing plants.
 - Research on your own body's behaviour in space.
 - Measuring radiation levels.
 - Medical research, such as growing tissue in space.
- Taking photos (all astronauts have some down time and many of them love taking pictures of the Earth from space)
- Talking to students (over video - astronauts do that a lot)
- Eating
- Sleeping (as important in space as on Earth)
- Doing a space walk.
- Floating around inside the International Space Station (and just enjoy it!)
- Using the Canadarm2 (it is controlled from inside the ISS)
- Helping to dock an arriving space capsule (e.g. the Soyuz rocket)
- Cleaning... (Yes it has to be done even in space!)
- Maintaining the space station