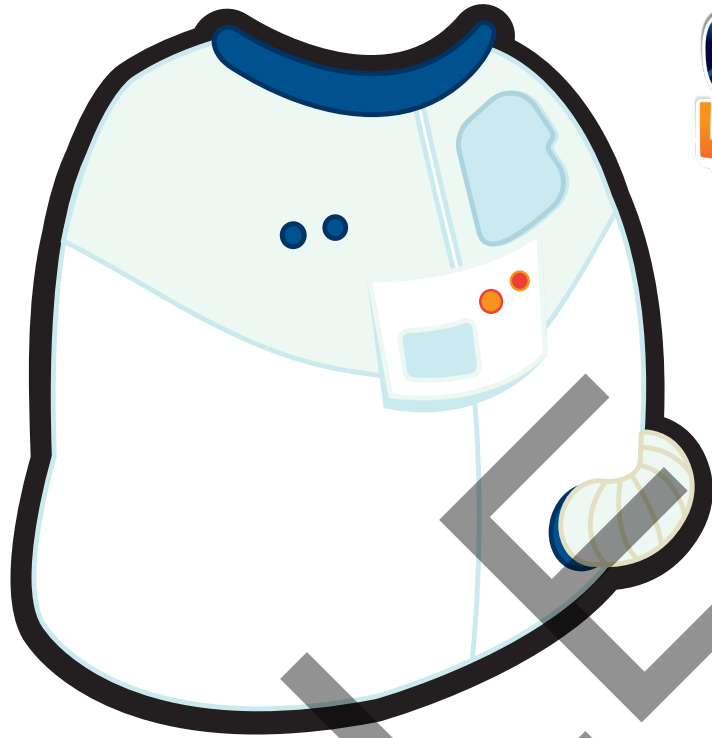


Instructions

1. Cut out all four parts of the template.
2. Fold Orbit's body and glue the base together.
3. Fold the neck into a zig-zag shape. Glue one side to the back of Orbit's head and the other side to his body.
4. Use tape to stick one end of a pipe cleaner to the bone and the other end to inside the base.



CUT OUT and FOLD in a zig zag for legs and arms

Glue
Here

Glue
Here

Glue
Here

Glue
Here

CUT OUT and FOLD in a zig zag for the neck

Glue
Here

Glue
Here

Glue
Here

Glue
Here

Glue
Here

Glue
Here

1 3, 2, 1 blast off!

Materials:

- None

Begin by explaining the commands that will be called out during the game. Ask the children to pretend to be a spacecraft and zoom around the middle of the room. Shout out one command at a time in any order. Anyone who does not follow the command quickly is out. Continue until a winner is found.

- **Two**—as above but slightly bend your elbows and knees.
- **One**—as above but squat all the way down with your hands in front of your face.
- **Blast off!**—thrust your hands and legs up into the air as if you are taking off.

2 Asteroid dodgeball

Materials:

- Foam Balls

Place several asteroids (foam balls) in the centre of your play area. When you say, “Go” any child can pick up an asteroid and throw it at another player. If the ball hits the other player below the knee, that player is out. Otherwise, the player can pick it up and try to throw it at someone else. Continue until a winner is found. Alternatively, you could play in teams using more traditional dodgeball rules.



3 Astronaut training

Materials:

- Balloons (1 per team)
- Masking tape

Astronauts need to be fit and healthy! Divide the children into two or more teams and have them line up for a relay race. Stick a length of masking tape for each team. When you say, “Go” the first child in each team must: test their balance by walking along the masking tape; do three star-jumps; test their lung capacity by blowing a balloon from the masking tape to the end of the room; run back to their team. Repeat for the second child in each team and so on. The first team to each have a turn, and be sitting in a straight line, wins the game!

4 Black hole

Materials:

- Cardboard box
- Black paint
- Scissors or craft knife
- String (optional)
- Aluminium foil or bean bags (1 per team)

Cut a hole in the cardboard box and paint the inside and outside of it black. If possible, suspend it. Divide the children into two or more teams and have them line up for a relay race. When you say, "Go" the first child from each team hops to the black hole (box) and attempts to throw a meteorite (scrunched up aluminium foil or bean bags) into it. They then run back to their team. Repeat for the second child in each team and so on. The first team to each have a turn, and be sitting in a straight line, wins the game!

5 Cosmic chaos

Materials:

- Balloons (variety of colours)
- Paper
- Pen
- Music

(Prepare the balloons in advance. Write challenges on pieces of paper and place them inside the balloons. Blow the balloons up.) Turn on the music and ask the children to keep the asteroids (balloons) from crashing to the floor. When the music stops each child grabs a balloon. Call out a colour of balloon. The child holding that balloon pops the balloon and completes the challenge. Continue until all challenges are completed.

Challenge examples:

- Sing a song in a funny voice
- Jump 15 times on one foot
- Sing the alphabet
- Pat your head with one hand and rub your tummy with the other hand