Stories in Motion

Continue each bulleted activity or set of activities for 15-30 seconds.

3-2-1 Blast-off! A Trip to the Moon

- Today is a special field trip to the moon. But before any space trips, astronauts and space travelers must work out daily to get strong muscles. We must run to make our legs strong. We must jump to make our legs even stronger. We must lunge to make our legs as strong as ever. All of those exercises make our lungs and bodies ready for the moon.

- This long trip requires special space suits. Slide your arms in your huge suit and zip it up tight. The space shuttle is ready for us! It is enormous with many stairs to climb. Lift those legs high to reach inside.

- This will be a long and far journey, wave both hands nice and big to your family and friends. "We'll be home soon!" Fasten the seatbelts tight. Click!

- 3-2-1 BLASTOFF! Our shuttle jumps off the launch pad into the sky. It's a bumpy ride and shakes our entire bodies. The shuttle spins and spins through thousands of miles.

- Finally, we land on the moon and can explore. The door is small so duck down low to step outside to the moon. Take slow, giant floating steps. Our arms float out at our sides.

- With no gravity, space rocks fly at high speeds. WATCH OUT! A giant one is coming this way. Duck low, quick, to the ground, so they miss you. Whew! That was close.

- Like the first, proud explorers to the moon, we will pound an American flag here to stay. It's time to head back to earth! Float back to your seats so we can complete our trip home!