Living and Working in Space
Achita and Pantita Isaranggulnaayudhya, 11
California
NASA’s Commercial Crew Program is working with American companies to build new rockets and spacecraft to launch astronauts into space for missions to the International Space Station. The spaceships launch from Florida and take astronauts about 250 miles above the surface of Earth to perform experiments. Those experiments make our lives better here on the ground and prepare other astronauts for longer missions to places like the Moon and Mars.
NASA's Commercial Crew Program spacecraft and rockets carry up to four astronauts and about 220 pounds of cargo to and from the International Space Station. Commercial crew resumes human spaceflight launches from the United States and provides the nation with two unique spacecraft, two human-rated rockets and the necessary ground support systems. NASA and our commercial partners, Boeing and SpaceX, are working together to open routine access to low-Earth orbit.

BUILDING A NEW AMERICAN CAPABILITY

NASA’s Commercial Crew Program redefined space system development for low-Earth orbit by forming strong public-private partnerships with the aerospace industry encouraging innovation while maintaining NASA’s high safety standards and leveraging NASA’s 50 plus years of spaceflight experience. Commercial crew partners with industry to advance a diverse economic market in space including Blue Origin with spacecraft, engines and systems, and Sierra Nevada Corporation with the Dream Chaser spacecraft. NASA selected the Dream Chaser’s cargo version to ferry supplies, equipment and experiments to and from the orbiting laboratory under the Commercial Resupply Services-2 contract. Both Sierra Nevada Corporation and Blue Origin are also working toward the goal of flying people to and from low-Earth orbit.

PARALLEL PATH FOR EXPLORATION

NASA’s work to turn over low-Earth orbit astronaut transportation to commercial companies, like Boeing and SpaceX, allows the agency to use other resources to develop the Orion spacecraft and the Space Launch System rocket for missions into deep space. Both destinations—the International Space Station and deep space—are vital in the nation’s space exploration efforts, and one cannot be successful without the other.

Stay connected:
www.nasa.gov/commercialcrew
https://blogs.nasa.gov/commercialcrew/
www.twitter.com/commercial_crew
www.facebook.com/NASACommercialCrew
Astronauts

Did you know? NASA astronauts are flying once again to space from U.S. soil. Check out the first crewed mission on a commercial spacecraft, the SpaceX Crew Dragon on YouTube. [Click Here](https://www.youtube.com/watch?v=9PZd1jFCVSo) or type this link into your browser.
The Astronaut
Maria Neghina, 12
Mostoles, Madrid, Spain
Astronaut Training
Do you want to know how astronauts prepare for possible emergencies or how they put on their spacesuits? Maybe you are interested in how they get ready for flight on top of a rocket. Find all this and more, Click Here or type this link into your browser, https://www.youtube.com/watch?v=gpouNl1sggA.

Sofia Della Vedova, 12
Fortaleza, Brazil
Astronaut Training
Shirsho Sarker, 8
Dhaka, Bangladesh
Spacesuits
New rides, new suits! Both Boeing and SpaceX have designed spacesuits for the new astronaut crews that will be launching on their rockets. The suits are full of new technologies and you can learn more about them at:

Starliner, Click Here or type this link into your browser, https://www.nasa.gov/feature/new-spacesuit-unveiled-for-starliner-astronauts.

SpaceX, Click Here or type this link into your browser, https://www.nasa.gov/specials/ ccp-press-kit/spacex.html#C3.

Aaron Baik, 9
Fort Lee, NJ
**Rockets**

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**April 2021**

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**SpaceX Rocket**

Freya Steven, 7
Newcastle, United Kingdom

March 2021
Do you want to know what the new Commercial Crew capsules that will fly to the International Space Station are like? Both Boeing’s Starliner and SpaceX’s Crew Dragon are featured. Click Here or type this link into your browser, https://www.youtube.com/watch?v=zeBTu389aqY&t=3s

Aaron Wang, 13
Vancouver, British Columbia Canada
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**Orion Capsule of Dreams**

**SpaceX Crew Dragon 2020**
Ivaan Kaushik, 4
Longwood, FL
Rockets

SpaceX’s Demo-2, the first test flight with astronauts for NASA’s Commercial Crew Program, launched from Kennedy Space Center in Florida on May 30, 2020. Crew Dragon, the first commercially-built spacecraft designed to carry people to the International Space Station, launched atop a Falcon 9 rocket. Boeing’s CST-100 Starliner is designed to be transported to space by a United Launch Alliance Atlas V rocket.

Learn more about the Atlas V rocket, Click Here or type this link into your browser, https://www.nasa.gov/specials/ccp-press-kit/boeing.html#C4.

Learn more about the Falcon 9 rocket, Click Here or type this link into your browser, https://www.nasa.gov/specials/ccp-press-kit/spacex.html#C4.

Watch highlights of the Demo-2 mission, Click Here or type this link into your browser, https://www.youtube.com/watch?v=9PzdTJFCVSO.

Diya Pradeep, 11
Princeton, NJ
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Mother’s Day

**Roseate Spoonbills and Liftoff**
Alysssa Blough, 6
Cameron Park, CA
Launch Day in Florida

Commercial Crew has an app! Select your partner, mission, and crew. Then put your skills to the test as you launch from Florida’s Space Coast and dock with the International Space Station. You can learn more about the real-life missions, dynamic vehicles and spacecraft as well as the heroes who make it all happen to ensure mission success, Click Here or type this link into your browser, https://rocketsciencec2e.ksc.nasa.gov/.

Check out NASA’s recent Commercial Crew launches, too!

SpaceX Demo-2, Click Here or type this link into your browser, https://youtu.be/xhrJzj0Y7C8.

Boeing Orbital Flight Test, Click Here or type this link into your browser, https://youtu.be/VzYoCQZhTkA.

Gabrielle Helmer, 12
Sarasota, FL
Going to the Moon with My Friend
Sophie Song, 9
Palisade Park, NJ
International Space Station
The International Space Station is the brightest object in the sky and you can find it just by looking up! Find out when you can “Spot the Station” in your own backyard, Click Here or type this link into your browser, https://spotthestation.nasa.gov/.

You can also see STEM demonstrations being done on the ISS, Click Here or type this link into your browser, https://www.nasa.gov/stemonstrations.

Vihaan Panjwani, 7
Ashburn, VA
Living and Working in Space

Living in space is not the same as living on Earth. What are the astronauts doing on the International Space Station? They work, eat, sleep and exercise to stay healthy, just like we do on Earth, but microgravity makes things a little more interesting.

Click Here or type this link into your browser, https://www.nasa.gov/audience/foreducators/stem-on-station/dayinthelife.

Sreshta Varma.M, 9
Vijayawada, India
Mars Meets Music
Aadhya Sumanth, 7
Frisco, TX
Exploring the Solar System

Our solar system is located in the vast Milky Way Galaxy. It consists of the Sun (our star) and everything that orbits around it, including the eight planets and their natural satellites (like our Moon), dwarf planets, asteroids and comets. More than 300 robotic spacecraft have explored destinations beyond Earth’s orbit, including 24 astronauts who orbited the Moon, helping us learn how we can safely explore deep space and make exciting discoveries. Go here to find activities that you can do to explore the solar system from home. Click Here or type this link into your browser, https://solarsystem.nasa.gov/kids/do-it-yourself.

Christabella Gozali, 12
Sumatera Barat, Indonesia
## Exploring the Solar System

Exploring the Solar System
Daniel Chia, 9
Duarte, CA
What would you take from Home?
The International Space Station is about 250 miles from Earth, but astronauts usually spend months at a time there. What would you take with you? What would you do to stay busy? The astronauts have special jobs to do while they are in space, but they also have some free time. Whatever the destination in space, you’re going to need to plan carefully! Click Here or type this link into your browser, https://spaceplace.nasa.gov/review/classroom-activities/pdf/mars_packing.pdf.

Venkatlakshmi Chitta, 9
Waxhaw, NC
My Space in Space

Dream Life in Space
Alisa Fukuda, 10
Las Vegas, NV

October 2021

Columbus Day

Halloween
Space Food

How would you feed a crew of four astronauts on a 75-million-mile trip in space? That’s how far they travel during a six-month stay on the station. There are no grocery stores, gardens, farms, fertile soil or a resupply vehicle! The goal is for astronauts to eventually grow crops that can help supplement their nutrition. Growing plants in space can make the astronauts happy, because it reminds them of Earth!

Space Food Systems, Click Here or type this link into your browser, https://www.nasa.gov/content/space-food-systems.

Thanksgiving Space Food, Click Here or type this link into your browser, https://www.youtube.com/user/ReelNASAspace/search?query=space+food.

Astronaut Tailgating, Click Here or type this link into your browser, https://www.youtube.com/watch?v=DWkowyIB1To.

Amirtha Aravind, 7
Tamilnadu, India
**Growing Healthy Food at ISS**

**Space Food**
Mithun M Reddy, 11
Bangaluru, Karnataka, India
Did you know NASA is celebrating 20 years of human presence on the International Space Station? More than 220 people from 17 countries have visited the space station over the past twenty years. Learn about the discoveries aboard station that have improved life here on Earth. Click here or type this link into your browser, https://www.nasa.gov/mission_pages/station/main/index.html.

Chris Zhang, 7
Baton Rouge, LA
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Welcome Home
Home Sweet Home
Nyah Čebašek
Vodice, Slovenia

December
2021