



**KEEPING CONNECTED
WHILE STAYING APART**



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Discover Astronomy with NASA!

Area of community participation: Education and social inclusion

Description of activity: The National Aeronautics and Space Administration (NASA) has online resources for all topics astronomy-related - whether you dream of becoming an astrophysicist or just wonder about how astronauts live on the International Space Station (ISS), there is something for everyone! For those interested in interstellar space travel, you can wander through Mars using recordings from the actual NASA Curiosity rover. If you are more interested in what it takes to become an astronaut, or the amazing feats of engineering that allow us to travel to outer space, NASA's Kennedy Space Center has a YouTube channel offers virtual field trips taking you on a journey to explore topics, as well as others. If you want even more space-related videos, NASA has a free online TV channel where they show everything from ISS in-flight interviews with astronauts to live views of our planet from the ISS. For more hands-on learning, NASA Space Place offers educational games, activities, and articles to inspire your learning of space. If you are looking for a non-technology-based astronomy activity, and you live in a suburban or rural area, try out stargazing – you can even bring a friend, as long as you make sure to stay a safe 6 feet apart at all times. Now is a great time to explore astronomy and space flight through NASA's many engaging and informative resources!

Resources and Materials needed:

- For online resources: a computer, tablet, or smartphone with internet connection
- For stargazing: a safe open space with minimal light pollution

Potential Benefits:

Social Inclusion: Stargazing while six feet apart from a friend is a great way to stay connected and safe while learning about astronomy.

Education: Increasing your knowledge of astronomy allows you to engage with a community of stargazers and form bonds with others who share your newfound interest.

Links: NASA's resources can be found below

Mars Rover: <https://accessmars.withgoogle.com/>

Kennedy Space Center YouTube Channel:

<https://www.youtube.com/channel/UCjJtr2fFcUp6ylizJOzpHUg>

NASA TV: <https://www.nasa.gov/multimedia/nasatv/index.html#public>

Space Place: <https://spaceplace.nasa.gov/>

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