



ALIENS AND PLANETS







THEMED PROGRAMME



AIM

A themed programme guaranteed to be 'out of this world'. Explore the universe and its planets for alien life with a mix of games, crafts and activities. Link with World Space Week (4th-10th October).

ACTIVITIES

-  Alien Hands
-  Musical Planets
-  Search the Universe
-  Prayer Stars
-  Martian Rock Attack
-  Alien Spaceships

ALIENS AND PLANETS

» INTRODUCTION

World Space Week takes place from 4th – 10th October every year. It's an opportunity to celebrate all things 'space' and learn about things which are beyond our own planet.

This 'Aliens and Planets' themed programme is perfect for taking Anchors beyond Earth, exploring other planets and imagining what our alien space friends might look like.

World Space Week - www.worldspaceweek.org

? DID YOU KNOW?

- There are 8 planets in our solar system. These are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune.
- Earth is the only planet that supports life, so aliens still haven't been found... yet.
- A year on Neptune is 165 of our Earth years. That's a long time to be waiting for some birthday cake!
- Sunsets on Mars appear blue.

GET CREATIVE: ARTY & CRAFTY ALIEN HANDS

- 1 Place dollops of paint onto paper plates, with some small squares of sponges.
- 2 Children should use the sponges to dab paint onto their hands. Once covered, press the painted hand onto a piece of card / paper.
- 3 Leave to dry for a couple of minutes and then stick on googly eyes. Finish by drawing arms and legs around the handprint to help transform the handprints into aliens.

Consider creating an army of aliens using different designs. Vary how your alien looks by using different coloured paints, not using all your fingers in the handprint, adding on extra eyes on different parts of the handprint and so on. Who can create the best looking alien?



What you'll need:

- Paper Plate
- Paint
- Sponges
- Paper / Card
- Googly Eyes

GET ACTIVE: PLAYING GAMES MUSICAL PLANETS

- 1 Spread a variety of balls in your playing area. These can be mixed sizes and colours as they will represent planets. Cones could be used if balls are not available.
- 2 Play some music, with children encouraged to 'fly' around in their spaceships pretending to be aliens.
- 3 When the music stops, children should quickly fly to a ball (planet) and sit on it. There should be one less planet than people playing. The person without a planet to land on is out.
- 4 Continue until only one person is left and wins the game. You could play a second round if time allowed.






GET LEARNING: STEM

SEARCH THE UNIVERSE

An active game which involves learning some interesting facts about our 8 planets.



-  Download and print the 'Search the Universe' activity sheet. Cut out the planets and tape these to the underside of cones (or similar). Spread the cones out around your playing area. Make the game more difficult by adding lots of decoy cones to the mix too. These cones should have no planets taped underneath them.
- Split the group into teams of roughly 4 per team.
- For each round, one person from each team should be nominated to play. A leader should call out a planet name and the nominated players should then 'search the universe' of cones looking for the hidden planet. The first team to find the planet should receive a point.
- Once the planet has been found, share some of the facts about that planet from the factsheet on the activity sheet. Continue playing with new players being nominated for the next search.
- If playing for a second time, when a planet is found see if the group can remember any of the facts about that planet from the first game. What will the group remember?

Take It Further: Check out 'The Planets Song' on YouTube and get the group singing along, go to <https://youtu.be/mQrlgH97v94>



GET INTO THE BIBLE: PRAYER

PRAYER STARS

Out there amongst the planets are billions of stars. In fact, there are more stars in the universe than grains of sand on all the beaches on earth. How impressive is that! Each one made by God to light up the sky. Ask the group who has spent time looking at the stars at night? Can you see any in the night sky now? How many can you spot?

Sometimes in fairy tales you might see someone wish upon a star. As Christians we don't need to wish upon a star as we have a special relationship with God that means we can talk to him, including sharing our hopes and dreams. This is known as prayer. The more we pray to God, the stronger our relationship with him will be.

Why wish upon a star, when you can pray to the one that created it?

Create a prayer star, to remind us that we can pray to the God who created all the stars in the sky.

- Cut out two star shapes from coloured card.
- Cut slits in both stars. One star should have the slit from the bottom to the centre and the other star should have the slit from the top to the centre. Slot the stars together using the slits to create a 3D star and fix into place (tape). Decorate the star and write some words to pray for onto it. (family, peace, love). Punch a hole in the top and attach some string.
- Encourage children to take their prayer star home and hang it somewhere to remind them that they can talk to God in prayer and share their hopes and dreams with him.

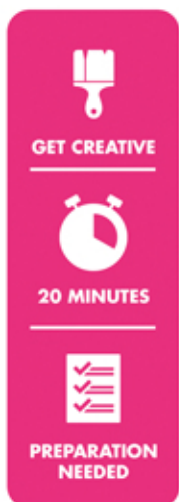


GET ACTIVE: PLAYING GAMES

MARTIAN ROCK ATTACK

- 1 Split into two or more teams and sit each team by a cone at one end of the room. These cones will become the team's 'spaceships.'
- 2 At the other end of the room place 3 or more buckets filled with ball pit balls. These should be spread out along the width of the room. The balls inside the buckets are special Martian rocks. If you don't have ball pit balls, use scrunched up paper balls instead.
- 3 Nominate one person to be the Martian alien. Their job is to stand by the buckets protecting the rocks.
- 4 On go, one person from each team can leave their spaceship (cone) and make their way towards the buckets of rocks. Their job is to try and steal a rock from any of the buckets and make it back to their spaceship without being tagged by the Martian defender. If tagged, the player must drop the space rock and return to their team.
- 5 When a player is back to the spaceship, the next person in their team can leave the spaceship and attempt to grab a rock. Keep playing for a set period of time. The team with the most rocks in their spaceship at the end of the time wins.

With multiple teams trying to steal rocks at the same time, this game is a game of tactics, both from the attacking teams as well as the defending alien. Make the game harder by adding more Martian defenders to protect the buckets.



GET CREATIVE: ARTY & CRAFTY

ALIEN SPACESHIPS

- 1 Decorate two paper plates or bowls. Children will only need to decorate the outsides (i.e not where the food would normally sit). Decoration can be with paint, colouring pens, tissue paper, stickers or any craft materials in your cupboard.
- 2 Once decorated tape/staple the two plates / bowls together, with the outsides of the plates/bowls both facing outwards. This will create a spaceship shape.
- 3 Create an alien. This could be a coloured picture, a giant pom-pom with googly eyes attached, a pipe cleaner alien or so on.
- 4 Sit the alien on top of the spaceship and then tape / glue a clear plastic cup on top, with the alien sitting inside the cup. This should then look like an alien spaceship, with the alien inside.

What you'll need:

- Paper Plate / Bowl
- Craft Materials (paint, pens, pompoms etc)
- Stapler / Tape / Glue
- Clear Plastic Cup





MARS



VENUS



URANUS



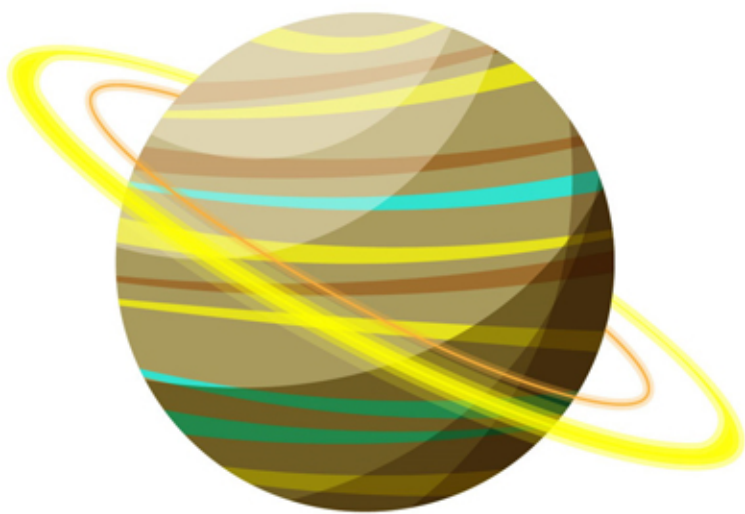
EARTH



NEPTUNE



MERCURY



SATURN



JUPITER

SEARCH THE UNIVERSE

PLANET FACTS

Mercury

- Mercury is the smallest planet. It's so small that 18 Mercuries would fit inside the Earth.
- A year on Mercury is about 88 Earth days. If you lived on Mercury, you'd have a birthday every three months!

Venus

- Venus is the brightest planet in our sky and can sometimes be seen with the naked eye.
- The surface of Venus hosts thousands of volcanoes, craters and super-high mountain.
- Venus is the hottest planet.

Earth

- Three quarters of the Earth is covered by water.
- Earth is the only known planet to support life.

Mars

- Mars is the most likely planet to support life.
- Mars is the home of the largest volcano found in the solar system. It stands 3 times higher than Mount Everest (our tallest mountain).

Jupiter

- Jupiter is the largest planet in the solar system. It could fit all the other planets in the solar system inside it.
- Jupiter spins very quickly on its axis. A day on Jupiter lasts only 9 hours and 55 minutes. You'd get very dizzy!
- Jupiter has 79 moons.

Saturn

- Saturn's rings are as wide as 22 planet Earths all in a row but are only about 10 metres thick!
- Saturn is the second biggest planet, but it's also the lightest planet. If there was a bathtub big enough to hold Saturn, it would float in the water!

Uranus

- A year on Uranus is 84 years on Earth.
- Uranus is a blue planet because of gases that make it appear blue.

Neptune

- A year on Neptune lasts 165 years on Earth. That's a long time to be waiting for some birthday cake!
- Neptune also appears blue.