



YEAR 1 TIM PEAKE



WHO IS TIM PEAKE?

Tim Peake is a brave astronaut from the United Kingdom. He was the first British person to live and work on the International Space Station (ISS), a space station that orbits high above Earth.

TIM'S DREAM TO BE AN ASTRONAUT

Tim always dreamed of going to space when he was a little boy. He loved looking up at the stars and thinking about what it would be like to live in space. Tim worked very hard to make his dream come true.

TRAINING TO GO TO SPACE

Before Tim went to space, he had to train for many years. He had to learn how to fly different types of planes, work with special space equipment, and do lots of exercise to stay strong. He also learned how to live and work in space for a long time.

TIM'S JOURNEY TO THE INTERNATIONAL SPACE STATION

In December 2015, Tim Peake flew to space in a rocket. He travelled to the ISS, which is a big laboratory in space where astronauts do experiments. Tim stayed in space for six months. While he was there, he did experiments to help scientists learn more about space and how the human body changes when you live in space.

WHAT LIFE IS LIKE IN SPACE

Life in space is very different from life on Earth. There is no gravity, so things float around. Tim had to float too, and he used straps to hold himself in place. He ate special food in space and did exercises every day to keep his body healthy. Tim even ran on a treadmill in space!

TIM'S RETURN TO EARTH

After six months, Tim Peake returned to Earth. He was happy to be back, but he said that space was an amazing place. Tim showed everyone that dreams can come true if you work hard and never give up.

TIM'S LEGACY



Tim Peake is an inspiration to children everywhere. He has shown that with hard work, you can achieve incredible things. He has also helped us learn more about space and how astronauts live up there.

TIM'S MESSAGE TO CHILDREN

Tim Peake wants all children to dream big. He says, "Never stop dreaming. Anything is possible if you believe in yourself."

FIND OUT MORE...

[Tim Peake Facts for Kids](#)

EXAMPLE QUESTIONS:

1. What was Tim Peake's big dream when he was a little boy?
2. How long did Tim Peake stay on the International Space Station?
3. What is the International Space Station (ISS)?
4. What did Tim Peake have to do to stay healthy in space?
5. What message does Tim Peake want to share with children?