



Astronaut Training: Focus Challenge



Cadet, welcome to the Space Academy! Your mission is to complete a series of tasks designed to test your focus, precision, and ability to follow instructions under pressure. Space travel requires careful attention to detail, so read closely and execute each step with accuracy.

To begin, write your full name in all capital letters in the top left corner of this page. Astronauts need clear identification at all times. Before proceeding, sit up straight and take a deep breath—oxygen control is crucial for survival in space. Next, stand up for 10 seconds. If you don't begin to float, write: "Gravity detected" in the bottom left corner of your page. Understanding your environment is an essential skill in space exploration.

Now, take a moment to observe your surroundings. Look around the room carefully. If at least three people appear focused on their mission, give a thumbs-up and say "roger that." If fewer than three are focused, tap your foot twice. Being aware of your crew's engagement is critical for teamwork in deep space.

With your pencil, draw a small planet anywhere on the back of your sheet. This planet should include at least one ring or moon, as precision is vital in planetary identification. Afterward, count the number of consonants in your last name and write that number in the bottom right corner of your page. Accuracy in calculations can mean the difference between success and disaster in space.

If your first name has an even number of letters, draw a tiny rocket next to your planet. If it has an odd number, add a single star instead. Astronauts must follow specific instructions, even when working under pressure. Next, locate the 23rd word in this paragraph and underline it. The ability to extract key information from dense text is a critical skill for decoding mission protocols.

Without making a sound, stretch both arms straight up for three seconds. This movement simulates the sensation of floating in zero gravity. Space requires precise body control, and astronauts must be able to adapt to unfamiliar conditions. Once complete, look at the ceiling and say, "Houston, we have a problem." If anyone looks at you, wink at them.

For your final test, write a paragraph below about why you want to be an astronaut. To test your creativity, be sure you include the word "giraffe." Be sure you circle the word "giraffe." After that, raise your hand and say, "The eagle has landed" and stare at your teacher. Your teacher will then collect your paper.

For more resources like this, visit briantolentino.com

