



What is the link  
between humans  
and stardust?

## TAKE IT FURTHER:

### THINK

What curiosity questions can you ask?

*e.g. Why might it be a comfort (or not) to know that you are part of something bigger than yourself? What is stardust? How did humans evolve and what are we made of? How might your thoughts on life change when reflecting on the idea that humans are made of stardust?*

### FEEL

How might different people feel about this?

*e.g. How do you feel when looking up at the night sky and seeing the stars? Have you ever experienced anything spiritual or something that you can't really explain? (e.g. a special moment in nature or with another person?) How does it make you feel to hear that you are made of stardust?*

### CONNECT

What links can you start to make?

*e.g. How do the stars and the moon influence life on earth? Do you believe that you can find the answers in the stars? Why might it help to understand the interconnectedness of the universe to understand more about ourselves? How might you look differently at the world when you know we all come from the same place and are all connected?*

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## Activity ideas:

1. Our universe is incredibly big and complex and we are all part of something much bigger than ourselves, but also are intricate and amazing as individuals in the universe. As an introduction to these big ideas, you may like to watch a short video that explores the universe to show the massiveness of life and then explores our unique human bodies to show the massiveness of us as individuals:  
[Cosmic Eye](#)
2. It can be quite overwhelming to understand how massive the universe is and how small we, as human beings, really are. This activity invites you to reflect on a poem which shows how to feel happy and comfort in knowing that you are part of something much bigger than you might know. You can read the poem and explore the activity here:  
[Reflecting on the universe](#)
3. Why not have a look at the universe with your own eyes. If you can and if it's clear enough, you can see the universe with your own eyes: simply go outside and stargaze. You will need to wait for a clear night with not too many clouds. When the time is right, think about how it makes you feel to see the stars.  
Use this worksheet to help guide you: [Stargazing](#)
4. Quantum physics is maybe one of the most fascinating sciences and shows us that everything is made of moving energy. Let's explore together the relation between the smallest elements of the world and our thoughts and emotions! Use this worksheet to help your explorations:  
[Quantum Physics and the power of thoughts](#)

\*USE THE [EXPLORER'S GUIDE](#) TO HELP YOU

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# RESOURCES:



## THINGS TO READ

### [We are stardust](#)

(Article | *National Geographic*)



### [How does the Moon affect life on Earth?](#)

(Article | *National History Museum*)



## THINGS TO WATCH

### [We are all made of stardust](#)

(1 minute video | *LMU Institute, Munich*)



### [We're All Stardust](#)

(12 minute video | TED Talk - *Natalie Hinkel*)

### [Everything is Connected](#)

(17 minute video | TED Talk – *Tom Chi*)



## THINGS TO LISTEN TO



### [The Universe's Shape](#)

(45 minute podcast | *Melvin Bragg – BBC Radio 4*)

### [Humans are made of stardust](#)

(7 minute video | *The Takeaway*)



## THINGS TO DO



### [Morning Meditation for positive energy](#)

(10 minute guided practice | *Great Meditation*)

### [Stargazing](#)

(Guided exercise | *ThoughtBox Education*)



## THINGS TO INSPIRE



### [Explore our Awe & Wonder topic](#)

A full inquiry curriculum | *ThoughtBox Education*

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