

**Video zone: How to wash your hair in space – exercises**

Astronauts have to wash their hair too! Watch as Karen Nyberg on the International Space Station shows us how.

Do the preparation task first. Then watch the video and do the exercise. Remember you can read the transcript at any time.

**Preparation**

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- |                      |  |
|----------------------|--|
| 1..... a comb        | a. a creamy liquid to make hair clean                                      |
| 2..... limited       | b. a flat piece of plastic with thin teeth used to make hair tidy          |
| 3..... squeaky-clean | c. to shoot liquid out of a small opening                                  |
| 4..... shampoo       | d. the skin on the top of the head   |
| 5..... the scalp     | e. completely clean  |
| 6..... a ponytail    | f. restricted  |
| 7..... to squirt     | g. to change from a liquid to a gas  |
| 8..... to evaporate  | h. a type of hairstyle where hair is pulled back and tied so it hangs down |

**1. Check your understanding: reordering**

Write a number (1–8) to put these steps in order.

- |       |  |
|-------|--|
| ..... | Use a little more water, ...                                       |
| ..... | Put hot water on to your scalp.                                    |
| ..... | ... then with the dry part of the towel, dry your hair.            |
| ..... | Use a comb to help work it all the way to the ends of your hair.   |
| ..... | Watch in the mirror to see what you are doing.                     |
| ..... | Work the water up through to the ends of your hair.                |
| ..... | Use no-rinse shampoo, squirt it on to your scalp and rub it in.    |
| ..... | When the shampoo is in your hair, use a towel to get the dirt out. |

**Discussion**

Did you like Karen's video? What would you like to do in space?