

## Stardust: Are we made of star dust?

### To discuss ...

- What do scientists say we're made of..?
  - Stardust.
- Why do they say that?
  - All our atoms, the little building blocks we're all made of, were once part of an ancient star.  
(Scientists have concluded that all the heavier elements, including those we're made of – like carbon, oxygen and iron – were created in the nuclear furnaces of ancient stars.)
- How do scientists say our atoms got from the old stars, where they were made, to here, where they're part of us..?
  - The old stars exploded, scattering atoms out into space. Eventually, some of those atoms wandered over to our part of the universe, where they were used to form the Sun, Earth and us.  
*The old stars exploded billions of years ago.*
- If our bodies are really made of star dust, that means the atoms in your body have drifted through the universe, traveling millions of miles through outer space, before they got here and became part of you. How does that make you feel..?
  - Does it make you feel like an astronaut..?
  - Does it make you want to know more about science..?

**NOTE:** Atoms, the little building blocks that make people and everything else, are the ultimate recycled material. While the atoms in your body are yours right now, you really are just borrowing – or recycling – them. For example, here on Earth, the atoms that make up your body have been recycled for millions of years, through many different living things, in many different places on this planet. In fact, scientifically speaking, it's very likely that some of your atoms were once part of a dinosaur..!