

# ADVENTURES WITH AFI

(FROM HOME)



Since we're all stuck at home as we shelter in place and practice social distancing, we'd love for YOU to join us in some clever, exciting, and sometimes crazy projects! So keep scrolling and check out what we have in store this week.

Look out for these symbols so you know what to do:



What did you learn?



Ask an adult for help

Visit us at [afihealth.org](http://afihealth.org) to check out next week's activities!

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## PAPER BRACELETS

Make your very own bracelet with a few pieces of paper!

### Materials:

Paper (normal size, 2 sheets)

Scissors

Tape

Crayons or markers (optional)

### Steps:

1. Cut the paper into 4-8 strips (the thicker the strips, the thicker the bracelet)
2. Take two strips and layer one end over the other to make an L shape, use tape to join the strips together
3. Begin with the bottom layer of the two strips and fold it so that it crosses and folds over the layered ends you taped together. Repeat with your other strip (This should create an accordion like fold)
4. Continue this pattern alternating folds between your strips one at a time
5. When you begin to run out of paper, you can add another strip to the ends of your starting strips.
6. Tape the loose ends together so that the bracelet doesn't come unfolded
7. Bend the bottom squares of each end together to form a circle. Using tape, connect the bottom tabs of both ends to complete the cuff.



# RECIPE OF THE WEEK

## Kiddie Crunch



### Ingredients:

- 1 CUP plain or frosted animal crackers
- 1 CUP bear shaped crackers
- 1 CUP pretzels
- 1 CUP peanuts (but not if you're allergic!)
- 1 CUP M&M's
- 1 CUP raisins- plain, yogurt covered, or chocolate covered will do!

### Steps:

1. In a bowl, combine all ingredients and anything else you want to add to make it your own!

# STORM IN A GLASS

With a few simple materials, we are going to create a mini storm!

### Materials:

- Shaving cream
- A large glass
- Water
- Food coloring
- A spoon



### Steps:

1. Fill the glass HALF full with water
2. Spray some shaving cream on top of the water to fill the glass so that it's 3/4 full
3. Use your finger or a spoon to spread the shaving cream evenly over the top of the water (The top of the shaving cream should be flat)
4. In a separate glass, mix HALF cup water with 10 drops of food coloring
5. Gently add the colored water, spoonful by spoonful, to the top of the shaving cream.
6. When it gets too heavy, watch it storm!



### What did you learn?

Clouds in the sky hold millions of gallons of water. When the cloud gets too heavy, the water falls out as rain or snow- just like for our shaving cream cloud!

# FUN FACT OF THE WEEK

Viruses are tiny germs. They're so small, you can't even see them! Viruses can make us sick and cause the flu, chicken pox, and many other diseases. The newly discovered coronavirus causes a disease called Covid-19. It's made so many people around the world sick, but there are a lot of people working to make sure we are all staying healthy! Here are what some viruses may look like:

