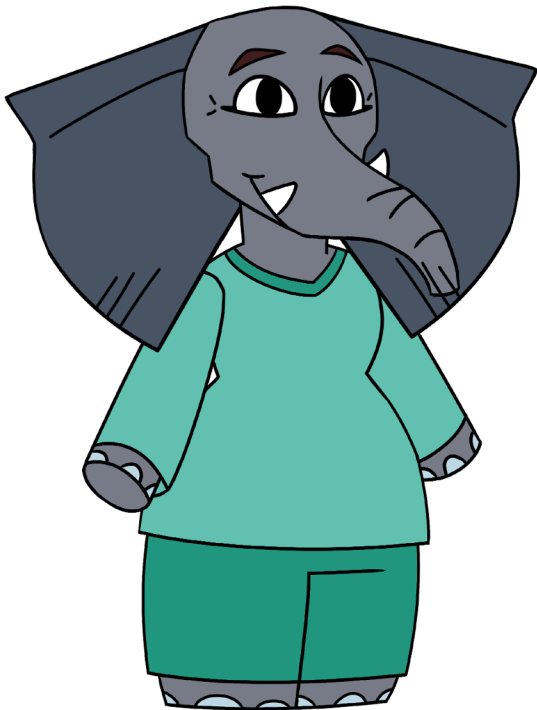


ADVENTURES WITH AFI

(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/covid to check out next week's activities!

BALLOON SPEAKERS

Materials:

- 1 Balloon

Steps:

1. Blow up the balloon so that it is filled with air
2. Hold the balloon up to your ear.
3. Lightly tap the other side of the balloon with your finger. Can you hear the sound well? Can you feel the vibrations?
4. Now let go of the balloon. Which way does the air escape? Which direction does the balloon move in?



What did you learn?

When you blow into the balloon you are pushing air molecules into the balloon. They are forced into a small area so are very close together. These circumstances allow the air molecules to carry the sound waves better. That is why you can hear the tapping so easily. It's as if you built a speaker.

HOMEMADE SLIME



Materials:

- 8 ounce bottle of Elmer's white school glue
- 1 ½- 2 Tablespoons contact saline solution
- 1 Tablespoon of baking soda
- Food coloring, optional

Steps:

1. Add glue and food coloring to a bowl, stir until combined
2. Mix in the baking soda into the bowl
3. Mix in the saline solution. Add 1 1/2 tablespoons of saline solution and mix until combined. If it's too sticky, add ½ tablespoon more solution. The more saline solution, the thicker the slime and the less saline solution, the slimier the slime.
4. Knead the slime until it holds together
5. Store the slime in a container with a lid or in a zip top bag



RECIPE OF THE WEEK

Jell-O Popsicle

Ingredients:

- 1 (3oz) package Jell-O
- 1 packet of Kool-Aid
- 3/4 cup sugar
- 2 cup boiling water
- 2 cup cold water
- Wooden sticks
- Popsicle Mold (or Muffin Tins, Ice cube trays, Clean Yogurt Containers, Dixie cups)

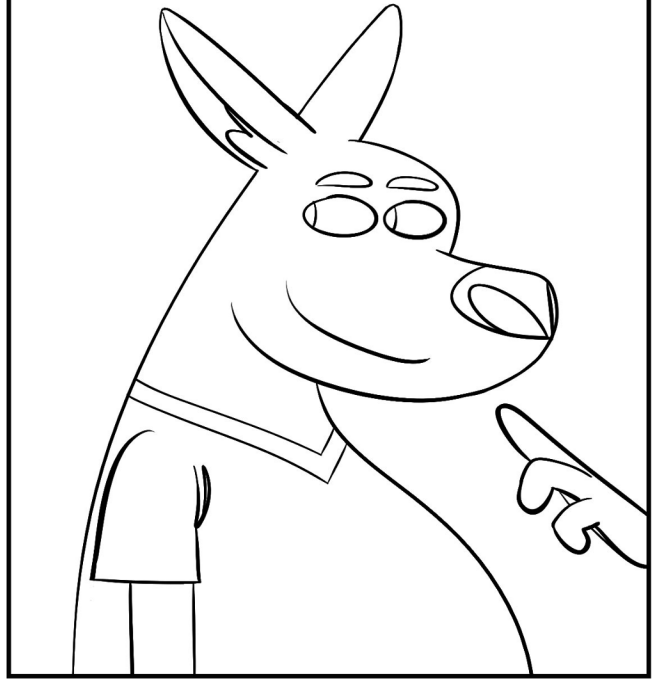


Steps:

1. Mix together the Jell-O, Kool-Aid, sugar, and boiling water in a large pitcher.
2. Stir until dissolved.
3. Mix in the cold water and pour into your molds.
4. Freeze for 20 minutes. Stick the wooden sticks into the middle of the mold.
5. Freeze for another 4-6 hours or until solid.

FUN FACT OF THE WEEK

We've talked about how important it is to wash your hands and sneeze/cough into your elbow.



It is also important to avoid touching your face with unwashed hands!