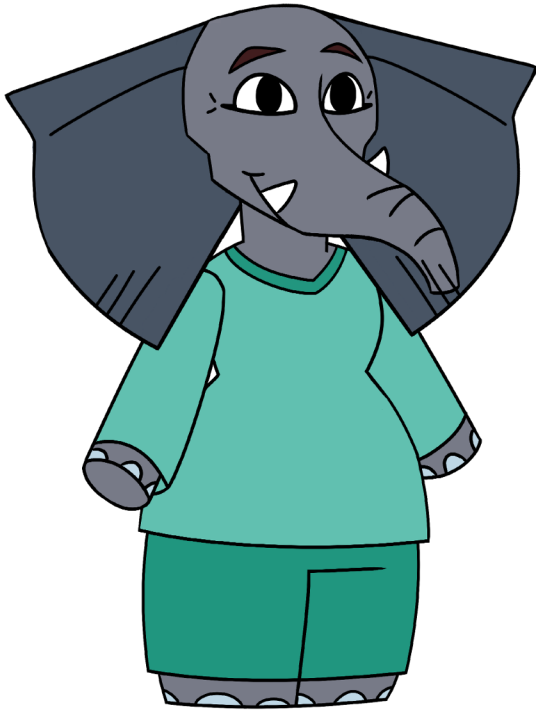


# ADVENTURES WITH AFI

(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](https://afihealth.org/covid) to check out next week's activities!

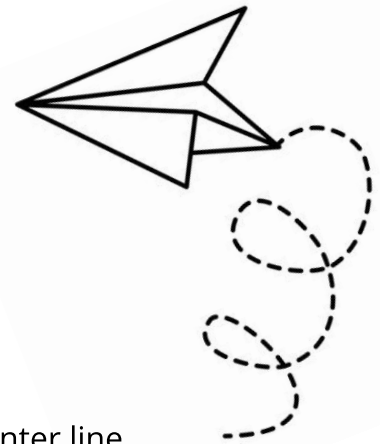
## PAPER AIRPLANES

### Materials:

- Piece of Printer Paper (8"x11")
- Double sided tape

### Steps:

1. Fold the paper in half vertically
2. Unfold the paper and fold each of the top corners into the center line
3. Fold the top edges into the center line
4. Fold the plane in half towards you
5. Fold the wings down, matching the top edges up with the bottom edge of the body
6. Add double stick tape to the inside of the body
7. Race your paper airplanes and see whose is faster!



# DRY ERASE

## Materials:

- A glass plate or bowl
- Dry erase marker
- Water



## Steps:

1. Draw a simple picture on the glass. A stick figure is a good one to start with
2. Pour water onto the plate or into the bowl slowly to lift up the drawing
3. Swirl the water around to make the picture dance and move



## What did you learn?

The marker leaves behind a mixture of pigments and a type of alcohol mixed together. The alcohol dissolves and the pigments are left behind as a solid. Glass is so smooth that the solid slides right off when it gets wet!

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## RECIPE OF THE WEEK

### *PB&J Tacos*

## Ingredients:

- 4 slices white bread
- 1/3 CUP peanut butter
- 1/3 CUP jelly
- 1/2 CUP chopped strawberries
- 1/2 CUP blueberries
- 1/4 CUP crushed graham crackers
- Honey, for drizzling

## Steps:

1. Using a large glass, cut bread into rounds and get rid of the crust
2. Spread peanut butter to the edges of each bread round.
3. Repeat with jelly, then sprinkle with strawberries, blueberries, and graham crackers.
4. Drizzle with honey, fold like a taco, and eat!!



# FUN FACT OF THE WEEK



So we've talked a lot about how we can keep our bodies healthy during this crazy time.



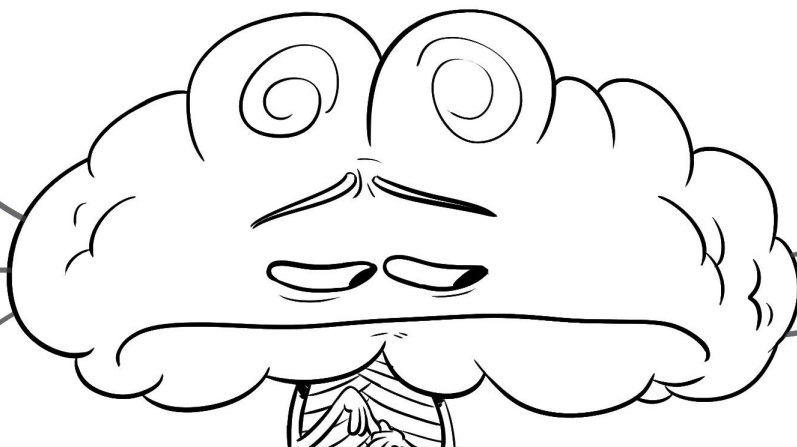
Your mental health is just as important as your physical body's health.

Sometimes, our minds can feel unhealthy, and this can make us feel *sad*, *scared*, and *anxious*.



Other times, our mind can feel healthy, so we may feel *happy* or *excited*.

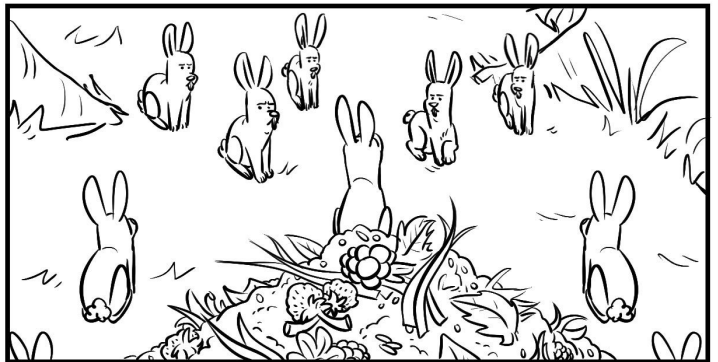
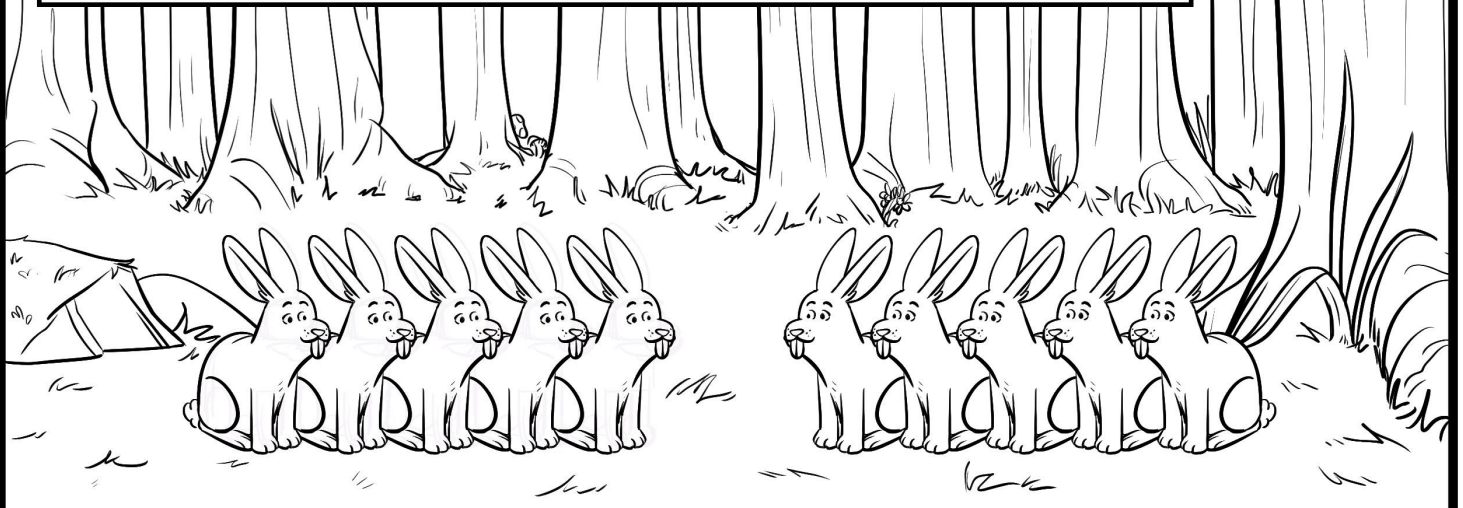
And sometimes, our mind can feel somewhere in between healthy and unhealthy, so we feel all sorts of different emotions.



The important thing to know is that it's normal to be confused about what you're feeling — different situations can make us feel happy or scared or even confused. And that's okay.

Right now, a lot of people's brains are **confused, hurt, and traumatized** because of overwhelming **racism** in our communities.

Now let's pretend we have five green rabbits and five pink rabbits who all live in the forest.



The pink rabbits decide that they don't want to be friends with the green rabbits and stop sharing the forest's food with them just because their fur is green and not pink.



Can those bunnies change the color of their fur? No, they cannot!

Is it fair that the pink rabbits don't like the green rabbits because of the color of their fur?

**No, it is not.**

Right now, black and brown people are feeling very sad and angry because they are not being treated fairly because of the color of their skin. This is called racist discrimination.

Racism is violent and really hurts those who are being discriminated against.

**We need to actively work towards a better world, where we love and provide for everyone, just as we love and provide for ourselves.**