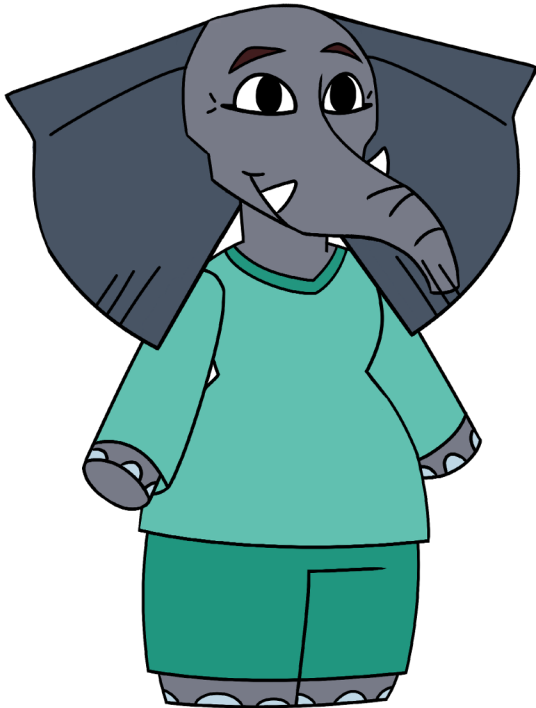


# ADVENTURES WITH AFI

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

## CRYSTALS

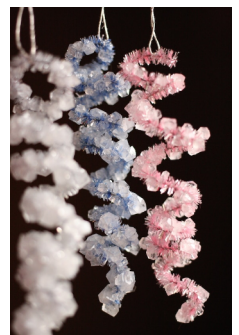


### Materials:

- Pipe cleaners
- Yarn, twine or fishing line
- Pencils or wooden skewers
- Scissors
- Glass jar
- Plastic container
- Borax
- Food coloring
- Liquid measuring cup
- Tablespoon
- Heat safe mixing bowl

### Steps:

1. Take the pipe cleaners and form into whatever shape you'd like (it might be fun to make the first letter of your name!)
2. The letter must be small enough to fit in the plastic container without touching any sides
3. Lay down the wooden skewer across the plastic container
4. Use the tweed or yarn to tie the pipe cleaner to the wooden skewer
5. Making the Solution
  - a. Heat a large pot of water (ask your parents for help)
  - b. Add 3 cup of the boiling water into the plastic container + 9 tablespoons of borax
  - c. Mix the mixture with a long wooden spoon until the borax is dissolved
  - d. Add the food coloring of choice!
  - e. Lower the letter into the colorful plastic container and return the letter to the glass jar
6. Put somewhere where it can sit overnight! Check on it in a couple of hours to see some changes!
7. Repeat these steps above for as many letters as you'd like!



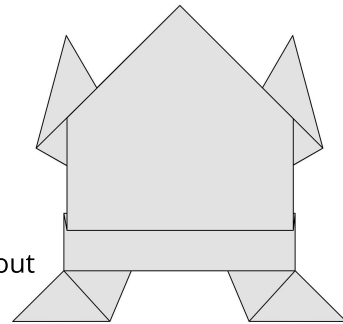
# ORIGAMI FROG

## Materials:

- Square sheet of paper (it is easier if one side is colored)

## Steps:

1. Start with a square sheet of paper with the white side up. Fold it in half horizontally then unfold it.
2. Fold the paper in half vertically
3. Fold the paper in half vertically again and then unfold it (you will use this crease in later steps)
4. Fold the top half of the paper diagonally the middle
5. Crease this fold well and then unfold it
6. Do this with the other corner of the paper, fold it diagonally towards the middle and then unfold it
7. Turn the paper over to the colored side
8. Fold the top half of the paper in half. Crease this fold well and then unfold it
9. Turn the paper back over to the white side and fold the paper along the existing creases to make an arrow type shape (fold the horizontal creases first, then there should be an arrow type top)
10. Push everything down flat
11. Fold the bottom part of the paper in half
12. Fold the left half of the bottom of the paper in half towards the center, don't fold the top triangle. The paper should tuck behind the top triangle.
13. Fold the right half of the bottom of the paper in half towards the center, don't fold the top triangle. The paper should tuck behind the top triangle.
14. Fold the bottom part of the paper in half again
15. Fold the left corner of the bottom part of the paper diagonally towards the center, crease this fold well and then unfold it
16. Fold the right corner of the bottom part of the paper diagonally toward the center, crease this fold well and then unfold it.
17. Pull the two flaps of paper on the inside of either side out
18. Fold the two flaps of paper on each side down diagonally towards the bottom
19. Fold the top right part of the arrow diagonally up
20. Fold the top left part of the arrow diagonally up
21. Fold the bottom right part of the paper diagonally to the right
22. Fold the bottom left part of the paper diagonally to the left
23. Fold the entire model in half again
24. Fold the panel of paper that has form a rectangle closest to you in half, so that the legs pop out
25. Turn the whole model over and you have a frog!



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## RECIPE OF THE WEEK

### *Fruit Rainbow*



## Ingredients:

- Fresh Fruit (suggestions for each color)
- Red – strawberries, red raspberries
- Orange – cantaloupe, clementines or mandarins, mango
- Yellow – pineapple, yellow raspberries
- Green – kiwi, green grapes, honeydew melon
- Blue/Indigo – blueberries, blackberries
- Violet – purple-hued red grapes or black grapes

## Steps:

1. Wash and prepare fruit, cutting into bite-sized pieces as needed (ask a parent for help!)
2. On a serving plate, arrange fruit into the shape of a rainbow in order of colors (red, orange, yellow, green, blue/indigo, violet)
3. Enjoy!

# FUN FACT OF THE WEEK

During these times, it's okay to be confused or worried.



If you have questions or concerns,

ask someone you trust.



Remember, there are so many people out there working to make sure you are happy and healthy.

