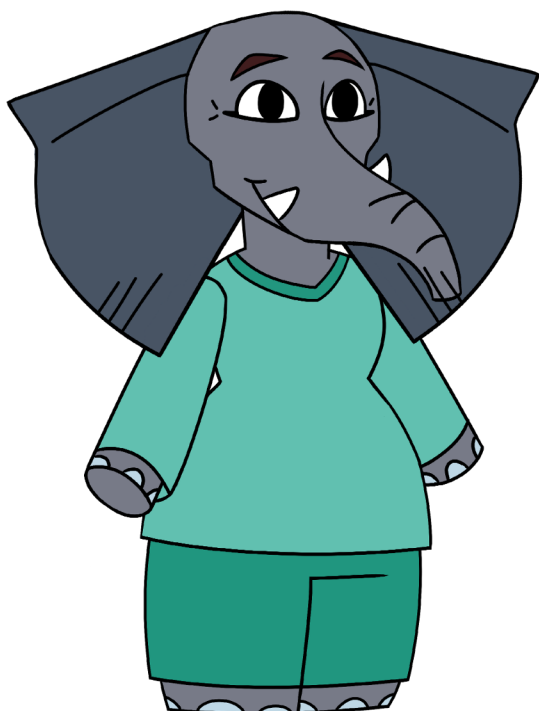


ADVENTURES WITH AFI

(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!

RECIPE OF THE WEEK

Frozen Banana Cereal Pops



Ingredients:

- 3/4 cup strawberry yogurt
- 2 cups of your favorite cereal
- 4 medium bananas, peeled and cut crosswise in half
- 8 wooden sticks

Steps:

1. Place yogurt and cereal in separate shallow bowls or cups
2. Cut bananas in half.
3. Insert wooden sticks through the cut side of bananas.
4. Dip bananas in yogurt, then roll in cereal to coat.
5. Put wax paper on a baking sheet (ask your parents for help!)
6. Transfer the covered bananas to the baking sheet
7. Freeze until firm, about 1 hour.
8. Eat and enjoy!

ROCK PAINTING

Make your very own pet rock!

Materials:

- Smooth, flat rocks
- Paint brushes
- Paint (Outdoor multi-surface paint is best)
- Sharpies (Optional)

Steps:

1. Pick smooth, flat rocks- if you cannot find them in nature you can find them at a craft store
2. Wash the rocks before decorating them. Remove the dirt using dish soap and leave dry them well.
3. Paint the whole rock with white paint to help the other colors show up better.
4. Paint your design on top and use many coats. Let the paint dry between layers
5. Use small brushes or a stylus to make small details and/or dots
6. Use Sharpies to write on your rocks. Make sure the paint is fully dry before any writing
7. Optional: Finish off your rocks with a coat of Mod Podge Outdoor if you have some!

CRYSTAL CANDY



Materials:

- Piece of string, about 6 inches (kite string works great)
- A pencil or popsicle stick
- A paper clip (or large plastic bead)
- 1 cup of water
- 2 cups of sugar
- A glass jar (mason jars are perfect)

Steps:

1. Tie one end of the string to the middle of the popsicle stick or pencil.
2. Tie the other end around the bead or paper clip.
3. Next, lay the popsicle stick or pencil across the top of a jar so that the string hangs down the middle of the jar. (You want to make sure that it is not touching the bottom of the jar, but you do want it close. Also make sure that it is not touching the sides of the jar either.) **The string will act as a seed for the crystal.**
4. Now that the string and pencil are ready remove them from the jar and set them aside.
5. This next part requires hot water so please get an adult's help.
6. Pour the water into a pan and bring it to boil.
7. Add 1/4 cup of sugar to the boiling water, stir it until it dissolves.
8. Repeat this step until all of the sugar has been dissolved. This will take time and patience and it will take longer for the sugar to dissolve each time. Don't give up too soon!!
9. Have your adult helper carefully pour the hot sugar solution into the jar and fill it almost all of the way to the top.
10. Go ahead and put your pencil or popsicle back on top and lower the bead or paperclip back inside of the jar, just like you practiced before.
11. Allow the jar to cool and put it someplace where it will not be disturbed.
12. Next comes the waiting part. Check on it everyday to see the crystals start to grow, but be very careful not to disturb it. **The longer you wait the bigger it will get!!!**



What did you learn?

When you mixed the water and sugar you made a SUPER SATURATED SOLUTION. This means that the water could only hold the sugar if both were very hot. As the water cools the sugar “comes out” of the solution back into sugar crystals on your string. The string and paper clip act as a “seed” that the crystals start to grow on. With some luck and patience you will have a tasty scientific treat! Enjoy!

FUN FACT OF THE WEEK

The coronavirus makes you sick by entering the body through the eyes, nose, and mouth. It then enters the cells in your body through special "doors." Once the virus goes through these "doors" and into the cell, the cell stops working properly and you can get sick. Color in Lynus and Afi as they try to catch an imaginary virus before it enters someone's body!

