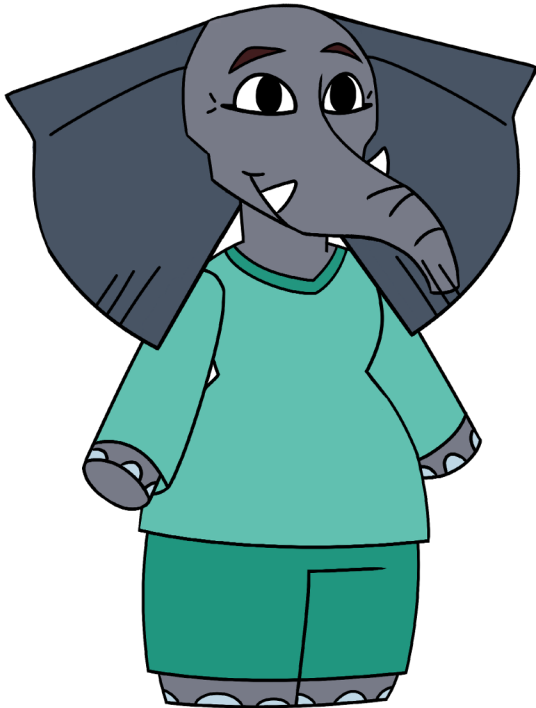


ADVENTURES WITH AFI

(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!

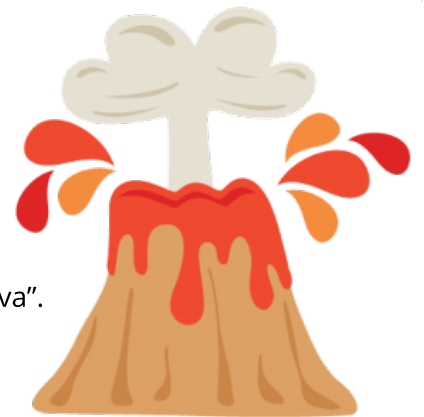
MINI VOLCANOES

Materials:

- Cups
- Large glass dish to catch the "lava"
- White vinegar
- Baking soda

Steps:

1. Sit your cups in a large glass dish or on a cookie sheet to catch the "lava".
2. Fill the cups with the vinegar
3. Add a few drops of food coloring to each cup and stir
4. Take a scoop of baking soda and drop into the vinegar cups
5. Watch as the volcano explodes!



What did you learn?

The baking soda is a base while the vinegar is an acid. When they react together they form **carbonic acid** which is very unstable, it instantly breaks apart into **water** and **carbon dioxide**, which creates all the fizzing as it escapes the mixture.

HOMEMADE PLAYDOUGH

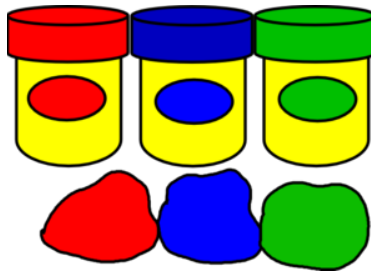


Materials:

- 2 cups of all-purpose flour
- 2 tablespoons of vegetable oil (coconut oil also works)
- $\frac{3}{4}$ cup of salt
- Food coloring, optional
- 4 teaspoons cream of tartar
- Quart sized bags
- 2 cups of lukewarm water

Steps:

1. Stir together the flour, salt, and cream of tartar in a large pot
2. Add water and oil
3. Add in the color (optional)
4. Cook over medium heat, stirring constantly
5. Continue stirring until the dough has thickened and begins to form a ball
6. Remove from heat and place inside a gallon sized bag
7. Allow to cool slightly then knead the playdough within the bag until smooth
8. Your playdough is ready to play! Store the play dough inside the bags to keep it soft, it will keep for 3 months.



RECIPE OF THE WEEK

Apple and Peanut Butter Stackers

Ingredients:

- 2 medium apples
- $\frac{1}{3}$ cup chunky peanut butter
- Optional fillings: granola, miniature semisweet chocolate chips and M&M's minis

Steps:

1. Take the core out of the apples
2. Cut each apple crosswise into six slices.
3. Spread peanut butter over six slices
4. Sprinkle with fillings of your choice. Top with remaining apple slices.



FUN FACT OF THE WEEK

Last week, we talked about the importance of washing your hands. You can also protect yourself and others by sneezing and coughing into your elbow.

You can protect yourself and others by coughing and sneezing into your arm.

