Asian American and Pacific Islanders’ rich heritage spans the world and depths of America’s history.

AAPI stands for Asian American and Pacific Islander. The term is used to describe a diverse and fast-growing population of 23 million Americans that include roughly 50 ethnic groups with roots in more than 40 countries.

“Never give up. There are always tough times, regardless of what you do in anything in life. Be able to push through those times and maintain your ultimate goal.”

Nathan Wei Chen is a Chinese American Olympic figure skater. He is the 2022 Olympic champion, a three-time World champion, the 2017 Four Continents champion, a three-time Grand Prix Final champion, and a six-time U.S. national champion.

He is the first skater to have landed five types of quadruple jumps in competition—the toe loop, Salchow, loop, flip, and Lutz—as well as eight quadruple jumps across a single competition in the 2018 World Championships.

He is the first Asian American man to earn an Olympic medal in single skating.
Create your own poi balls and DANCE!

Poi balls are used in a form of Polynesian dance that started in New Zealand. Holding cords that are attached to the poi balls, performers swing and twirl the balls in rhythmic patterns as they dance.

What You’ll Need

- Crumpled newspaper (enough for 2 balls)
- Six 48-inch-long pieces of yarn
- Tape
- Two 10-inch circles of fabric

What to Do

1. Crumple newspaper into two balls.
2. Wrap and tie six 48-inch-long pieces of yarn around each ball, as shown. Tape the yarn in place. Braid the leftover yarn and knot the ends together.
3. Cover each ball with a 10-inch circle of fabric. Tie it in place with yarn.
4. Holding the ends of the braids, swing and twirl the poi balls in different rhythmic patterns.