Electronic Supplementary Information (ESI)

High stretchable, bionic self-healing waterborne polyurethane elastic film enabled by multiple hydrogen bonding for flexible

strain sensors

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Figure S1. FTIR spectra of WPU-FM, DFU and AGM.



Figure S2. Images (a) and data bar charts (b) of contact angle of WPU, WPU-F, WPU-M,

WPU-FM films in different periods.



Figure S3. Theoretical structure model of six-fold hydrogen bonds (a), NOESY NMR spectrum of

WPU-FM sample (b).



Figure S4. Tensible strength of WPU-FM sample healed under various conditions (a). The cyclic tensile curves of WPU-FM film healed at 90 °C for 12 h (b), and of the original sample (c), when the strain was 100%. The mechanical properties (d-e) and healing efficiency (f) of WPU, WPU-F and WPU-M film healed at 90 °C for 12 h.



Figure S5. The resistance value (R) of the initial WPU-FM/LM (a) and the healed WPU-

FM/LM (b).



Figure S6. Photographs of WPU R, WPU-F R and WPU-M R film after secondary processing (a). Demonstration of shape memory performance of "Y" shape WPU-FM film (b).



Figure S7. SEM images of the cross-sectional morphology of WPU-FM/LM composite films (LM: 25 wt.% (a), 30 wt.% (b), 35 wt.% (c), 40 wt.% (d), 45 wt.% (e) and 50 wt.% (f).).



Figure S8. $\Delta R/R_0$ vs time of right index finger bend 365 times.



Figure S9. Schematic of the arrangement and shape change of LM micro-droplet particles in WPU-FM/LM composite film during stretching (a). Resistances (b) and relative resistance changes (c) of WPU-FM/LM 0.45 under different temperatures.

| Sample | Atomic (wt. %) | | | |
|--------|----------------|------|-------|--|
| | С | Ν | 0 | |
| WPU | 69.31 | 2.17 | 28.52 | |
| WPU-F | 72.75 | 2.05 | 25.20 | |
| WPU-M | 67.75 | 2.11 | 30.14 | |
| WPU-FM | 72.73 | 1.93 | 25.34 | |

 Table S1. Elemental composition of the samples.

Table S2. The healing efficiency of WPU-FM film under different conditions.

| WPU-FM | | Self-healing efficiency | Tensile strength | Elongation at break |
|--------|------|-------------------------|------------------|---------------------|
| | | (%) | (MPa) | (%) |
| 80 °C | 12 h | 27.94 | 5.89 | 22.65 |
| | 24 h | 73.50 | 15.50 | 182.00 |
| 85 °C | 24 h | 71.41 | 18.85 | 451.72 |
| 90 °C | 12 h | 99.78 | 21.05 | 348.87 |
| | 24 h | 104.32 | 23.15 | 360.04 |
| | 36 h | 109.43 | 24.28 | 353.00 |
| 100 °C | 6 h | 77.51 | 17.20 | 326.67 |
| | 12 h | 79.28 | 17.59 | 342.50 |
| 110 °C | 6 h | 82.03 | 18.20 | 360.00 |
| | 12 h | 83.13 | 18.45 | 393.33 |