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## A blade-like CoZn metal organic frameworks-based flexible quasi-solid Zn-ion battery

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## **Experimental details**

**Preparation of the Co-MOFs/CC:** 1.6 mmol  $Co(NO_3)_2 \cdot 6H_2O$  was added to 50 mL deionized water as solution A, and 20 mmol 2-methylimidazole was added to 50 mL deionized water as solution B. Subsequently, solution A was quickly transferred to solution B and stirred for 10 min. Then carbon cloth was added to the solution and soaked for 5 h. Finally, it was washed several times with water and ethanol and dried overnight at 60 °C.

**Preparation of the CoZn-MOFs/CC:** 1.6 mmol  $Co(NO_3)_2 \cdot 6H_2O$  and 0.8 mmol  $Zn(NO_3)_2 \cdot 6H_2O$  were dissolved in 50 mL deionized water as solution A; At the same time, 20 mmol 2-methylimidazole was added to 50 mL deionized water and dissolved as solution B. Then, the solution A was quickly transferred to the solution B and stirred for 10 min. Then carbon cloth was added to the solution and soaked for 5 h.

*Preparation of self-healing hydrogel electrolyte:* At 90 °C, appropriate amounts of manganese sulfate and zinc acetate were dissolved in 20 mL deionized water, and then 5 g

PVA was added. After stirring slowly for 2 h, the hydrogel was cooled in a petri dish and left overnight to obtain PAS hydrogel.

*Characterization:* SEM (Hitachi S-8100, 5 kV), TEM (Hitachi HT-7700), and XRD (Bruner D8 Advance) were used for morphology, structure and composition. XPS (ESCALAB 250) was used to analyze the different valence states. BET analyzer (ASAP 2460) was employed to measure the specific surface area and pore-size distribution. The hydrogels were treated with liquid nitrogen and placed in a freeze-dryer oven for 24 h. The functional groups of Co-MOFs and CoZn-MOFs were studied by FT-IR spectroscopy (IR-21IR-21) and Raman spectroscopy (Renishaw, in Via).

*Battery construction and electrochemical tests:* Zn-ion batteries prepared with PAS hydrogel electrolyte, CoZn-MOFs/CC cathode and Zn anode were assembled with a polyethylene film. The batteries were bent to 30°, 60°, 90°, 120°,150° and 180°. In addition, for comparison, a conventional 2032-typed coin cell was assembled using the prepared cathode, Zn foil and glass fiber separator. and compared the electrochemical performance of the Co-MOFs pouch cell. The electrolyte was prepared by dissolving 1.5 M ZnSO4 and 0.5 M MnSO4. CV curves and electrochemical impedance spectroscopy (EIS) were tested on an electrochemical workstation (Chenhua, Chi-660E).



**Fig. S1** SEM images of the (a) 3D CoZn-MOFs on carbon cloth, (b) hydrogel electrolyte, and (c) Zn anode before cycling. (d) SAED pattern of CoZn-MOFs.



Fig. S2 (a) The line-scanning curves. (b) XRD patterns of Co-MOFs and CoZn-MOFs.



**Fig. S3** XPS spectra of the CoZn-MOFs: (a) survey spectrum, (b-f) C 1s, Co 2p, N 1s, O 1s and Zn 2p.



Fig. S4 The load-displacement curve of PAS hydrogel.



Fig. S5 (a,b)  $N_2$  adsorption-desorption isotherm of Co-MOFs and CoZn-MOFs. Inset shows the pore-size distribution.



Fig. S6 Zn stripping/plating of Zn|Zn cell using different electrolytes at 0.2 mA cm<sup>-2</sup>.



**Fig. S7** GITT time-potential distribution of the battery based on (a) Co-MOFs and (b) CoZn-MOFs. *In-situ* reaction resistance of the battery based on Co-MOFs and CoZn-MOFs during (c) discharge and (d) charge.



**Fig. S8** (a) Impedance spectra of PAS before and after polarization. (b) The change of current with time during polarization when 1 mV voltage was applied at room temperature.



Fig. S9 (a) Charge-discharge curves and (b) Coulombic efficiency of Zn|PAS|SS asymmetry battery cycling at 0.2 mA cm<sup>-2</sup>.



Fig. S10 (a) Discharge-charge profiles during rate-performance measurements. (b) Rateperformance of CoZn-MOFs with rates varying from 100 to 500 mA  $g^{-1}$ .



**Fig. S11** (a) CV curves at 0.1 to 0.5 mV s<sup>-1</sup>. (b) Fitted line plots of log(current) versus log(scan rate) for different redox peaks. (c) Ratio of capacitance to diffusion control contribution.



Fig. S12 SEM image of the Zn anode after 200 cycles.



**Fig. S13** (a) Galvanostatic charge-discharge curves and (b) cycling performance of the CoZn-MOFs based coin cell at 100 mA  $g^{-1}$ . (c) Charge-discharge curves and (d) cycling performance of the Co-MOFs pouch cell at 100 mA  $g^{-1}$ .



**Fig. S14** Cycling performance at 100 mA  $g^{-1}$  when the battery was repeatedly folded at 180° for 30 times.

Cathode	Electrolyte	Capacity /mAh g <sup>-1</sup>	Rates /A g <sup>-1</sup>	Cycle numbers	Ref.
Ni-PTA	3.0 M ZnSO <sub>4</sub> + 0.2 M MnSO <sub>4</sub>	10	0.1	50	1
KMn8O16	1.0 M ZnSO <sub>4</sub> + 0.05 M MnSO <sub>4</sub>	77	0.1	100	2
Phenazine	2.0 M ZnSO4	28	0.1	200	3
α-MnO <sub>2</sub>	2.0 M ZnSO4	96.8	0.1	50	4
ZnMnCoO <sub>4</sub>	2.0 M ZnSO <sub>4</sub> + 0.1 M MnSO <sub>4</sub>	39	0.2	120	5
Mn (BTC)	2.0 M ZnSO <sub>4</sub> + 0.1 M MnSO <sub>4</sub>	27	0.1	50	6
Layered MnO <sub>2</sub>	1 M ZnSO4	97	0.1	50	7
Prussian blue analogue	1M choline acetate- water + zinc acetate	54	0.1	50	8
ZnMn <sub>2</sub> O <sub>4</sub>	2.0 M ZnSO <sub>4</sub> + 0.1 M MnSO <sub>4</sub>	67	0.1	40	9
MnO <sub>2</sub>	$1 \text{ M ZnSO}_4 + 0.05 \text{ M}$ $\text{H}_2\text{SO}_4$	89.5	0.3	55	10
δ-MnO <sub>2</sub>	0.3 M ZnCl <sub>2</sub>	39	0.1	150	11
Perylene- 3,4,9,10- tetracarboxy -lic diimide	3.0 M ZnSO4	73	0.1	200	12
V2O5	Solid Zn-ion conductors	58	0.02	300	13
PANI/CNT	PVA-based gel electrolyte	50	0.1	480	14
MnO <sub>2</sub> /CC	PAM/ZnSO4-MnSO4	91.7	0.1	30	15
CoZn- MOFs/CC	PAS hydrogel	102	0.1	200	This work

Table S1. Comparison on the electrochemical performance of some Zn-ion batteries.

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