## **Supporting Information**

## MnO<sub>x</sub> embedded in 3D foam-like polymers composite for high-performance flexible supercapacitor

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**Fig. S1.** Cross-section of SEM images of PU matrix prepared from NF with different thicknesses (a) 0.5 mm, (b) 1 mm, and (c) 1.5 mm.



Fig. S2. SEM images of PEU at different magnifications



Fig. S3. Electrochemical performance of the PUS-Mn-PS electrode fabricated from NF with different thickness. (a) CV curve at 10 mV/s , (b) GCD curve at 1 mA/cm<sup>2</sup> , and (c) area capacitance calculated from the GCD curves. The electrodeposition time for  $MnO_x$  was 10 min.



**Fig. S4.** SEM images of PEU matrix obtained with the surface decoration layer of PEDOT synthesized with the deposition time of 4 min. (a) plan and (b) cross-section view.



**Fig. S5.** Electrochemical performance of the PEUS-Mn-PS electrode fabricated with the surface decoration layer of PEDOT for different deposition time. (a) CV curve at 10 mV/s, (b) GCD curve at 1 mA/cm<sup>2</sup> and (c)  $C_a$  of PEUS-Mn-PS at different current densities. The electrodeposition time for MnO<sub>x</sub> was 10 min.



**Fig S6.** Electrochemical performance of the PEUS-Mn-PS electrode fabricated with the different deposition time of  $MnO_x$ . (a) CV curve at 10 mV/s, (b) GCD curve at 1 mA/cm<sup>2</sup> and (c) C<sub>a</sub> of PEUS-Mn-PS at different current densities. (d) EIS of the PEUS-Mn-PS electrode prepared with  $MnO_x$  for 5 and 20 minutes



**Fig. S7.** SEM images of PEUS-Mn prepared with different deposition time. (a, b)5 min; (c, d) 15 min; (e, f) 20 min.



Fig. S8. (a) CV curves at 10 mV/s and (b) GCD curves at 1 mA/cm<sup>2</sup> for different scaffolds.



Fig. S9. Relationship between peak current and t and square root of various scan rates.



Fig. S10. (a) CV curves at  $10 \sim 50 \text{ mV/s}$  and (b) GCD curves at  $1 \sim 5 \text{ mA/cm}^2$  for NF-Mn; (c) CV curves at  $10 \sim 50 \text{ mV/s}$  and (d) GCD curves at  $1 \sim 5 \text{ mA/cm}^2$  for PUS-Mn-PS.



Fig. S11. Nyquist plots of PUS-Mn-PS and PEUS-Mn-PS.