

Operation: Activities

Value of the week: Empathy

What is empathy and why is it important? Write it down.

Draw a police dog

Draw a police dog. Include its' protective make vest.

Helping Hand

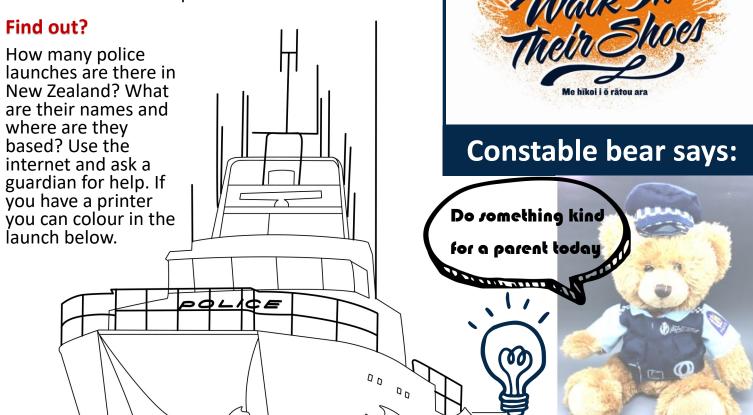
If you see someone in your bubble working on a task, ask if you can help. Or better still find a helpful job that you can do on your own.

Old and New

Walk around your home and have a look at the objects. Can you find the oldest and the newest?

Show Stopper

Create a performance for your bubble. It could be a play or a song. Get your bubble buddies to help you e.g. playing different characters or playing instruments. Where will you perform and what time? Invite your bubble buddies and ask if they would like to share a performance too.





Operation: Spot the difference

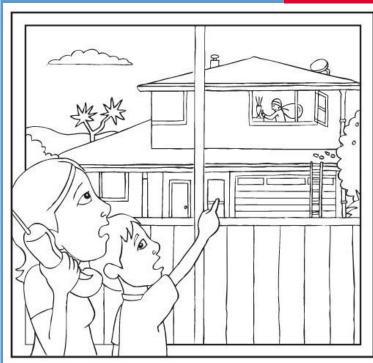
Spot the 8 differences in the situation below.

Remember:

- If a burglary is happening now call 111
- If a burglary has already happened call 105









The Exercise Area



Twice a week we will be showing you new exercises to be police fit. First find a suitable exercise area (if it is a nice day, try exercising outside) and then try out our first exercise: the star jump! Start off with 3 sets of 10, how many can you do?



The Sharing Corner

Every Thursday the sharing corner will get you to share something about yourself during lockdown. Please share your response with us by commenting on this post. Todays topic is:

 What has been your favourite hobby to do so far during the rāhui?

