



# junior DETECTIVE

**RAHUI**

## Operation: Activities



### Look at what you've done

Over the past few weeks of rāhui, some of you may have completed many activities. Why not take some photographs of what you've done and send it in to us at [museum@police.govt.nz](mailto:museum@police.govt.nz). We would love to see what you have been doing

### What will change?

Life has changed during the rāhui, we have spent a lot of time with our bubble buddies and whanau. What are some of the things that you will change now that it is over? E.g. have more family activities together. Write it down.

### Memory Lane

During the rāhui we spent quality time with our bubble buddies or pursued our hobbies. What was something that you will remember from this time that you enjoyed? Write it down.

### Give yourself a pat on the back!

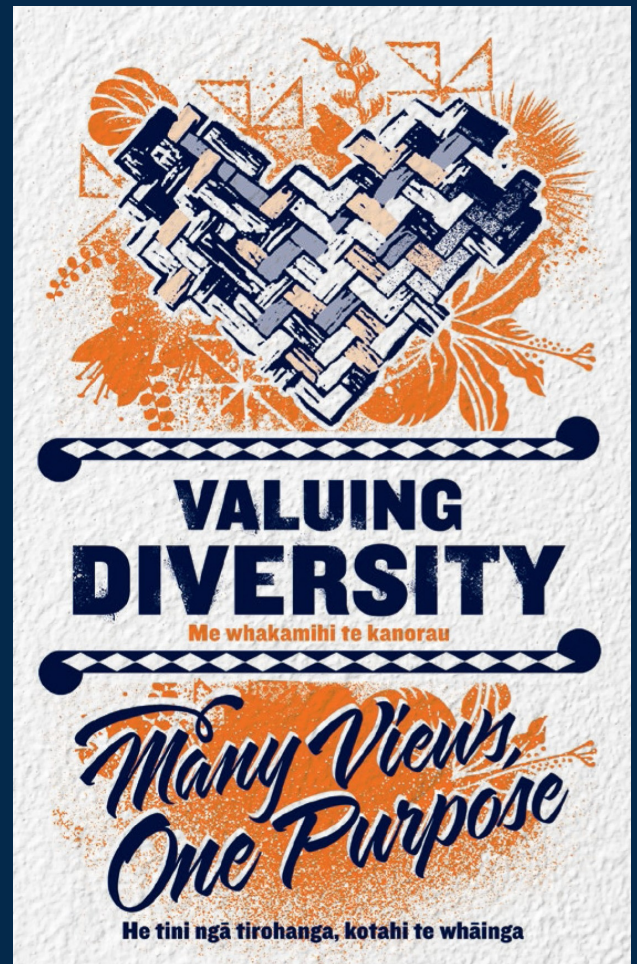
You have made it through the rāhui! That doesn't mean COVID-19 has gone away, and we must still be careful and follow the rules.

However you and your whanau have done very well, so reward yourself with this badge! If you can't print one why not make your own rāhui badge. Ka pai!



## Value of the week: Diversity

How can we be welcoming to people from different countries, religions and genders?  
How can we make them feel at home?



## Constable bear says:

Remember to record who you played with at lunch time.



Cut out constable bear and the badge of the week





## Operation: Bird Nerd

See if you can match the native New Zealand bird names to the pictures. If you need help, remember you can ask a bubble buddy

Pick a bird of your choice (or one from the list to the right), for your own bird research project. You can record this in your rāhui homework book.

Read about the bird and find out some facts such as:

- What ecosystem do I live in?
- How many are there of me in New Zealand
- Am I endangered?
- What do I eat?

TAKAHĒ

TŪI

KERERŪ

KIWI

KĀKĀPŌ

PĪWAKAWAKA



## The Exercise Area



Every 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 newest exercise: the cobra pose! This exercise is a stretch for the body from yoga. Hold for 30 seconds and repeat 3 times.



## The Sharing Corner

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

- What are you most excited about being back at school again?