

**Operation:** Activities

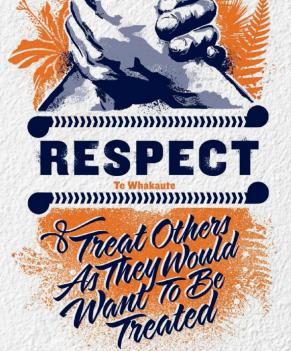
### Value of the week: Respect

Write down why respect is important in the following situations: school, home and hobbies e.g. sports, music lessons etc.

#### Rhyme me

Think of a word which rhymes with the name of each of these pictures. With these two words write a short story e.g. a story about a rat on a mat.





Me manaaki te tangata. rite tonu ki tāu e pai ai kia meatia e ngā tāngata ki a koe

## **Constable bear says:**

NEW ZEALAND

POLICE MUSEUM

Remember to keep your distance when you go or walkz. But still say hi!

Give a badge

Cut out the "I always wash my hands" badge and give it to someone who has been really good at handwashing. If you don't have a printer or you just feel like it, make another badge of your choice.

Cut out constable bear and this weeks badge!

Free entry, open 10am - 5pm, 7 days | Papakowhai Rd, Porirua, Wellington | www.police.govt.nz/museum 🎚 🕅

and

and

diwar

# Operation: Scrap book

Cut out the various police pictures below and put them in your rāhui scrap book. If you don't have a printer and are feeling artistic, then draw all of these things into your scrap book.



## 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: touching your toes! This exercise will make you more flexible. Don't worry if you can't right away, see how far you can go. Repeat to get a good stretch. If you can already, see if you can touch the ground!



## **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. Todays topic is:

What have you learnt about your bubble buddies, from hanging out with them during rāhui?

