



# junior DETECTIVE

**RAHUI**

## Operation: Activities



### Make a card for a friend

It may have been some time since you last saw a friend in person, why not make a card which you can send to them. All you need is some card (or paper) and some pencils, pens or crayons. Write a message that you think would mean something to them during the rāhui. Tell them that you miss them and maybe what you would like to do next time you see them. Think about what their favourite thing is e.g. favourite colour or favourite flower. Send it to your friend or perhaps keep it for when you next see them.

### Learn a Waiata

Waiata are traditional Māori songs. They have always been an important part of Māori and New Zealand life. Some waiata are traditional and have been sung for many years, whilst some have been written more recently to reflect life today. Have a look on the internet with your guardian for a waiata. Find one that has a meaning you like (if you are not fluent in te reo Māori, look for a translation), and then look it up on YouTube. Try singing along. Waiata are meant to be sung together as a group, so once you are confident singing one why not invite the rest of the bubble to sing with you!

### Gratitude Journal

Write down the things that you have been grateful for during the rāhui. Remember to include your bubble buddies. When you are feeling sad think about these things to help stay strong.

### Bubble buddy

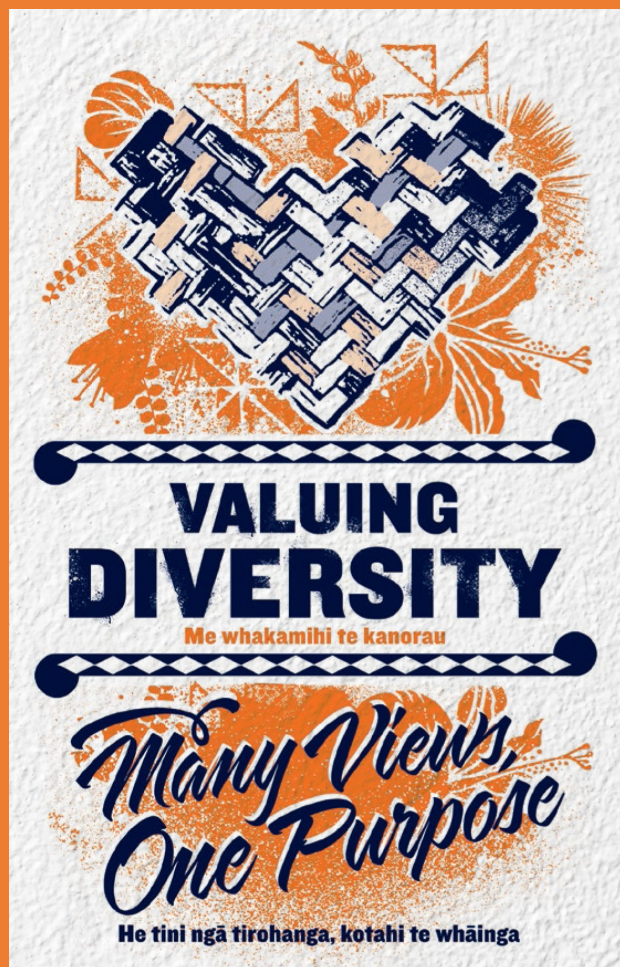
This weeks badge is the bubble buddy. Cut out and put in your rāhui book, or give to a bubble buddy who you think would like it.



## Value of the week: Diversity

Diversity is valuing differences in people.

Why is it important to listen to the ideas of people who are different from you?



## Constable bear says:

Make sure that you are nice to people you see working. Say hello!



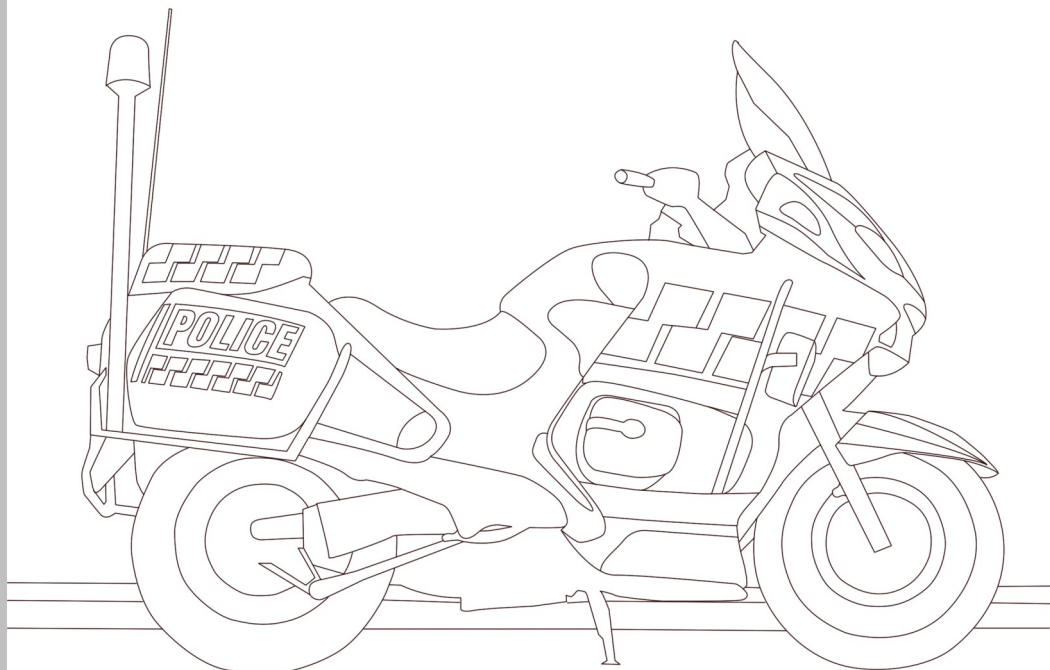
Cut out constable bear and the badge of the week





## Operation: Motorbike

In 2015, ten new Police motorcycles were launched. What brand were these motorcycles? Use the internet and ask a guardian for help. If you have a printer you can colour in the motorbike here.



## Operation: Brain Teaser

Have a look at these puzzles and see if you can solve them.

Answers: A) A Shadow B) 14 (count the fruit)

A) I exist only when there is light, but direct light kills me. What am I?

B)

$$\text{Apple} + \text{Apple} + \text{Apple} = 30$$

$$\text{Apple} + \text{Bananas} + \text{Bananas} = 18$$

$$\text{Bananas} - \text{Coconuts} = 2$$

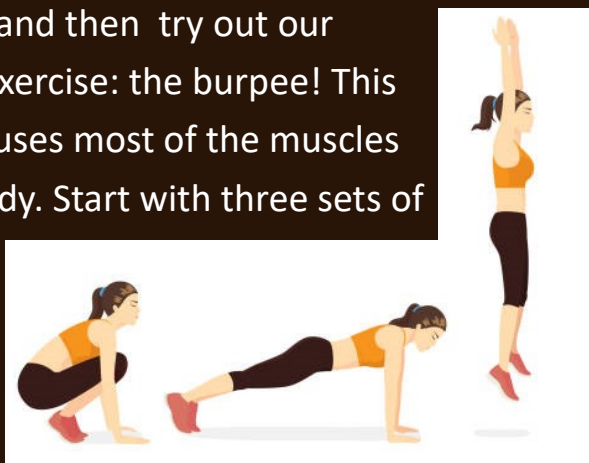
$$\text{Coconut} + \text{Apple} + \text{Bananas} = ?$$

## 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 burpee! This exercise uses most of the muscles in the body. Start with three sets of ten.

How many can you do?



## 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:

- Have you visited the New Zealand Police Museum? What did you enjoy most about your visit?