

Police Mutual

Family Activity pack

May 2020

Police
Mutual



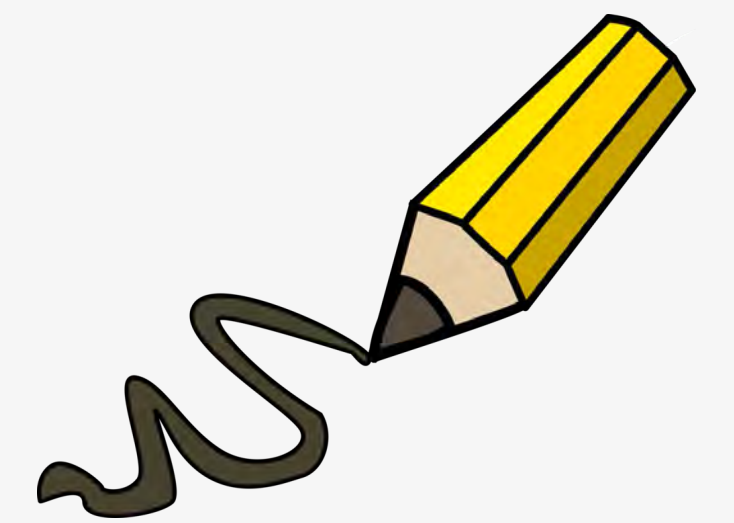
About you

Tell us a bit more
about you and your
family...

Name:

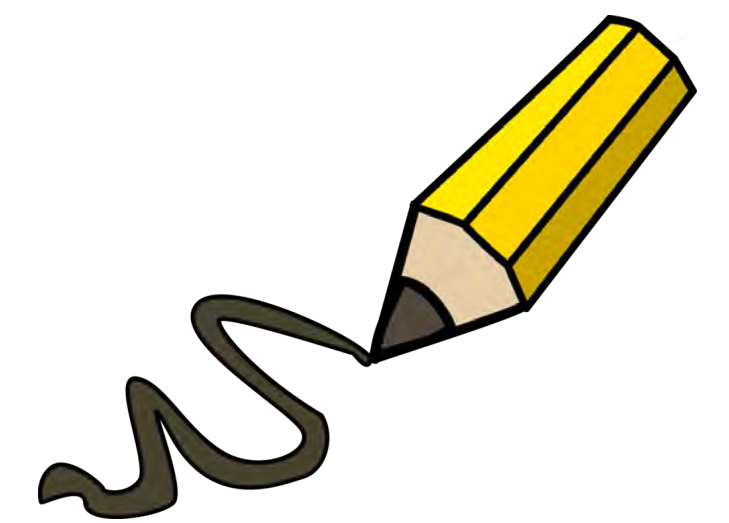
Age:

Draw yourself and your family in the grey box here!

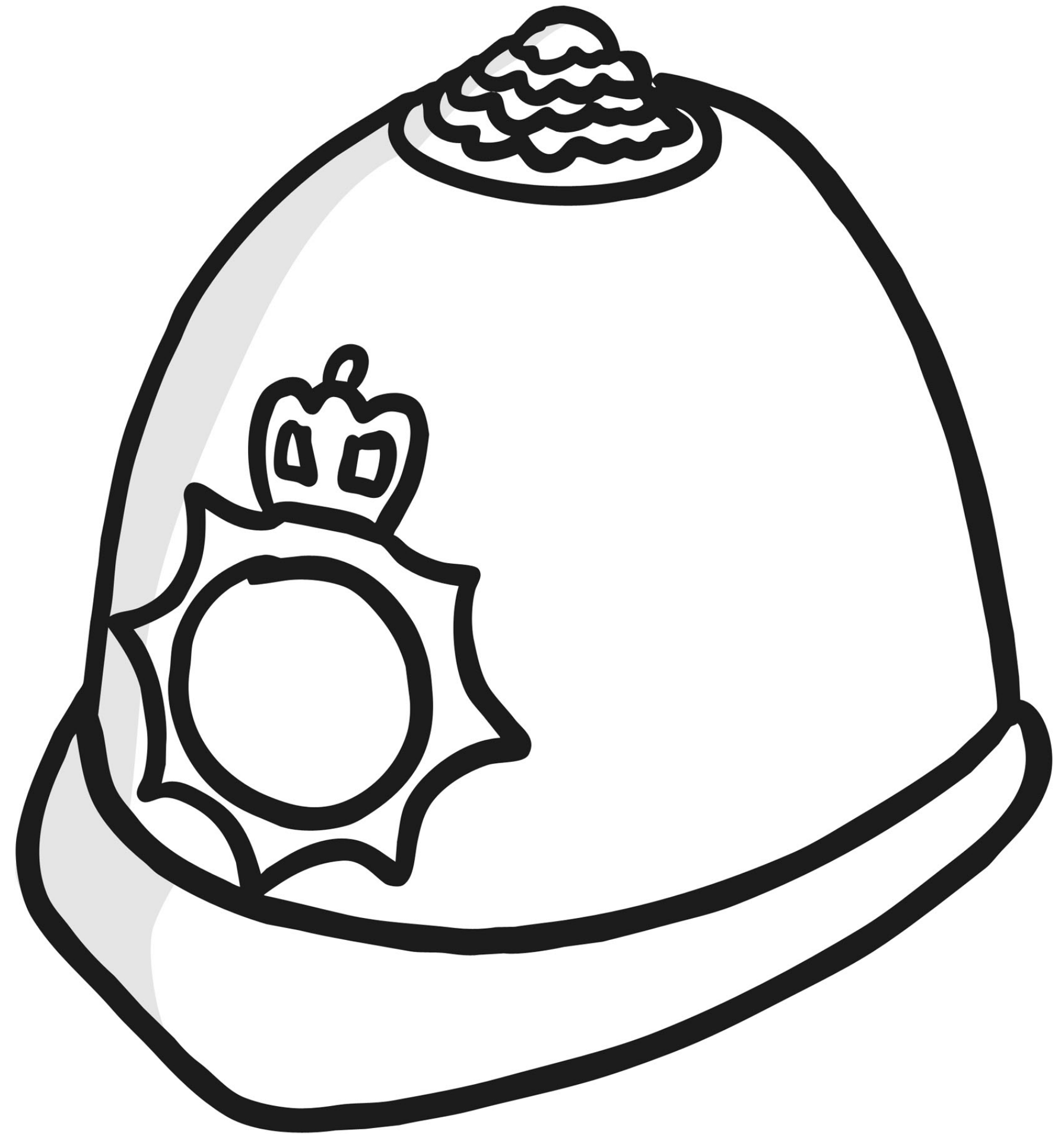
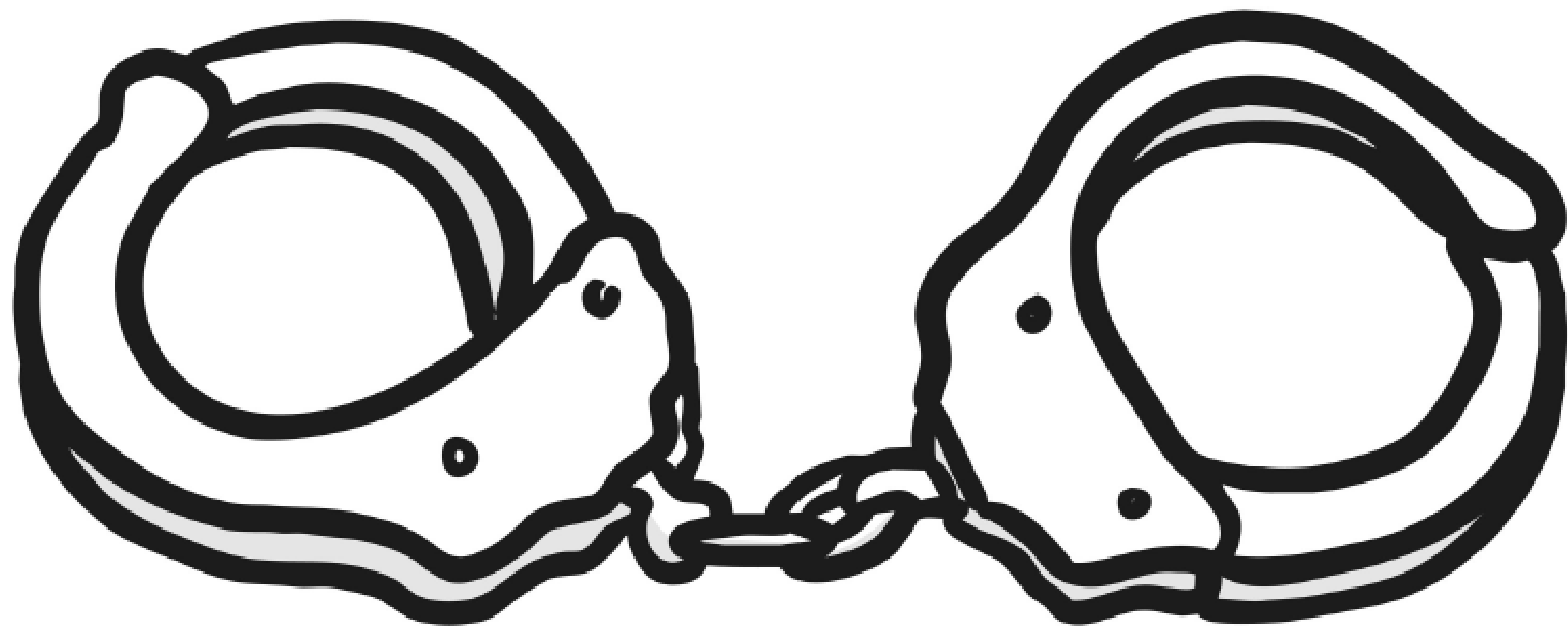


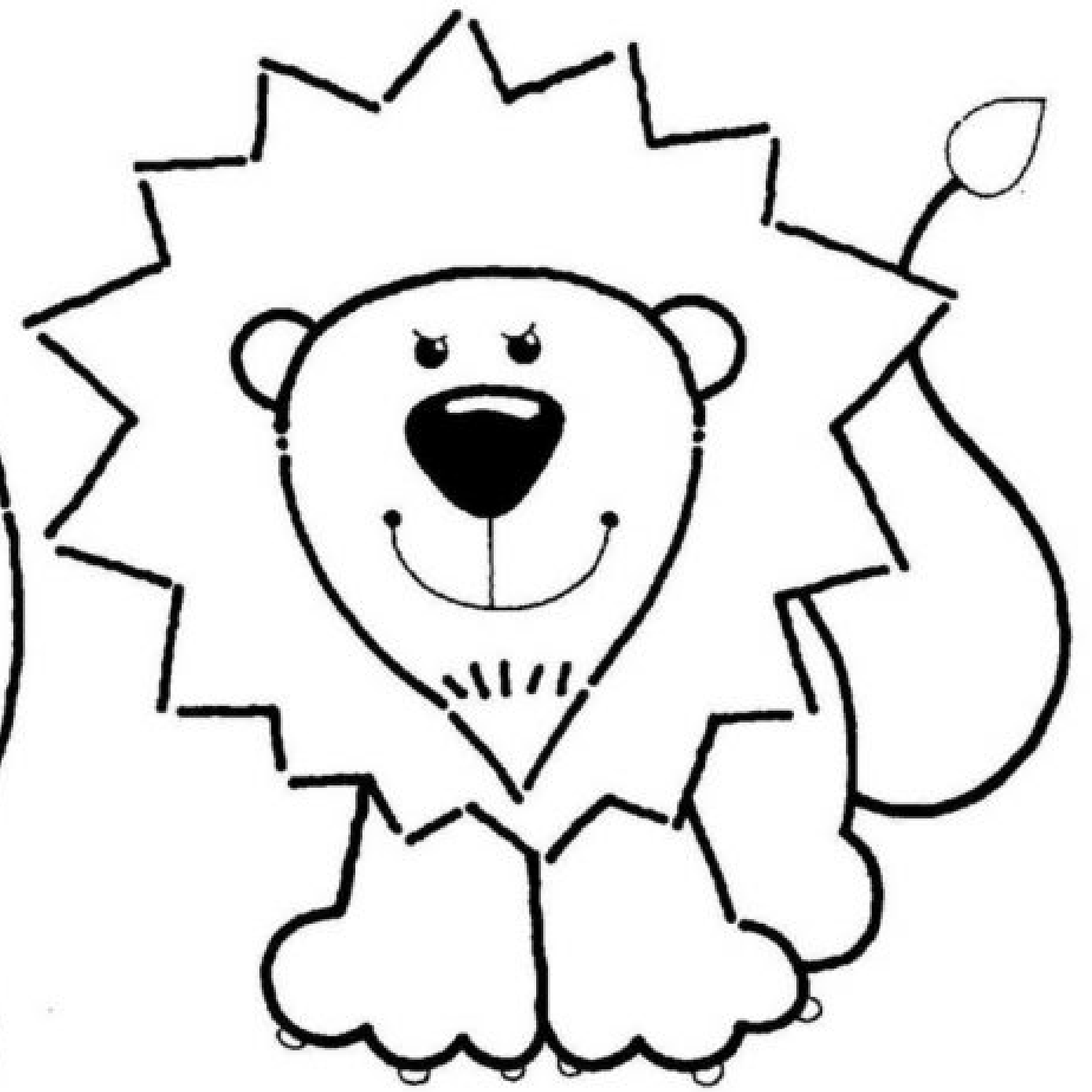
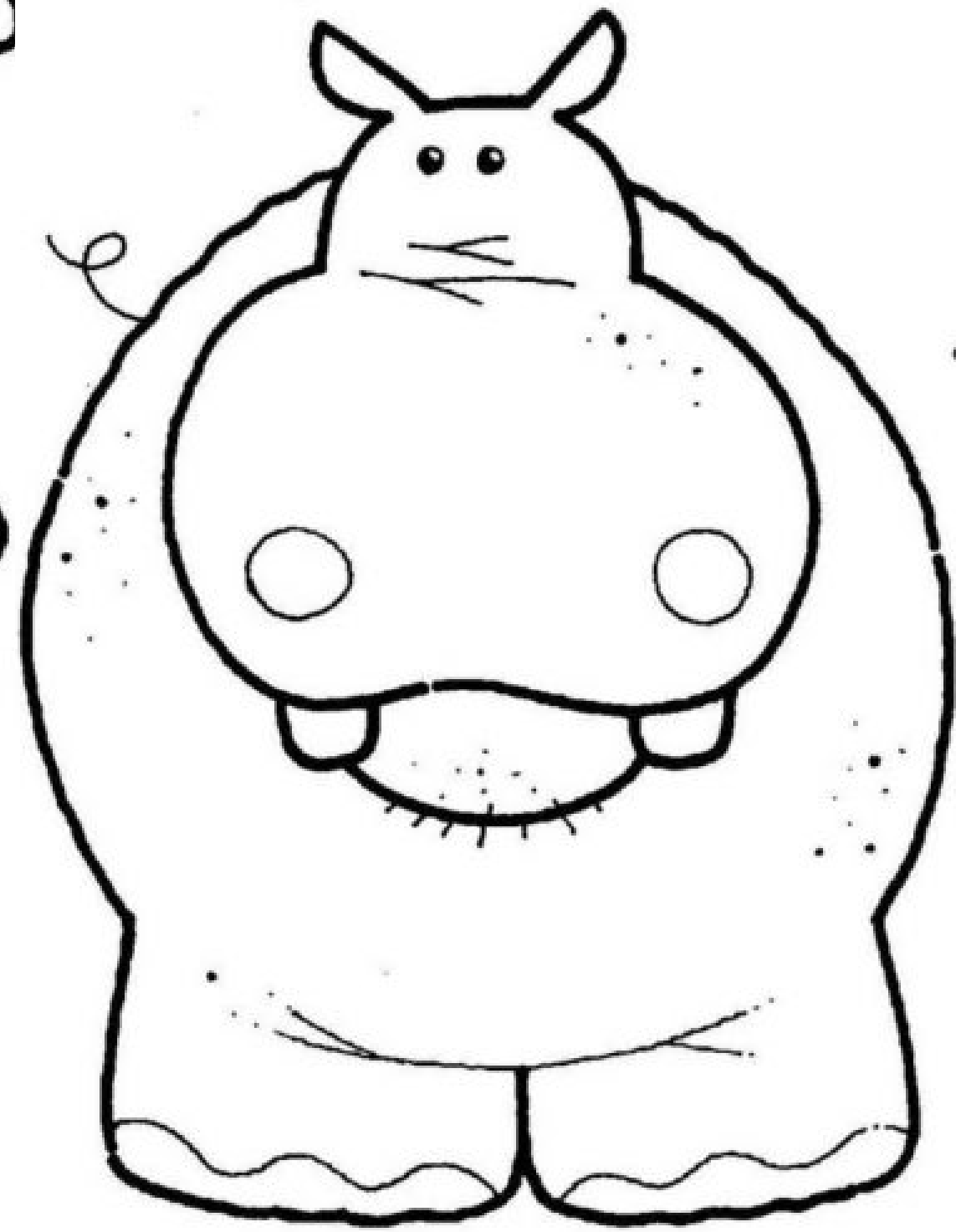
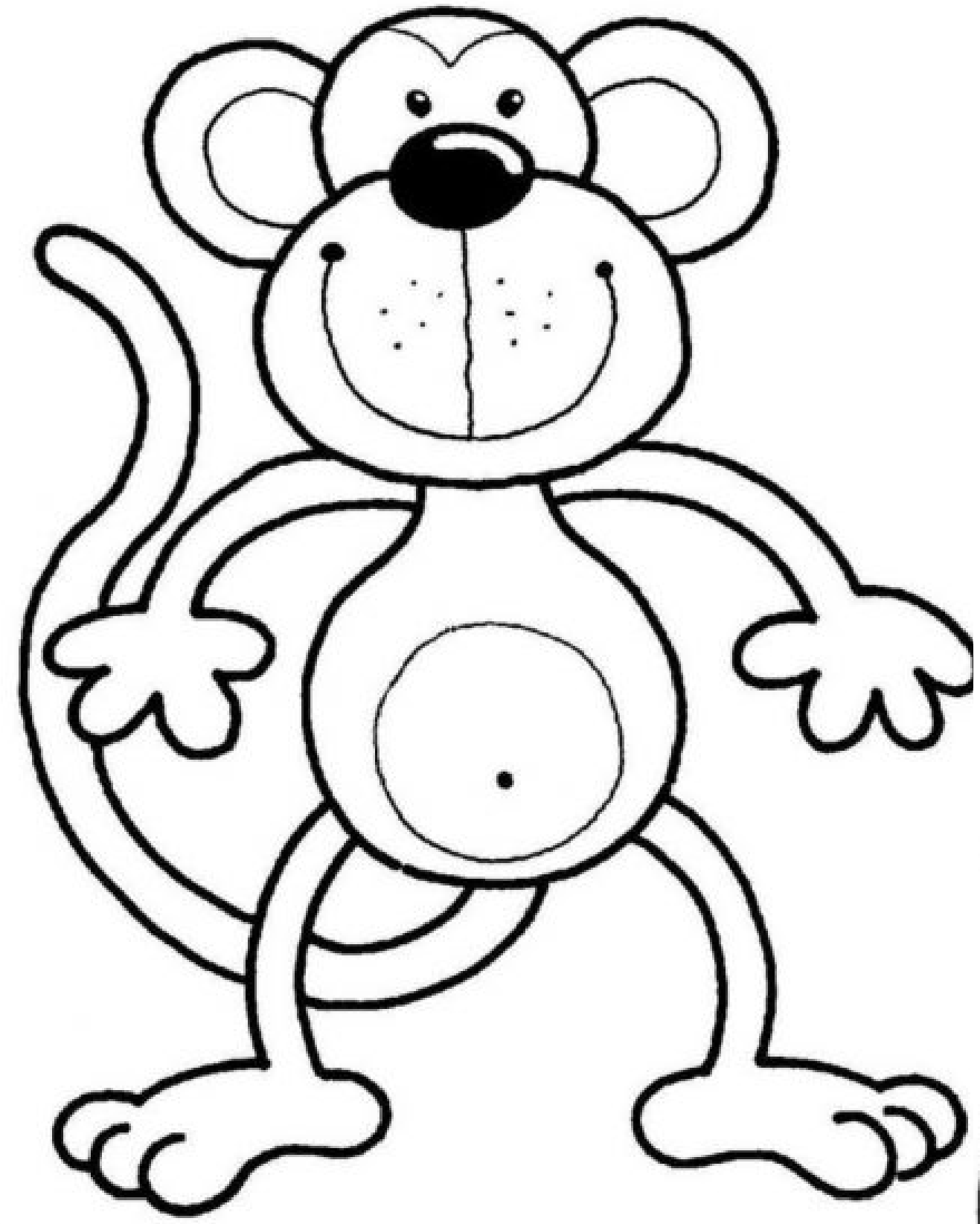
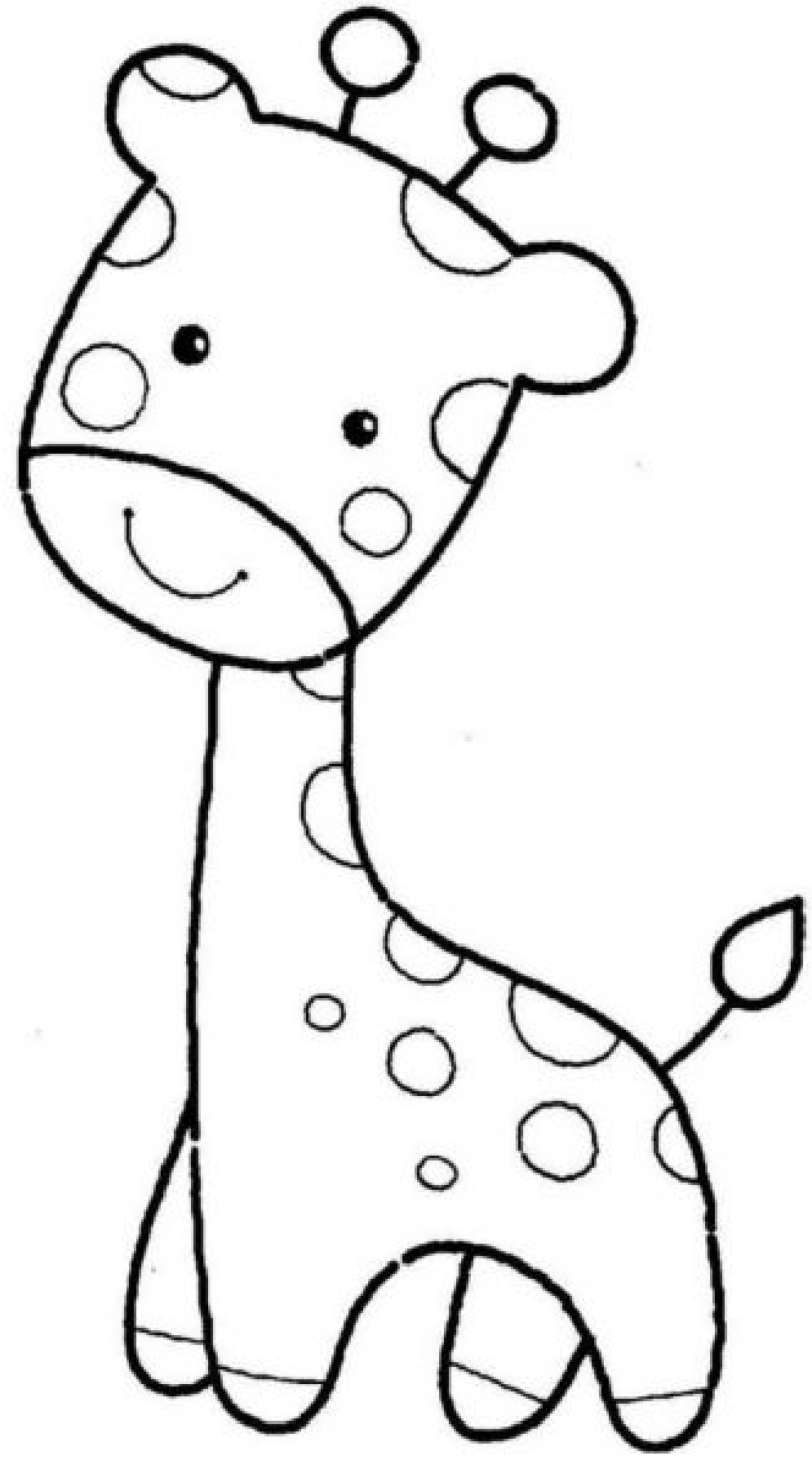
About you

Draw some of
your favourite
things here.
Maybe your
favourite toys or
food! Yum!



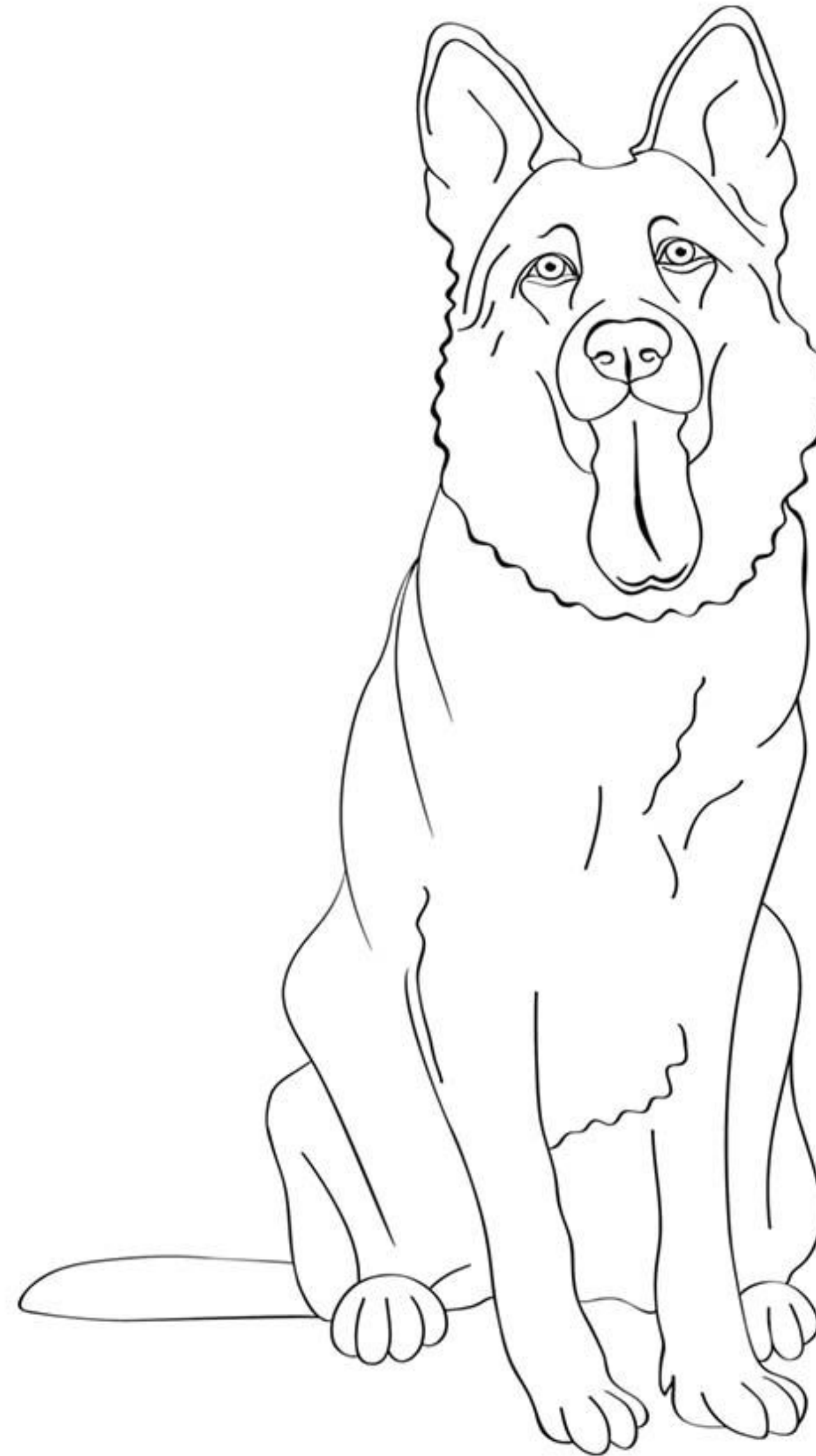
Colouring pages!

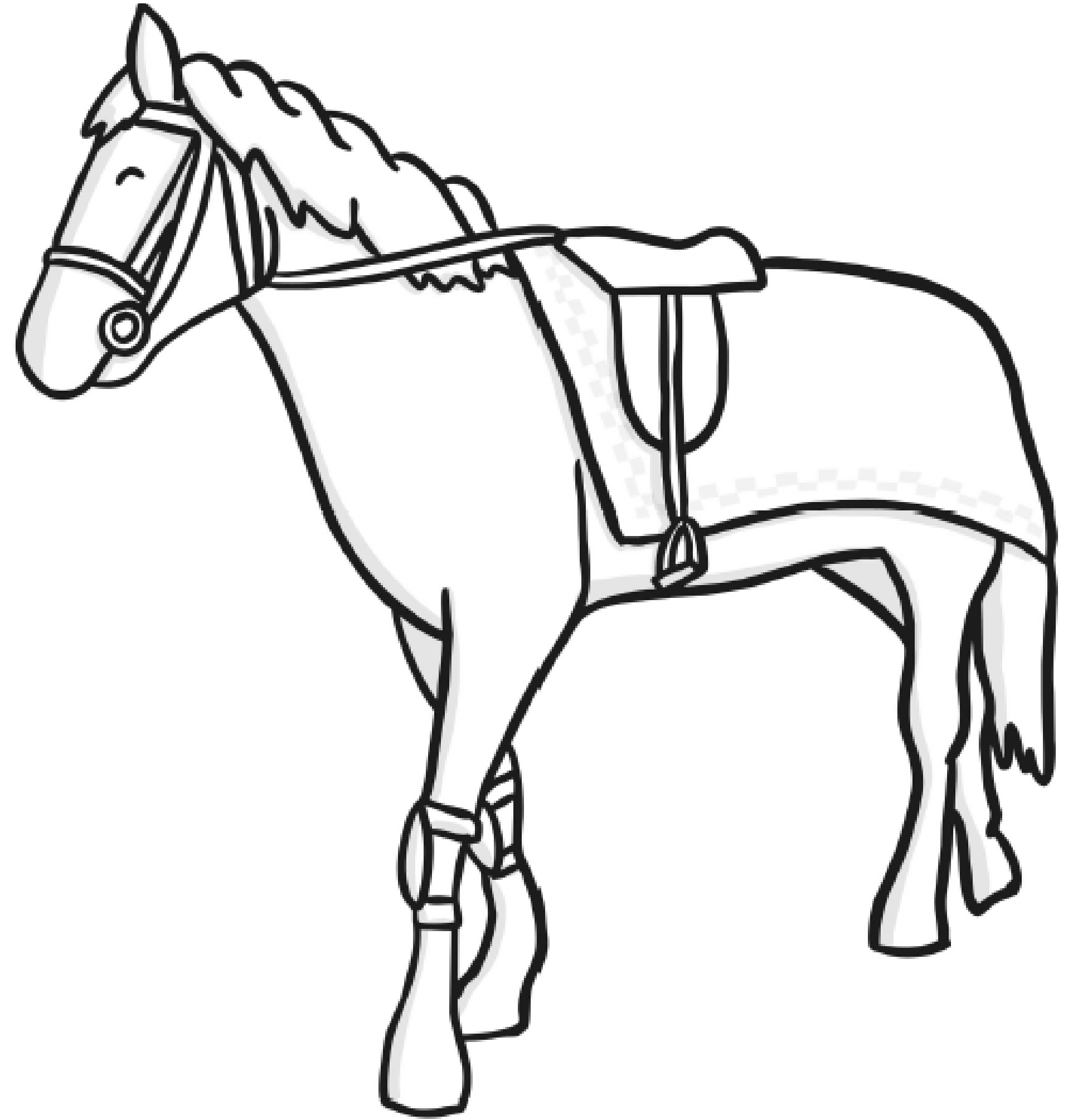
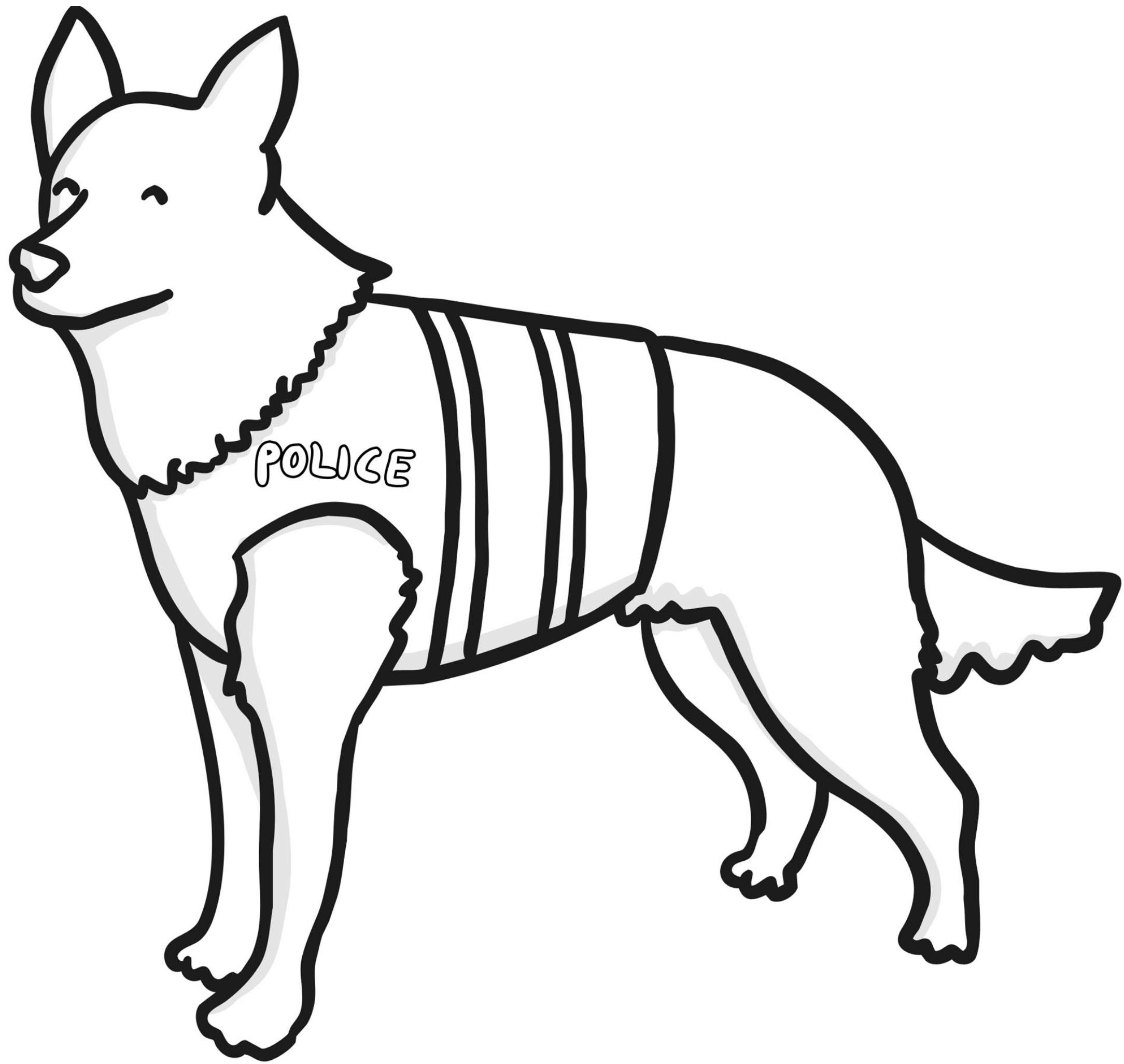


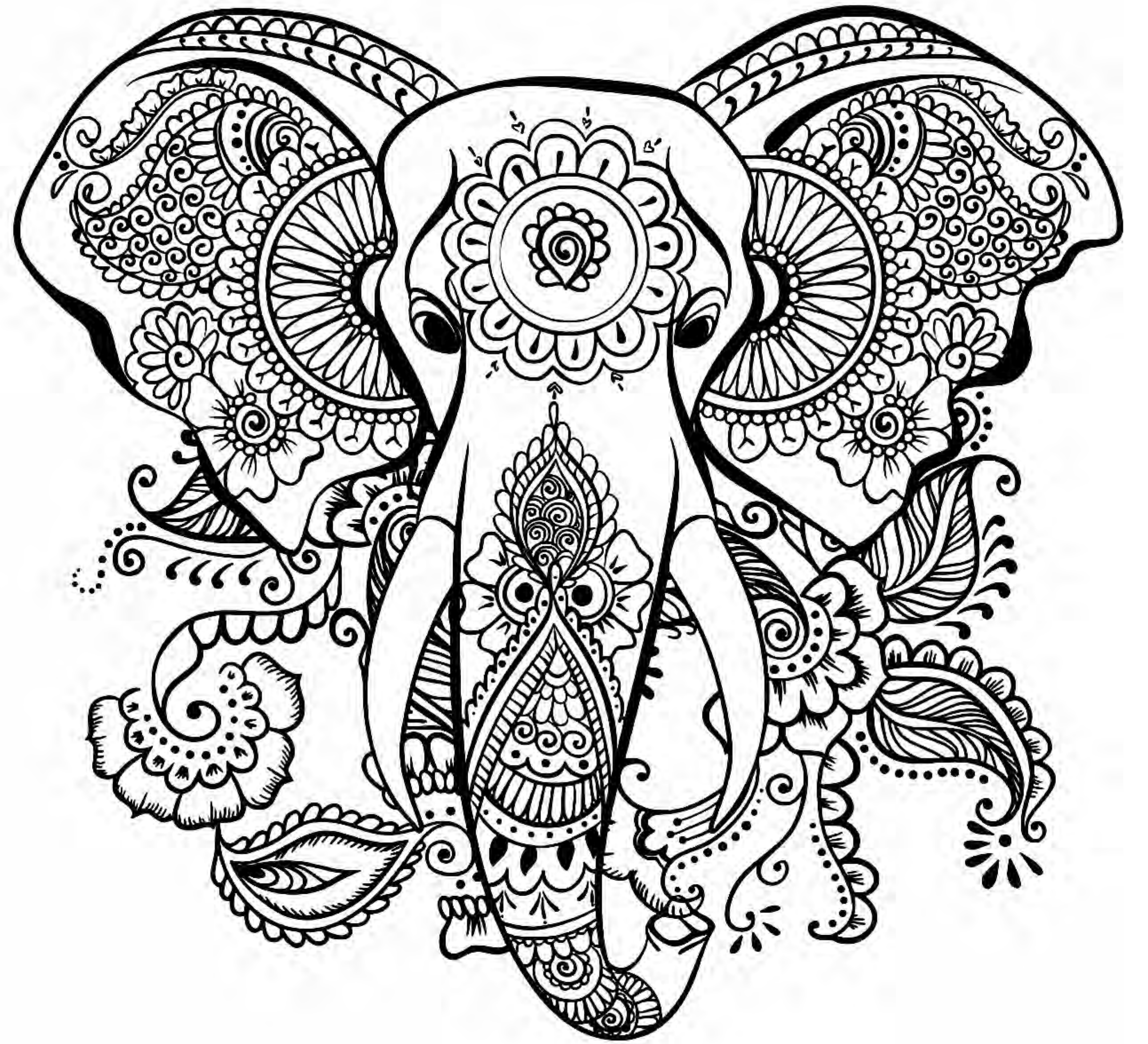
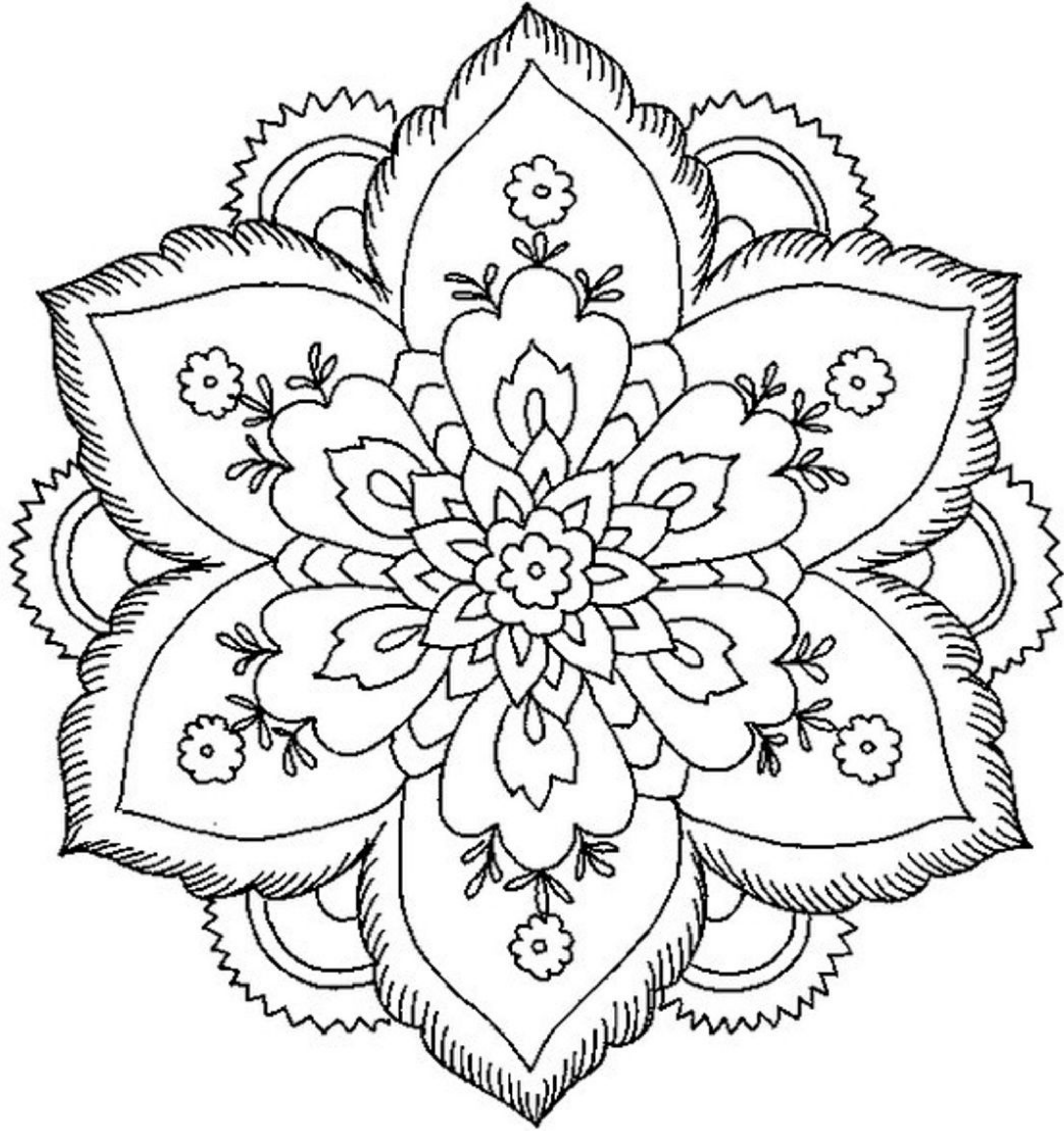


Alpha Pup

Alpha misses you! Ask an adult to help you upload a picture to Facebook or Twitter using #ColourInAlpha to show us your best colouring in

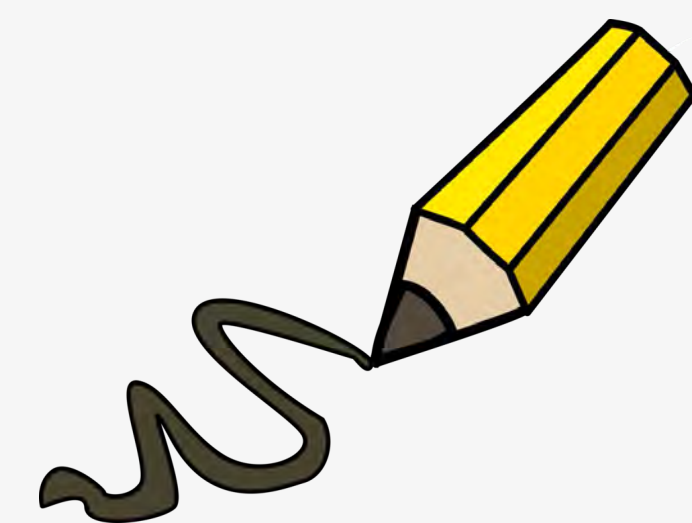






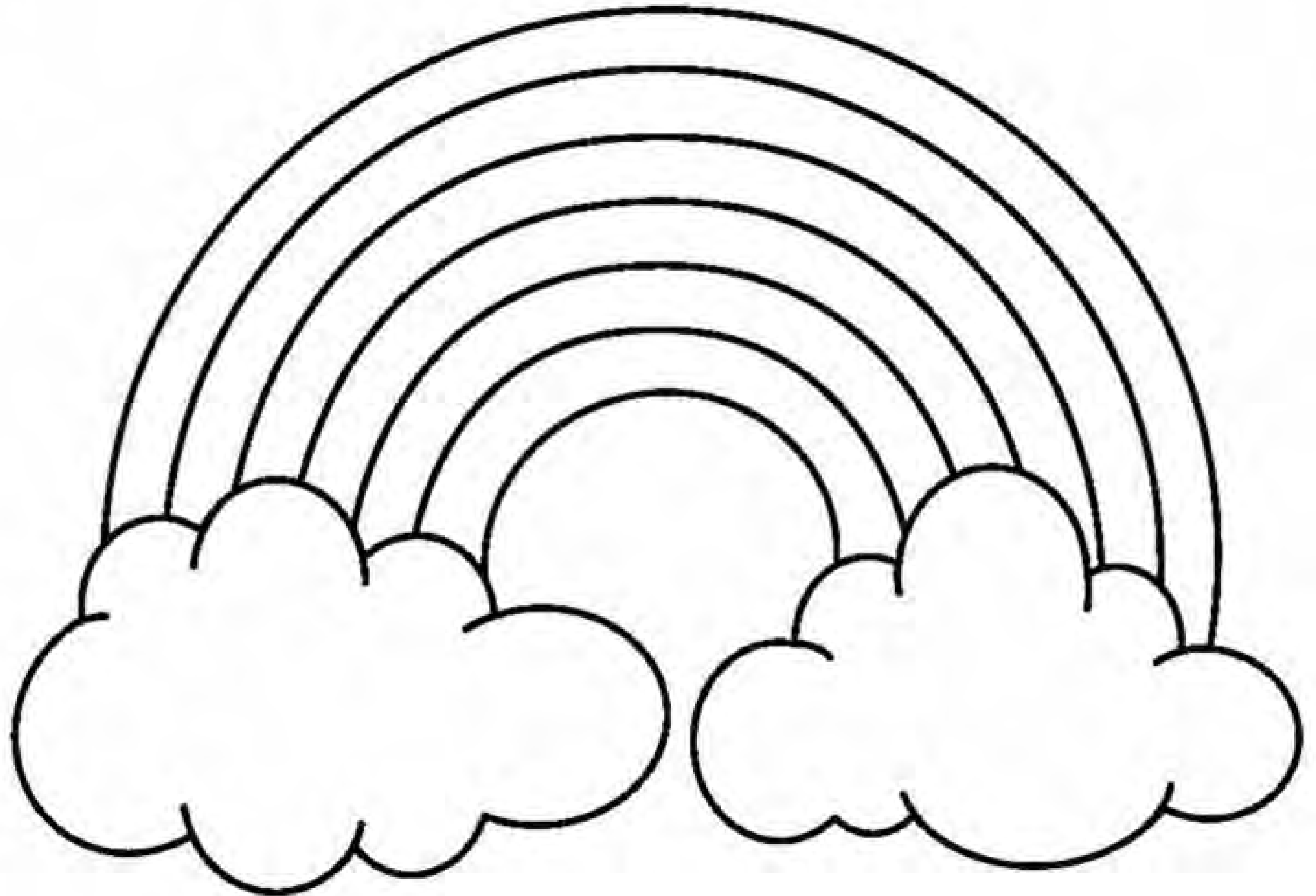
Can you draw...

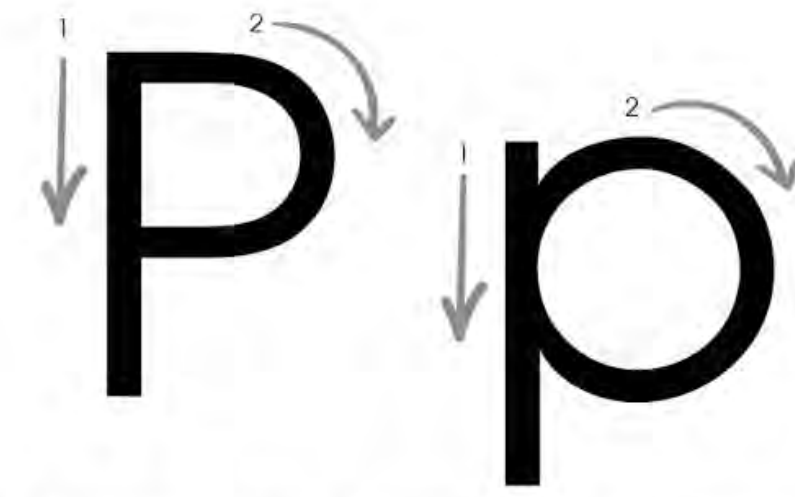
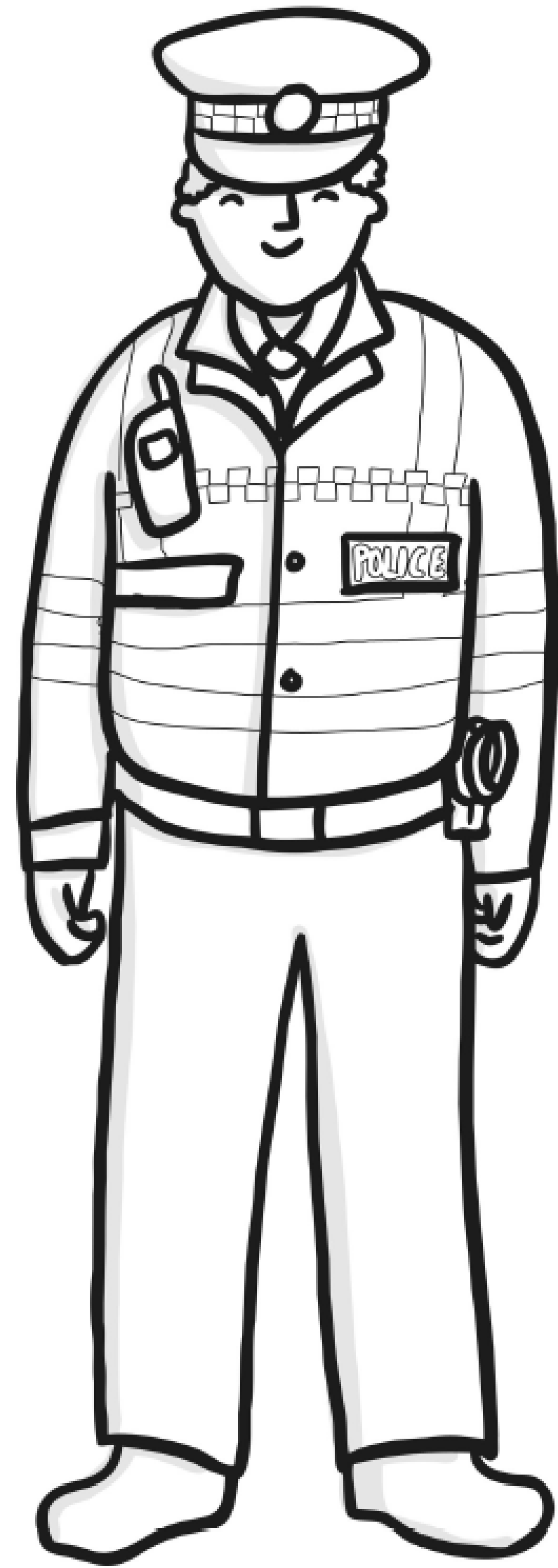
A Police car here?



A rainbow for your window

Join thousands of other children and colour in a rainbow to display in your window, to brighten someone's day!





P o l i c e O f f i c e r

P P P P

p p p p

How many fingerprints?

Put the correct amount of fingerprints in the box opposite



The Police found 10 fingerprints! Can you put 10 fingerprints below?



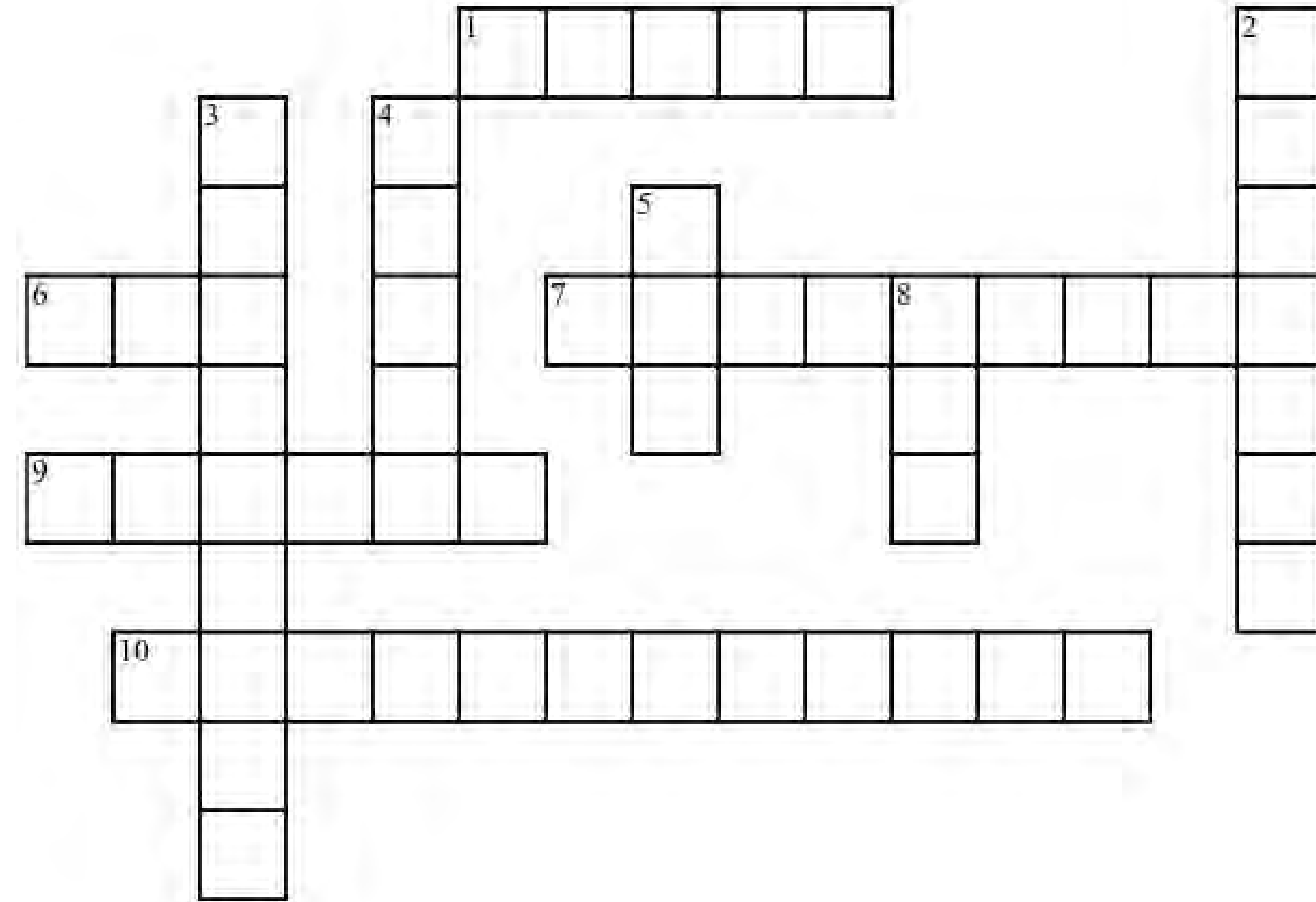
Puzzles

Across

1. What makes a noise when an Officer is heading to an emergency?
6. What do Officers wear on their heads?
7. What do Police use to arrest people?
9. What do Officers give to people speeding?
10. What do Officers take when arresting criminals?

Down

2. What did Police Officers use to get people's attention in the 1800's?
3. Who helps solve a crime?
4. What do Police Officers tackle?
5. What do Police Officers drive?
8. What is an American word for Police?



Word bank

- | | | |
|-----------|--------------|---------|
| Car | Handcuffs | Cop |
| Detective | Ticket | Hat |
| Siren | Fingerprints | Whistle |
| Crime | | |

Wordsearch

Find the words
listed in the grid
opposite

P	S	B	A	D	G	E	S	N	T	A	H	O	R
O	A	A	M	A	C	E	E	A	T	R	A	N	R
L	G	H	F	O	B	U	C	K	L	E	A	S	K
I	P	E	A	N	R	C	T	O	R	M	A	T	N
C	E	R	A	N	O	A	M	B	E	E	A	R	U
E	P	E	B	I	D	T	C	T	A	S	A	O	T
S	P	S	I	C	L	C	A	L	R	O	T	P	L
T	E	A	C	R	S	G	U	B	O	R	O	E	E
A	R	T	S	I	R	E	N	F	U	R	C	R	B
T	S	A	A	M	P	R	O	L	F	R	T	S	T
I	P	S	S	E	I	N	D	H	D	S	I	A	A
O	R	R	E	H	C	T	A	P	S	I	D	N	P
N	A	P	A	E	R	A	L	O	R	T	A	P	O
C	Y	R	O	I	D	A	R	C	A	N	I	N	E

NAME TAG
BADGE
MACE
HANDCUFFS
POLICE STATION
HAT
TASER
DISPATCHER
PATROL CAR
RADIO
PEPPER SPRAY
BUCKLE
REPORTS
CANINE
BELT
PATROL AREA
CRIME
SIREN
SHOES
BATON

Sudoku

Can you solve the puzzles below? Complete the 9x9 grids with the numbers 1 to 9. Each row, column and 3x3 subgrid can only contain the same number once!

8		9	3		6	7	5	2
3		2	1		5	8		4
	4	7	8	2	9		6	3
2		5			8	6	3	
1		6	7		3	2		8
4		3	9		2			7
7	3			8	4		2	6
6		4	2	9	7	3	8	
	2		6	3			7	

		4	6	2				1
	1			4		3		6
3	6		1				4	
		1		6		2		4
	3	5			4		1	
2					8	6		
7	2							3
		6	5	3		4		
4					1		6	

Recipes



Vanilla Cupcakes

Ingredients

120g softened butter
120g caster sugar
1 egg
1 tsp vanilla extract
120g self-raising flour

For the buttercream icing:

140g softened butter
275g icing sugar
1–2 tbsp milk
a few drops of food colouring (optional)

Method

1. Heat the oven to 180C/160C fan/gas mark 4 and line a 12-hole muffin tin with paper cases
2. Cream the butter and sugar together in a bowl until pale. Beat the eggs in a separate bowl and mix into the butter mixture along with the vanilla extract.
3. Fold in the flour, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are three quarters full.
4. Ask an adult to put them in the oven, and bake for 10–15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 5–10 minutes. Then place on a wire rack.
5. For the buttercream icing, beat the butter until soft. Add half the icing sugar and beat until smooth.
6. Add the remaining icing sugar with 1 tbsp milk, adding more milk if necessary, until the mixture is smooth and creamy. Add food colour (optional) and mix well.
7. Spoon the buttercream into a piping bag and add a nozzle of your choice. Pipe in a swirl motion and then enjoy!

Recipe sourced from BBC Good Food Magazine

Iced biscuits

Can you make an Alpha Pup shaped biscuit?

Ingredients

200g unsalted softened butter
200g golden caster sugar
1 large egg
1/2 tsp vanilla extract or 1 lemon, zested
400g plain flour, plus extra for dusting

For decoration:

8–12 x 19g coloured icing pens, or fondant icing sugar mixed with a little water and food colouring

Method

1. Heat oven to 200C/180 fan/gas mark 6. Put the butter in a bowl and ask an adult to beat it using an electric whisk until soft and creamy. Beat in the sugar, then the egg and vanilla or lemon, and finally the flour to make a dough. If the dough feels a bit sticky, add a little more flour and knead in.
2. Cut the dough into six pieces and roll out one at a time to about 5mm thickness on a floured surface. The easiest way to do this is to roll the mixture out on a baking mat. Cut out the shapes you want your biscuits to be in and peel away the left over dough at the edges. Re-roll any off-cuts and repeat.
3. Transfer the whole mat or the individual biscuits to two baking sheets (transfer them to baking parchment if not using a mat) and bake for 7–10 minutes or until the edges are just brown. Leave to cool completely and repeat with the rest of the dough. You should be able to fit about 12 on each sheet. If you are using two sheets, then the one underneath will take a minute longer.
4. Ice the biscuits using the pens to make stripes or dots, or colour in the whole biscuit if you like. They will keep for five days in an airtight container.

Recipe sourced from BBC Good Food Magazine