

Does the word exam scares you? Singa and the Kindness Cubbies have some exam tips to share with you. Be sure to beat those exam fears!

1 Eat healthy

Start your day with a healthy and nutritious breakfast. Skipping breakfast makes the body weak and lowers your concentration level.



Exercise daily and have sufficient rest

An hour of outdoor games, dancing or swimming makes your body feel energised and relaxed. Avoid late night studying.



3 Think positive

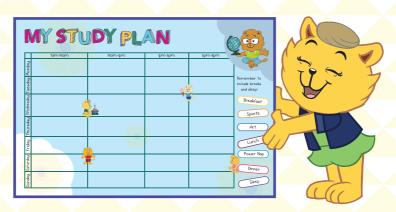
Say things to yourself that will boost your confidence! E.g. I have prepared well and this test can't scare me.



Stick to a study plan

Do a study and revision plan to better manage your time. Identify subjects you are weak in and tackle them first. However, remember to include break time!

(You may use the Cubbies study plan in this issue!)



MY STUDY PLAN

	7am-10am	10am-1pm
Monday		
Tuesday		
Friday Thursday Wednesday Tuesday Monday		
Thursday		
	<u></u>	
Sunday Saturday		
Sunday		

Exam stress could occur to students who are not well prepared. Create a study plan to manage your time well!
(Refer to sticker tabs on sticker page)

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lpm-5pm	5pm-8pm		
		Remember to	
		include breaks and sleep!	
		Breakfast	
		Sports	
		Art	
		Lunch	
		Power Nap	
		Dinner	
		Sleep	



Watch Singa and the Kindness Cubbies Animation

Tosh's Amazing Neural Transfer Helmet

Tosh got an A plus once again for his last homework assignment. Spike, a fierce bully, has scored an F again. Spike tries to force Tosh to help him cheat in the upcoming exam but Tosh refuses. Tosh has to think of the perfect solution to help Spike pass his exam!

Watch the animation to find out about Tosh's amazing neural transfer helmet, and if it really helps Spike in getting an A plus!

www.youtube.com/kindnessSG





What kind of friend are you?



- A Bring her food.
- B Call her from home and wish her well.
- C Bring her balloons.
- D Visit her and tell her everything that happened at school.
- E Offer your help to carry her bag and books.

2 When your friend gets a bad grade, you

- A Give him an encouraging pat on the shoulder.
- B Send him a note telling him you are there for him.
- C Tell him don't worry, and he can work towards the next test!
- D Tell him what you thought about the test.
- E Offer your help, and ask if he needs help with his homework/revision.



When it is your friend's birthday, you:

- A Offer to bake a birthday cake.
- **B** Prepare a big bouquet of daisies.
- C Plan for the most exciting party.
- D Give a big hug.
- E Help out at the party!

What you look forward to most about going back to school is:

- A The warm smiles from the canteen chefs.
- B Make your friends laugh.
- C Run together in the field, playing a football game.
- D Catch up with friends in school.
- E Help your friends make difficult decisions.

What kind of wishes do you usually write on your friend's birthday cards?

- A Thank you for sharing your food with me.
- **B** Special friends are rare to find, but I am glad you are one of mine!
- C My friend, it's time to throw some confetti, dish out some food and burst some balloons! You deserve the best!
- D Am I the first one to wish you Happy Birthday? No? Second one?
- **E** I wish that for every extra candle on your cake, you receive an extra reason to smile. Happy Birthday!



You are...

If you answered mostly A's, you are like **Tomeo**.

You are a thoughtful and generous friend! You don't mind giving gifts just to make someone feel better.



If you answered mostly B's, you are like **Sher**.

You are a shy but sweet friend! People confide in you because you are approachable.



If you answered mostly C's, you are like **Singa**.

You are a cheerful friend who never fails to brighten up someone's day!



If you answered mostly D's, you are like **Kalle**.

You are a chatty friend! Words of encouragement are very important to you.



If you answered mostly E's, you are like **Tosh**.

You are smart and humble! You always offer wise advice to your friends.



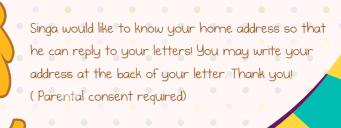


How do you cope with exam stress? What would you do if you know your friend needs help in his/her schoolwork?

Share your stories by sending us your letters, drawings or pictures!

Post it by snail mail to.

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Singa and the Kindness Cubbies hope that you are having fun collecting Kindsville stickers. In this issue, we are introducing you to Kindsville School and Kindsville bus stops! Refer to the sticker page to find Kindsville School and other stickers to decorate your map.



Complete the Kindsville Town Map by collecting stickers from every Kindsville issue!

(Kindsville Town Map can also be downloaded from Kindsville website at www.kindness.sg/kindsville)

