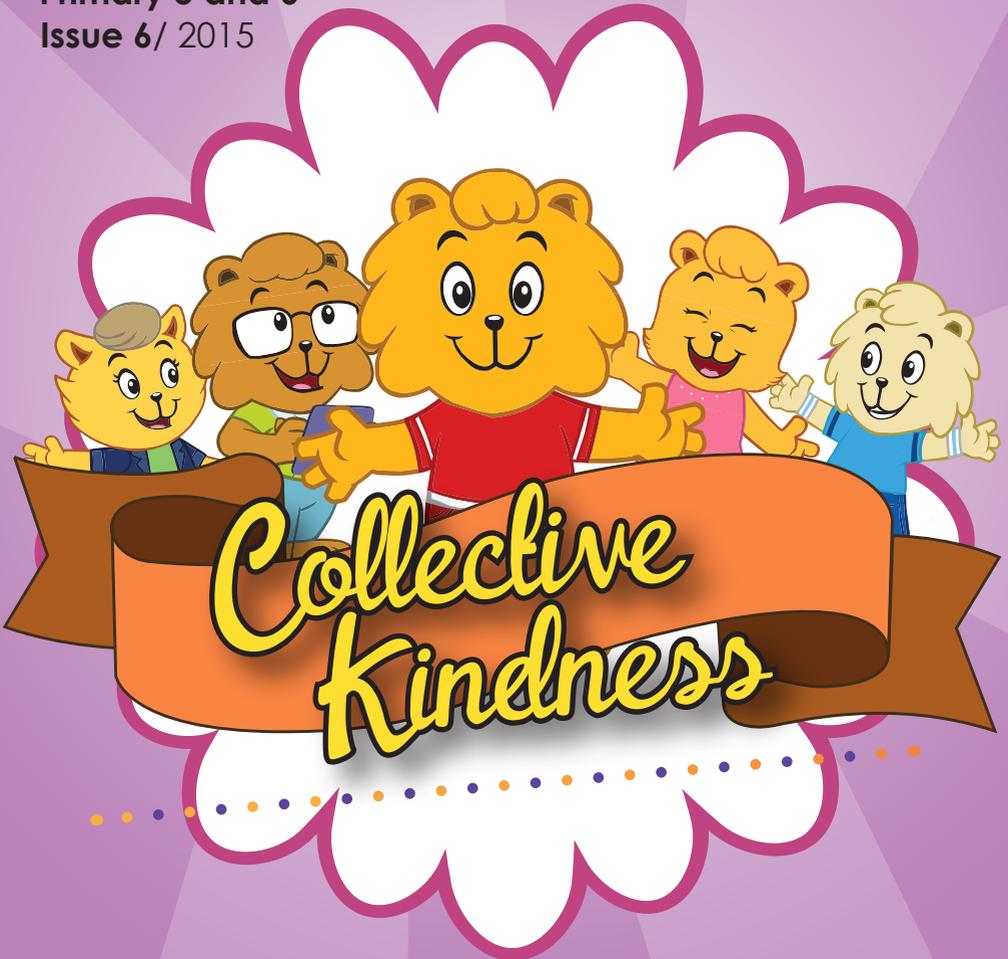




Primary 5 and 6  
Issue 6/ 2015



# Kindness All Year Round

Hey friends, a student shared with me that her class pledged to do a total of 500 acts of kindness this year! That sounds very difficult!



Not really! Acts of kindness can be part of our daily lives. Just yesterday, I helped Mrs Boo with some heavy shopping bags.



Spreading kindness to others makes them feel special. The most memorable kind act I experienced was when Tomeo helped me with a Science experiment. Thanks to him, our Science experiment went smoothly.



Tosh showed care to me when he helped me to plant some daisies.



Great job guys! We have done and experienced many acts of kindness this year.



I see that we have also raised the Compassion Compass level!



Every little act of kindness adds up to making Kindsville a happier and kinder place to live in. It can make someone's day! Be kind and stay kind to everyone!



# CUBBIES Kindness TIPS



Do you know that kindness doesn't take up much time and it's easy? You can be an everyday hero by showing kindness in the following ways:

## 1 Volunteering

Offer a helping hand to someone. Spend time with the elderly and spread cheer to them.



## 2 Displaying good manners

Hold doors open for others. Be punctual for your appointments. It shows that you respect the person.



# Kind-O-Meter

Are you kind today?

Carefully cut out the two disks, along the dotted lines. Place the blue 'Today I am' disk on top of the yellow disk with the 5 Kindness Cubbies. Fasten both disks to the centre using a Paper fastener.

Paper fastener



You can now turn the blue disk to show what you have achieved today! (For example, turn to 'Caring' when you showed care to someone in the day.)



Kind-O-Meter

# Family Time

## ★ Mystery Pal ★

Each family member will write his/her name on a piece of paper, fold it so that the name can't be seen, and put it in a hat. Take turns to pick a slip of paper each, and keep the name that you have picked a secret.

The mission is to do as many acts of kindness for that person within a week. At the end of the week, gather together and swap stories of kindness.

### *My Secret Missions*

**1**

Success: Yes  No

**2**

Success: Yes  No

**3**

Success: Yes  No

**4**

Success: Yes  No



## *Showing Appreciation to a Friend*

It is the end of the school term and all of you have helped one another in projects and group discussions. Compliment a friend on a talent, skill or strength that you admire. Using the beginning letter of their name, think of a complimentary phrase. For example:



**Tosh is Talented in  
crafting new machines.**

Create a card using a piece of paper in your favourite colour. Write your friend's name on the card. Decorate your card with stickers found in the sticker page. Give the card to your friend!

# COLOUR ME!

Fill up Singa's garden of kindness  
with colours.





# Watch *Singa and the Kindness Cubbies* Animation

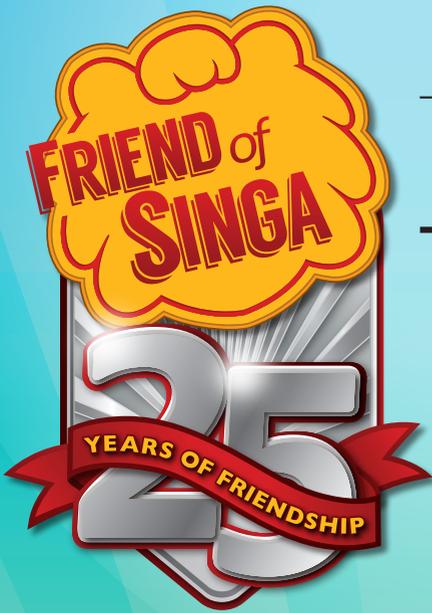
## Pass It On

Kindsville Academy is abuzz with excitement when Singa and Tosh announce their latest project. It is a mobile app called "Gimme a Hand"! With this new online community, anyone in Kindsville who needs help can post their request, and other users can then respond to lend a helping hand!

Watch this animation and find out how everyone in Kindsville, including Spike the bully, goes around helping one another.



[www.youtube.com/kindnessSG](http://www.youtube.com/kindnessSG)



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## A CELEBRATION OF KINDNESS STARTS WITH ONE

(Featuring Bedok Green Primary School)

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This year, Friend of Singa is celebrating its 25th year of spreading kindness in schools and the community!

Let's take a look at what kindness ambassadors in Bedok Green Primary School have done to spread kindness within the school.

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Kindness ambassadors from Bedok Green Primary School came up with activities that engaged one's Head, Heart and Hands. A mural was also created in celebration of kindness!

### HEAD

Assembly talks on kindness were conducted and posters of students displaying kind acts were put up in school.

### HEART

Students penned down notes of appreciation and gave them to those who made a difference in their lives.

### HANDS

Students formed their class mural using templates.



“

I have learnt that simple kind acts make someone's day. If everyone takes the initiative to spread kindness, the school will become a gracious and kinder place!

”

— Friend of Singa 2015 Ambassador  
Nurul Ain Binte Harun  
Primary 5

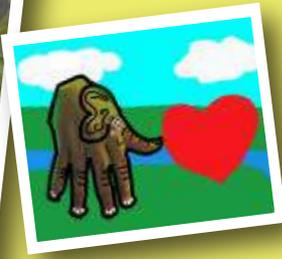


## KINDNESS PROJECTS FEATURED IN SG50 E-BOOK

Technology can be used to encourage a culture of kindness.

### THE FIRST KINDNESS DAY SG (Dunearn Secondary School)

Students expressed their hope for a kinder and more gracious Singapore by creating their original song and video.



### SHARITY- THE ENDURING SINGAPORE MASCOT (Pathlight School)

Talented students created short digital clips with drawings and Lego model animations to promote the kindness spirit.

### WHO KEEPS SINGAPORE CLEAN? Yuhua Primary School

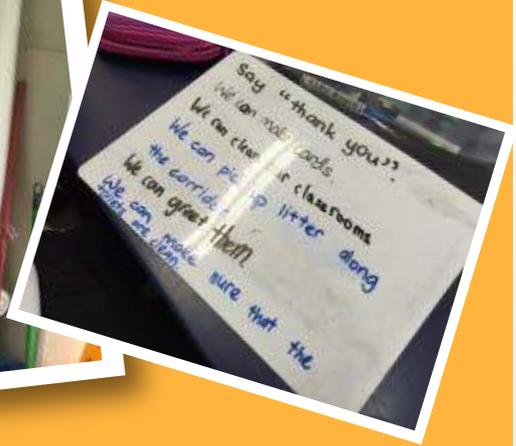
Students used sand art to tell the story of Water Wally. You can hear the voices of the 'silent heroes' in Singapore who work tirelessly to keep our environment clean.



To read these stories about Kindness and many other interesting stories, with your parents' permission, download the SG50 e-book from the Apple Store or Google Play Store today!



## PROJECT SHINE



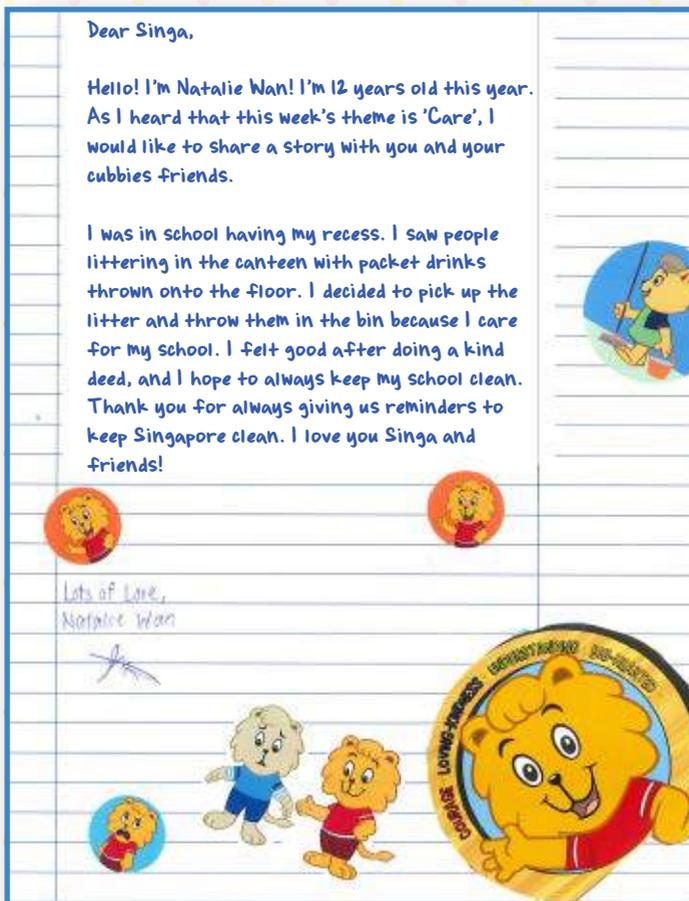
Pupils from Park View Primary School take responsibility for keeping their school clean and show care for others who share common spaces through Project Shine. They clean their classrooms during the last 5 minutes of school every day and also help clean the rest of the school compound once every term.

They also participate in Circles of Sharing and use reflections to learn how to appreciate those who clean the school for them. The Cleanliness Leaders appointed in each class also help ensure cleanliness is maintained daily.

# Featured Entries



Singa and the Kindness Cubbies are overjoyed to have received so many letters. We would love to hear your kindness stories over the school holidays!



Natalie Wan, Age 12

Dear Singa,

My name is Vi. I am 11 years old. I like reading your stories. I would like to share with you a kind act I had done.

Last year, I had a classmate. Everyone hated her. Soon, I felt sorry for her and started to make friends with her. I asked her to join my friends and I for games, but some of my classmates shouted names at her. I then told her to ignore them.

Last year, our teacher allowed us to play in school after the exams as there were no lessons. I asked her to draw together with me. She commented that my drawing was nice! I smiled at her, gave her my drawing and told her that we will always be friends.

When we got back our report books, we realised we were going to different classes the next year. We were upset, but we know we would still be able to meet each other in school. Unfortunately she was transferred to another school this year. I was very upset, but was also happy that we had fun last year.

This is my message to all kids: Be nice to everyone!



Vi, Age 11

Dear Singa,



My name is Jerry and I am 11 years old. I am from Beacon Primary School. Last week, my school had a donation drive organised by Chestnut Drive Secondary School. We could donate stationery kits and educational games. I was surprised to see that almost everyone donated items to a poor country that needed these materials. I donated stationery kits, old games and other items. On the last day of the week, I was surprised when the slide show presentation showed words of thanks from the people in the poor country!



Jerry, Age 11



## write to Singa



How do you feel when you experience an act of kindness?  
Does that make you feel like spreading kindness to more  
people around you?

Write to Singa and the Kindness Cubbies to share your  
kindness stories. You may wish to draw as well!

Post it by snail mail to:

Singa and the Kindness Cubbies  
Singapore Kindness Movement  
140 Hill Street #05-01  
Old Hill Street Police Station  
Singapore 179369

Singa would like to know your home address so that he can reply to your  
letters! You may write your address at the back of your letter. Thank you!  
( Parental consent required)