

A-OK!

Agents of Kindness

Issue

01

2016

Primary 5-6



singapore
kindness
movement

READY, SET, SCHOOL!

Highlights:

- ▶ back to school tips
- ▶ friendship quiz
- ▶ how can you start the year right?

Dear Agents of Kindness,



Welcome to the Kindness Headquarters! We are a group of agents with a common purpose: to spread happiness, smiles and a little magic in school and in the community through simple acts of kindness.

Do you know that acts of kindness can be very powerful? Kind acts make people happy, and happy people are nice to others, so the whole ripple of kindness grows and grows.

As Agents of Kindness, your mission is to uphold the duties of a happiness hero, commit to a kindness cause and have as much fun as possible while doing it! In this A-OK! newsletter, you'll find useful tips and fun activities to get you started on being an Agent of Kindness.

Good luck with your missions!





ALL ABOUT ME

Get started by knowing yourself better

PICTURE OF ME

NAME



MEMBERS OF MY FAMILY

BIRTHDAY

THINGS I DO WELL

I LEARN BEST BY

MY GOAL FOR THE UPCOMING SCHOOL YEAR

PERSON I LOOK UP TO

(Describe that person's best qualities and why you admire him/her)

TIMES WHEN I HAVE DONE SOMETHING GOOD

(Include those times when you've made a difference to somebody else by being helpful, kind, or thoughtful)

PEOPLE I TRUST

MY FAVOURITE

HOBBY:

TV SHOW:

BOOKS:

COLOUR:

FOOD:

MOVIE:

MY POSITIVE QUALITY

(Such as a sense of humour, friendliness, determination, courage, concern for others, helpfulness and being a good friend)

ONE THING THAT MAKES ME SPECIAL AND UNIQUE

Back ^{to} SCHOOL



TIPS

#01 MAKE NEW FRIENDS

To have a friend is one of the most wonderful experiences in school life. You can make friends by saying 'hello' and introducing yourself!

#02 SUPPORT YOUR FRIENDS

Sometimes, our friends go through tough times. Let them know you are there for them by letting them know you care and extending a helping hand!

#03 BE RESPONSIBLE

Everyone has a part to play in keeping the school a clean and happy place. You can start by returning your trays after meal. Be Kind, Keep Clean!

#04 BE POSITIVE

Forget about the past bad events and look forward to another new day!

#05 SET GOALS

What would you like to achieve this year? For example, reading a storybooks a week. You can also brainstorm with your friends on how you can help one another.

#06 STAY ORGANISED

Develop a filing system you can use to keep your notes organised.

FRIENDSHIP

QUIZ

See how many of these questions you can answer about your friend.
Ask your friend to answer the same questions about you too.

Friend's name:

What is your friend's full name?

Where/When was your friend born?

How many siblings does your friend have?

If your friend has \$10 to spend, what would he or she do with it?

What is your friend's favourite animal?

What makes your friend laugh till he/she snorts?

If your friend could be in a TV show or movie, what would it be?
What character would your friend choose to be? Why?

What is your friend's favourite hobby?

What is your friend's favourite food?

What is your friend's dream holiday destination?

Check your answers with your friend and count your scores.

8-10

You have made the effort to get to know your friend very well. You're a good friend!

6-8

You know your friend quite well!

1-5

Uh-oh! You don't seem to know your friend. Find out more about your friend to show him/her you care!

THE **Broll Code**

1



**BROLLS
KEEP IT
REAL.**

Say what you would online,
as you would offline.

2

**BROLLS
THINK
TWICE.**



Brolls are independent,
sensible and responsible.

3



**BROLLS
WHO SUPPORT THEIR
FRIENDS IN
NEED ARE
BROLLS
INDEED.**

There are good days and
bad days. Whatever the
case, bringing a smile to
your friends is always a
nice thing to do.

Broll [BROHL]

noun

Definition:

That bro who always has your back online. He clicks the “like” button to show support, shares positive stories, and always comments sensibly. Basically, he is the opposite of a troll.

Example:

Hey, thanks for sharing that heart-warming story online. You're such a Broll man.

4

**BROLLS
OVER
TROLLS.
ALWAYS.**



Make friends online, not
enemies!

5



**SHARE
WISELY,
BROLLS
MUST.**

Share good deals with
friends, you must. Promote
unsuitable and unnecessary
content you must not.

FOR MORE COOL TIPS ON BEING A GOOD
BROLL, VISIT WWW.BROLLZONE.COM

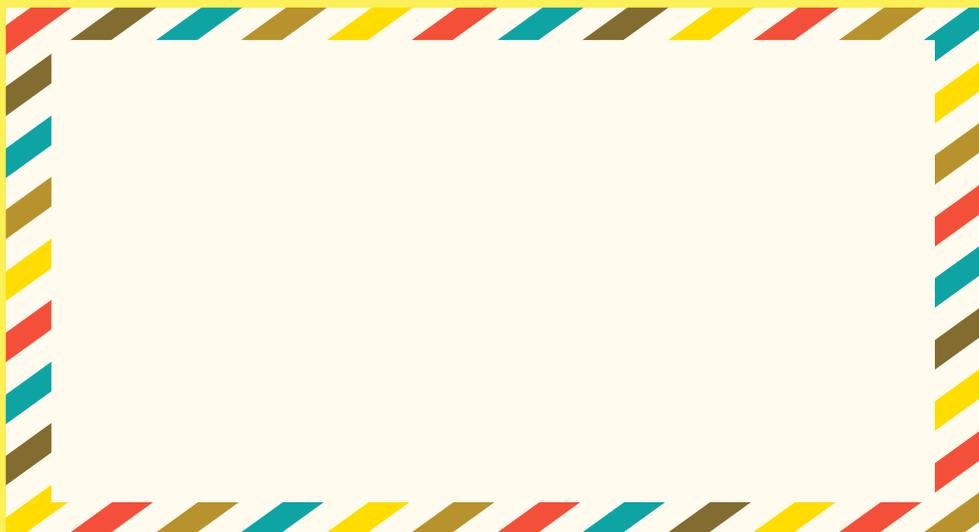
Cheer up!

FEELING DOWN?
WRITE A "CHEER UP" NOTE TO YOURSELF.



NOW, WRITE A NOTE TO YOUR FRIEND WHO
NEEDS A SMILE.

(YOU MAY DECORATE IT WITH STICKERS FROM THE STICKER PAGE.)







Kindness Mailbox



**DO YOU KNOW OF ANY INSPIRATIONAL
QUOTES OR QUOTES ABOUT KINDNESS?**

WRITE THEM ON THIS PAGE. BE CREATIVE AND HAVE FUN!

TEAR OUT THIS PAGE AND SEND IT TO US. WE WILL BE FEATURING
SELECTED ENTRIES IN THE KINDNESS WEEK SG 2016 SPECIAL ISSUE.

POST IT BY SNAIL MAIL TO:

Agents of Kindness
Singapore Kindness Movement
140 Hill Street #05-01
Old Hill Street Police Station
Singapore 179369

Agents of Kindness WORD SEARCH

CIRCLE THE QUALITIES THAT AGENTS OF
KINDNESS SHOULD HAVE.

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

HERE ARE 3 QUALITIES. CAN YOU FIND 2 MORE QUALITIES?

1. Responsible
2. Care
3. Courage

4. _____

5. _____



KIND FRIENDSHIP WITH COLOURS (KFC)



Students from Raffles Girls' Primary School found that there were groups of people in school who were too shy to make friends. Therefore they worked on a project to promote friendship among pupils.



At the Friendship Bench, two benches were placed at a prominent place with 2 boxes containing interesting topics and kindness challenges. This place was used to encourage pupils to do kind acts for one another, make friends or get to know their friends better.

Pupils were also encouraged to write notes of appreciation to their friends. This is to thank their friends for the nice things that they have done for them.

Through these activities, the message of friendship has spread through the school. Raffles Girls' Primary is now a friendlier place for all!

WORDS AND ACTS OF KINDNESS MAKE MY DAY!

Students from First Toa Payoh Primary School learnt to do kind deeds and spread joy to people around them by saying words such as “please”, “thank you”, “may I”, “sorry”, “excuse me”, “good morning”, “good afternoon” and “you’re welcome”.



Under the “Home Helper Programme”, students were encouraged to do household chores such as sweeping the floor and cleaning the dishes after a meal. Students learnt to take responsibility and to be appreciative of everyone’s effort to keep the house clean.



-Tray Return-

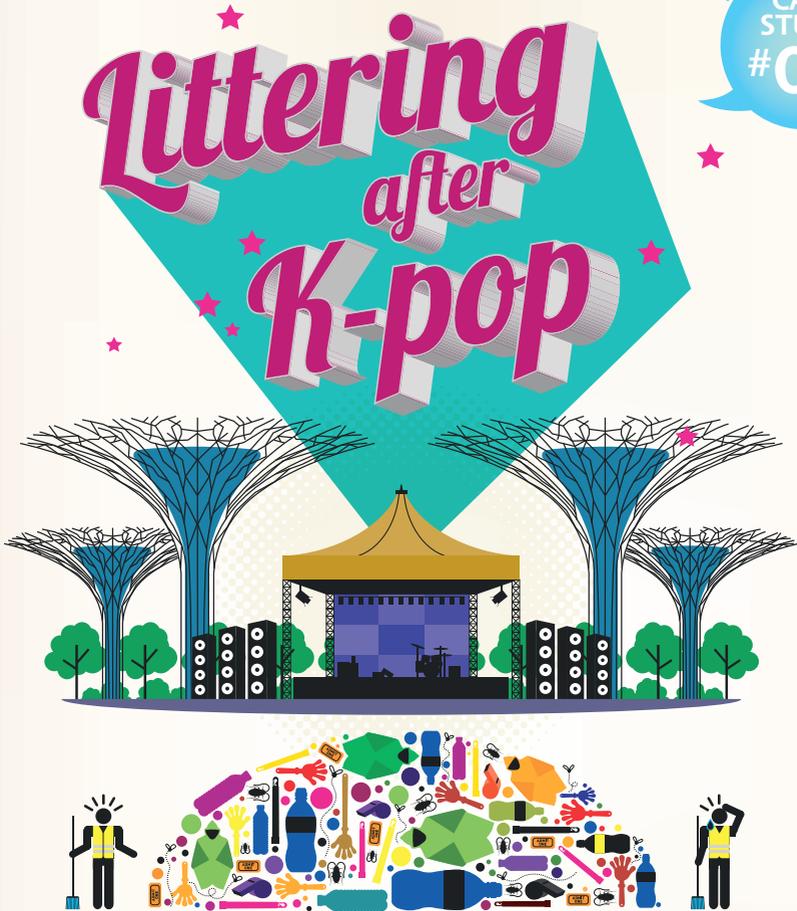
ZERO SCORE IN GRACIOUSNESS



10 Secondary school students celebrated a football match win at a fast food joint. The team members, who were all wearing similar football jerseys and donned medals, occupied several tables joined together at the back of the restaurant. Half an hour later, they left without clearing their tables. Even though the rubbish bins were right next to their table, empty drink cups and burger wrappers were left behind and made for an unsightly mess.



**HOW DO WE ENCOURAGE MORE PEOPLE TO
TAKE RESPONSIBILITY FOR THEIR OWN TRASH?**



The aftermath of a recent pop concert revealed that Singapore still has a long way to go in caring for cleanliness in public spaces. Though event organisers include a clean-up crew for every event, trash left behind has gotten worse over the last 5 years, causing more cleaners to be hired. Sometimes cleaners are hired from as many as 2 to 3 different cleaning companies.

THE
TASK

HOW DO WE INSTILL SHARED RESPONSIBILITY
FOR THE CLEANLINESS OF PUBLIC SPACES?



MY Dreams

WHAT ARE SOME THINGS YOU WOULD WANT TO DO
BEFORE YOU GRADUATE FROM P6?

RECORD YOUR DREAMS BY WRITING OR DRAWING IN THE SPACE BELOW!

HERE ARE SOME IDEAS!

Volunteer regularly at a charity.

Volunteer at an animal shelter.

Do random acts of kindness.

Run a marathon.

Family Time

Did you enjoy your December holidays? As we enter 2016, make some plans for Term 1 together with your family. Suggest some goals you would like to achieve. Discuss with your family members how they can help achieve the goal.

Some ideas include:

Picking up litter in the neighbourhood

Learning a new skill together

Playing a sport together once a week

Lending a helping hand to neighbours

Keeping the home clean

#01

We will learn how to...

#02

We will always remember to...

#03

We will not be afraid to...

#04

We will try to...





To spread happiness, smiles and a little
magic in school and in the community
through simple acts of kindness.