

Agents of Kindness

Issue

02

2016

Primary 5-6



A LITTLE  
**THOUGHT**  
FOR OTHERS  
MAKES ALL THE  
**DIFFERENCE**

Highlights:

- ▶ 5 things happy people do differently
- ▶ say "thank you" in other languages
- ▶ make a gratitude cootie catcher

# 5 Things Happy People Do Differently

## #01 TREAT EVERYONE WITH KINDNESS

Did you know that it has been scientifically proven that being kind makes you happier? Treating people with love and respect also allows you to build stronger relationships.

## #02 EXPRESS GRATITUDE

There's a popular saying that goes "The happiest people don't have the best of everything; they just make the best of everything they have."

## #03 TAKE THE TIME TO LISTEN

Listening keeps your mind open to others' wisdom and outlooks of the world. The more you listen, the quieter your mind gets and the more content you feel.

## #04 SPEAK WELL OF OTHERS

Being nice feels better than being mean. Saying nice things about other people encourages you to think positive.

## #05 EAT HEALTHILY

Junk food makes you sluggish and it's difficult to be happy when you're in that state. Be sure to eat healthily to keep your mind and body fit!

# How do you say Thank You?

8 April is International Friendship Day. On this day, we remember the spirit of friendship and collaboration among different people in our lives. Do you know how to thank your friends in other languages? Fill in the blanks to complete this list of "Thank You" in different languages!

English

Thank You

Malay

\_\_\_\_\_

Tamil

\_\_\_\_\_ (written நன்றி)

Chinese

Xie xie (written 谢谢)

Cambodia

\_\_\_\_\_

Myanmar

\_\_\_\_\_

Indonesia

\_\_\_\_\_

Brunei

Terima Kasih

Philippines

Salamat

Laos

\_\_\_\_\_

Vietnam

Cám Ơn

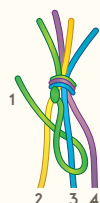
Malaysia

\_\_\_\_\_

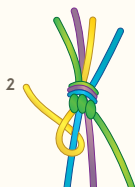
# Feeling Grateful!

## MAKE A FRIENDSHIP BAND FOR YOUR FRIEND.

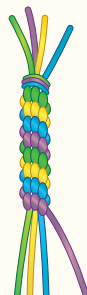
- 1 Start with string 1. Loop it over and then under string 2. Hold string 2 straight and pull the knot snug.
- 2 Do step 1 a second time so you have a double knot.
- 3 Now take string 1 and make double knots around each of the remaining strands (3 and 4).



- 4 Now do the same thing again. Start with the far left strand 2 and tie double knots, left to right, all the way across the other colors.



- 5 Keep going until the end of the band. Gather the strings and tie a knot to secure.



ATTACH A NOTE TO YOUR FRIENDSHIP BAND THAT STATES WHY THE FRIENDSHIP MEANS SO MUCH TO YOU. BE SPECIFIC.

FOR EXAMPLE:

Dear \_\_\_\_\_,

I appreciate how you helped me with my Science homework. Arigato, my friend.

From: \_\_\_\_\_

# MAGNANIMOUS MIDWEEK

means being generous or forgiving, even to someone you don't really like!

You're halfway through the week. Make it a merry, magnificent midweek by doing kind things for people when you see they need help. Record (write, draw, paste) all the kind acts you have done throughout the day!

Here are some examples of ways to be considerate:

- Hold the door open for someone.
- Give your seat to someone in need on a bus/train.
- Help your parents out by doing extra chores when they're clearly overwhelmed.



On the way to school...



In school...

Going home...

At home...





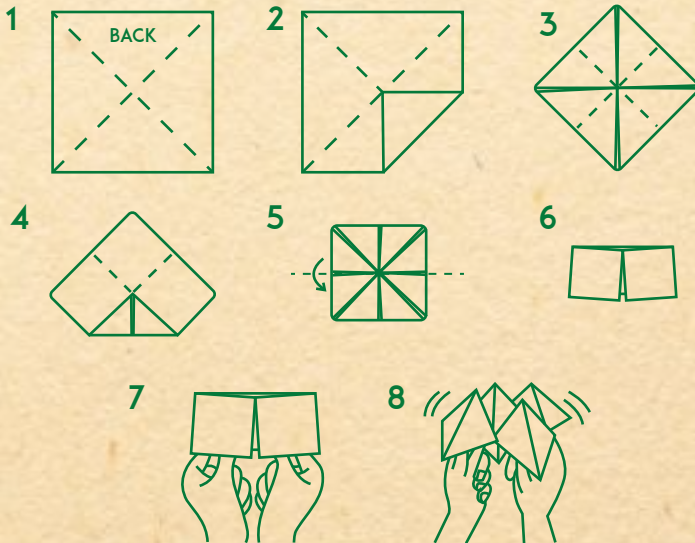


## GRATITUDE COOTIE CATCHER

Gather your family members and play this game together!

### HOW TO FOLD:

Tear out the Gratitude Cootie Catcher template on the next page and fold it according to the steps below.



### HOW TO PLAY:

- 1 Tear out and fold the Gratitude Cootie Catcher. Gather your family members and pick one person to operate the Cootie Catcher and one to play.
- 2 Have the player choose one of the top four squares. Spell the object while opening and closing the Cootie Catcher for each letter, leaving it open at the end so that you see 4 numbers inside. (When you open and close it, open it once with your forefinger and thumb on each hand together. Close it, then open it again with your two forefingers together and your thumbs together.)

- 3 Player selects one of the 4 shapes on the inside. Operator close-and-open the Cootie Catcher again as they count the image number.
- 4 Have the player pick another image, open the flap and let the player choose a number 1 or 2. Read the question that corresponds to the number, the player answers and then becomes the Cootie Catcher operator.
- 5 Rotate play until each person has been the player and the operator.









# Kindness Mailbox



**KINDNESS IS COOL TO ME BECAUSE...**

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

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

CLASS: \_\_\_\_\_

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



# PEOPLE I RESPECT

WHO DO YOU LOOK UP TO AND WHY?  
PASTE A PHOTO OR DRAWING OF THEM.

# Agents of Kindness Mission

Put on your cape  
and save the day!

**AIM: HELP OTHERS GET THROUGH  
AWKWARD MOMENTS.**  
**HOW: FILL IN THE SPEECH BALLOONS.**

Penny's friend would like her company for a CCA briefing. Penny thinks, "Hmm, I'm not keen on this CCA but Jasmine is my friend."

How should Penny reply her?

**Jasmine:** I'm interested in joining the CCA but I don't know anyone there. Can you come with me?

**Penny:**

Belle's good friend has a habit of gossiping about their classmates. How should she point out that doing so is hurtful to those she talks badly about?

**Belle's friend:** Psst! Guess what? Cherry's crying in the toilet again. She should get a life!

**Belle:**





## ANDERSON EMBRACES KINDNESS FROM WITHIN



During Anderson Primary School's Appreciation Week, the pupils made gigantic cards and wrote their heartfelt messages to the non-teaching staff. This allowed pupils to express gratitude. Heart-warming scenes of students giving cards to non-teaching staff put smiles on everyone's faces!

Kindness Ambassadors distributed post-it notes and encouraged peers to write messages of appreciation to their friends as their "gift to others".

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## GO GREENWOOD! LET'S BE KIND



Kindness Ambassadors at Greenwood Primary School wanted to motivate pupils to demonstrate kindness to family and non-teaching staff. Activity templates were crafted for both lower and upper primary pupils, focusing on carrying out kind acts within the family and towards non-teaching staff. These templates were then put together to form a school display.

## CASE STUDY

- THE CAST -



Uncle Tan



Uncle Lai



Young man

## BEHAVIOURS ON PUBLIC TRANSPORT

## Unreserved Over the Reserved Seat



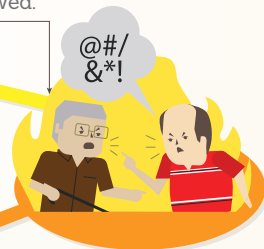
- 1 Uncle Tan, 73, with rheumatism VS Uncle Lai, 50-something man sleeping in the reserved seat.



- 2 Young man offered his own seat to Uncle Tan. He refused and insisted Uncle Lai give up the reserved seat. Uncle Lai waved Uncle Tan away and resumed sleeping.



- 3 Uncle Tan tapped him and asked for the reserved seat again. Feeling irritated, Uncle Lai started hurling vulgarities at Uncle Tan. A yelling match followed.



- 4 None of the other commuters stepped in to stop the fight, though many recorded the incident on their smartphones.



- 5 Uncle Lai ended up spitting on Uncle Tan before he disembarked from the train, leaving Uncle Tan furious.

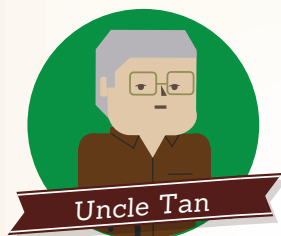


## TASK

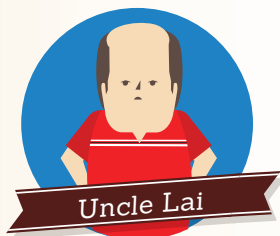
# PUTTING OURSELVES IN OTHER PERSON'S SHOES

Many unhappy incidents and misunderstandings could be avoided if we are less judgemental and be more accepting of others. If one develops empathy for others, we can make this place better for all.

Put yourself in their shoes and discuss with your classmates the following questions.



If you are Uncle Tan,  
(a) why did you behave in this manner?  
(b) how would you feel?



If you are Uncle Lai,  
(a) why did you behave in this manner?  
(b) how would you feel?

What will you do or say if you are one of the commuters who saw what happened between Uncle Tan and Uncle Lai?



Commuter



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