

A-OK!

Agents of Kindness

Special
Edition

2016

Primary 5-6



singapore
kindness
movement

Kindness Week SG

Kindness. It's Up to Us.

Highlights:

- ▶ Which Agent of Kindness are you?
- ▶ Secret missions for the month
- ▶ Kindness Mailbox featured entries

Kindness Week SG

16-20 May 2016

Hello Agents of Kindness!

It is the time of the year when we celebrate Kindness Week! As we celebrate this special week, we are reminded that one person and one kind act can make a difference.

Let us be kind to each other by showing a little patience and consideration. Together, we can build a kinder nation!

Kindness, It's Up to Us!



**FILL THIS PAGE WITH
KINDNESS QUOTES
YOU LIKE.**

Scribble, paste, colour and draw whichever way you prefer!

Which Agent of Kindness are you?

Everyone is unique in their own special way. Are you an Agent of Kindness who encourages your peers on a bad day, or are you one who often steps out of your way to help others?

Use these questions to help you find out your strengths and weaknesses, and which Agent of Kindness you really want to be.
Kindness, It's Up to Us!

About myself

What are your strengths and weaknesses? What are some of the things that you would like to overcome?

Strengths

Weaknesses

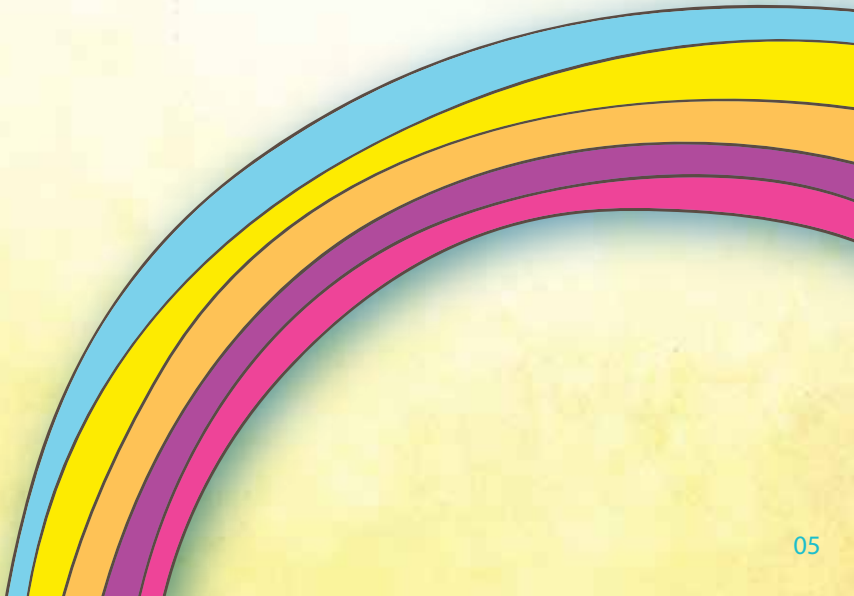
I WANT TO BE A...

Cheerful
Adventurous Thoughtful
Enthusiastic Helpful
Considerate Courageous

AGENT OF KINDNESS.

Who I want to be

What kind of Agent of Kindness do you want to be? Fill this page with adjectives describing the Agent of Kindness you would like to be.



My moments of kindness

Think back on the acts of kindness you had done in the past week. Record your kind act(s) for each day and the persons' responses below. Paste the emoticons stickers which best reflects your feeling.

MON

WED

TUE

THU

FRI

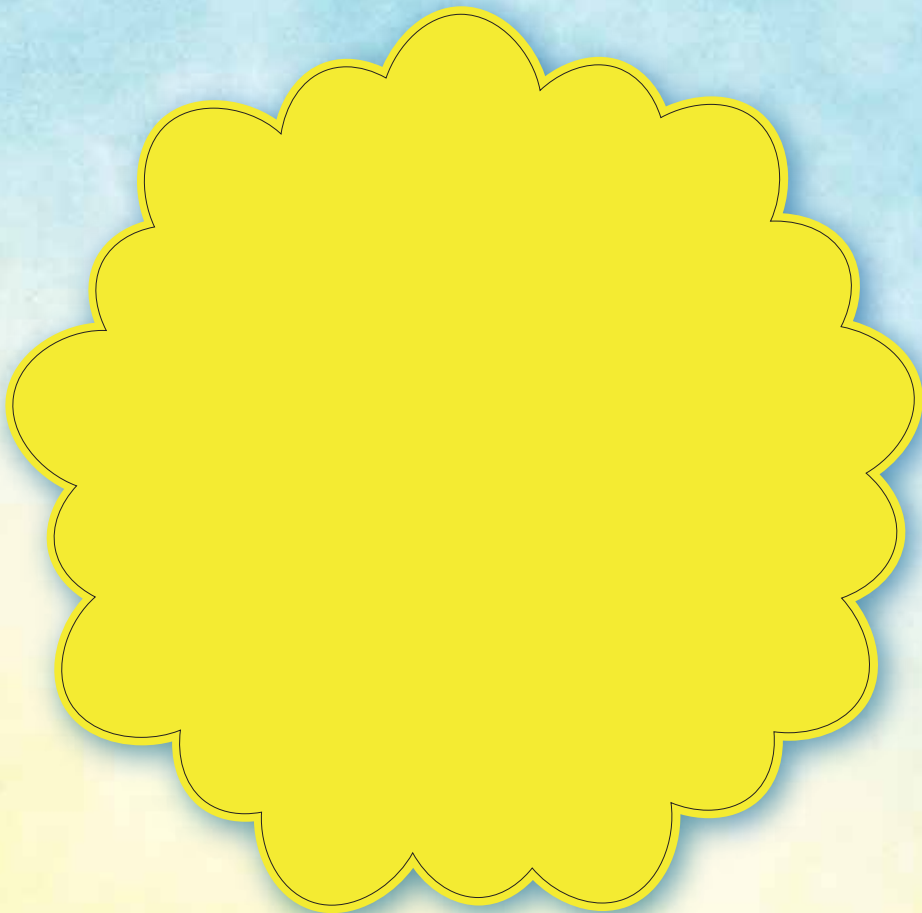
SAT

SUN

Discuss why you felt that way for each day.



Being an Agent of Kindness, discuss how you would advocate kindness today.





Did you know that the yellow gerbera daisy is a symbol of Kindness Day, and also represents showing appreciation to someone?



KEEP YOUR CHIN UP!

We all have our down-days. It's no different
for the people around us. Write a
comforting and encouraging note to
someone right now.



DEAR _____

FROM: _____



HAVE A
good
day

Agents of Kindness Mission

Fill in the 5 boxes with any 5 numbers between 1 to 14.

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Now, flip over to the next page, and circle the secret missions based on the numbers you have chosen. Challenge yourself to carry out these secret missions within the next 2 weeks!

Share with your buddy what you did and describe what your buddy did below:

My Buddy

★ **His/her Secret Mission** ★

SECRET MISSIONS

1. Make someone laugh.
2. Have a friendly conversation with a canteen vendor or school cleaner.
3. Greet 3 friends before they have the chance to greet you.
4. Talk to someone you do not know well and find out when his or her birthday is. Find out what was special about their most memorable birthday.
5. Recommend a book you love to someone and lend it to him or her.
6. Greet the bus driver when you board the bus.
7. Invite your classmates to join you in a basketball game.
8. Give hi-fives to everyone who walks past you for as long as you can last.
9. Write a short note to a friend to tell him/her why he/she is awesome.
10. Know of any friends who are practising or training hard to represent your school in a competition? Wish them all the best!
11. Offer to help your teacher run small errands.
12. Give a positive comment to your classmates sincerely either online or in person and make their day.
13. Without waiting for your teacher to ask, help to clean the class board so that it'll be ready for the next class.
14. Spend your recess with a classmate or a group of classmates you have yet to have a meal with.

FOOD FOR THOUGHT

CASE STUDY

KINDNESS TO SERVICE STAFF



Mrs Soh, 47, and her teen-aged daughter, went to a Japanese fusion restaurant for Sunday lunch. The daughter brought in a drink with her and placed it on the table. The manager, Mr Kelvin Lim, reminded them that drinks bought outside were not allowed in the establishment. Mrs Soh told him off by saying that he was being picky and accusatory since her daughter was not consuming the drink in the restaurant. She then stood up and announced that she was not eating at the restaurant anymore. As she strolled past the open-concept kitchen on her way out, the chef heard her complaining loudly. An unpleasant exchange then followed between the two which ended in Mrs Soh calling the police to report about what she felt was unacceptable behaviour from the restaurant staff.



the TASK

HOW CAN WE ENSURE A PLEASANT EXPERIENCE FOR BOTH DINERS AND SERVICE STAFF AT EATING OUTLETS?



Kindness Mailbox

NEWS

A-Z

Featured!

ISSUE 1

Do you know of any inspirational quotes or quotes about kindness?

"A smile may be priceless, but it means a lot."

"Kindness is the first step to making new friends."

"You are the happiest when you are making the greatest contribution."

I LOVE BEING KIND!

Adawiyah
Class 5G
Haig Girl's School



Toh Kai Xin
Class 5/2
Kong Hwa School



ISSUE 2

Kindness is cool to me because...

- 1) Kindness inspires others to be kind.
- 2) Kindness is essential in a world of unkind people and bullies.
- 3) We can show kindness by motivating others, contributing to the society and by helping the less fortunate.
- 4) Kindness brings happiness.

Arpita Yogish
Class 6 Challenge
Admiralty Primary School



Kindness makes the world a better place. Being kind is good and can be as simple as helping someone open the door. Simple acts of kindness make people happy!

Kindness spreads happiness!

Showing kindness is a big part of me as it is what I do every day in school.

Friends around me feel happy when I help them. At the same time, I also feel like I'm on cloud nine! I love to spread kindness!

Yeo Jia Yun
Class 6G
Temasek Primary School



Claire Neo
Class 5.5
Methodist Girls' School



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