

A-OK!

Agents of Kindness

Issue

03

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Primary 5-6



singapore
kindness
movement

Highlights:

5 Thoughtful Gestures
That Show You Care

Multicultural Dining Is
Our Way Of Life

Neighbourhoods All
Around Singapore

HARMONY
DIVERSITY

5 Thoughtful Gestures That Show You Care

#01 WEAR A SMILE

Sometimes, being kind is all about a warm smile and a "hello". Make someone smile and feel happier today!

#02 EXPRESS APPRECIATION THROUGH WORDS

Saying "Have a great day at school/work!" to your family members or "Good morning! Thank you for the hard work. " to bus drivers/school support staff adds a little sparkle to their day as they feel appreciated.

#03 LISTEN TO OTHERS

Showing interest when others are talking makes people feel good about themselves!

#04 SHARE YOUR THINGS

Sharing is caring. Apart from sharing items that you have with others, you can also take some time to share your knowledge and experiences.

#05 DO OTHERS A FAVOUR

Making an effort to help people such as picking up groceries for parents/guardians or accompanying your little sibling to school.

Be Kind, Keep Clean!

It is our responsibility to keep our shared areas clean and pleasant for others. Use this activity to evaluate how often you maintain good habits of cleanliness at home and in school.

How often do
I do it?

ONCE SOMETIMES ALWAYS

AT HOME

Tidy your bed.			
Keep your bookshelves neat and tidy.			
Keep your study table clean.			
Sweep the floor.			
Keep your shoes away.			
Keep your belongings inside the cupboard.			
Help out in household chores.			
Practise good personal hygiene after using the toilet.			

IN SCHOOL

Clean the whiteboard and keep the duster in place.			
Wipe your teacher's desk.			
Empty the waste paper basket.			
Arrange the tables and chairs neatly.			
Pick up any litter on the floor.			
Wipe off the dust on lockers.			
Ensure the canteen table is clean after your meal.			
Return the tray after your meal and remind others to do the same.			

ONCE - once a week

SOMETIMES - 3 times a week

ALWAYS - everyday

MULTICULTURAL DINING IS OUR WAY OF LIFE

Eating at hawker centres is so much a part of our culture. It is a place to enjoy different kinds of food.



CHICKEN RICE



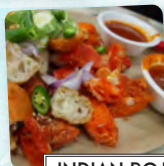
ROTI PRATA



POPIAH



NASI LEMAK



INDIAN ROJAK

Why do you think these dishes are Singaporean favourites?



ICE KACHANG

Do you have friends who love to try new dishes?
Talk to them and find out what food they love and why.

Write down their favourite food on the plate below!

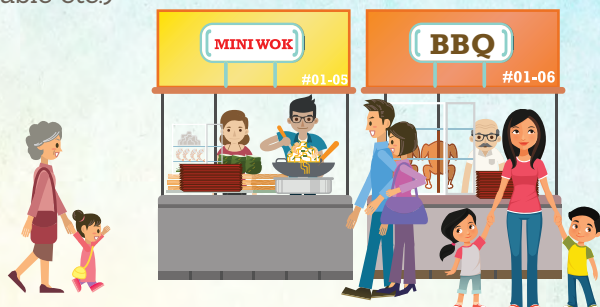


Family Time

01 Together with your family, visit a hawker centre. Observe the surroundings as you order your food and have your meal.

a What do you like most at the hawker centre?

b What are some interesting things you observe in the hawker centre? (E.g. The hawker setting, how people order their food, how people interact with one another at the same table etc.)



02 Talk to your parents or grandparents to find out how hawker centres in Singapore have changed over the years.

**NEIGHBOURHOODS
ALL AROUND
SINGAPORE**

Here are some ideas:

- Telok Ayer
- Joo Chiat
- Chinatown
- Bras Basah/ Bugis
- Little India



Telok Ayer
Joo Chiat
Chinatown
Bras Basah/ Bugis
Little India

MY NEIGHBOURHOOD:

PLACE	ABOUT THE PEOPLE	ABOUT THE CULTURE

[illegible][illegible]



NEIGHBOURHOOD 2

PLACE

ABOUT THE PEOPLE

ABOUT THE CULTURE



NEIGHBOURHOOD 3

PLACE

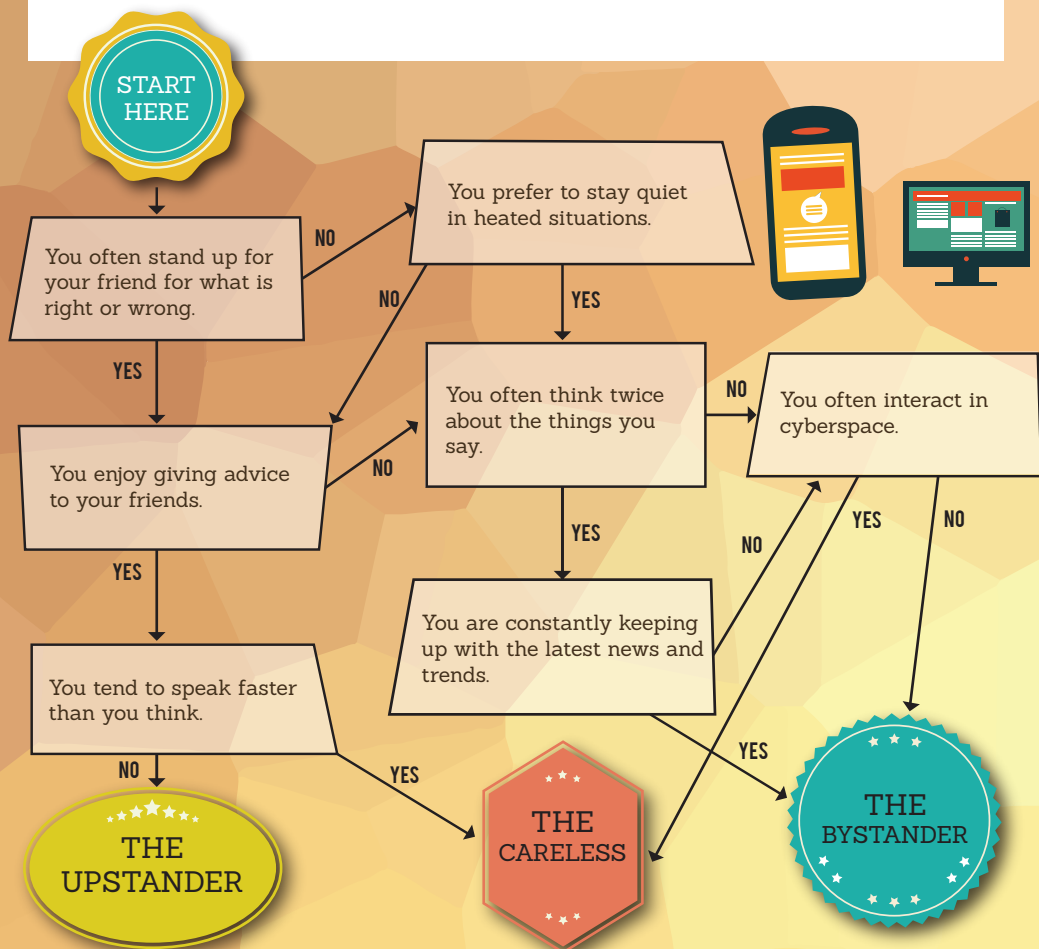
ABOUT THE PEOPLE

ABOUT THE CULTURE

WHAT ROLE DO YOU USUALLY PLAY IN CYBERSPACE?

The cyberspace brings people closer together, but it can also cause conflict if you are not careful with your words. How do you usually interact in cyberspace?

Take on this quiz to find out if you could be The Upstander, The Bystander or The Careless in cyberspace!





THE UPSTANDER

You could be The Upstander. The Upstander is courageous and ever ready to step up for his/her friend to speak up against hurtful comments made online. Keep up the spirit of putting a stop to cyberbullying!



THE CARELESS

You could be The Careless. The Careless may have unknowingly made comments online that are hurtful towards others. The Careless should think of how others may feel and double check his/her words before hitting the 'send' !



THE BYSTANDER

You could be The Bystander. The Bystander is often curious about the happenings in cyberspace, but prefer to keep silent. He/she likes to observe news and trends on the cyberspace without making a mark,

WHAT WOULD YOU DO?



One of your friends posted something on social media commenting how his neighbour of a different ethnic group has been creating noise at home. He couldn't concentrate on his homework. Soon after, some of your other friends made rude comments about your friend's race on his post. What would be your response?

Agents of Kindness Mission

IT'S ALL ABOUT A WARM SMILE AND A GRACIOUS HELLO

Making someone smile is one of the most generous things you can do to show your appreciation.

Stick an A-OK sticker and write down how you felt when you smiled kindly at the following people.

Bus Driver	A School Cleaning Staff	Schoolmate
Your neighbour	A Canteen Staff	
A staff at the General Office		



Kindness Mailbox



Do you think we live in a caring society? Why or why not? How
can we make our society a more caring place to live in?
(Write them on this page.)

Name: _____

School: _____

Class: _____

TEAR OUT THIS PAGE AND SEND IT TO US.

POST IT BY SNAIL MAIL TO:

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

❧ KINDNESS @ YUHUA ❧

Kindness Ambassadors from Yuhua Primary School wanted to inculcate a culture of care and concern for one another in the school by establishing connections with schoolmates through kind words. To achieve this objective, they carried out the Kindness Big Box Project. All pupils were encouraged to drop their kindness cards into a big box which was located in the canteen. Pupils wrote kind messages and personalised their own kindness cards. These cards were then distributed randomly to pupils in the school. Pupils who received the cards were tasked to find and approached the writers to thank them for their kind words.

The Kindness Ambassadors also did an Exam Motivational Screening. Pupils recorded clips with motivational words one week before the start of their exams. These were compiled and screened during recess. Everyone enjoyed themselves and were able to pick up good phrases to encourage their friends.

Through these activities, pupils were more aware that kind words to anyone, whether a friend or a stranger, can make a difference to people's lives.





Aziza Adiputra,
38-year-old, full time
working mother; cooks for
elderly neighbours despite
her busy schedule.

..... Informal Volunteerism

ONE WILLING HEART IS ALL IT TAKES

Aziza is a full time working mother who cooks for elderly neighbours despite her busy schedule. Her heart went out to her elderly neighbour and so she started delivering food to her neighbour's home. Slowly, the number of elderly she fed grew. She has built strong friendships with the owners of the vegetable stall at the nearby

wet market, who deliver fresh produce to her house every morning. Cooking for so many people tires her out, but her sacrifices give her fulfilment. More importantly, she knows she is developing the right values in her daughters: to be compassionate and caring.



10 elderly
neighbours she
feeds everyday

2 YEARS
since she
has been
doing this



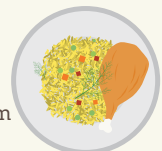
8:00PM

time Aziza eats dinner every
night after she has delivered
food to her elderly neighbours

2



AM



PM

number of meals
she cooks for them
on the weekends



2 X A MONTH

number of takeout dinners her
supportive boss sponsors so that
Aziza can have some rest

Aziza's daughters help her deliver
food packets



8 years old 5 years old



**HOW CAN WE ENCOURAGE MORE PEOPLE
TO MAKE TIME TO HELP OTHERS?**

DO YOU KNOW THAT THERE ARE MANY
OPPORTUNITIES TO VOLUNTEER TOGETHER WITH
YOUR FAMILY? ALL YOU NEED IS TIME AND
COMPASSION!



- ★ Befriend the elderly in your neighbourhood.
- ★ Read to the children in the library.
- ★ Organise and participate in a fundraising event.

TOGETHER WITH YOUR FAMILY, BRAINSTORM FOR IDEAS ON WHAT
YOU CAN DO TO HELP OTHERS. WRITE THEM DOWN.



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