

Agents of Kindness

Issue

04

2016

Primary 5-6



KINDNESS ALL YEAR ROUND

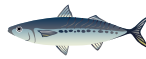
Highlights:

- ★ 5 Brain Booster Tips to Improve Your Memory
- ★ Best of the Best
- ★ Kindness, Pass It On!

5 Brain Booster Tips To Improve Your Memory

#01 CHOOSE BRAIN FOOD AS YOUR STUDY SNACK

Did you know that the food you eat affects how your brain functions? The best foods for the brain are berries, nuts and fish (such as salmon and sardines).



#02 READ OUT LOUD WHEN MEMORIZING

Studies show that you are 50% more likely to remember things you say out loud, instead of reading silently.

#03 HAVE SUFFICIENT SLEEP

When you are asleep, your brain consolidates what you have learnt for the day and prepares for memory formation the next day.

#04 LISTEN TO CLASSICAL MUSIC WHEN STUDYING

Choose classical music if you prefer to listen to music while studying. The right type of music keeps you calm and helps you stay positive.

#05 TAKE REGULAR STUDY BREAKS

Regular breaks in between study help your brain absorb more information as well as to stay focused.

Best of the Best

List down the best things you have experienced through the year.
Think about the things or people you are thankful for.

The best
gift I gave
to someone

The best
friend who
encouraged
me

The best
after-school
activity

The best teacher
who never gave up
on me

The best new
thing that i
learnt

The best class
competition I
participated

The best
thing I did to
help someone
in school

The best and most
memorable family
outing



Recall 3 Kindness Adventures you had this year. They could be simple acts of kindness you did as an individual or together with your friends/family to spread kindness in your school/neighbourhood. Record these meaningful memories and draw a badge for each of these adventures!

KINDNESS ADVENTURE

1

MISSION TITLE:

TEAMMATES (IF ANY):

ACT OF KINDNESS:

PEOPLE IMPACTED FROM THE
KIND ACT:



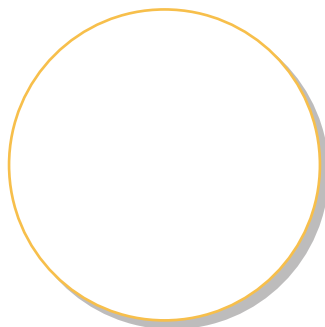
KINDNESS ADVENTURE 2

MISSION TITLE:

TEAMMATES (IF ANY):

ACT OF KINDNESS:

PEOPLE IMPACTED FROM THE
KIND ACT:



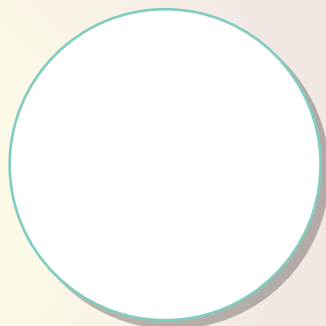
KINDNESS ADVENTURE 3

MISSION TITLE:

TEAMMATES (IF ANY):

ACT OF KINDNESS:

PEOPLE IMPACTED FROM THE
KIND ACT:





5 Things I have learnt this year

This is the favourite time of the year for all Agents of Kindness. Think about the learning points you have gained and reflect on how you can further improve for the coming year!

List down 5 new things you have tried this year.

How did you overcome new challenges?

How can you handle challenges better in the future?

My Motivational Poster

Fill up this poster with your favourite motivational quotes or things that you look forward to in the upcoming school holidays. Be sure to stick it somewhere in your personal notebook!





KINDNESS, PASS IT ON!

Write a note to a special someone whom you'd like to thank, apologize to or encourage. Encourage him/her to spread kindness and do the same by paying it forward!

Here are some suggestions on what you can write in your messages.

- ★ Encourage your friend to do their best in his/her exams by giving him/her positive words.
- ★ Thank your friend/family member for helping you when you needed them.
- ★ Apologize to someone who was unhappy/hurt because of something you did.

Dear _____,

From: _____



Kindness Mailbox



I am proud to be an Agent of Kindness because...

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

KEEP CALM AND RELAX

Feeling tense while coping with many activities and schoolwork? Here are some exercise that you can do to help you feel a little more relaxed!

1

To begin, sit up straight in a chair that is comfortable for you.

2

Place your feet flat on the floor to help support you as you become more relaxed.

3

Let your hands rest comfortably on your laps.

4

Close your eyes and think of a pleasant place.

5

Breathe in slowly and gently. As you breathe out, let out all the air.

6

Continue breathing in and out slowly. Calmly count backward from 5 to 1 as you breathe, and allow yourself to become more relaxed with each count 5,4,3,2,1.

Agents of Kindness Mission

Family
Time

Happiness is having family members who are always supportive of and cares for one another. How well do you know your family members? Do you know what are the things that can turn their frown upside down when they are feeling down? Find out their favourites and write them down!

FOOD THAT MAKES MY FAMILY HAPPY

WHO?

FAVOURITE FOOD

ACTIVITIES THAT MY FAMILY ENJOY

WHO?

FAVOURITE ACTIVITY

THINGS THAT BRIGHTEN THEIR DAY

(E.g. words, gestures, gifts, time)

WHO?

FAVOURITE THINGS



BHPS R.A.W.K!



Balestier Hill Primary School's "The Crystal 2.0" campaign inspired pupils to pay it forward in the school community. The school believed that by paying forward, waves of kindness are continuously being spread around. Kindness Ambassadors organized a series of events to provide opportunities for pupils to identify ways to do Random Acts of Worthy Kindness (R.A.W.K!)

Pupils were encouraged to design their own kindness wheel with various acts of kindness that they wanted to commit. This activity reminded pupils to do simple good deeds for others.

During the Kindness Podcast activity, lower primary pupils expressed gratitude to parents, teachers, non-teaching staff and friends. Primary 3 and 4 pupils embarked on an online comic strip to create strips that promote the idea of paying forward. Primary 5 and 6 pupils, on the other hand, gathered their creative juices to write stories on kind acts. The scripts were then collected to craft BHPS's very own R.A.W.K! short movie!

Kindness Ambassadors from BHPS also organized a Pay It Forward Bazaar that encouraged pupils to buy Do-It-Yourself items to pay forward acts of kindness. Many of them presented the items such as bookmarks and cards to their families, friends and teachers!

CASE STUDY

Reviving The Kampung Spirit

What did you do when you met your neighbour at the lift this morning? Did you look away or take out your phone? Did you smile or say "Hello" to your neighbour? When your neighbours are mere strangers to you, conflicts arise more easily, and may be harder to resolve. This results in unhappiness for all.



A housewife, Mdm. Ng, claimed that her neighbour, Mdm. Xie, often scolded her with vulgarities, resulting in frequent quarrels.

One day, Mdm. Xie found her shoe cabinet toppled, assumed it was Mdm. Ng, and retaliated by pouring bleach over the latter's potted plants.

Mdm. Ng has sought the help of the Community Mediation Centre (CMC) many times, but Mdm. Xie repeatedly refused to go for mediation, as she felt that she wasn't in the wrong.

Consider this: if these neighbours had been friends, these conflicts might not have happened in the first place!



42% of residents surveyed

desire more neighbourliness from their neighbours.[^]



[^]Information extracted from Graciousness Index 2015 by the Singapore Kindness Movement.


The Task

How can we revive the kampung spirit in our neighbourhoods? How can we encourage residents to make friends with their neighbours so as to avoid conflicts?

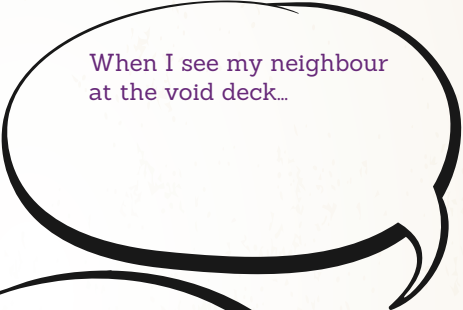
Kindness In My Neighbourhood

We can make Singapore a kinder, better place to live in if we each take the step to befriend our neighbours. Remember this — Neighbours by chance, friends by choice!

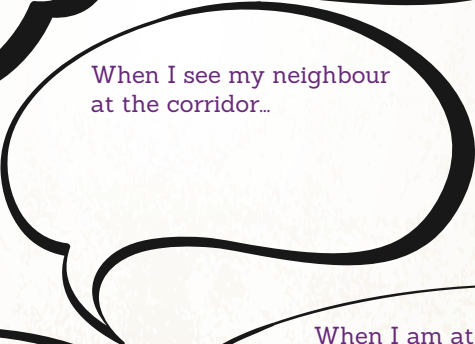
In the space below, list ways you can be a friendly neighbour who often shows care and kindness.




When I see my neighbour approaching the lift I'm in...



When I see my neighbour at the void deck...



When I see my neighbour at the corridor...



When I see my neighbour needed help...



When I am at home...



Kindness Mailbox

Featured!



ISSUE 3

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 it?

I think we live in a caring society. We make friends of different races and we live together in harmony. We do not tease our friends of other races.

Charlotte Fong
Class P5 Clematis
CHIJ Kellock Primary School

I think we live in a caring society because everyone around me usually helps one another without being asked to! We can help make our society a caring place to live in by standing up for the people around us, especially when they are being bullied. We can also help the people around us more often without being asked to!

Melissa Chan
Class 5 Hope
CHIJ Our Lady Queen of Peace

No. It is because everyone only cares about himself or herself and has never spared a thought for others. We can start by doing simple acts of kindness like being friendly and courteous to others, or holding the door open for someone. We can say "Thank you" and "Please" more often. We can also give up our seat on the MRT or bus to those who needs it more. Imagine if everyone in the world does those kind acts. The world will be a peaceful place without conflicts! Remember, every simple kind act counts!



Chen Jing Wen
Class 5 Filial Piety
Poi Ching School



Yes. I think we live in a caring society because whenever I needed help, my neighbours would be there for me and help me. My neighbours and I often gather together to celebrate special occasions like Chinese New Year. We can make our society a more caring place by spending time with our neighbours and inviting them for a meal.

Shyanne Tan
Class P5 Clematis
CHIJ Kellock Primary School

Yes, because our neighbour steps in when we need help. They even helped us collect newspapers when we were away on holiday. We can make our society a more caring place to live in by helping one another in our neighbourhood.

Jazzlyn
Class 5 Faith
Teck Ghee Primary School



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