



Kindsville Times

ADVENTURES

Primary 3 and 4
Issue 4/ 2016



Kindness All Year Round!

KINDNESS, PASS IT ON!

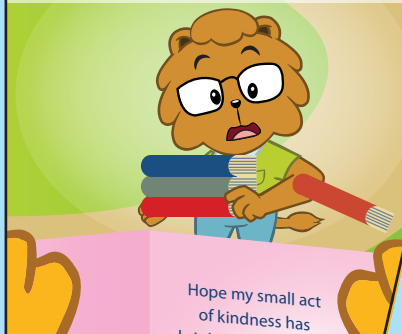
Singa has designed a Kindness Card and hopes it will encourage everyone in Kindsville to share the spirit of kindness.



Hope my small act
of kindness has brightened
your day!
Go on and brighten someone
else's day too!



Tosh is across the street,
and has dropped his books.



Singa rushes to give him a hand.

Here Tosh,
let me help you!

Thank you Singa!
That's so nice of you.



You're welcome, Tosh. I was just thinking if you would like to
support my little project by passing kindness on to someone else.
You may give him or her this kindness card to pass it on as well!



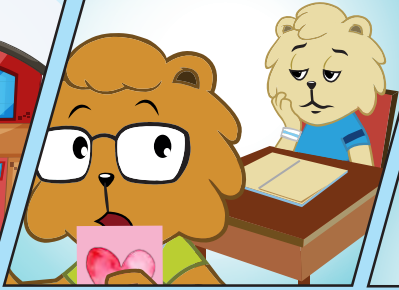
Oh this is such a
great idea. I'd love
to pass it on!



Tosh takes the card and continues his walk to school.



He finds Tomeo staring at his Math homework and looking troubled.



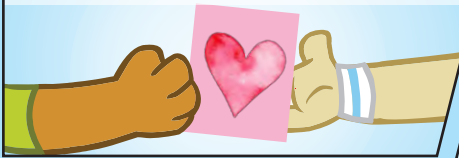
What happened, Tomeo? Why do you look so troubled?



I have been working on my homework for hours. This is really confusing!



Tosh patiently coaches Tomeo through the challenging assignment, then hands him Singa's Kindness Card.



Thanks Tosh. I can't wait to pay it forward.



Hmm. I wonder what I can do to pass on Tosh's kindness...



After school, Tomeo sees Sher watering her daisy garden.



I know! I can share these delicious cookies with Sher! They're her favourite!



Tomeo and Sher enjoy the cookies together, and he passes her the Kindness Card too.



I should share this kindness with Kalle. She's been such a great friend.



Sher heads over to Kalle's home excitedly.



Kalle, I just wanted to say 'Thank you' for being a supportive friend. You're always there for me and I really appreciate it.



Touched by Sher's kindness, Kalle gives her a hug.

That's what friends are for!



Later, the Kindness Cubbies gather together at the Compassion Compass Tower.

Singa, your Kindness Card was a brilliant idea! It really helped us fill Kindsville with lots of kindness today.



Let's keep this up, everyone. I hope we can continue to spread smiles and kindness throughout Kindsville every day!



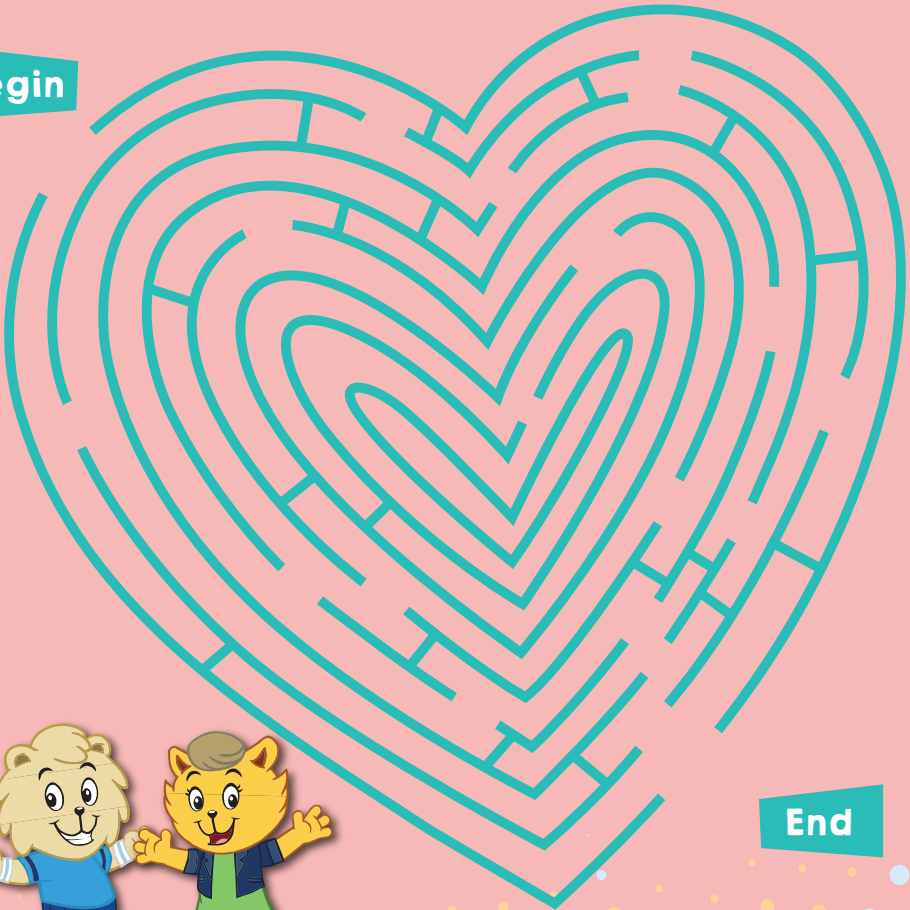


SHER'S CHALLENGES

Sher wants to participate in her first Kindsville Olympiad but she is not confident in finishing the race. Kalle and Tomeo encouraged her to participate in the race and offered to practise together with her.

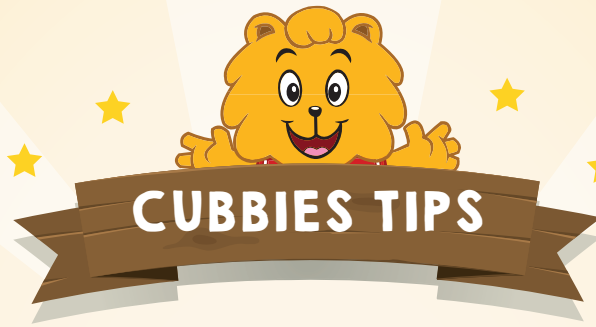
Give Sher and the Kindness Cubbies your support by racing the track maze with them. Watch out for the wrong turns!

Begin



End





How are your exam preparations coming along? Here are some useful tips from Singa and the Kindness Cubbies to help you through your exam preparations!

1 Have sufficient rest

Your body needs a break by the end of each day. Sufficient sleep allows your body to re-energize for the next day.



2 Eat healthy and drink plenty of water

Healthy and hearty meals boost your concentration levels. Remember to also keep drinking plenty of water.



3 Stay positive and calm

Stay positive by telling yourself "I will try my best. It will be fine." Take a deep breath and breathe out slowly when you are feeling nervous.



4 Encourage one another

Encourage one another and offer to help others if they have difficulties solving the questions. Helping others with their revision helps in your learning too!



5 Create a study timetable

Create your own study timetable and use it to ensure you do not miss out anything for your revision. Remember to include resting and relaxing time in your timetable as well!

6 Ask for help when needed

Ask your family/teacher/friends for help politely if you face problems with your homework or revision. Explain to them why you need their help.



7 Talk to someone about your feelings

Share with your family members how you feel for the day. If you are feeling down, talking to someone can make you feel better!



While completing your homework or tasks, remember that you can also care for your friends by giving them words of encouragement! That's what friends are for!

BEST OF THE BEST

List down the best things you have experienced this year.

The **BEST** thing I did to help someone in school was:

The **BEST** gift I gave to someone was:

The **BEST** friend who encouraged me was:

The **BEST** teacher who never gave up on me was:

The **BEST** new thing that I learnt was:

The **BEST** class competition I participated was:

The **BEST** after-school activity was:

The **BEST** and most memorable family outing was:



MY DREAMS & GOALS

5 things I am looking forward to next year are:

1.

2.

3.

4.

5.

Next year, I want to continue to:

Next year I want to:

be braver

be kinder

learn more in school

make more friends

be better at sports

☐
☐
☐
☐
☐

GOALS SET BY:

Date:

Our Kindness Tale

Use the story spinner on the next page to create a kindness tale with your family members. Place a pencil in the centre and spin two times to pick a character and a story's opening sequence. Take turns adding sentences to the story. Have fun!

1st Spin

Pick a main character to star in your Kindness Tale.



2nd Spin

Pick a story opening sequence.

Everyone takes turn to add sentences to the story.

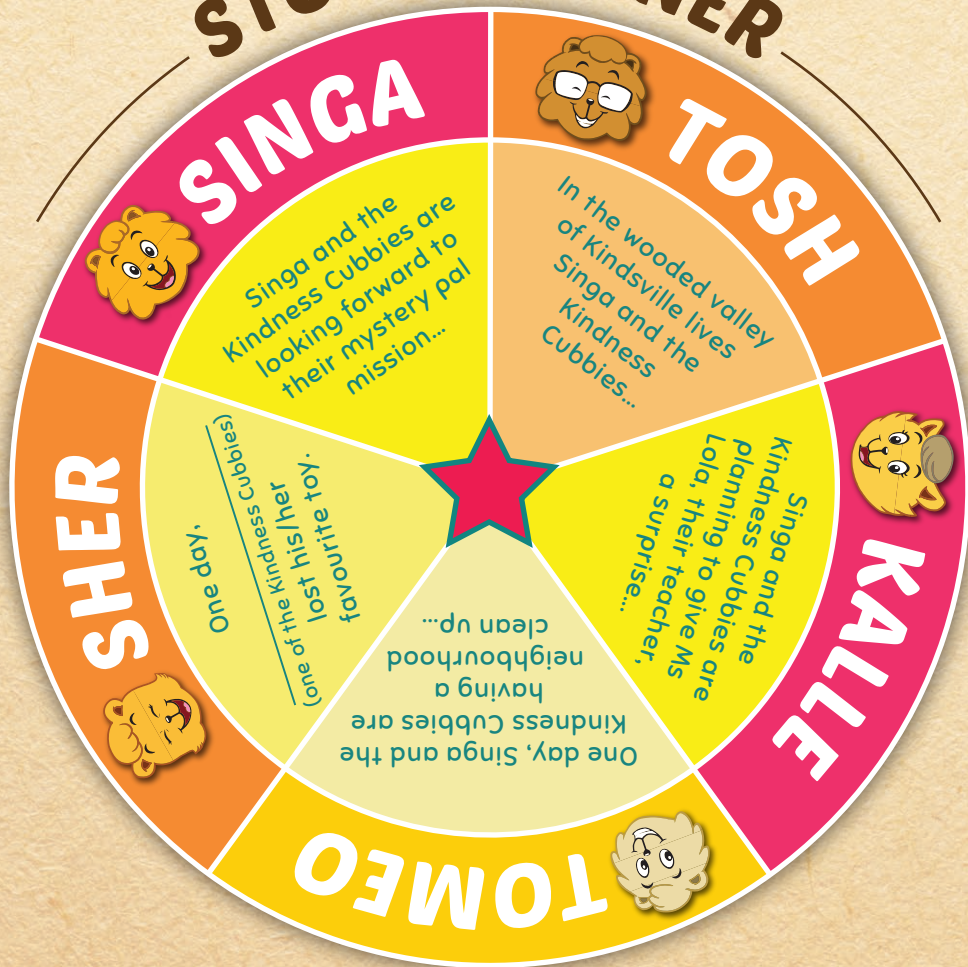
**Record the Kindness Tale
created by you and your
family members!**

Write or draw on page 12.





STORY SPINNER





Our Kindness Tale

Write down your Kindness Tale in the space below. You may even stick Cubbies stickers!



Writers:

Title:

Story:

My Timetable

Use this one week timetable to list down the things you have to do and complete for the week.

Remember to include resting and relaxation time!

Weekly schedule

Date: _____ to _____



Mon

Tues

Wed

Thu

Fri

Sat

Sun

My Holiday Plans

What are your holiday plans? Here are some activities you can do over the holidays!

Holiday activity ideas

Learn a new skill

- **Cycling**
- **Swimming**
- **Rollerblading**
- **Painting**
- **Sculpting**
- **Rock-climbing**

Spend time with your family

- **Have a picnic**
- **Watch a movie**
- **Play at the beach**
- **Decorate the house**
- **Visit the museums, heritage centres or libraries**

Do something meaningful with your family

- **Participate in fundraising activities**
- **Read to the children in the library**
- **Help to keep your neighbourhood clean**



DON'T WORRY, BE HAPPY!



One of Tomeo's favourite memories is the time when his team lost the captain's ball game. Tomeo missed the winning shot and felt awful. He even wanted to quit and leave the team. Tomeo was really disappointed with himself, but it was his best friends Singa and Sher who came to cheer him up.

Write about one of your memories that started sad but ended happy.

When I feel disappointed or sad and want to feel better/happy, I try to:

- ☐ draw/paint
- ☐ read a book
- ☐ listen to music
- ☐ play a sport
- ☐ talk to a friend
- ☐ talk to my family
- ☐ take a walk
- ☐ others: _____

because:

- ☐ it calms me down.
- ☐ he/she makes me feel that I am not alone.
- ☐ it helps me regain my confidence again.
- ☐ he/she gives me comforting advice.
- ☐ it allows me to reflect how I can be better the next time.
- ☐ others: _____

MY GRACIOUS NEIGHBOURHOOD

The neighbourhood becomes a lively and happy place to live in when everyone shows a little graciousness. Can you spot all the kind acts in the picture? Circle them!





Do you know that
13 November is
Good Neighbour Day?



**What can you do to be a friendly neighbour?
Put a tick beside the correct examples.**



Smile and say "Hello" when I
meet them along the corridor.



Hold the lift doors open when I see my
neighbours approaching.



Start a conversation with my neighbour
(E.g. How was your day? Have you eaten?)



Keep quiet when I see my
neighbour at the void deck.



Ask my parents if we can invite
neighbours to our house for a meal.



Offer to help my neighbour if they
are carrying a heavy load.



Run away when my neighbour invites me to
play together at the basketball court.





WATCH

SINGA AND THE
KINDNESS CUBBIES

ANIMATION

Tomeo's New Neighbour

In this latest episode, Yeti the Snow Saber moves in next door to Tomeo. Find out what happens when Robohelper who now stays with Tomeo enters Yeti's house and does not come back.

www.youtube.com/kindnessSG

Season 3
Episode 3





FACT OR FICTION?

How much do you know about Singa and the Kindness Cubbies video episodes? Challenge yourself with this quiz!

	True	False
1 In Grandpa's Dilemma , Singa is chosen to take part in the Kindness Ambassador Cadet Camp.	<input type="checkbox"/>	<input type="checkbox"/>
2 In Flame On , Tomeo is the creator of "Gimme a hand" mobile application.	<input type="checkbox"/>	<input type="checkbox"/>
3 In Friends Forever , Sher wishes to chill around a campfire with her friends and have some marshmallows and hot chocolate.	<input type="checkbox"/>	<input type="checkbox"/>
4 In Friends Forever , Singa feels that the party is for best friends to spend time together and have some fun.	<input type="checkbox"/>	<input type="checkbox"/>
5 In To Catch a Litterbug , Kalle hides away from Singa because she wants to give him a surprise.	<input type="checkbox"/>	<input type="checkbox"/>
6 In To Catch a Litterbug , the Ambassador Cadet School's principal scolded Singa for being a litterbug.	<input type="checkbox"/>	<input type="checkbox"/>
7 In Tomeo's New Neighbour , Gremio is Tomeo's new neighbour.	<input type="checkbox"/>	<input type="checkbox"/>
8 In Tomeo's New Neighbour , Tomeo's new neighbour is a friendly snow saber.	<input type="checkbox"/>	<input type="checkbox"/>

Find out how you scored.



1-2

Oh dear! You have missed out on many of the Kindness Cubbies' adventures!

3-5



Not bad! Keep watching our video episodes!

6-8



We have got a Kindsville super-fan here!

Answers: 1. True 2. False 3. True 4. True 5. False 6. True 7. False 8. True



Road Safety Begins With Me!



Everyone should play their part as responsible pedestrians on the road by observing and practicing road safety rules. Complete the crossword puzzle to find out what you should take note of while crossing the roads.

Across:

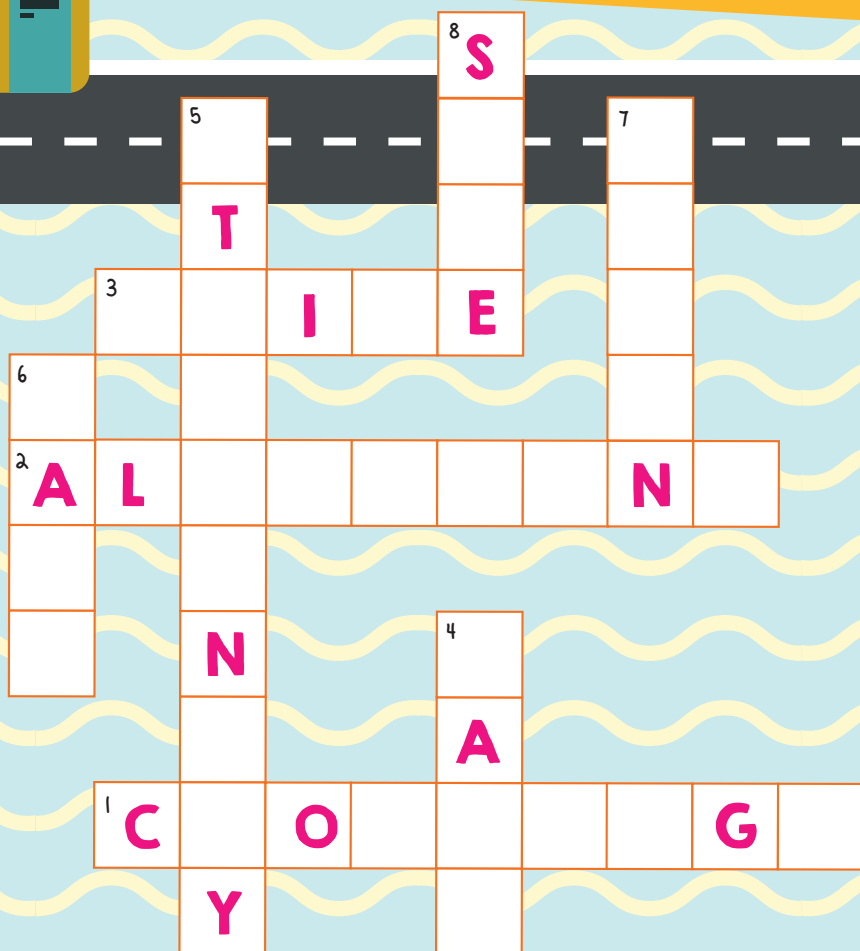
- 1 Always cross the roads at signalized pedestrian _____, overhead bridges, underpasses or Zebra _____.
- 2 When you are on the bus, be patient and wait for the bus to stop before _____.
- 3 At the Zebra crossing, look to your right, look to your left, look to your right again, and make sure all vehicles have stopped. Thereafter, _____ your hand above your head and cross the road briskly.

Down:

- 4 Never _____ across the road without looking out for on-coming traffic.
- 5 Be alert and do not cross in front of or between _____ vehicles as the driver may not notice you.

Down:

- 6** Always walk on the pavement and footpaths. Do not ____ on the road.
- 7** Never cross when the "red man" appears or when the "____ man" is flashing.
- 8** Be Bright. Be Seen. Be ____.



Answers: (1) crossings (2) alighting (3) raise (4) dash (5) stationary (6) walk (7) green (8) Safe



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 promotes 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!



Featured entries

Dear Singa,

Hello! My name is Gezelle Peh and I am 10 years old. I am from CHIJ St. Nicholas Girls' School, Class 4 Charity.



I think we live in a caring society. I often see people in the bus, on the road or even in the neighbourhood doing kind acts. There was once I saw a kind lady give up a seat for a pregnant woman on the bus. I also always hold the lift doors open for others. Whenever I see their happy faces and when they say "Thank you", I feel happy that I made them smile a little brighter!

Hope to hear from you soon!



GeZelle Peh, Age 10

Dear Singa,



K
I
N
D

is for kindness. I show kindness to my friends and teachers.

is for independent. I am more independent this year.

is for need. I help my friends when they are in need.



is for demonstrate. I demonstrate kindness by helping my teacher carry a stack of books.

N
E
E
D

is for need. I help my teacher when she is in need.



is for excitement. I feel excited when I won the first prize.

is for saying "Thank you".

is for saying "Please".



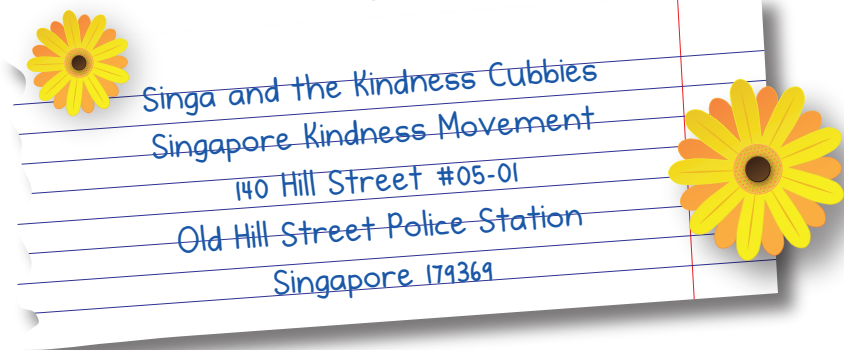
Xuan Rui, Age 9



Neighbours play a very important role in our lives. Are you a friendly neighbour who says hello to your neighbours?

Write to Singa and the Kindness Cubbies to share your kindness stories. You may wish to draw as well!

Post it by snail mail to:



Singa would like to know your home address so that he can reply to your letters! You may write your address at the back of your letter. Thank you!

(Parental consent required)