

Agents of Kindness

Issue

01

2017

Primary 5-6



singapore  
kindness  
movement

Hello!

Make new  
friends!



**Cheers**  
for the

**NEW SCHOOL  
YEAR**

### Highlights:

- Back to School tips
- Comic Strip Contest

- The Guide to being Kind and Safe Online
- Fun with Friends
- #HappyFamilyGoals

**Cheers!**  
Let's try  
something  
**NEW!**

# Dear Agents of Kindness,



Welcome to the Kindness Headquarters! We are a group of agents with a common purpose: to spread happiness in school and in the community through simple acts of kindness.

Do you know that acts of kindness can be very powerful? Kind acts make people happy, and happy people are nice to others, so the whole ripple of kindness grows and grows.

As Agents of Kindness, your mission is to uphold the duties of a happiness hero, commit to a kindness cause and have as much fun as possible while doing it! In this A-OK! issue, you'll find useful tips and fun activities to get you started on being an Agent of Kindness.

Good luck with your missions!



# One kind Word can make someone's day!

By offering some positive words, we can help one another make new friends!

Draw a picture of your friend on this page.



List down 5 positive things or actions you can do/say to make your friend's day.

List of positive things I can say:

1. Remember to eat healthy and have an early sleep today!
- 2.
- 3.
- 4.
- 5.

I actually said it on (insert date):



# New Year, New beginning

**A** resolution is a goal that you wish to achieve, and it can be as simple as making someone's day. Doing meaningful activities can add colours to your life. You can volunteer in your community, pick up a new sport or a skill, or even stand up for kids who are being teased and bullied. You can also make changes to take better care of yourself by cutting down on junk food so that you'll be healthier and happier. Whatever goals you decide to set, commit to it and work really hard at it.

Of course, you will meet challenges along the way. That's OK. Everyone struggles sometimes but the important thing is not to give up. In fact, many successful people in world history have setbacks and failures.

Walt Disney, the creator of many popular cartoons like Mickey Mouse was once fired from his job because he "lacked imagination and had no good ideas". With determination, he is now famous for his cartoon creations, theme parks, and animated movies that continue to touch the lives of many all over the world.

Thomas Edison, the creator of light bulbs, was called "too stupid to learn anything" but he did not give up. He went through numerous failures before he finally achieved success in his inventions. Albert Einstein, who was found to have communication and behavioural problems, went on to win the Nobel prize award.

Instead of letting their failures pull them down, these inspirational role models allowed the failures to teach them. We are not born to be good at things. We become good at things through hard work, a lot of effort and determination. Failures happen, but they are also opportunities to learn and grow.

Be brave and ask questions or seek help when you need to. And when you meet with struggles, be optimistic and keep going. Put in your best in everything you do, have fun, be kind, and live everyday to the fullest!

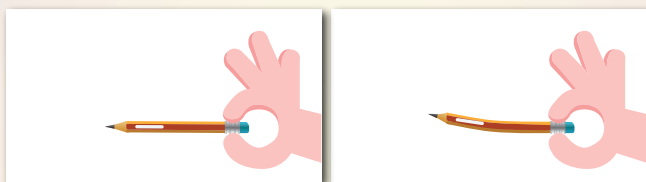


# Play a trick

Friends that laugh together, stay together. Here's how you can have some fun time with your friends!

## #1 Amaze your friend with this pencil magic trick!

All you need is a pencil and a few practices.



Step 1: Hold your pencil nearly at the tip, gripping it loosely between your thumb and index finger.

Step 2: Shake your hand up and down, and let the pencil flop up and down as well. When you get the right speed, it will trick the eyes into making them see the pencil bending. It's just an optical illusion though!

Tip: It doesn't take very fast shaking, but practice getting the speed just right in order to make the pencil appear to bend as you bounce it with a loose grip.

## #2 Try this game with your friends



Sing a chorus or popular part of a song in front of your friends, then immediately say something to get their mind off that song for a moment. After some time, the song will stick in their head. Try it!

# **The Guide to** **BEING KIND AND SAFE ONLINE**

The internet can be a fun and interesting place to visit, but it can also be a dangerous zone where cyber-bullies lurk. Having the right habits as an internet user and being safe online is important. How can we stay safe and be kind towards others online?

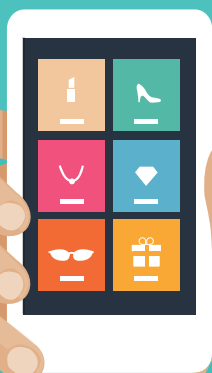
## **1. Never give away your personal information**

Be cautious about giving away personal details or even pictures of yourself to strangers online.



## **2. Never agree to meet someone you've known through the internet**

You never know who they really are. Always consult your parents or teachers if you are unsure whether a website is safe or not.





### 3. Manage your time well when using the internet

Spending too much time on your digital devices can affect your eyesight, so remember to take short breaks and do a few eye exercises every ten minutes.



### 4. Think twice before posting anything online

Is it Necessary? Is it Helpful? Is it Kind? If it's not one of those, then don't post it.

### 5. Be nice and be a positive influence

If you find something inspiring, share with others or encourage them to do kind acts online.



# WELCOME BACK TO School

Are you ready to meet new challenges and face them with a positive attitude? Let's turn all our frowns upside down by thinking positive!



I'm not good at this.

I can improve.

I failed.

I can learn from this experience.

This is too difficult to do.

Learning takes time.

My friend is smarter than me.

I can learn from my friend.

I give up.

I'll use a different strategy.

I just cannot do this.

I'll keep practicing until I can do this.

I have no talents. There's nothing I can do to change that.

I can put in effort and apply strategies to improve my abilities.

I'll stick to what I know.

I try new things even though I may not feel confident trying them.

Feedback and criticisms are embarrassing.

Feedback helps me improve.



# COMIC STRIP CONTEST

## A LITTLE KINDNESS CAN MAKE A BIG DIFFERENCE TO OUR COMMUNITY.

Want to see your story and artwork featured in the Special Issue of A-OK! ? Create a comic strip to show how a little kindness can make a big difference to our community.

- The competition is open to all Primary 5 and 6 students.
- Your comic strip should fit into an **A5 size page (148 x 210mm), in no more than 2 pages.**
- All entries must be submitted by mail or by hand by **3 March 2017.**
- All hand-drawn or digital artwork submitted must be original.
- The top entries will be featured in the A-OK! Special Issue, which will be published in May 2017.
- Students whose comics are featured will receive a prize from the Singapore Kindness Movement.

### Submission

Mail your entry to the following address:

Agents of Kindness  
61 Stamford Road  
#01-08 Stamford Court  
Singapore 178892

Personal particulars to be written at the back of the comic strip:

1. Full name
2. School and Class
3. Email address
4. Contact number

# #HAPPYFAMILYGOALS



Happy families spend time together, and set happy goals. What are some of the interesting goals you have set together as a family? They can be as simple as greeting each other daily, or always being there for each other.

Create your own #HappyFamilyGoals collage on the next page and stick it in your favourite spot at home. Be sure to include some pictures!

Here are some examples of Family Goals you can make.

Greet one another daily with a smile

Celebrate small achievements

Share thoughts and feelings with each other

Be honest with each other

Encourage each other to try a new sport

Share jokes and laugh together

Cheer on one another when someone is feeling down

Go on regular family outings

Eat lots of fruits and vegetables

# My **#HAPPYFAMILYGOALS** Collage



**#HAPPYFAMILYGOALS**



**#HAPPYFAMILYGOALS**



# Kindness Mailbox



Do you know that kindness starts with each of us doing our part?  
What can you do today to make a difference in our community?

Write them on this page or send in your response through

[www.mailbox.kindness.sg](http://www.mailbox.kindness.sg)

Name: \_\_\_\_\_

School: \_\_\_\_\_

Class: \_\_\_\_\_

TEAR OUT THIS PAGE AND SEND IT TO US.

POST IT BY SNAIL MAIL TO:

Agents of Kindness  
Singapore Kindness Movement  
61 Stamford Road  
#01-08 Stamford Court  
Singapore 178892

# A-OK! BUZZ

## FRIEND OF SINGA, WRITE FOR KINDNESS & KINDNESS BADGE AWARDS 2016



Opening dance performance by Anglo-Chinese School (Primary).



Friend of Singa award winners from Sembawang Primary School.

The Friend of Singa, Write for Kindness and Kindness Badge Awards Ceremony was held on 11th November 2016 at \*SCAPE Ground Theatre. Pupils and teachers from 177 schools, together with our Guest of Honour, Mr Chee Hong Tat, Minister of State for Ministry of Communications and Information came together to celebrate the success of the schools' kindness projects.

Friend of Singa, a programme that aims to empower students to lead their school in a 5-month kindness campaign, is into its 26th year. It is open to all primary and secondary schools. We are glad to have 17 new schools taking part in 2016's programme. With the theme of "\_\_\_\_\_, Pass it on!", Kindness Ambassadors from participating schools did projects within their schools to spread kindness.

Some participating schools also contributed to the awards ceremony by putting up performances on stage. It was a meaningful event for everyone present at the awards ceremony. We would like to congratulate and thank all participating schools!

We hope to see your school participating in Friend of Singa 2017!





## START IT, SHOW IT, PASS IT ON!



Kindness Ambassadors from Casuarina Primary School encouraged pupils to start the habit of showing kindness. They hope to pass kindness on to create the ripple effect. The project aimed to bring across the message that everyone can play a part in making the world a kinder place.

Every morning, Kindness Ambassadors and pupil leaders stationed themselves at different school gates to welcome pupils, staff and parents. Welcome cards were given to pupils to welcome them back to school after the December holidays.

At the start of each term, Hearty the school's kindness mascot would make a special appearance to greet and welcome the pupils back to school. It always livened up the mood in the school.

During special events, Hearty would show up to encourage pupils to display kindness and graciousness in school. Assembly shows were also conducted to reinforce the kindness message.

On Appreciation Day, pupils and teachers penned their appreciation messages. Some pupils even weaved friendship bands as a token of appreciation to their fellow classmates!



## SECRET AGENT MISSION

**Issue 2**  
(Mar-Apr)

Mission 1  
Mission 2

**Special Issue**  
(May-Jun)

Mission 3  
Mission 4

**Issue 3**  
(Jul-Aug)

Mission 5  
Mission 6

How would it feel like to be a Secret Agent, one who does kind deeds to the people around you?

FOS Secret Agent Mission is a monthly activity that you can do to infiltrate your school, community and home with kindness. We will be giving you monthly missions and ideas on how you can be a top Secret Agent whom everyone looks up to!

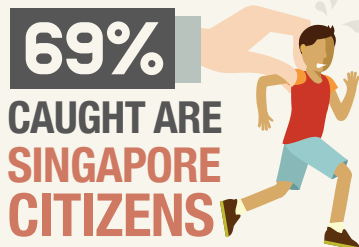
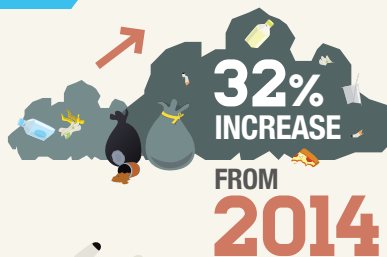
Look forward to your first mission in the next issue of Kindsville Times. Meanwhile, get excited and be prepared to do your best. We believe everyone can be a Friend of Singa Secret Agent!

# Litterbugs

ENVIRONMENT

FOOD FOR THOUGHT  
**Case Study**

Singapore is known around the world as a beautiful, clean and green country, but the number of littering fines issued by the National Environment Agency (NEA) every year may shock you! Is Singapore really as clean as we think?



Littering has more impact that we think. It increases the strain on our cleaners, creates eyesores, and even encourages mosquito breeding (when the litter traps water).



## DISCUSSION

What can each of us do to ensure a clean and healthy environment in school and in public spaces for all to enjoy?

## TASK

As an Agent of Kindness, create a list of things you can do to keep your school and public spaces clean. Share the list with a friend and encourage each other to complete your individual tasks.

Be Kind, Keep Clean!

### My Everyday Responsibilities

in school

(E.g. Help to clear the rubbish in the bin everyday)

in the public

(E.g. Hold on to your trash and throw it into the nearest rubbish bin)

I shared my list of ideas with \_\_\_\_\_  
(Friend's name)

# Trash to Treasure

**Class  
Activity**

Do you know that many materials that we throw everyday can be recreated into something new? For example, an empty tissue box can be used to store pens and pencils, or even be made into a musical instrument.

## CLASS ACTIVITY

Together with your classmates, gather all your trash (e.g. used plastic bottles, paper, toilet rolls, empty tissue boxes) and build items out of these recycled materials. Turn your trash into something new and share your creations with your classmates!

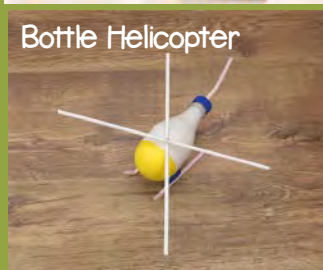
Tissue Box  
Guitar



Cardboard Roll Plane



Bottle Helicopter



Juice Box Giraffe



More ideas on  
[www.zeeq.in/the-art-room/](http://www.zeeq.in/the-art-room/)



# A-OK! PUZZLER

Highlight/Underline the qualities that Agents of Kindness should have.



Agents of Kindness should be:

Responsible



 2016 / ISSUE 4

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

Being kind makes me happy. I help people in many ways and cheer my friends when they are feeling down. Sometimes, after helping someone, I feel like showing acts of kindness to someone again!

– Rindiany Puteri, Junyuan Primary School, 5 Integrity

I believe that good deeds will return to us if we do something nice. I love that whenever I do something to others they praise me and sometimes, even give me a small prize! The good words they gave me are "You are a star" and "You are my angel". These kind words really encourage me to do more good deeds.

– G.P.Janani, Telok Kurau Primary School, P5 Respect

I enjoy helping others. When I help others, they feel happy and I feel happy too!

– Celeste Teo, Mee Toh School, 5-9



I think being kind is very important. Kindness can be a good influence to others and it can be passed on to others. This way, we live in a harmonious country all together. With kindness, there will be lesser racial discrimination and our lives will be more wonderful. Be kind and kindness may come back to you one day!

– Jeri Ong, Paya Lebar Methodist Girls' School (Primary), 5 Love

When you are kind, you inspire others to be kind too! This way, the world will be filled with kind people!

– Hoang Vo Phuang An, First Toa Payoh Primary School,  
6 Perseverance

Kindness makes people happy and I like people being happy! I live helping out at home too! It makes me feel that I am helping others and myself.

– Kaylia, Raffles Girls' Primary School, 5A

I can create smiles on people's faces. I hope people who are not Agents of Kindness will be motivated to become an Agent of Kindness when they receive kindness from me. I started to feel the importance of being kind after reading these fun booklets. Sometimes I teach younger children to be kind to others as well. My dream is to make the world a better place to live in!

– Harshika Nair, CHld Katong (Primary), J05



Complete the activity in page 13 and your response may get featured in the next issue of A-OK! You may send in your response through [www.mailbox.kindness.sg](http://www.mailbox.kindness.sg) as well!



To spread happiness in school and in the  
community through simple acts of kindness.