

Agents of Kindness

Issue

02

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Primary 5-6



singapore
kindness
movement

We all smile in the same language

Highlights

ASEAN 50 – International Friendship Day

Evacomics: Our Friends in ASEAN

Simple acts of Care and Appreciation

A Special Friend

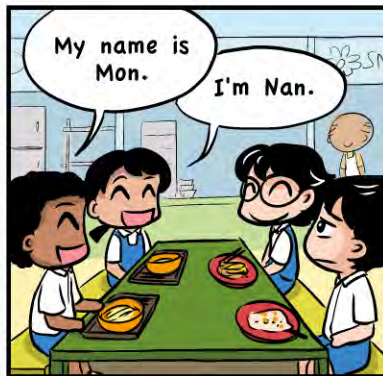
Case Study: Eating Spaces Food Fight



Our Friends in ASEAN

Meet Eva and Junhao's new ASEAN friends who are visiting their school.





End

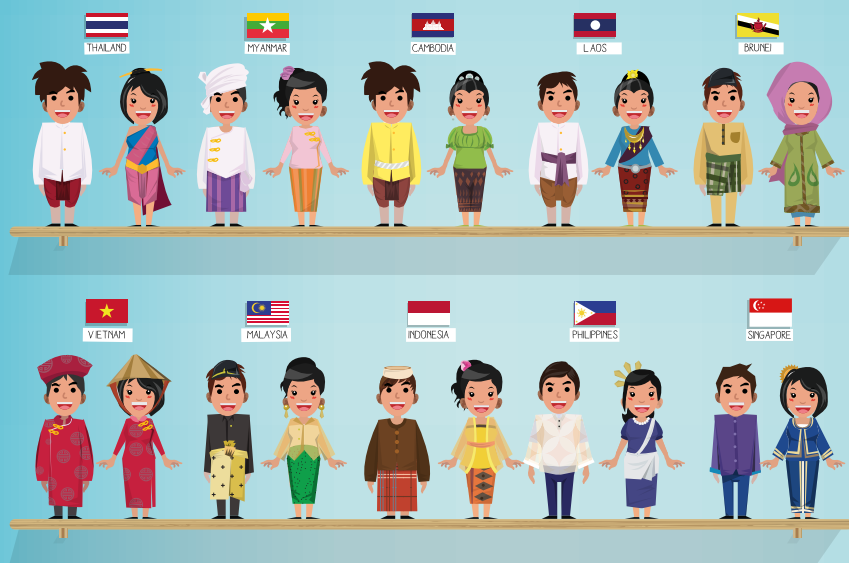


We celebrate International Friendship Day on 7 April this year. This day is dedicated to the understanding of Singapore's relations with her neighbouring countries and beyond.



Singapore is an active member of the Association of Southeast Asian Nations (ASEAN), which was signed by 10 countries. These countries are Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand and Vietnam. Together, these member countries work together to accelerate economic growth and social progress, while protecting regional peace and stability. This year, ASEAN is 50 years old!

In the real world, there are many unforeseen circumstances that can render us helpless. For example, natural disasters can destroy lands and claim lives. Assistance from other countries is crucial to help the affected country pull through such difficult times. When Typhoon Haiyan hit Philippines in 2013, it resulted in widespread devastation. Relief efforts and offers of assistance poured in from many countries, including Singapore.



International friendships bring people from different countries closer together. When we make friends with our neighbouring countries, we get to learn and understand different cultures!

The strength of these friendship bonds brings different groups of people and different places closer together. When we make friends with our neighbouring countries, we get to learn and understand different cultures, taste the different food flavours and be exposed to many different practices in each cultures!

As Kofi Annan rightly said, “We may have different religions, different languages, different coloured skin, but we all belong to one human race.” Let’s continue to embrace people from all walks of life and accept one another with an open heart. Happy International Friendship Day!

Simple acts of Care and Appreciation

How do you show care and appreciation to people from other countries? Simple acts of care and appreciation can make a big difference to someone's day!

Here are three easy yet meaningful ways you can show care and appreciation.

#01 SHARING THINGS

Is there a game, delicacy or song you like that is "uniquely Singapore"? Share that with your friend!

#02 GREETING ONE ANOTHER

Surprise your friend by saying "hello" in their language! Here's a cheat sheet of how people greet each other in their countries:

THAILAND	"sa-wat-dee-krap" (males) & "sa-wat-dee-kaa" (females)
LAOS	"sa-bai-dee"
VIETNAM	"chao anh"
BURMA	"min-ga-lar-ba"
CAMBODIA	"johm-riab-sua"
PHILIPPINES	"ma-gan-dang-u-ma-ga"
MALAYSIA	"selemat pagi"
INDONESIA	"apa kabar"

#03 EATING TOGETHER

As you enjoy a meal together, share with each other the happy and unhappy things that happened during the day. Remember to put away your phone and give your full attention to the conversations at the dining table.

Family
Time

Volunteer together!



Want to spend your March school holidays doing meaningful activities? You can volunteer together with your family members or guardian, and learn about the joy of offering your time to help others!

Here's how you can start to plan your volunteering activity.



1 Think about the things that you and your loved ones like or care for

If you like animals, you will enjoy rounding up supplies for the animal shelter. If you like books, you may love to read stories to the children in a library. If you love fun and games, you will enjoy organising fun activities at a children's home or an elderly care centre. If you love nature, you will have a fun time doing tree-planting or clean-up activities at mangrove swamps.

2 Search for the organization or place that you can volunteer at

Once you have decided on the activity, search for the place that you can go to volunteer together with your family members or guardian.

3 Spend some time planning what you can do to make a difference to the place you are visiting before heading down

If you are visiting a nursing home or elderly care centre, it'll be nice if you can make a card for the people staying there to brighten up their day!

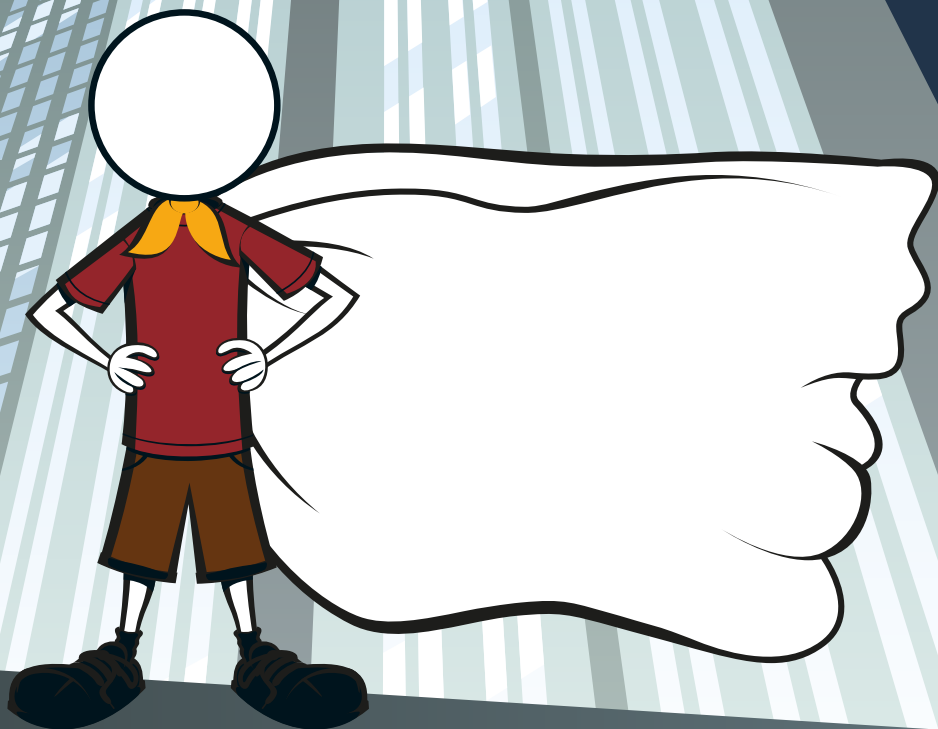
4 Set a date and time

Remember the date and time which you have set for the activity, and be there to do and spread kindness!

AGENT OF KINDNESS CAPE OF RESPECT

One of the qualities of an Agent of Kindness is to show respect to the people at home, in school and in the community. Showing respect to someone means you act in a way that shows you care about his/her feelings. It also includes treating people with courtesy and not calling people mean names.

Draw yourself wearing the Cape of Respect. Share how you have shown respect for someone else by writing about your experiences on the cape.



A Special Friend


As you spend time in school with your friends who come from different parts of the world, you may have been introduced to the many unique cultures and languages from around the world!

Create a friendship card and give it to a friend who always shares interesting things about his/her country with you. Be sure to tell him/her that you are thankful to have a special friend!


A Special Friend

Dear _____

I am thankful to have you as my friend because you...



I'm so glad we share common interests, such as...



From: _____

A Special Friend



Kindness Mailbox



Do you think that speaking respectfully at home and in school is important? What are some kind words and kind actions you can express to anyone around you, at home or in school?

Write them on this page or send in your response through

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

Everyday Responsibilities

How can you play your part at home and in school? Use the task list below to help you remember your everyday responsibilities! Complete this activity together with your friends or family members.

DAY	TASK	FAMILY/FRIEND'S SIGNATURE
SUN		
MON		
TUE		
WED		
THU		
FRI		
SAT		

HERE ARE SOME EXAMPLES OF TASK YOU CAN DO!

- ★ Participate in daily school cleaning
- ★ Complete homework on time
- ★ Return trays after a meal
- ★ Prepare your breakfast



SECRET AGENT MISSION

Mission 1 (for the month of March)

Think of some unpleasant situations at school you may face. Together with your friends, draw or write to show how you would respond if you were an Agent of Kindness.



Mission 2 (for the month of April)

Learn words of a different language and write a note to a friend in the language that you have learnt. You can also find out what the message below means and write it for a friend!

Dear _____,

Terima kasih kerana menjadi seorang kawan yang hebat!

From: _____

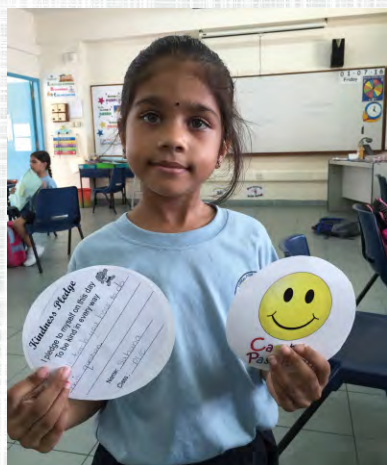
Upload and share pictures of your completed mission on:
www.kindness.sg/fos



CATCH IT, PASS IT ON!



A campaign was carried out in Coral Primary School to create a culture of care and respect in the school, through greeting one another with kind words and encouraging everyone to perform acts of kindness.



An art competition, which involved colouring, poster designing and comic illustration, was organised to highlight the message that a kind word could make someone's day.

The Kindness Club was formed. When members of the Club saw a fellow schoolmate perform a kind act, they passed a kindness badge to the pupil and the pupil in turn, passed it on to the next person who performed a kind act.

Recess activities such as "My Kindness Ladder" and "Wheel of Fortune" were played to encourage pupils to greet each other and to use kind words.

Towards the end of the campaign, pupils wrote a kindness pledge on a smiley face card and hung it on the 'Learn & Grow' tree. The tree was created to remind all Coralities to greet one another and do kind acts.

EATING SPACES

FOOD FOR THOUGHT

Case Study

Food FIGHT

An unsavoury incident between a patron and a cleaner erupted at a local food court. Here's a bite-sized summary.



THE PATRON

A middle-aged woman was almost done with her meal when a cleaner came to clear her plate.

She told him not to clear it, but he did not seem to hear her. She got angry and started scolding the cleaner.



THE CLEANER

The 67-year-old man had a hearing disability, and thus could not hear the patron's instructions.

He walked away when the angry patron scolded him, but was later summoned back by the patron's husband to continue being scolded.



THE MANAGER

He arrived to apologise and explain that the cleaner had a hearing disability.

The patron continued to shout at both the manager and the cleaner, using several disrespectful phrases to insult the cleaner.



THE VIDEOGRAPHER

A young lady captured a part of the incident on video, which was then posted online. The video quickly went viral, and has since captured over 1.7 million views.



THE INTERNET

The internet reacted to the video with rage and hostility. There was widespread criticism of the angry patron. Many netizens used strong and offensive language.

DISCUSSION

- 01 How can we encourage kinder treatment towards service staff?
- 02 As bystanders, what should we do in such situations – do nothing, take a video and share it online, or step up to see what help we can offer?
- 03 How can you express disagreement in a respectful way?

TASK

All occupations are important as they help make the world a better place to live in. How can we show respect and appreciation to the people from different occupations and their contributions to society? Write about an occupation that you feel deserves respect and appreciation.

Occupation

Their contributions to society

What I can do to show respect and appreciation



Kindness Mailbox Featured!



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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?

I can make a difference in our community by:

1. Giving a wonderful smile to everyone around me.
2. Keeping a look out for suspicious people or bags in public spaces and inform the police immediately when I see them.
3. Having nice chats with my neighbours.
4. Inviting my neighbours and friends to my house during festive seasons.

– Syariah Marshanda, Riverside Primary School, P5

I can help my elderly neighbours more often as it makes them happy.
I feel proud and happy helping them too!

– Euclase Lim, CHH St Nicholas Girls' School, P5

I can donate money to charity.
I can remind children not to litter.
I can volunteer at an old folks' home.
I can help to bring the recycling basket to the recycling bin.
I can recycle newspapers, bottles, and plastics cans by making them into something useful.

– Cherise Chow Qi Rui, Canossa Convent Primary School, P5

Kindness starts with each of us doing our part. Everyone can make a difference in our community. From helping our neighbours water their plants when they are not at home to helping an elderly cross the road, there are many things we can do to show kindness. By doing these, we can put smiles on other people's faces and that makes me happy too!

– Renee Chew, West Grove Primary School, P6

I can greet my neighbours or people around me and be polite to them. Doing these put a smile on their faces and make their day better!

– Jochebed Chong, Paya Lebar Methodist Girls' School, P6



Complete the activity in page 11 and your response may get featured in the next issue of A-OK! You may send in your response through www.mailbox.kindness.sg as well!



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