

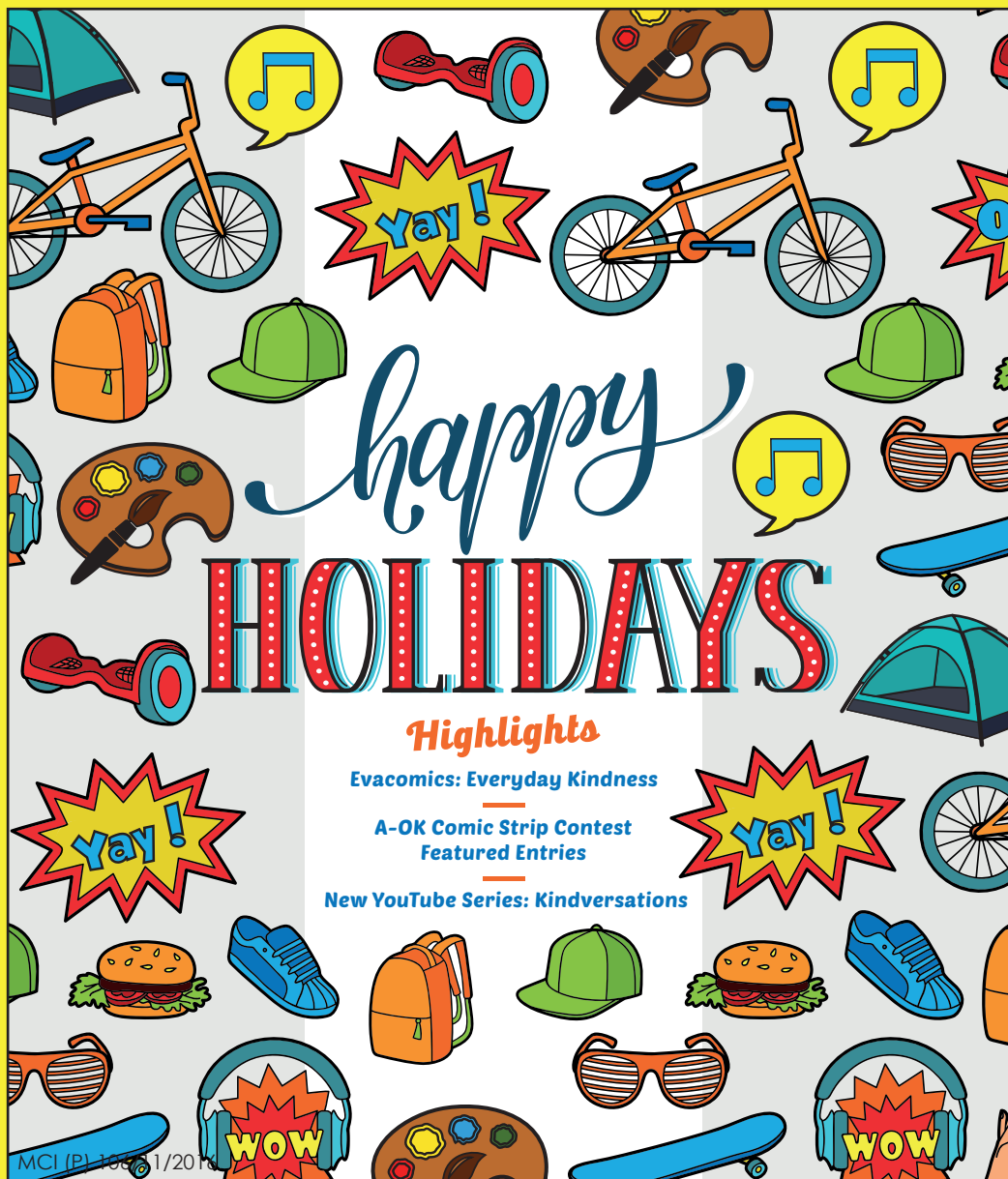
A-OK!

Agents of Kindness

Special
Edition

2017

Primary 5-6



Highlights

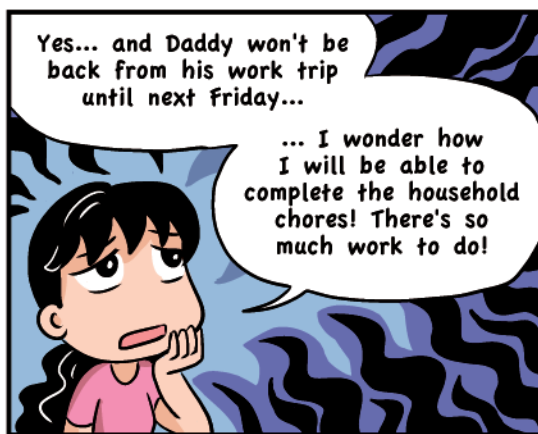
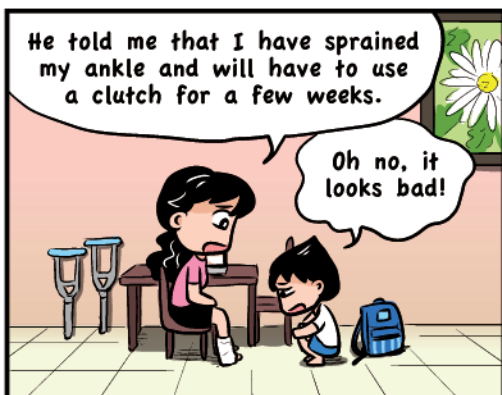
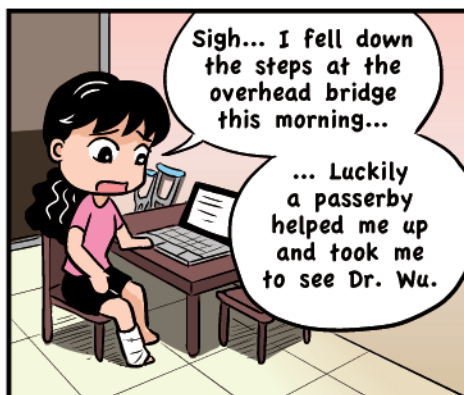
Evacomics: Everyday Kindness

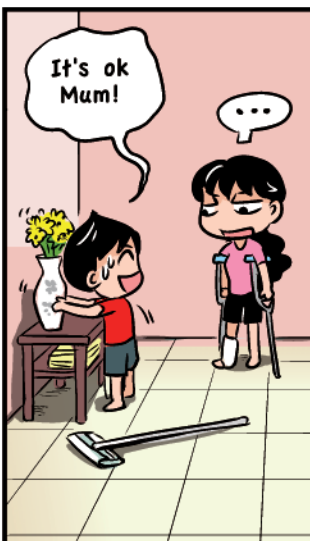
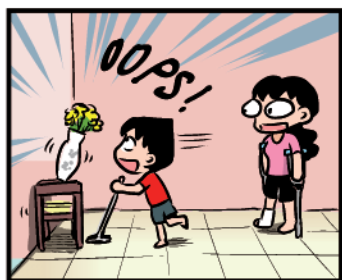
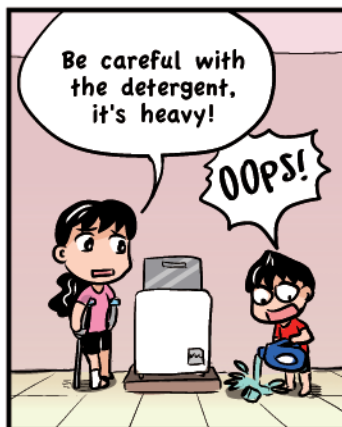
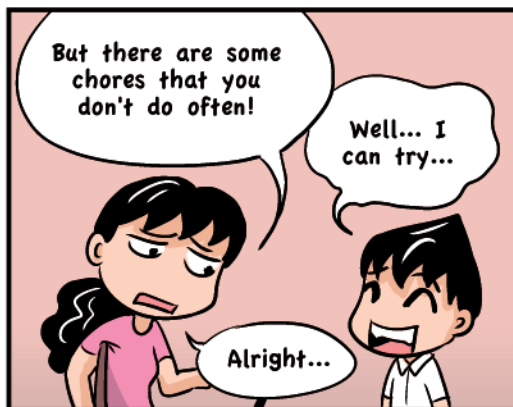
A-OK Comic Strip Contest
Featured Entries

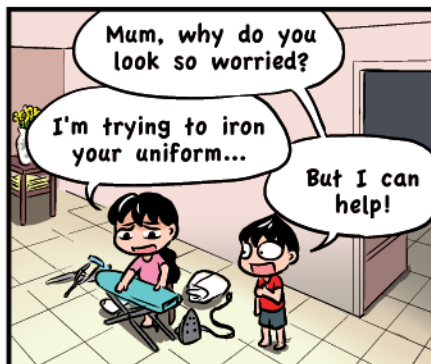
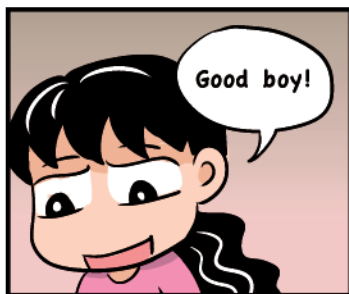
New YouTube Series: Kindversations

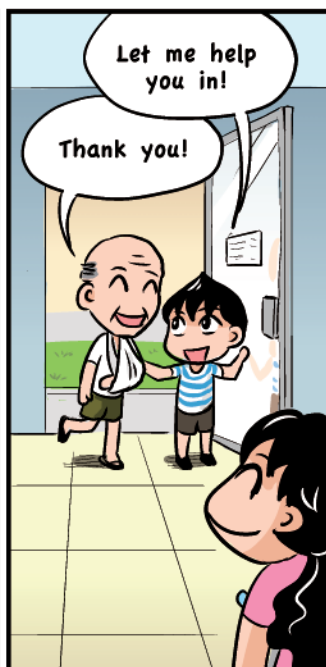
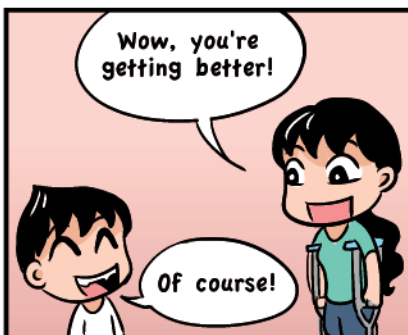
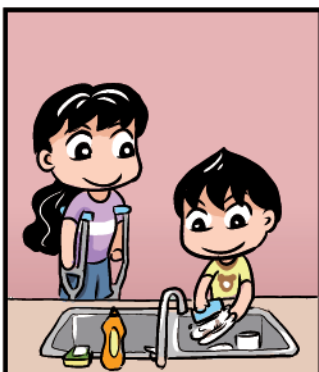
Everyday Kindness

How can you show everyday kindness during the holidays?









End



Which **AGENT** of KINDNESS — are you? —



It's your best friend's birthday! What do you do?

- a. Write a birthday card mentioning memorable times in our friendship.
- b. Make him/her a gift to make this special day as bright as can be.
- c. Prepare his/her favourite dish.
- d. Surprise him/her by gathering a group of friends to sing a birthday song.

Your class is rehearsing for a performance. What are you doing?

- a. Complimenting my classmates on their performance.
- b. Singing a fun song to re-energise my classmates during the break.
- c. Helping someone who is struggling to carry the props.
- d. Helping to paint the class banner that is required for the performance.

You are using wooden blocks to build a structure. Your sibling excitedly reaches for the blocks and causes the structure to collapse. What will you do?

- a. Assure him/her that you are not upset and encourage him/her to join you.
- b. Suggest using the blocks to build your dream amusement park together.
- c. Invite your sibling to bring along his/her toys (cars, stuffed toys etc.) so that you can make the activity more interesting.
- d. Explain to him/her how he/she can be more careful and offer to teach him/her how to build the structure.

An elderly lady can't bend to reach the groceries on the bottom shelf. What will you do?

- a. Ask her how she is politely and offer to help.
- b. Greet her cheerfully and pick up the item for her.
- c. Pick up the items and check the expiry date before passing it to her.
- d. Help her out, and offer to help with the rest of her shopping too.

You see a classmate crying quietly in the corner because he/she did badly on a test. What will you do?

- a. Write a kind note to help him/her feel better.
- b. Share some snacks to cheer him/her up.
- c. Distract the other classmates so no one else notices.
- d. Comfort him/her and offer to study for the next test together.

Encouraging

AGENT of KINDNESS

If you answered mostly As, you are an ENCOURAGING A-OK! You express kindness through your words. You always know the right thing to say to brighten someone's day. Your sunny disposition is what endears you to those around you.

Spontaneous

AGENT of KINDNESS

If you answered mostly Bs, you are a SPONTANEOUS A-OK! You love to make people smile and are often inspired to carry out simple acts of kindness. The best way to make your day is for you to make someone else's day!



Observant AGENT of KINDNESS

If you answered mostly Cs, you are an OBSERVANT A-OK! You pay a lot of attention to your surroundings, and thus you never fail to offer the right kind of help to those in need. Keep it up!



Patient AGENT of KINDNESS

If you answered mostly Ds, you are a PATIENT A-OK! You are always willing to spend your time to lend a helping hand to others. Good friends will appreciate your kindness, sincerity and dedication.

#ONEKINDDAY

After finding out which Agent of Kindness you are, write down the next act of kindness you'll do today!

Kindversations

Family
Time

In a new YouTube series titled *Kindversations*, Sarah from Singapore Chinese Girls' School asks actor Adrian Pang some really tough questions, such as the ones below!

What do you think is the BIGGEST PROBLEM facing my generation?

I think I know!
We use our phones a lot.



What would happen if the WHOLE INTERNET CRASHED?

I would CRY!!



Well, it's not just your generation. Everybody has become too reliant on them.

People used to talk to each other more and actually having conversations with one another. It has an effect on how people show each other kindness and basic decency.

What does KINDNESS mean to you?



I think kindness is essentially just being sensitive to others' feelings,

being compassionate about others' needs, and actually taking some action



to make somebody's life, make somebody's day, or make somebody's just one moment in time a little bit better.

Watch more episodes of
Kindversations at
youtube.com/kindnessSG

Case Study

ART

in common spaces

A 25-year-old arts student took 5 hours to cover the steps near a lift landing in her block with gold foil. She has since removed it.

Some people considered it 'art', but others felt that it was vandalism.

This is beautiful.

It's a good day to take the stairs instead of the lift.

This brings us such joy. It is an act of kindness to all who live here!

We should do our part to beautify our surroundings, but it must be within what the law allows.

We all share this space. Isn't this vandalism?

Discussion

HOW CAN WE ENCOURAGE THOUGHTFUL AND CONSIDERATE COMMUNITY ART THAT CREATES PLEASANT COMMON SPACES?



SECRET AGENT MISSION

Mission 3 (for the month of May)

Be a thoughtful neighbour in the month of May! Together with your family, offer to do a kind act for a neighbour!

Mission 4 (for the month of June)

Be a friendly neighbour in the month of June! Invite a few of your neighbours to plan and enjoy an afternoon of games together!





Kindness Mailbox



Do you know anyone who is serving or has served the National Service?

Singapore celebrates 50 years of National Service (NS50) this year. Share your ideas on how we can show our appreciation to our NS Men by writing on this page or sending them 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

Let's Celebrate National Day!

THIS COMING AUGUST

A



B



C



D



E



G



H



I



L



N



O



R



S



T



Y



Complete this puzzle by filling in the alphabets to find out why we should celebrate in the month of August. Look out for the next issue of A-OK! for ideas on how you can celebrate the special month!

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COMIC STRIP CONTEST
**A LITTLE KINDNESS
CAN MAKE A BIG
DIFFERENCE TO
OUR COMMUNITY.**

Congratulations to the following winners of the Agents of Kindness Comic Strip Contest! All winning entries are featured in this issue on Pages 15 to 21.

Euclase Lim Rae
(CHIJ St Nicholas Girls' School)

Putri Karina Soetama
(Zhonghua Primary School)

Darius Lim Wei Chen
(Mee Toh School)

Nadya Valeska Setiawan
(CHIJ Our Lady of the Nativity)

Cristal Loh Ying Qi
(Guang Yang Primary School)

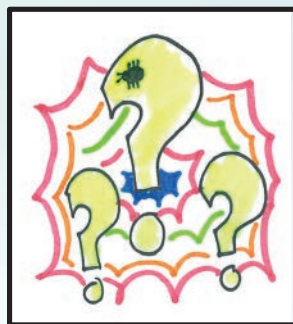
All winners will be notified and will receive prizes from the Singapore Kindness Movement as well as a set of books (worth S\$200) sponsored by Scholastic.

Prize Sponsor:

 **SCHOLASTIC**

KINDNESS STARTS WITH YOU!

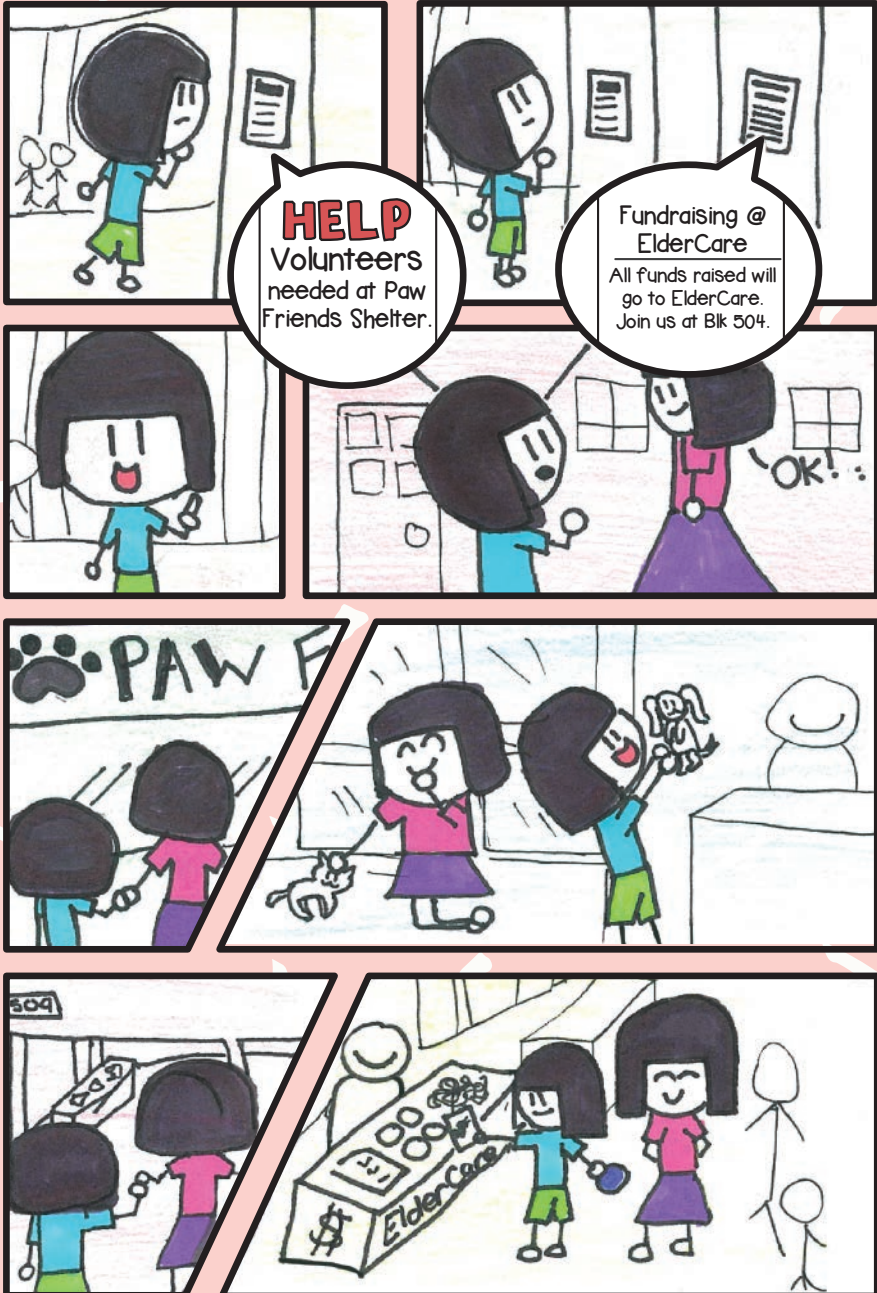
by Euclase Lim Rae
CHIJ St Nicholas Girls' School (P5 Justice)

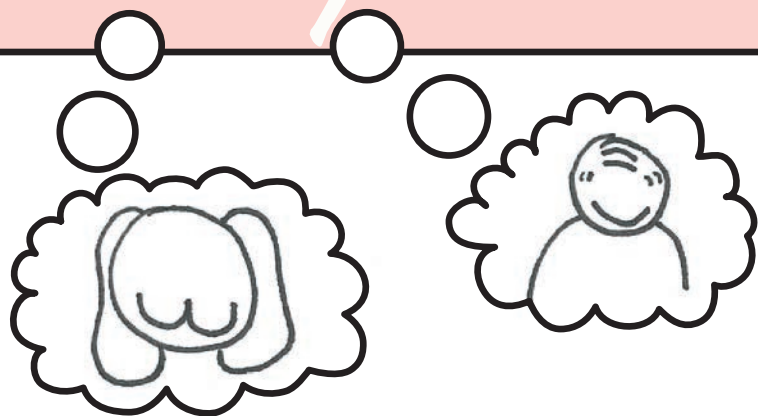
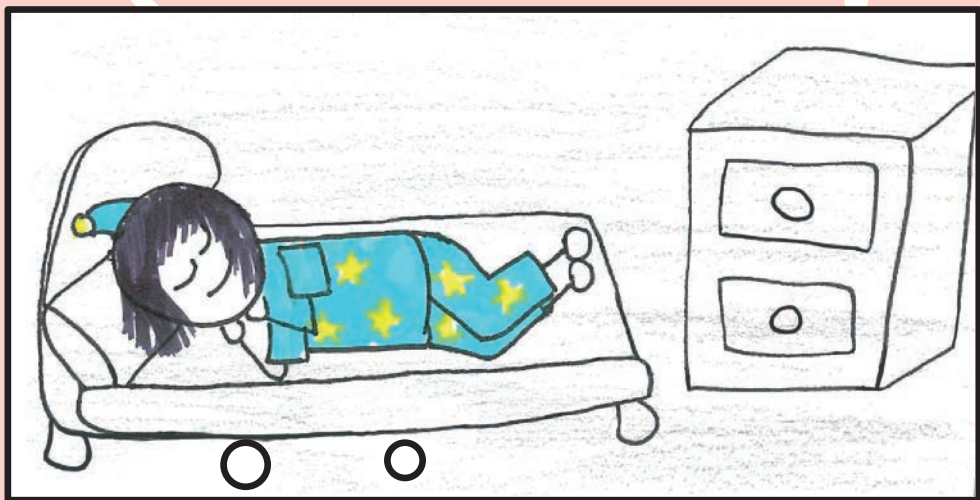


a little kindness can make a big difference
to our community. Kindness starts with ...
You!

Make someone smile today!

by Putri Karina Soetama
Zhonghua Primary School (Primary 6 Diligence)

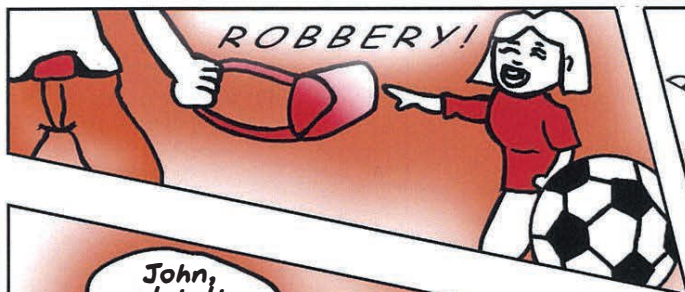
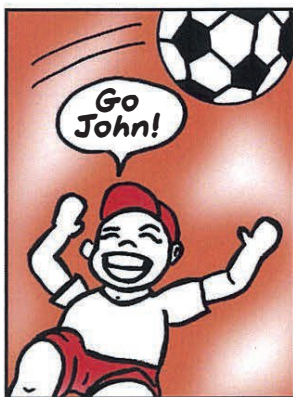


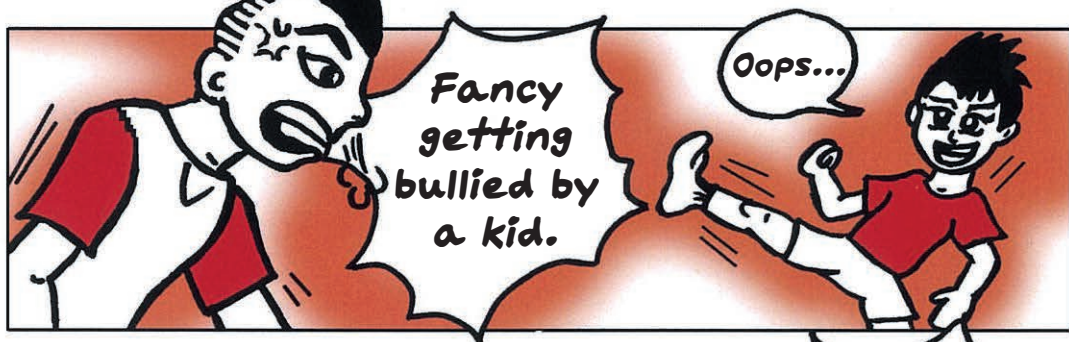


MAKE Some
one
SMILE TODAY!

START WITH A LITTLE KINDNESS

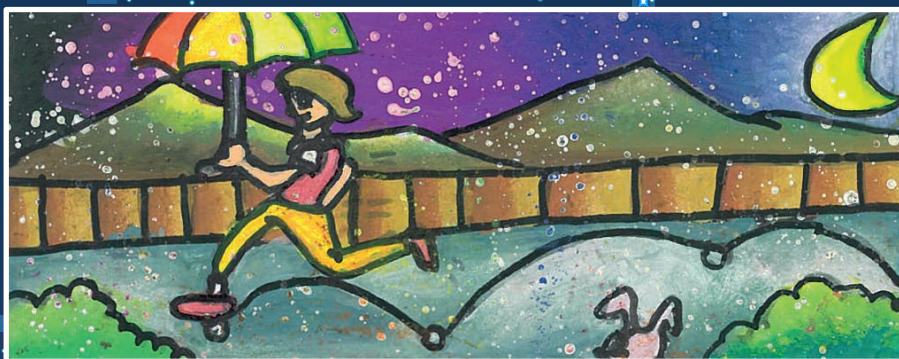
by Darius Lim Wei Chen
Mee Toh School (Primary 5)





An Umbrella to Brighten a Day

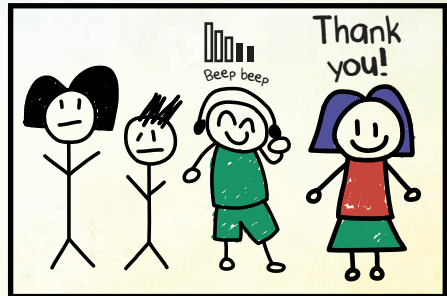
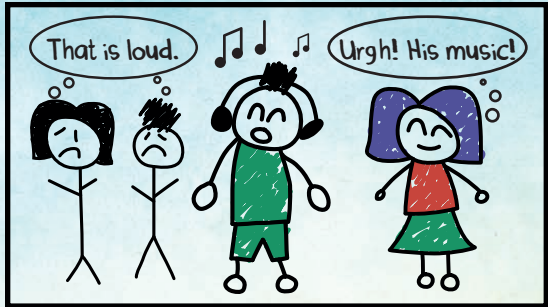
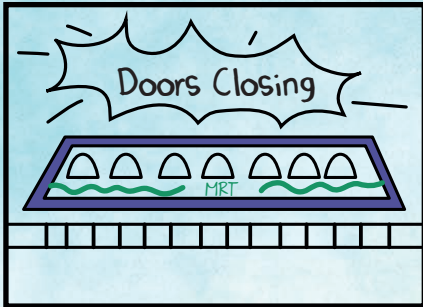
by Nadya Valeska Setiawan
CHIJ Our Lady of the Nativity (5 Grace)



A Stickman's Adventure

The MRT Situation

by Cristal Loh Ying Qi
Guang Yang Primary School (Primary 5A)



Keep your volume down to lift those frowns around! ☺



Kindness Mailbox Featured!



2017 / ISSUE 2

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?

I think that speaking respectfully at home and in school is very important. We do not only show respect to those older than us, but to those younger than us as well. We should always treat others the way we want to be treated. Respecting others can be as easy as saying "thank you" and greeting others!

– Sivakumar Magina, Fengshan Primary School, P6

I think that showing respect and kindness is very important. Everyone plays an important role in bringing smiles to the faces of others. There are many ways to show that we care for others. We can do something as simple as saying "thank you" to janitors for cleaning the school or by helping an elderly cross the road. All these make a big difference!

– Kinjal Johri, Seng Kang Primary School, P5

Yes, I think that speaking respectfully at home and in school is important. We live in a diverse country with different cultures, languages, races and backgrounds. This diversity makes living in Singapore fun and interesting, only if everyone gets along with and respects one another. Here are some random acts of kindness to make someone's day:

- Smile at your friends
- Give a high-five to your friends or family members
- Make a thank-you card for your teacher
- Slip a nice note into your friend's or parent's bag to cheer them up
- Learn to say "thank you" in a new language
- Hold the door open for someone
- Compliment someone
- Talk to someone about their day
- Give your family members a hug

– Gwenevere Yeap, Cttld Our Lady Queen of Peace, P6

I think speaking respectfully at home and in school is important as it shows that we care about the person we are speaking to. The person will feel good knowing that he/she is being respected.

Some kind words we can use are "thank you" and "please". We can also say "excuse me, sorry to interrupt" when we need talk to someone who is busy. Some kind actions that can brighten someone's day include smiling at others and greeting your neighbours.

– Chin Yi En, Paya Lebar Methodist Girls' School (Primary), P6

I think speaking respectfully at home and in school is important. If you want someone to respect you, you should show respect to others. Some kind words we can say to others are "good morning" and "thank you". Some kind actions we can do are helping others in need and smiling at people who have helped us. We can all do these at home and in school!

– Ming Yang, Fuhua Primary School, P5



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