

1ssue 03 2017

Primary 5



Agents of Kindness







Decur * Agents of Kindness,

Our nation is 52 years old this year, and we want to celebrate #OneNationTogether.

#OneNationTogether is about all of us coming together to appreciate all the people from all races and religions who have contributed to our nation over the years. And this National Day, we want to especially honour our National Servicemen because we are also celebrating 50 years of National Service (NS50).

Let's celebrate our National Day on August 9th by organizing a simple party with your family. Invite your friends and neighbours to your party. Enjoy watching the National Parade together in the comfort of your sitting room. If you attended the NE Show, you may share videos and pictures taken at the show.

You may wish to show your appreciation to our national servicemen who contribute to the defence of our nation. You can present them a personalized certificate to thank them for their dedication and service to Singapore.



You are privileged to be at the NE Show and you can't wait to be there with your friends. Let's be gracious spectators by remembering to do the following:

- Follow all instructions given by teachers and organisers.
- Cheer on the performers during the show.
- Make friends with people around you.
- Sing along and encourage others to do the same.
- Look out for anyone needing help during the show.
- Be kind, keep the place clean after the show.
 Keep all rubbish in the bag and hold on to them till you find the nearest rubbish bin to discard them.

As an Agent of Kindness be sure to start, show and share kindness wherever you are. In being kind, you will spread happiness all around.

Have Fun! And Best Always,



Dr. William Wan, JP., General Secretary, Singapore Kindness Movement.



NE 5how 2017































































Do you know that taking a good and meaningful photo requires patience and a few tricks? Here are some photography tips to make your NE Show experience a memorable one.



Trying to avoid blur and shaky photos? Hold your camera as still as you can, using both hands. Keep your elbows tucked into your sides for support!



Try to capture a series of photos that you can share with someone who was not there watching the show. You can create a collage with the series of photos after the show!



Take group photos and wefies with your friends as a way to remember this funday. Tear out the photo prop on page 9 and pose with it in your photos, or you could customise the photo prop by writing your message in the space provided on page 11!



#One Nation Together

Take a photo or wefie with your friends with this speech bubble at the NE Show!





#One NationTogether

write or draw on this speech bubble and pose with it while taking photos/wefies with your friends at the NE Show!

Because It's Singapore!

Step by step
Together we'll build our dreams
Heart to Heart
Together we'll stay as one Nation, undivided
Back to back
Together we'll brave the heat, the cold, the storms
Hand in hand
Together we'll grow this land that we call home

Nothing in this world compares
It's our Singaporean Life
Everyone is family, friend and neighbour
Living in harmony

Nothing in this world compares
To this island where it's home
Where we love and know we'll never be alone
Because it's Singapore (Just Believe)
This is Singapore (We Can Be)
Our Singapore (The world will see)
We are Singapore





PARTY PLANNING GUIDE

Planning a party with your family or loved ones can be a whole lot of fun if everyone spontaneously shares ideas and respects each others' opinions. Here's a party planning guide you can use to help you get started!

Contains:

Party Planner | Invitation Cards | Food Recipes | Appreciation Certificates

Party Planner

Date	3 9	Tim	le
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9 August

Venue

Guest List

Theme

Menu

Decorations Activities



Games

Party Planner

	To Do List
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

Invitation Cards

Invite your family members, friends or neighbours to the party!







Post NE Show

Invitation Cards









Recipes

Star Cheese Toasties



WHAT YOU NEED:

Slices of bread A packet of sliced cheese Star-shaped cookie mould Oven or toaster

INSTRUCTIONS:

- 1. Lay bread slices.
- Press cookie mould onto cheese slices to form star-shaped cheese.
- Decorate by arranging star-shaped cheese on the bread slices.
- 4. Toast in the oven for 5 minutes.
- 5. Serve cheese toast hot.

Rainbow Fruit Skewers with Yogurt or Cheese Dip



WHAT YOU NEED:

Satay sticks Assorted fruits of your preference 2 cups yogurt

INSTRUCTIONS:

Thread cut fruits onto satay sticks. Recommended choice of fruits for a rainbow set of colours are strawberries, oranges, pineapples, kiwi and blueberries. Feel free to get creative!

OPTIONAL: Serve fruit skewers with yogurt dip or cheese sauce! You may mix remaining cheese slices (from doing cheese toasties) with milk and microwave it to make cheese sauce.

Coconut Agar Agar



WHAT YOU NEED:

- 1 1/2 cups coconut milk
- 1 cup milk
- 1 cup white sugar
- 2 tablespoons agar agar powder
- 3 cups water Red food colouring Jelly mould

INSTRUCTIONS:

- Mix coconut milk, milk, 1/4 cup of sugar, 1 tablespoon of agar agar powder in saucepan and bring it to boil.
- Pour the coconut mixture into mould(s) of your choice. Allow it to cool.
- Meanwhile, mix the remaining 3/4 cup sugar, 1 tablespoon of agar agar powder, red food colouring and water in another saucepan and bring it to boil.
- 4. Check to see if the coconut agar layer has hardened.Do not let it become completely hardened, as the two layers will not be able to stick together.
- Gently pour the red mixture on top of the coconut milk layer.
- 6. Let the agar set. It should take about 40 to 45 minutes at room temperature.
- Slice agar agar in preferred size and decorate them with kindness toppers in page 27.





- 1. Share them with us by emailing them to celebrate@ndp.org.sg
- Together with your parents/guardians, share the photos online by posting on your parents'/guardians' social media platforms with the hashtag #OneNationTogether

Here's how you can create a photo collage if you have many photos to share and all of them are your favourites!



STEP 1

Download a photo collage app on your mobile phone.



STEP 4

Add stickers or text to your collage.



STEP 2

In the app, choose either a grid layout collage or a freestyle collage.



STEP 5

Save your photo collage and upload online with the help of your parent/guardian.



CLED 3

Tap on the boxes in the grid to insert your favourite set of photos.



STFP 6

#OneNationTogether

Post NE Show















Attach these kindness food toppers to toothpicks and use them to decorate your food items!









HAPPY NATIONAL DAYI

HAPPY NATIONAL DAY!







For the past 16 years, residents living at Singapore's Jalan Bintang Tiga have been organising annual street parties where everyone can come together for a good time, while getting to know one another better.

The residents put together evening programmes that catered to residents young and old alike. Children gathered together to play relay games and some even took part in a Singa sandwich-making contest.

As they often say, "sharing is caring". Many neighbours brought out their best home-cooked dishes for the potluck and chipped in to help make the event a success.

Those new to the neighbourhood came to the party and it was not long before everyone starts participating actively in the fun activities.

A Jalan Bintang Tiga resident said: "This yearly event is only possible because of all the neighbours. Long-time residents have become more and more involved, not just contributing food, but also preparing and running games for the children. New residents, including some who recently moved in, also joined in."

New friendships forged, and old ones strengthened. The night's festivities may be over, but the sense of neighbourliness built among those living at Jalan Bintang Tiga will only grow stronger as these gestures of friendship continue to take place in everyday settings.

Visit www.kindness.sg/letsmakan for tips on how to organise your own makan session!



WANT TO FIND OUT MORE ABOUT NATIONAL SERVICE (NS) FROM SOMEONE YOU KNOW?

Invite a family member/guardian/neighbour who has served National Service to share with you his NS story.

YOU MAY START BY ASKING HIM THESE QUESTIONS

- In which year were you enlisted into NS?
- What are some of your most memorable NS stories?
- What challenges did you face and how did you overcome them?

AFTER LISTENING TO THE STORIES, WRITE DOWN WHAT MAKES YOU FEEL PROUD OF THE NS MEN.









Appreciation

This certificate goes to the world's best

for your love, care, kindness, bravery and contribution to the nation.

Write or draw something to show your appreciation to him. You may also decorate the certificate with stickers in the sticker page.



Name & Signature





A Nation of Kindness starts with you!

This certificate goes to

for your love, care, kindness, bravery and contribution to the nation.

Write or draw something to show your appreciation to him. You may also decorate the certificate with stickers in the sticker page.



Name & Signature





A Nation of Kindness starts with one National Serviceman

This certificate goes to NS man (past/present)

for your love, care, bravery and service to the nation.

Write or draw something to show your appreciation to him. You may also decorate the certificate with stickers in the sticker page.



Name & Signature





Kindness Mailbox



How did you and your family/neighbours celebrate National Day? 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



Mission 6

(for the month of August)

Perform an act of kindness to show your appreciation and love for your family members/neighbours who are NS men.

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



Racial Harmony is part of the SG Identity and our way of life.

CLASS DISCUSSION:

- 01 What is "The Singapore Way" to you?
- O2 How can we continue to deepen bonds amongst the communities in Singapore?

MY HOPES AND DREAMS FOR SINGAPORE





THIS IS MY HOME

What is home to you? To most people, home is a place to rest and relax after a day at school or at work. Home does not only refer to our apartments, but also our neighbourhoods and the people living alongside us! Let's take a look at how we can take good care of our homes, to ensure a pleasant living space for all.



CLEAN UP YOUR

stepping on them would be highly unpleasant for anyone.

DON'T LITTER OR **CLUTTER THE CORRIDOR**

- it's unsightly, and we all need space to walk.



SAY HI TO NEIGHBOURS YOU MEET IN THE LIFT AND AROUND YOUR NEIGHBOURHOOD - a smile and a greeting tend to make your day

DON'T MAKE TOO MUCH NOISE LATE AT NIGHT, OR EARLY IN THE MORNING - PEOPLE ARE TRYING TO SLEEP!





How can we encourage residents to take greater ownership of their homes, and take more initiative in making them pleasant living spaces for all?



A SMILE, PASS IT ON!







Kindness Ambassadors from Princess Elizabeth Primary School wanted to encourage pupils to thank others, show their appreciation and smile when they receive kind acts. Pupils should also pass on these acts of kindness to the people around them in school, at home and in the community. To achieve this, several activities were carried out.

BINGO Cards were designed to allow pupils to reflect on what kindness means to them. After the reflection, they wrote or drew kind acts onto the bingo sheet. This activity inspired others to put into practice new ways of showing kindness.

Kindness Mural templates were made for pupils to pen down their reflection in three different template designs. The mural consisted of two hearts, a mouth and a pair of hands. These templates encouraged students to write down what kindness looks and feels like (Two hearts), what they can say to make someone's day (Mouth) and what they can do to bring a smile to someone (Hands).

Origami Hearts were created for pupils to show appreciation to those who have been kind to them. A booth was set up to give pupils a hands-on experience in folding their own origami hearts. After the pupils wrote their messages of appreciation, they were encouraged to present them to someone in school or at home.

Through these activities, pupils were more aware of the different ways to show kindness and to take action to show their appreciation to the people around them.



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