







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.

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.

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,

Agents of

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









#### 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



## Decorations

## Activities

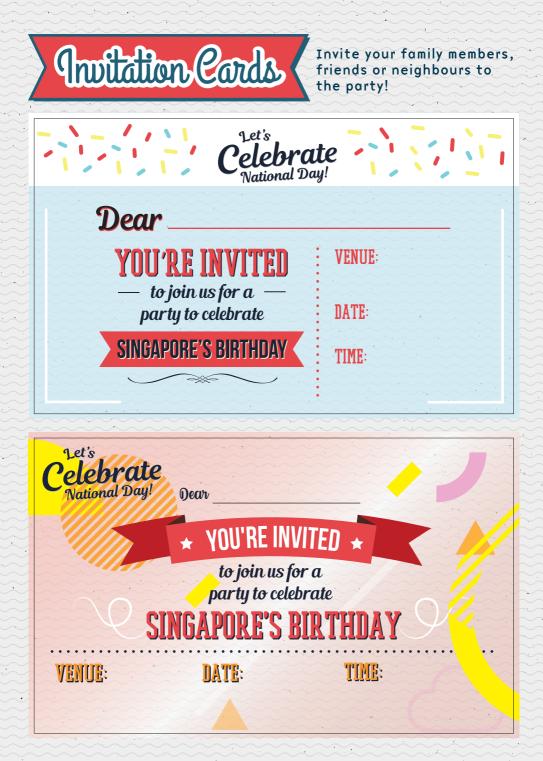
## Games

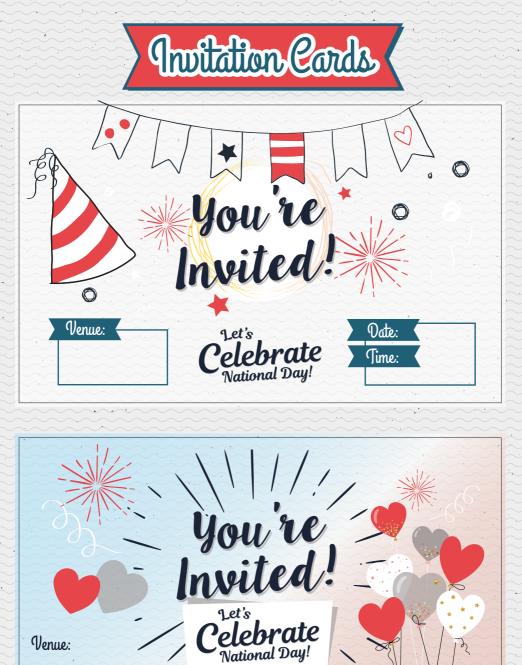


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Date:

Time:



#### Try these recipes with the help of an adult!



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 17.

#### Snap and share photos of your National Day Party!

Snap and Share your photos!

- 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!







Add stickers or text to your collage.





#### STEP 3

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

STEP 2 In the app, choose either a grid layout collage or a freestyle collage.



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



STEP 6 Hashtag your photo with #OneNationTogether



# Take a photo or wefie with your family, friends or neighbours with this speech bubble at your National Day Party! ART **JNE** NATION #One Nation Together





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.

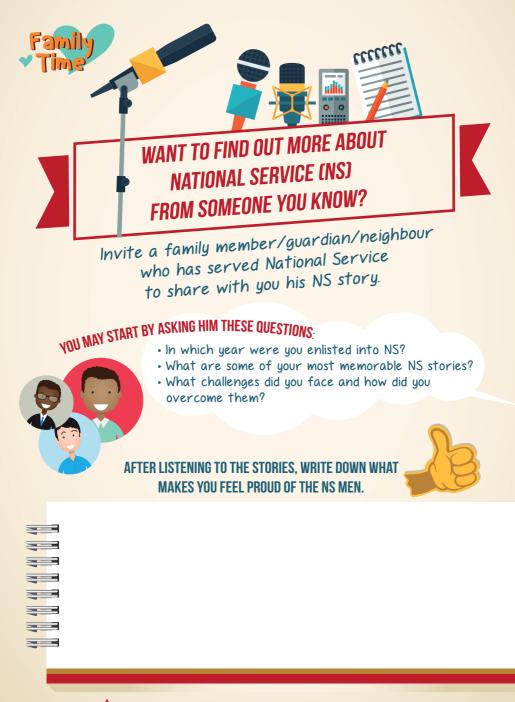
As they often say, "sharing is caring". Many neighbours brought out their best home-cooked dishes for the potluck and chipped in to help make the event a success.

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

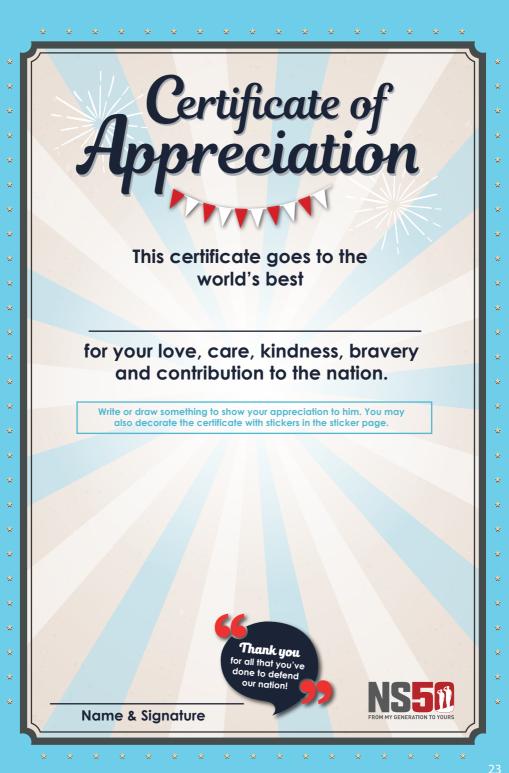
A Jalan Bintang Tiga resident said: "This yearly event is only possible because of all the neighbours. Long-time residents have become more and more involved, not just contributing food, but also preparing and running games for the children. New residents, including some who recently moved in, also joined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



Customize and present certificates to the NS men to show your appreciation. Refer to templates on pages a3 to a7.





A Nat sta Nationo	tion of Kindness rts with one al Serviceman
	certificate goes to nan (past/present)
for your love, c	are, bravery and service to the nation.
	g to show your appreciation to him. You may also ertificate with stickers in the sticker page.



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 5 (for the month of July)

How many happy and positive emoji faces do you know of? Together with your friends, draw as many happy positive emoji faces as you can. Design posters using these emoji faces to spread positivity in the school!

### 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.

SECRET AGENT MISSION

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



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

## CLASS DISCUSSION:

01 What is "The Singapore Way" to you?

<sup>02</sup> How can we continue to deepen bonds amongst the communities in Singapore?

## MY HOPES AND DREAMS FOR SINGAPORE

## I HOPE FOR SINGAPORE TO ...

(Write your hopes and dreams for Singapore in the clouds.)



## 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 PET'S DROPPINGS – stepping on them

would be highly unpleasant for anyone.

**SAY HI TO NEIGHBOURS** 

YOUR NEIGHBOURHOOD – a smile and a greeting

YOU MEET IN THE

LIFT AND AROUND

tend to make your day a little brighter!

#### **DON'T LITTER OR CLUTTER THE CORRIDOR** – it's unsightly, and we all need space to walk.



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



SOME SIMPLE WAYS TO IMPROVE OUR TOWNS

Discussion

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.