

# A-OK!

Agents of Kindness

Issue

04

2017

Primary 5-6



# Kindness, it's up to us!

BE THE REASON THAT SOMEONE SMILES TODAY

## Highlights

**Evacomics: Let's Spread Kindness!**

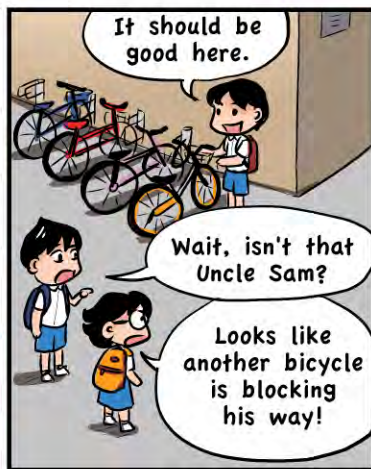
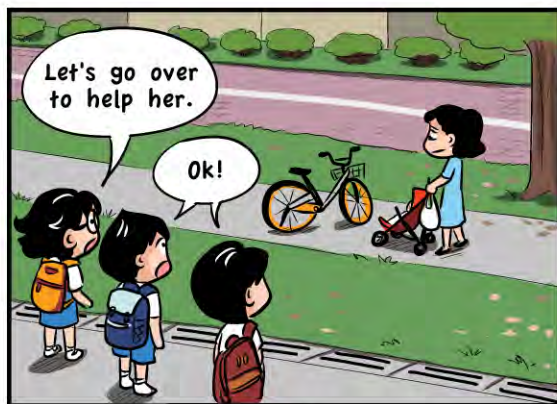
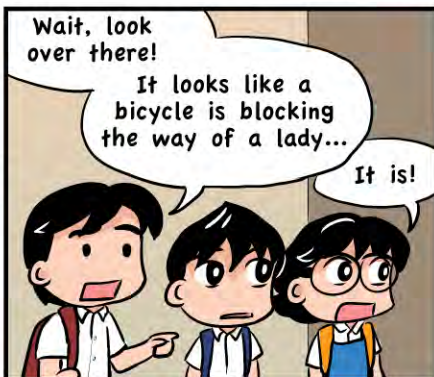
**The Power of Positive Thinking**

**Pass It On – Make Someone's Day!**

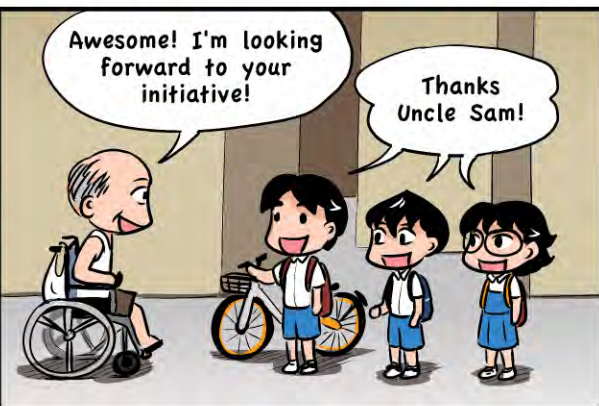
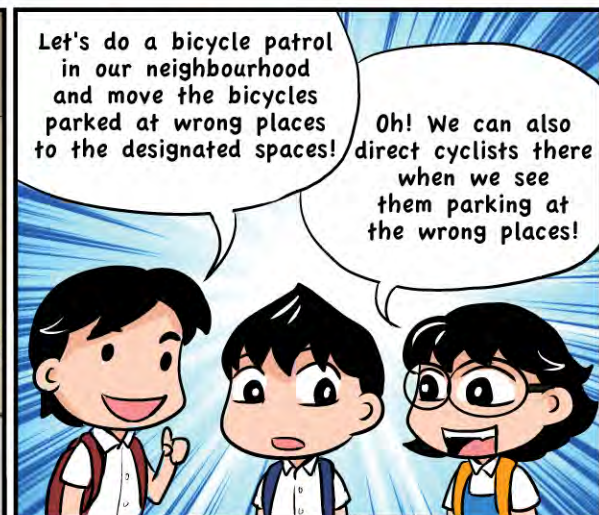
# Let's Spread Kindness!

EXCOMICS

A new community initiative by Eva and friends



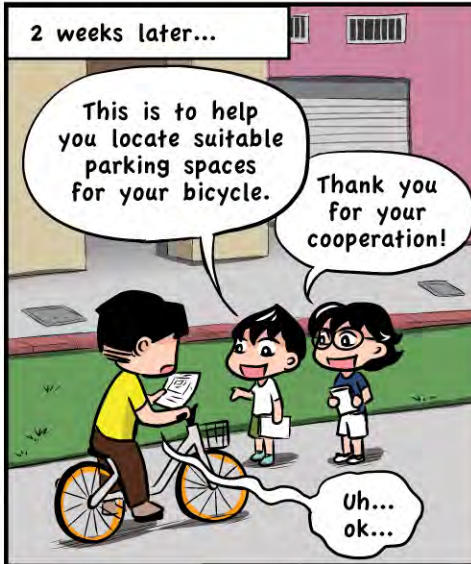




Over the next few days...



2 weeks later...



End



# The Power of Positive Thinking

Positive thinking gives you more confidence, improves your mood and keeps you healthy. Here are some tips to help you achieve a positive mindset!

- 1 Start the day by telling yourself, “Today will be a good day” or “I’m going to be awesome today.”** How you start the morning sets the tone for the rest of the day!
- 2 Focus on the good things, however small.** When you encounter a challenge, think of the benefits. For example, if you are unwell and cannot go for a learning journey, think of ways you can make your time at home meaningful and enjoyable.
- 3 Turn failures into lessons.** When you make mistakes and experience failure, learn from your mistakes and think about how you can do better the next time.

I’m such a failure. I’ll surely fail all my other subjects too.



I have failed my test. I will learn from my mistakes and do better.



**4 See everyone as unique individuals.** Everyone is unique. It is okay for everyone to be different.

Brother is good at everything while I'm not. Mum and Dad will not love me as much.



Brother is good in certain areas while I'm good in others. Mum and Dad love us for who we are.



**5 Make positive statements about things that you have done.** Think about your achievements and say to yourself, "I am proud of myself when..."



I am proud of myself when I make someone's day!



6

**Be optimistic.** Think of a possible positive outcome to the situation you are in. Say confidently, "I hope that..." or "It is possible that..."

Oh no! I can't find my wallet. I must have lost it!



It is possible that we will be able to find it. let's look for it together!



*Did you know?*

According to scientists, a bumblebee's body should be too heavy and its wings too small for it to fly. But the bumblebee does not let these get in its way. The bumblebee believes it can fly, so it goes on flying anyway. With a belief and a desire to fly, the bumblebee overcomes its challenges and is able to fly!

Through the story of the bumblebee, we learn that we can achieve a lot in our life if we think positively and believe in ourselves. Tell yourself you can be the happy bumblebee that flies!



# ALL ABOUT THIS FUN-FILLED YEAR

**5** kind acts that you have done for others:

**4** memorable moments:



**3** times someone showed care for you:

**2** things you learnt about yourself:

**1** really amazing day:

**The year is coming to an end. How has your experience as an Agent of Kindness been this year? Continue to spread happiness and smiles through acts of kindness!**



# PASS IT ON

*Make someone's day!*

**How can you start, show, share and spread kindness?**

## Step 1

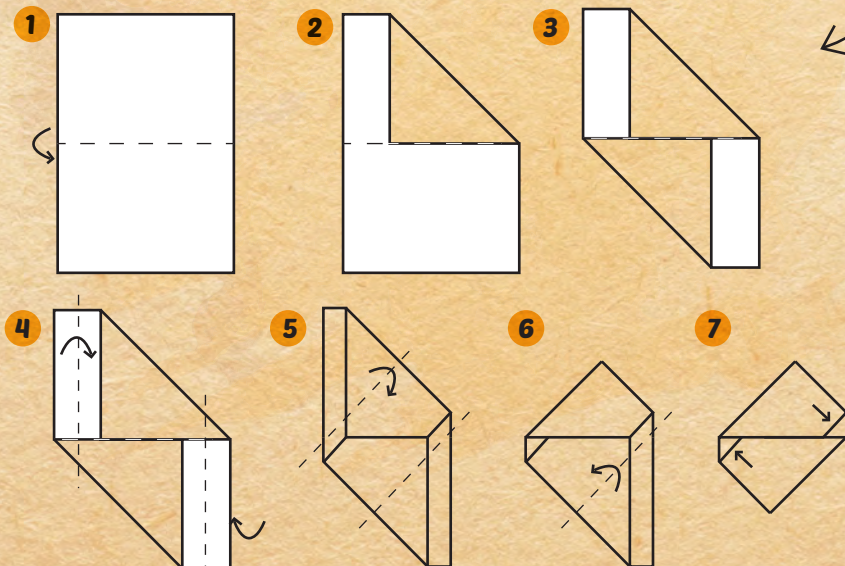
Write a message to a schoolmate on the next page. Your message could include words of appreciation, compliments and/or encouragement.

## Step 2

Tear out your message and fold it into an envelope by following the instructions below.

## Step 3

'Tag' a friend by passing him/her the secret message. Encourage him/her to read the message and 'tag' another schoolmate!





Dear \_\_\_\_\_,

Message:

**Mission:**

**Congratulations, you have been tagged! Join me in spreading kindness to others within our school and to create more smiles. It's your turn to write a message and pass it on to a fellow Agent of Kindness!**

From: \_\_\_\_\_







# Kindness Mailbox



Do you think being an Agent of Kindness is cool? What motivates you to spread happiness in school and in the community through acts of kindness?

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



## Together We are One, Pass it On!

In creating a culture of care and unity as a school, Clementi Primary School pupils from different levels created message cards for the graduating batch of pupils. Each level took up different roles for the project. Everyone contributed by designing, colouring, or writing motivational messages on the cards. These cards, when distributed to the Primary 6 pupils before their PSLE oral exams, spurred them on to do their best in the exams!



## Kind Words, Pass it On!

To build a culture of care in Yuhua Primary School, pupils were encouraged to use kind words and phrases in their daily conversations. For the 1000 Kind Words @ Yuhua Challenge, posters and tracker sheets were distributed to every class to track the number of kind words spoken by the pupils for the week. The Kindness Ambassadors then went around the classes to tabulate the total number of kind words spoken. The results revealed that the school collectively spoken a total of 33,048 words!





## A Grateful Blood Beneficiary

Since Chun Hui was young, he has been going for regular blood transfusions at hospitals. When he was three years old, he was diagnosed with Thalassemia major, a condition where his bone marrow is unable to produce normal red blood cells.

Growing up, he was not as active as his peers were because he could not participate in adventurous activities like skateboarding or mountain climbing. However, after undergoing blood transfusion, he could do activities such as jogging and swimming. He is therefore very grateful to blood donors.

### To Kind Blood Donors:

"I would like to thank blood donors for their time, effort and trouble to donate blood, to help me get through tough times. Without your blood donation, I would not be here. Your blood runs through my veins. You are more than a lifesaver to me. A lifesaver saves a person's life once. But you sustain my life on a regular basis and enable me to move forward," said Chun Hui with heartfelt appreciation.





# Truths and Myths of Blood Donation



## Truth #1:

**You must be between 16 to 60 years old to donate blood**

If you are below 18 years old, you need to have parental consent before donating blood.



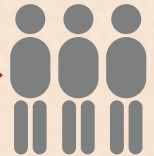
**Truth #2: One bag of blood can save three lives**

One bag of blood may be processed into three different components – red blood cells, platelets and plasma – and given to patients with different needs.



**Truth #3: Only 1.87% of Singapore's residential population are blood donors**

With more than 100,000 units of blood used each year, we need more people to donate blood.



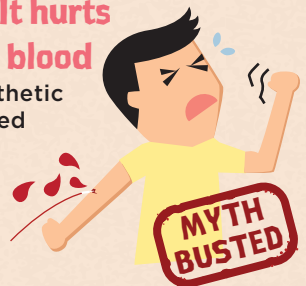
**Myth #1: I won't have enough blood if I donate blood**

Our body will replenish the blood which is taken for blood donation.



**Myth #2: It hurts to donate blood**

A local anesthetic will be applied so it will not really hurt!



**Myth #3: My blood is sold for a profit**

Your blood is never sold for a profit. Your blood will be given to those in need and not sold to them. The fee which patients pay is to cover the cost of processing and screening of blood to ensure that the blood is safe and compatible for patients' use.





## MAKE A SURPRISE SNACK BOX

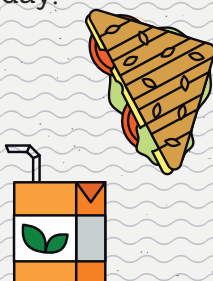
Have you ever prepared a snack box for yourself or for others? It will be nice to surprise your family members or guardian with a snack box personally prepared by you. Tell him/her that you hope this simple snack box can brighten up his/her day!

Here's how you can start to make your snack box.

### STEP 1



Think about what he/she would like as snacks. It could be oatmeal biscuits, baby carrots, sandwiches, or fruits.



### STEP 2

Prepare the snacks and pack them neatly in the lunchbox or a food container.



### STEP 3

Write a personal note and stick it on the snack box.



# A-OK Search

Can you spot the kind acts? Circle them!



# Good Neighbour Day

## ARE YOU A GOOD NEIGHBOUR?

Neighbours can play an important role in the community. Are you a good neighbour?

Good neighbours are friendly. They wave at you and stop to chat. They take time to talk, smile and reach out to connect to you.

Good neighbours are respectful. They consider the needs of others who live around them. They avoid keeping others awake at night by keeping their volumes low.

Good neighbours help each other. They are more than happy to help pick up some groceries, stop at the post office, or help water your plants when you are away on a vacation.

Good neighbours look out for others. A proactive neighbourhood with people who keep watch on each other's homes can help thwart criminal activity and promote a safer area.

Good neighbours spend good times together. Since everyone lives close by, it is really convenient and you need not wait for special occasions to get together. Children from each family often play with each other in a safe environment.



**DO YOU KNOW THAT 13 NOVEMBER IS GOOD NEIGHBOUR DAY? HOW CAN YOU DO YOUR PART IN BEING A GOOD NEIGHBOUR?**





# BARRIERS TO ENTRY

## 3x 3.5-METRE RAILINGS

were installed at the void deck of a Housing Board block.



► This was done to stop people from playing football at the void deck, which had resulted in dirty walls and damaged lights. The football players had previously been told to stop, to no avail.



Though the railings stopped the football problem, it also effectively closed off the void deck to any other use. It also inconvenienced those who were simply using the void deck as a shortcut.



Other measures taken in the void decks of other blocks around Singapore include the installation of spikes on the walls to puncture balls.



### DISCUSSION

How can we use the shared spaces responsibly without disturbing others?



# Kindness Mailbox Featured!



2017 / Special Edition

**Do you know anyone who is serving or has served 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.**

We can show our appreciation to Singapore's NS men by saying "Thank you for defending our country" to them or smiling at them. If you have an older brother serving the National Service, write him a thank you note to show your appreciation.

– Oliver Chiam, Concord Primary School, P5

My dad and my uncle have served National Service. I would like to thank them for taking care of Singapore. Thank you to those who are now serving NS and have served NS!

– Annissa Ong Qian Ying, Xingnan Primary School, P5

My father, cousins and uncles have served National Service. We can honour the NS men by saluting them with a hand gesture when we see them.

– Sarah Foo, Innova Primary School, P6

Yes, I know somebody who has served NS. My P.E. teacher has served NS. On Total Defence Day, he shared with my class a very interesting story about his duties in NS.

We can create a big beautiful poster and give it to the NS men. I am sure they will be happy to know that we appreciate them for what they have done for our nation.

They truly deserve this for protecting Singapore!

– Pari Shrivastava, Compassvale Primary School, P6

We could send letters to encourage them to keep going on even when they are going through hard times. We can tell them that we really appreciate what they have done for the nation.

– Mikaela Soo, Fairfield Methodist School (Primary), P5

We can organise a huge party for all the NS men in Singapore to thank them for protecting Singapore and keeping our nation safe for the past 50 years. Thank you for your hard work!

– Laasya, Sengkang Primary School, P5

We could design posters and put them around Singapore. We could write a song and play it on National Day. We could throw them a huge celebration during National Day.

– Ryan Teo Wen Kai, Ngee Ann Primary School, P6



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