

Agents of Kindness

Issue

02

2018

Primary 5-6



singapore
kindness
movement

BE KIND BE GREATER

Highlights

Evacomics: ASEAN Carnival

Feature Story: Is Singapore a clean or cleaned city?

Friendship Tips



ASEAN Carnival

RING~



Remember that every year, the school holds an ASEAN Carnival?

It will be held next month!



Thailand?

Where is Thailand?



Let's discuss this further during our next lesson. In the meantime, let's find out more about what is unique and interesting about Thailand.

Thank you and see you tomorrow!



Thank you Ms Sabrina.



Mon or Nan, I remember either one of you is from Thailand, right?



I'm from Myanmar. Nan is from Thailand.

Yes. I'm from Thailand and I can definitely help!

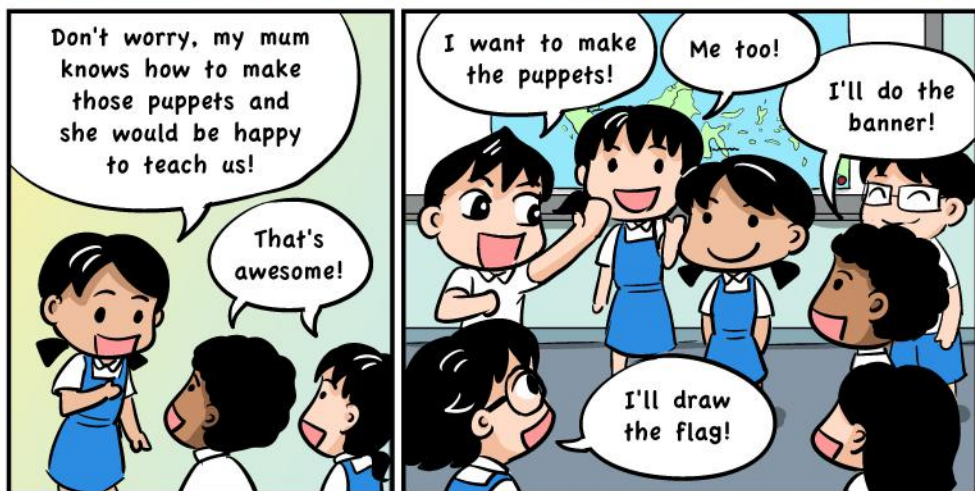
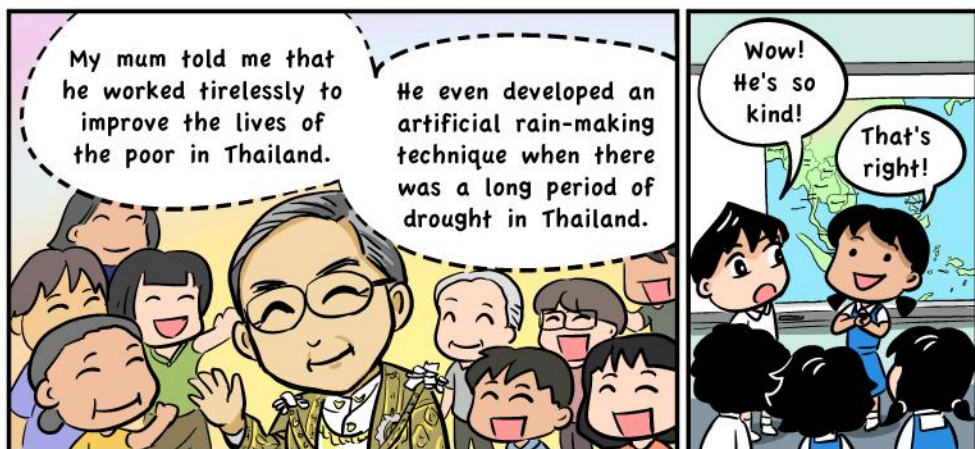


That's great! Thanks so much, Nan! But I still don't know why we need to do this project...

Me too...

Oh come on, it's not that bad!





On the day of the ASEAN carnival...



Well done class!
Everybody looked like
they enjoyed the
performance!

Thank you
Ms Sabrina!



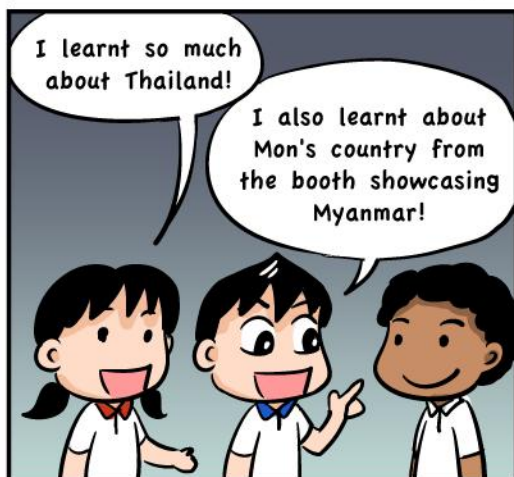
I'm glad our booth
is a success!

It's the effort
from everyone!



I learnt so much
about Thailand!

I also learnt about
Mon's country from
the booth showcasing
Myanmar!



I'm glad that we're
friends although we're
from different countries.

Same
here!



End



THE PRIDE

FEATURE

STORY

IS SINGAPORE A CLEAN CITY OR CLEANED CITY?

If all of us did our part in maintaining cleanliness, Singapore would be deserving of the clean and green city accolade.

Stories are adapted from online newsletter 'The Pride' and edited for length.
MORE STORIES ON [PRIDE.KINDNESS.SG](https://pride.kindness.sg)

A Day in the Life of a Hawker Cleaner

Six days a week, 70-year-old Madam Chang works as a cleaner at a famous hawker centre located in Singapore's central business district. Throughout the day, cleaners like Madam Chang swoop in on **vacated** tables, clearing away used cutlery and trays to free up space for incoming diners. The **menial** task of pushing a loaded trolley around the hawker centre is not easy for Madam Chang, who has held this job for three years.



Not wanting to reveal her full name, she told The Pride, "At my age, the body is not so strong anymore. My legs hurt because we stand around a lot and have to walk up and down to pick up the trays from the table. People also leave a big mess behind after they're done." Madam Chang is not alone in coping with

these old-age problems as a cleaner. As the job does not require high **qualifications**, we are seeing more senior citizens becoming cleaners at hawker centres. It can be uncomfortable to see elderly folks taking on a **physically demanding** job to make a living in one of the richest nations in the world.

At Bukit Panjang Hawker Centre, diners are encouraged to return their own trays to tray return stations. Apart from making it easier for the next diner to use the tables, this also lightens the cleaners' work.

While some diners were inspired and pledged that they would take the initiative to clear their own trays, not everyone is supportive of the Tray Return Initiative. One said, "We can be kind enough to return the trays. You may think it's helping

Vacated: to leave a previously occupied place

Menial: work not requiring much skill and lacking prestige

Qualifications: level of education

Physically demanding: tiring



to reduce their workload. But once the **management** sees a reduction in workload, will they still need these cleaners to do the job?" **Recounting** that some cleaners have expressed anger when she tried to return her tray, another user said, "She may feel that her workload gets lighter, but her boss will eventually feel that fewer cleaners are necessary."

How much do we know of the nature of a cleaner's work?

Kopitiam, which has more than 80 food and beverages outlets islandwide, supports the Tray Return Initiative by the National Environment Agency (NEA) started in 2013. Corporate communications manager Vincent Cheong told The Pride that at Kopitiam, clearing trays is just one **aspect** of a cleaner's duties. They also have to clear food waste from the trays and crockery at the tray return points, and deliver these items to the dishwashing areas before sending back cleaned crockery and trays to the individual stalls. On the **impact** of the Tray Return Initiative on their cleaners, Cheong said, "It helps to **alleviate** the workload of the cleaners and they can be **assigned** to the tray return stations or dishwashing areas."

At a hawker centre located in Telok Ayer, 60-year-old cleaner Madam Lee observed that more customers are now returning their trays, and told The Pride that it is a gesture she appreciates. "As most of us are in our 60s and 70s, it helps us work faster when people bring their trays to the return points, and I make it a point to thank them for it."

Watch the video on the story of 67-year-old cleaner Tan Huan Ah via this link or QR code.

<https://www.youtube.com/watch?v=rJ3yaH9v2h4>



Management: boss

Recounting: tell someone about an experience

Aspect: part

Impact: effect

Alleviate: reduce

Assigned: moved to/ stationed at

Annoyed by dirty hawker centres? Then be proactive!

A dirty, **unsightly** hawker centre does not make a good impression of a city **renowned** for its food. And neither does it say much good about the dining habits and attitudes of its people.



To say hire more cleaners, or hire faster, more **efficient** cleaners is to take the easy way out – and it would not necessarily be the right one. A survey found that only 35 percent of the 2,000 respondents cleared their own plates at hawker centres most or all of the time. So, in addition to other duties like clearing away food waste, wiping tables and redistributing cutlery to the stalls, cleaners are also expected to go table to table to clean up.

What can be helped is for diners to be a bit more considerate when eating out. No one will stop you from enjoying a hearty bowl of fish soup, but there's no need to decorate the tables with your fish bones and soya sauce. Taking a minute to stack your plates neatly and placing them on a tray would endear you to the **harried** elderly cleaners.

And maybe then, we would be able to happily say to our foreign friends, that the Singapore they see is a clean, and not just a cleaned up, first-world city.

Unsightly: ugly or unpleasant to look at
Renowned: known, famous

Efficient: working in a well-organized way
Harried: strained due to numerous demands

FRIENDSHIP TIPS

How can you make and keep friendships?

1 *Treat others the way you would like to be treated*

Make an effort to show respect even though the other person was disrespectful to you.

2 *Accept one another's differences*

Everyone has different strengths and weaknesses. Learning how to accept these differences is the key to a good friendship.

3 *Respect each other's opinions*

Your friends may have a different opinion, which is what makes us all unique individuals.

4 *Be a good listener*

Practise active listening when communicating with your friends. You can show that you are interested in understanding how he/she feels by giving your attention.

5 *Don't talk behind your friend's back*

Misunderstanding from gossips may ruin friendships.

6 *Communicate effectively*

Use I-messages instead of You-messages to convey your feelings clearly. You could say "I feel angry when your part in the project is not done. I would like you to spend time on our project."

★ LIFE ★
IS
Better
WITH
FRIENDS
✕

HOW DO YOU SAY “Thank you”

IN DIFFERENT LANGUAGES?



Together with your family members, complete this list of “Thank you” spoken in different languages in the ASEAN member countries. Challenge one another to thank a friend or neighbour in different languages and share your stories!

ASEAN Member
Country

How to say “Thank you” in the language(s)
commonly spoken in this country?

SINGAPORE

Thank you / Terima kasih / Nandri / Xièxie

CAMBODIA

MYANMAR

INDONESIA

BRUNEI

PHILIPPINES

LAO PDR

VIET NAM

MALAYSIA

THAILAND

Visit kindsville.kindness.sg/games-and-activities for the answers!



MY KINDNESS FLIPBOOK

THANK
YOU!



Celebrate Kindness Day SG by doing little acts of kindness that brighten up someone's day. You could begin your adventure by making your own Kindness Flipbook. All you need to do is follow the steps below and start flipping through its pages with your thumb! Have fun!

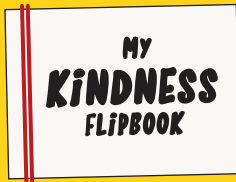
- 1 Tear out the perforated picture cards on Pages 13 to 19.



- 2 Stack the cards together in number sequence (first card stays on top).



- 3 Secure the cards by tying a rubberband on the left.



- 4 Hold the book with one hand and flip through its pages with the thumb of the other hand. Hint: Flip it with enough speed for the illusion to work.



Create a Flipbook with your own kindness story!

Think of a simple kind act that you have done or received and start drawing out your story in a new Flipbook. Tip: Drawings on each page should vary slightly in position or scale for animation effect.

Build A Caring Home Through Kindness

Imagine a place where you and I actively help anyone in need, where everyone takes action to be a positive change to the community, and leaves no one behind.

We are all a part of a caring society. From volunteering with your friends and family, starting your own project to support a meaningful cause, making a small donation, helping a friend or neighbour in need, or even being kind and considerate to those around you - We can make a difference. No act of caring is too small.

Together, we build a home. Together, we show the world that we are a nation with a big heart. And that Singapore Cares.

Share with your family about SG Cares and encourage them to check out www.SGCares.sg to find out more or download the SG Cares app to learn about inspiring stories and take action today!

In support of



My KINDNESS FLIPBOOK

01



02



03



04



05



06



07



08



09



10



11



12



13



14



15



16



17



18



19



20



21



22



23





24



25



HAPPY KINDNESS DAY!



26

CELEBRATE KINDNESS DAY

27

CELEBRATE KINDNESS DAY

MAKE

28

CELEBRATE KINDNESS DAY

**MAKE
SOMEONE'S**

29

CELEBRATE KINDNESS DAY

**MAKE
SOMEONE'S
DAY!**

30

CELEBRATE KINDNESS DAY

**MAKE
SOMEONE'S
DAY!** 

31



How did you celebrate International Friendship Day in school? What can you do, as an Agent of Kindness, to promote peace, harmony and happiness among the locals and our foreign friends?

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



BE KIND, KEEP CLEAN



PUBLIC
HYGIENE
COUNCIL



Instructions

Write/Draw on the postcard to encourage your junior to show care for the environment.

Pass him/her this postcard!



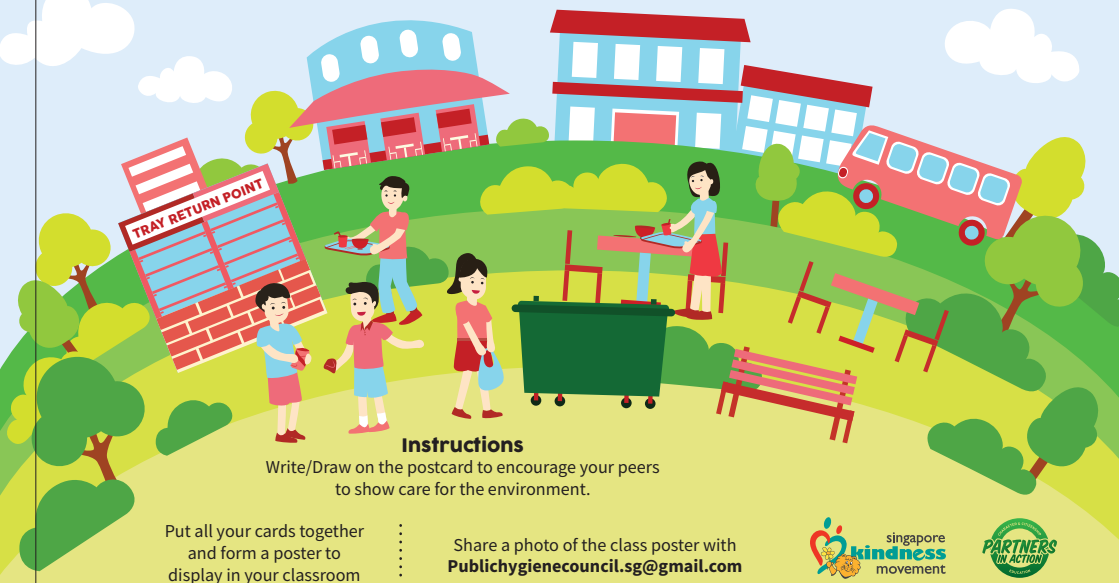
singapore
kindness
movement



BE KIND, KEEP CLEAN



PUBLIC
HYGIENE
COUNCIL



Instructions

Write/Draw on the postcard to encourage your peers to show care for the environment.

Put all your cards together
and form a poster to
display in your classroom

Share a photo of the class poster with
Publichygienecouncil.sg@gmail.com



singapore
kindness
movement





FROM:

BE KIND, KEEP CLEAN

FROM:

BE KIND, KEEP CLEAN

BULLYING

CASE STUDY

In a recent study investigating the problem of bullying, Singapore was found to have the third highest rate of bullying in the world. 14.5% of teenage respondents from Singapore were reported being frequently bullied.

THE MOST COMMON FORMS OF BULLYING

#1 BEING MADE FUN OF BY OTHER STUDENTS



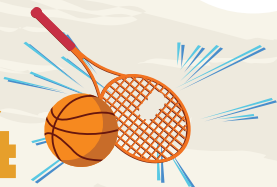
#2 BEING LEFT OUT



#3 HAVING NASTY RUMOURS SPREAD ABOUT THEM



#4 BEING HIT OR PUSHED AROUND BY OTHERS OR HAVING BELONGINGS DESTROYED



#5 BEING THREATENED BY OTHER STUDENTS



Discussion

How can we show empathy and respect to our schoolmates to ensure a caring and inclusive learning environment?

BULLY-FREE ZONE

Going to school can be a lot more fun if the people you meet are friendly, caring and supportive of one another. If you wish to learn in a safe and kind school, you can start by making new friends in a respectful way.

It is important to manage our friendships well especially when circumstances change.

- 1** We can use **Step In, Step Back and Reflect** to understand our friends' thoughts, feelings and actions better.
- 2** We can use **I-message** to tell our friends how we feel when there are changes in friendship.
- 3** We can practise **Active Listening** when communicating with our friends.



WHAT CAN YOU DO TO ENSURE THAT YOUR SCHOOL IS A BULLY-FREE ZONE?

WHAT CAN YOU DO?

WHAT CAN YOU SAY?

Speak with respect

Stop a bully

Make others feel included

Write for Kindness

JUNIOR

Contest Winners

Theme:
Kindness, It's Up to Us.

Congratulations to the winners of the Write for Kindness Junior contest!
All winning entries are featured in this issue on Pages 27 to 30.

1st

Ong Huay Xian
Nan Hua Primary School

While walking home from school one day, I saw a middle-aged woman trying to open her car door without dropping anything. She had a pram and was holding bags overflowed with groceries in one hand, and carrying a whiny toddler in the other. When she put down the bags, the items dropped out. If she let go of her toddler, he would most probably run to the nearest playground. Watching her struggling was rather hilarious, but along with the stifled laughter came a small guilt and some sympathy for her dilemma.

Without hesitation, I went up and offered to hold her pram and help carry the groceries. She was grateful and even tried to reward me with sweets after placing her toddler in her car.

I did not expect any returns from being kind. Kindness is unique because you can only repay kindness with kindness. I told her, "Thank you for your sweets. If you really want to repay kindness, you can show kindness to someone who needs help!"

I was doing my homework when mum came home from her shopping. She went on and on talking to me about how a lady gave her a ride home after seeing that she had many shopping bags of clothes. I smiled.

The morning's buttery yellow light melted onto the staircase as I patrolled the area. As a prefect, I was supposed to prevent pupils from using this staircase during assembly. Footsteps pattered from a distance as students strolled into the hall two floors above to listen to that day's devotions.

From the corridor came the rumbling of wheels. I turned. A Malay employee, garbed in a loose, cobalt-blue *baju kurung*, was lugging a whiteboard behind her. She was panting softly, her petite frame hunched over as she shuffled to the lift. Her side profile looked weary, the wrinkles on her cheek and the corner of her eye looked like the cracked ground of the desert.

I took a few steps towards her, then faltered. Shyness held me back. What if she refused, or thought I was meddlesome? I looked at my prefect's badge pinned on my shirt, and took a deep breath.

"Hi auntie," I said, my voice fraying, "would you like some help?"

She mumbled a few words.

"What?" I saw my confidence growing as she gave a small, tired smile. Through the thick, black-framed lenses of her spectacles the skin under her eyes sagged, shadowed in grey.

"Yes, thank you."

I smiled back, and as I placed my hand on the other side of the whiteboard, my heart lifted a little.

It was a balmy Sunday morning and my mother and I woke up early to get ready for our 3 hours long food collection for the needy. I jumped into the car and we were at Pasir Panjang Wholesale Centre in a blink of an eye. Holding on to our trolleys, we started asking the wholesalers whether they had leftover food to donate to the needy who lived in Yishun. My mother and I, together with another family of five, were assigned to collect fruits together for an organization called Foodbank.

As it was a Sunday, there were only a few stores that were opened so there were hardly any food items to collect. Despite that, we tried our best to collect as much food as we could. Some wholesalers donated a lot of food. We collected food like papaya, tomatoes, capsicum and pineapples. Despite the tiring work, my mother and I were elated at the amount of food we managed to collect.

Nevertheless, we still faced some challenges. Some wholesalers refused to donate food. I tried to explain to them how we are intending to help the needy and persuaded them to donate. After a few rounds of persuasion, some of them shook their heads but most of them donated a few items. I am contented with the amount of food we collected. We collected a truckful of edible fruits for the needy!

After the food collection, everyone played a part by distributing the food items to the needy who lived in Yishun. Everyone smiled like a cheshire cat after helping others. It was indeed an enjoyable experience helping out. In this world, kindness is up to us! Be kind and help others today!

SPECIAL MENTION

Melody Ee Mei Qi
St Margaret's Primary School

The classroom bell shrilled. Students sprinted out of class like prisoners set free. Grabbing my purse, I headed out of the class. Before leaving class, my eyes directed me to Sandy, who was still in her seat. I realised that I had forgotten to take my book. I strolled back to my seat and retrieved it. Then, something strange happened.

Tears cascaded down Sandy's cheeks and then onto her parched lips when she stared at her photograph. Flabbergasted at the sight, I hid myself behind the door. Why was she so emotional?

"Are you okay?" I inquired. Sandy looked up, sweeping her photograph under her desk but not before I saw that it was one of her and her grandfather. She then replied, "My grandfather...died." I could feel for her as my grandfather had died too. Words of encouragement rolled out of my mouth. I fished out my tissue pack and gave it to her.

Sandy's voice was choked with a myriad of emotions. She looked at me with tears of gratitude glistening in her eyes. Holding her hand, a soft smile rose within me. Then the rest was stardust - we became best of friends since then.

My small act of kindness had secured me a best friend. Could we be best friends for life? Let's hope so!

CONSOLATION

Luke Chan
Rulang Primary School

My mother and I were on a train on our way home from Lakeside after school. As the train neared Boon Lay station, we noticed that a man in his late 50s was clutching his forehead tightly and was sweating profusely. We were both worried for him and I immediately offered him a packet of tissue. He uttered his gratitude.

When my mother and I alighted from the train, we spotted the man walking wobbly and on the verge of falling. Sensing that he would hurt himself if he fell, my mother and I held onto his arms and brought him to rest on a bench. My mother suspected that he might have a low blood sugar condition. Hence, she took out a snack bar from my bag and offered it to the man. We then alerted the SMRT staff and informed her what happened.

We left the station knowing that the man was taken care of. We were delighted that we displayed an act of kindness.

It was a nice and sunny morning. The moment I woke up, my mother told me that we were going to the nearby park to exercise. I was ecstatic as I would be able to try on my newly acquired sports T-shirt and shoes.

My mother and I were ready in the blink of an eye. When we reached the park and were halfway through our jog, the sky suddenly turned dark. Soon, the pitter-patter of rain could be heard. My mother and I ran towards the void deck to seek shelter. The light rain soon became raining cats and dogs. I hoped that the rain would stop soon as neither my mother nor I brought an umbrella with us. A man who lived in the block passed by and saw us. He kindly offered us his umbrella and told us where we could return it to. We thanked him profusely for his kind gesture and took his umbrella. I was happy because we could head home fast without getting drenched. We were grateful that the man had offered us his umbrella.

If everyone is as kind as that man, the world will be a beautiful and nice place! Kindness is up to all of us. It takes just one person to start.

"Hurry up!"

I wolfed down my bowl of noodles as my friend Allegra nagged at me while I gulped down the last spoonful of soup, Allegra stood up.

"I'm going to the basketball court first. See you there!" she said.

We were both part of the school's netball club and we were supposed to start our CCA at 3 o'clock. I looked at my blue watch, which read 2:55pm. I returned my bowl and slowly made my way to the basketball court.

I strolled from the canteen to the quadrangle. Glancing at my watch, I gasped and hastily quickened my pace. "I'm going to be late!" I muttered to myself. In my haste, I tripped and fell.

Landing on my knees, my heavy bag weighed me down as I attempted to scramble up. I realised I could not get up without any support. The girls around me ignored me and my knees kept bleeding. I felt rather hurt.

Luckily, a kind girl approached me. She put down her books and questioned if I was alright. When I told her I could not get up, she helped me and took me to the General Office. I thanked her profusely for her help.

Although the incident happened 3 years ago, I had never forgotten the girl's help. After all, an act of kindness, no matter how small, is never wasted.



GRACIOUS RUNNING IS GRACIOUS LIVING



Singapore Kindness Run 2018

RUN FOR KINDNESS

SIGN UP for a great run with a difference
and be our Kindness Ambassador

Sunday 13th May 2018
Angsana Green,
East Coast Park

Race

10km Ambassador Run
3.5km Fun and Inclusive Run
presented by SportCares
800m Kids' Dash

Register

www.singaporekindnessrun.com

SCAN WITH
YOUR
MOBILE
DEVICE
TO LEARN
MORE



SingaporeKindnessRun



#singaporekindnessrun

Initiative By:



In Partnership With:



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