




# Kindsville Times ADVENTURES

Primary 3 and 4  
Issue 2/ 2018




## KINDNESS MAKES A *Difference*

# TRUE FRIENDSHIP



Hi Tosh!  
What are you  
doing here?



Hey Singa, I was just  
reminiscing about the day we  
became friends. Do you remember?

Hi Tosh!  
Of course I remember!  
It happened right here.

Singa recalls  
the first time he  
saw Tosh.

Gee, what a bookworm!  
I guess that's why he doesn't  
seem to have any friends.

Look out!

**THWACK!**

Oof!

Oh dear,  
are you alright?  
Let me help you!

Just a little surprised,  
but I'm okay.  
Thanks for helping me!



Let me introduce  
myself. I'm Tosh! I'm  
new here. I was just  
transferred to  
this school.

Nice to meet you,  
Tosh! I'm Singa.  
I'm practising my skills  
to join the soccer team.



That sounds fun.  
Come on, let's  
play together!  
Really? I'd love to!



I was really lucky  
to have been hit by  
that ball!

What? Why?





If not for that accident,  
we might not have become  
such close friends!



That's true. To be honest, you looked  
so serious with your books, it didn't  
seem like we'd have much in common.



Well, we do have some  
different interests. I like reading,  
and you like sports.



We have different goals too. You want  
to be a scientist, and I want to become  
a Kindness Cadet.



But these aren't important.  
You've always been supportive  
and I'll always be here for you!  
That's what true friendship is!



Well said, Singa!  
Thank you for being  
an amazing friend.



The pleasure's  
all mine, Tosh!



**LET'S BE  
FRIENDS  
FOREVER!**

A C.L.U.B Cubbie is

- ★ Courageous
- ★ Loving
- ★ Understanding
- ★ Big-hearted

Family  
Time



Be a  
**C.L.U.B.**  
*Cubbie*

**Spread kindness wherever you go, just like Singa and the Kindness Cubbies! All you need is a little kindness and a dream to make a difference. Complete the kindness task with your family this June holidays and enjoy a day of fun at the Kidz Amaze playground!**

## How to redeem?

1. Complete the CLUB Cubbie Kindness Task on page 8 together with your family members.
2. Bring along your Kindsville Times booklet and head down to the selected Kidz Amaze branch during the redemption dates and time.
3. Show your completed Kindness Task to staff from the Singapore Kindness Movement (SKM).
4. Participants get to enjoy \$2 off entrance fee to Kidz Amaze on the day of redemption.

## When & where to redeem?



## Terms and Conditions

1. Kidz Amaze will offer \$2 off entry fee to the participants who completed the kindness task verified by the Singapore Kindness Movement (SKM) staff.
2. The \$2 offer will only be valid from 10am – 3pm on the listed redemption dates.
3. The \$2 off child entrance ticket is applicable for both Kidz Amaze member and non-member category.
4. Discount is not applicable for the family package.
5. Maximum of 2 kids per redemption/booklet.
6. Visit <http://www.safra.sg/enjoy/kidz-amaze> for admission rates.

# Kindness Task

How can you show **kindness** and **consideration** to others when playing at the playground? Together with your family members, write your own playground etiquette pledge.



**I pledge to:**

- 1** take turns when going down the slide.
- 2**
- 3**
- 4**
- 5**







# Watch Singa and the Kindness Cubbies Animation

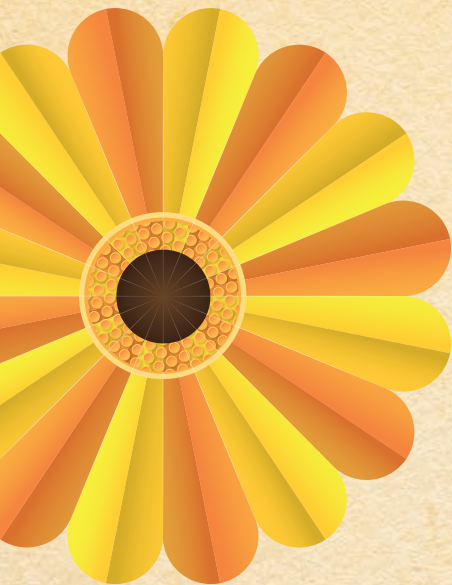
## Friends From Afar

In this episode, the Kindness Cubbies host students visiting from the hill tribe of Wooloo. Despite their cultural differences, everyone enjoys a week of fun-filled activities in Kindsville until Spike plans something nasty for the guests on the day of farewell!

Watch it at <http://kindsville.kindness.sg> or on YouTube Kids!

Season 3  
Episode 10



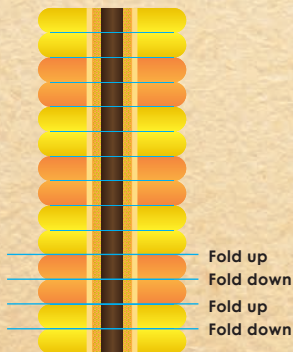


# HAPPY KINDNESS DAY!

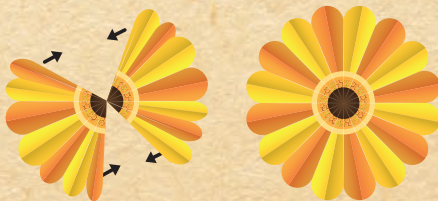
Celebrate Kindness Day SG by giving a daisy to someone whom you want to thank. The yellow gerbera is a symbol of appreciation and could brighten up someone's day!

Here's how you can make an origami yellow gerbera:

- 1 Tear out the petals on Page 11.
- 2 Fold along the blue lines to make a fan.
- 3 Staple the middle of the flower together.



- 4 Pull open all the petals and stick the ends of the petals together using double-sided tape to form a flower.



## 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.

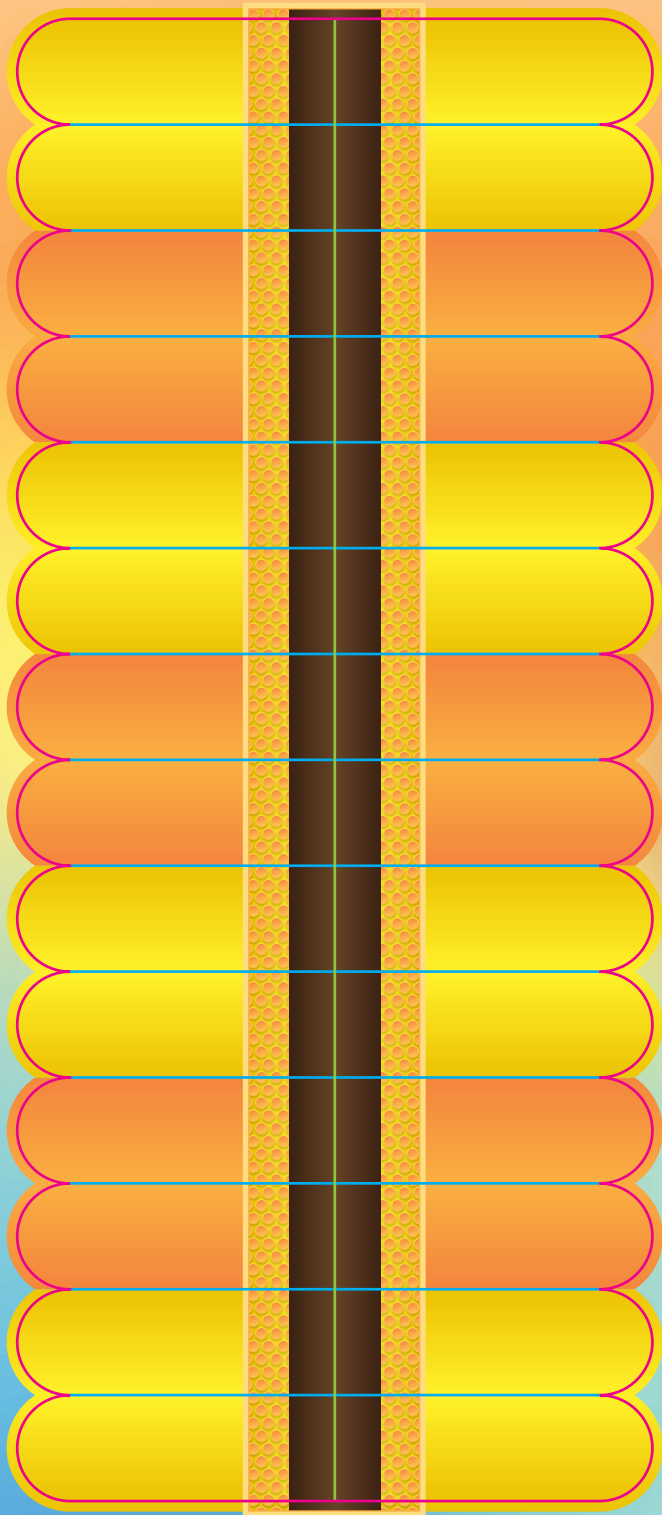
We are all a part of a caring society. From volunteering with your friends and family, starting your own project to support a meaningful cause, making a small donation, helping a friend or neighbour in need, or even being kind and considerate to those around you - We can make a difference. No act of 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](http://www.SGCares.sg) to find out more or download the SG Cares app to learn about inspiring stories and take action today!

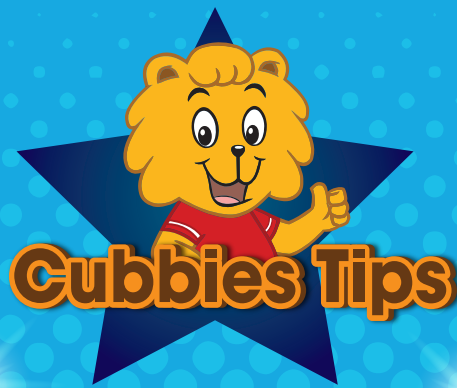
In support of











## **How can we practise Everyday Responsibilities?**

When we practise Everyday Responsibilities, we show that we care for the environment and the people around us.

### **1 Wash your hands with soap and water.**



### **2 Cover your mouth and nose with a tissue when sneezing or coughing.**



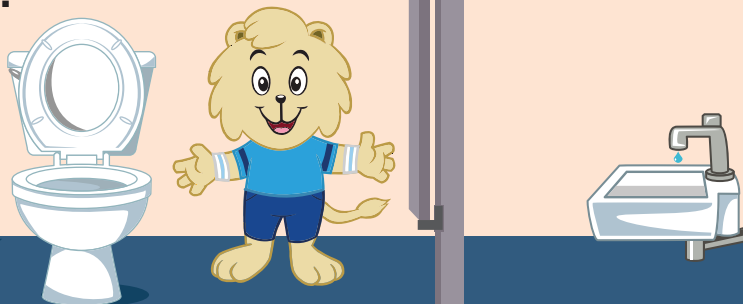
**3** Throw your waste into bins.



**4** Return the cutlery and keep the tables clean after meals.



**5** Keep the toilet seat clean and dry after use.



# WE PRACTISE EVERYDAY RESPONSIBILITIES!



In collaboration with:



# Everyday Responsibilities

I am a role model!

Family  
Time

**Instructions:** TOGETHER WITH YOUR FAMILY, commit to

1

**PRACTISE** Everyday Responsibilities (Refer to Pages 13-14 for Cubbies Tips )

2

**DISCUSS** with your family member which sticker best represents your family's commitment in Everyday Responsibilities (Refer to Stickers page)

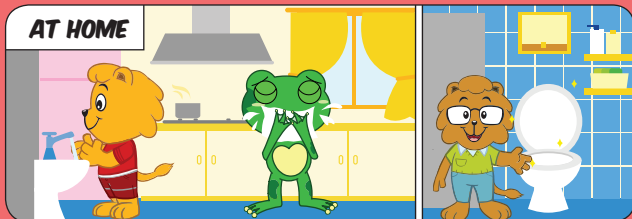
3

**AFFIRM** and **ENCOURAGE** each other's efforts by pasting the chosen stickers in the boxes below

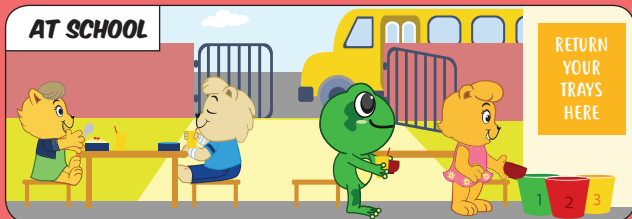


At the end of the year, take a photo with your completed card. Together with your parents/guardians, share the photo online by posting on your parents'/guardians' social media platforms with **#keepSGclean**

## AT HOME



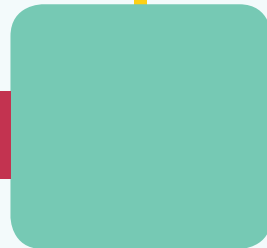
## AT SCHOOL



## IN THE COMMUNITY



APRIL







Be  
KIND

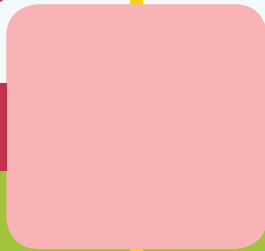
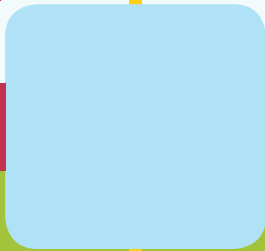
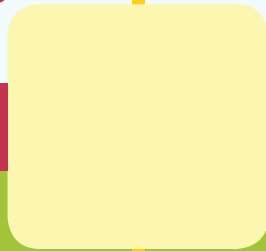
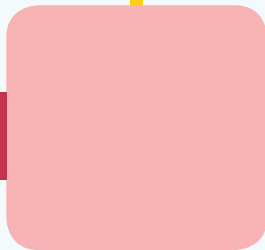
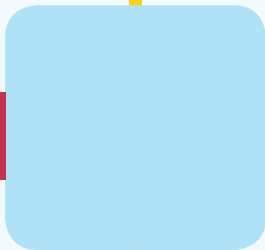
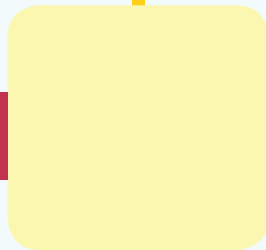
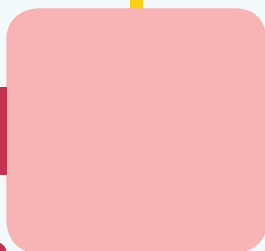
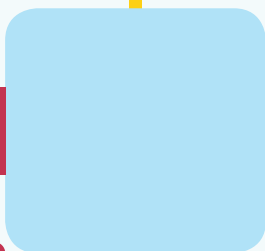
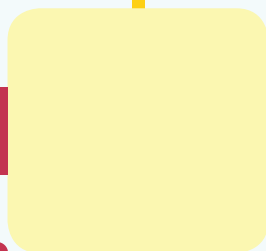
Keep  
CLEAN



JUNE

SEPTEMBER

DECEMBER







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=r33yahH9v2h4>



**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

Contest winners

# Write for Kindness

## JUNIOR

**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 23 to 27.

**1st**

White fluffy clouds floated in the clear blue sky. I walked on the soft powdery sand, enjoying every second of this blissful moment.

Suddenly, a gust of wind blew my hat away. I gave chase. My hat fell on the feet of the boy. By the time I caught up, I was panting away. The boy looked at me with sad lonely eyes. Not too far away, there was a group of children laughing and playing happily. No one paid attention to the boy.

My heart went out to the lonely boy. "Do you want to play with me?" I invited. A glimmer of hope lit up in his eyes. His face flushed crimson. He picked up a bucket while I picked a spade. Then we began to build a sandcastle together. We had a whale of a time playing together.

Our sandcastle was magnificent. The boy beamed at me and said, "Thanks for your kindness and company." I smiled gladly at the boy.

Clarissa  
Marymount Convent School

## 2nd

One day, my grandmother brought me to Fairprice to buy groceries. She asked me to help her take a trolley to put her groceries. I went to the trolley bay and took a trolley. While I was pushing the trolley and looking at the shelves of the biscuits, I suddenly realised that my grandmother was not with me.

My heart skipped a beat. I started to walk up and down the aisles but unfortunately could not find her. Tears welled up in my eyes as I could not find her. Out of the blue, an elderly lady with a warm smile approached me. She asked me why I was crying. I explained to her that I was lost.

Upon hearing that I was lost, she lent me her mobile phone to call my grandmother. When I heard my grandmother's voice, I cried tears of joy. She then told me she was at the information counter and was about to make an announcement to look for me. I returned the mobile phone to the kind elderly lady. I thanked her profusely for her kindness before proceeding to the information counter to find my grandmother.

After that incident, I learnt that I should always stick close to my family and not run about in shopping centres. I should also help people who are in need just like how the kind elderly lady helped me.

Emily Wong

## 3rd

I feel that kindness can make someone's day. One day, I was at McDonald's waiting for my parents while they get food. When my parents came back to the seats, we started eating hungrily. Suddenly, I heard someone crying and I turned around. A lady was consoling her child who was pointing at a Happy Meal toy and crying loudly. I looked at my Happy Meal toy that my parents got for me and realised that it was the one that the child wanted! The toy was sold out. I decided to give my toy to the child.

I approached the lady and offered to give my toy to her child. At first, she politely rejected my offer but later accepted the toy. The lady thanked me profusely. As I watched the child smiling in delight, I felt happy that I made someone's day.

Ron Lim  
Rosyth School

## ★ Special mention ★

I used to volunteer for an organization called "Soup no Kai" when I was living in Japan. Volunteers in the organization befriend and help the homeless. We usually meet on Saturday nights at Shinjuku Station, together with my parents. There were lots of people, so sometimes we got lost.

One night, we met up with the volunteers and began walking around. It was cold as it was winter, and we were looking for people sleeping in cardboard boxes. We distributed items such as heat packs, gloves, socks, sleeping bags and candy. Sometimes we brought special treats like pineapple tarts. I felt sad when I hear their stories. Some of them were chased out of their homes. When they found a comfortable spot in a building, security guards would chase them away because they were trespassing. They ended up sleeping outdoors in the cold.

Despite being homeless, they were very friendly. There was a homeless man who played with cats. On some nights, I received recycled toys. The best was a Licca doll which is the Barbie of Japan!

As soon as we finished our route, we reunited with the other volunteers and shared with everyone our experience. I felt tired after the long night, but it was totally worth it. I was able to step out of my comfort zone to help others and I was glad I could make an impact on their lives.

Hannan  
Opera Estate Primary School



All winners will be notified and will receive Singapore Kindness Movement merchandise, Scholastic books and Kidz Amaze vouchers. Singapore Kindness Movement's decision on all winning entries for the Write for Kindness Junior contest is final, no correspondences will be entertained.

Prize sponsors:



The golden rays of the afternoon sun streaked through the curtains of the school bus window. I yawned sleepily as the cool air-con breeze blew onto my face. It had been a tiring day at school.

My stomach began to rumble as I tried to close my eyes. I wondered what my mother had cooked for lunch. Mummy's home-cooked food or my comfortable bed? Which one would I head for, the moment I get home? I smiled to myself as the bus started to move.

The other girls in the bus were talking nineteen to the dozen. I closed my eyes and tried to catch a wink. "Another 15 more minutes," I consoled myself and kept my eyes shut.

"Niranjananaa!" shouted my friend. I opened my eyes and to my horror, the bus was leaving my drop-off point. I must have dozed off! I panicked when I realised that I had missed my stop. Through the window, I could see my baffled aunty waving frantically.

Fear gripped my heart. My eyes brimmed with tears as I felt lost. I froze when the bus turned out of the carpark. I was too shocked to even call out to the driver. To my surprise, the bus suddenly halted. An uncle who was picking up his granddaughter stopped the bus. He alerted the bus driver that I seemed to have missed my stop. As the bus door opened, I quickly alighted. The kind uncle walked me back to my drop-off point.

My tear-stained face broke into a huge smile as the uncle handed me over to my grateful aunty. We thanked the uncle and walked back home. I can't imagine what would have happened if the uncle had not stopped the bus.

As soon as my mother returned from work that evening, I ran into her arms and told her about my ordeal. The next day, we expressed our gratitude by giving the uncle a box of traditional chinese pastries. I will always remember the uncle's kind act.

Niranjananaa Ragunath  
Marymount Convent School



## Consolation

Last year, I saw an old man carrying many bags of groceries while I was jogging at Choa Chu Kang park. Suddenly, he tripped over something and fell on the ground. All his groceries came out from the grocery bags. I gasped in horror as no one offered to help him.

I ran as fast as my legs could to the old man to help him. I packed the groceries for the old man and helped him up. After packing, he thanked me and gave me a lollipop. I was on cloud nine. I was so proud of myself as I had done a good deed. I learnt that we should help others when they are in need.

Tey Cheng Kai  
Choa Chu Kang Primary School

## Consolation

"Yippee!" I cheered and whooped with joy, when my parents decided to give me a treat at Pizza Hut for doing well in my P3 examinations. In the twinkle of an eye, I got ready. As soon as the word 'pizza' ricocheted in the air, my mouth started watering.

As it was a breezy Saturday evening, my parents decided to take a leisure walk to Hougang Mall, which was a stone's throw away from my house. While strolling, I pranced like a monkey as I could not contain my excitement. Pizza was my favourite fast food. Finally, we reached the entrance of the mall.

Out of the blue, something stopped me in midstride. It was a beautiful song that soothed my ears. Without hesitation, I raced towards the sound. In a jiff, I saw a busker playing a melodious tune with his old guitar. Beside him was a toddler who was sleeping in a stroller. I enjoyed the tune and dropped a one dollar coin into a box beside him. I then realised that the busker was blind. Immediately, my heart went like "How could he feed his family?" All these thoughts raced through my mind.

Slowly, I grabbed my father's hand and said, "Dad, can I request \$20 from you? Instead of pizza, you can buy me milkshake. I need to help that busker." My father smiled and nodded in agreement. I put \$20 into the box. I enjoyed the milkshake which tasted better than ever. I missed the pizza meal, but I felt a sense of satisfaction when I knew I had done a good deed.

Sharanya.M  
Yio Chu Kang Primary School



## write to singa



**How did you and your family practise  
Everyday Responsibilities?**

**Write to Singa and the Kindness Cubbies  
to share your stories. You may wish to  
draw as well!**

**Post it by snail mail to:**

**Singa and the Kindness Cubbies  
Singapore Kindness Movement  
61 Stamford Road  
#01-08 Stamford Court  
Singapore 178892**

Singa would like to know your home address so that he can  
reply to your letters! You may write your address at the  
back of your letter. Thank you!  
(Parental consent required)





## Featured entries



Dear Singa,

I would like to introduce myself as Marsya Syauqina. I am from Si Ling Primary School. One day, I saw an elderly lady standing at the corner of the bus. She seemed tired. I quickly walked over and asked if she would like to take my seat. She replied, "How kind of you my dear. Thank you!"

I feel so proud that I helped someone and happy that she thanked me for showing kindness.



Marsya Syauqina, Age 10

Dear Singa,



My name is Nazhurah and I am from Fengshan Primary School. I think kindness makes everyone happy. One day, my class was going to the Butterfly Park for a learning journey. When I was going up the bus, I greeted the driver. When I was in the bus, I put on my seat belt and listened to my teacher's instructions. Before I left the bus, I thanked the driver and he said, "You're welcome!" I smiled at him.

Nazhurah, Age 9





## SEND KIND MESSAGES AROUND!

Kindness Ambassadors from Alexandra Primary School want to strengthen the culture of love amongst schoolmates through the use of "Super Words," which is a list of kind and polite words. Four main activities were conducted:

### Assembly Talks

Pupils were taught how to use kind words in different settings such as the canteen, classroom, home, through videos and short skits. Posters were placed in all classrooms as visual reminders.

### Kindness Day SG - Origami Hearts and Photos/Video Station

During recess, pupils folded origami hearts and penned down messages using "Super Words". These hearts were presented to their loved ones.

### Kindness Poster Design Competition

Pupils designed posters, which promoted the use of "Super Words" and kind acts in school. The posters were displayed around the school to remind pupils to be kind and polite to each other.

### Kindness Mailbox and Kindness Star

Every pupil wrote an appreciation note for their friends using a Kindness Star message card and put them into the Kindness Mailbox. These cards were collected and displayed in the canteen. Thereafter, the Kindness Ambassadors delivered the Kindness Stars to the recipients.

Through these activities, students understood the importance of communicating with one another politely and in a positive manner.





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](http://www.singaporekindnessrun.com)

SCAN WITH  
YOUR  
MOBILE  
DEVICE  
TO LEARN  
MORE



SingaporeKindnessRun



#singaporekindnessrun

Initiative By:



In Partnership With:



KidsSTOP™ AND SINGAPORE KINDNESS MOVEMENT  
PRESENT



# ONE KIND OF SCIENCE MUSICAL

FAMILY FUN FOR ALL



**28 SEP - 6 OCT 2018**

**Annexe Hall 1, Science Centre Singapore**

Tickets on sale from 13 April 2018 on SISTIC. Visit [kindsville.kindness.sg](http://kindsville.kindness.sg) for updates.