

# Choose Kindness

Together we can  
make a difference

## Highlights

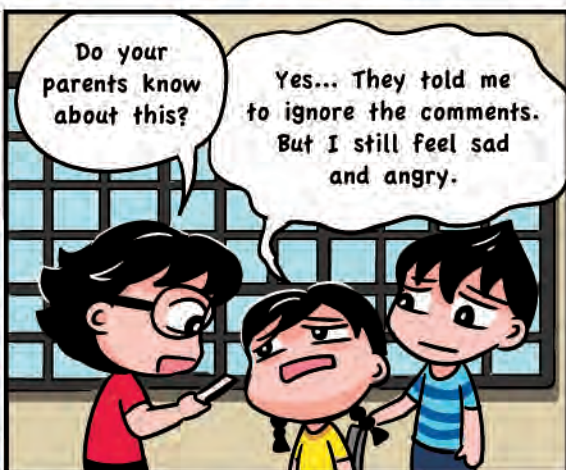
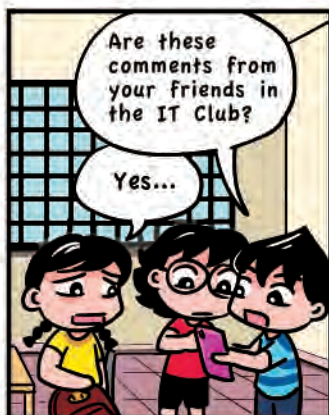
Evacomics: Be Kind Online

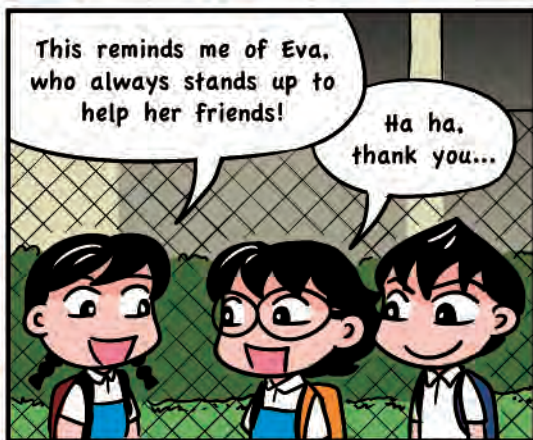
Feature Story: Touch Lives And Make  
Life in Singapore Better

# Be Kind Online

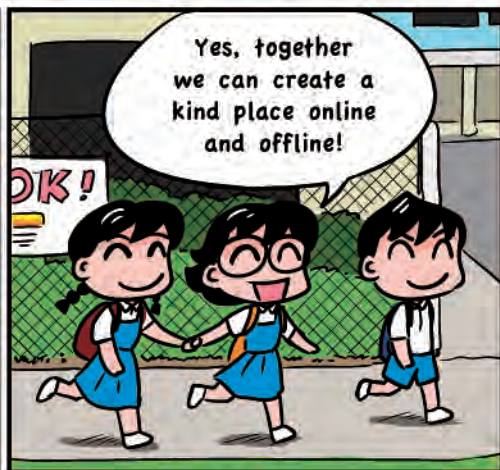
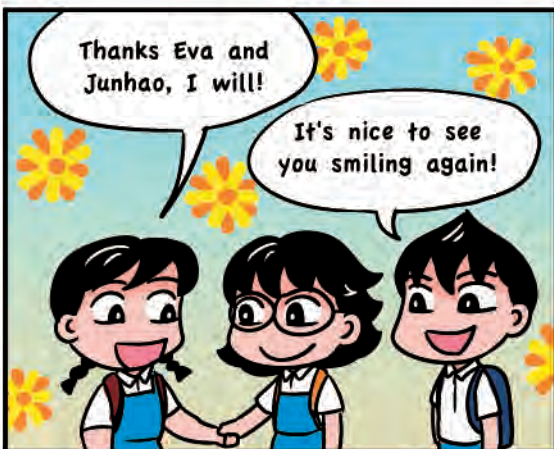




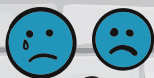








End



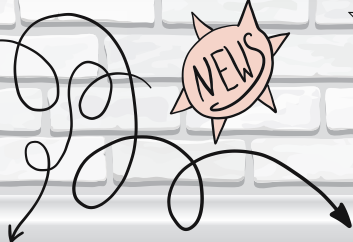
# How to help a friend who is being bullied online?



- 1 Do not add hurtful comments or share the hurtful content with others.
- 2 Show empathy and kindness to your friend. Let your friend know that he/she is not alone and you are there for him/her.
- 3 Speak up against cyber bullying

Ask the online bully to stop sharing and remove the hurtful content. Possible response: "Hey, that post wasn't funny and it makes \_\_\_\_ upset. How would you feel if someone makes such comments about you? Please take it down."

- 4 Tell a trusted adult by providing evidence such as screenshots of the hurtful content.







THE PRIDE

FEATURE

STORY

# TOUCH LIVES AND MAKE LIFE IN SINGAPORE BETTER

A nation of kindness is when Singaporeans from all over the island come together to make a difference by helping the community one step at a time.

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

# Youths pool money to give the needy a treat

A group of local Malay youths known as the Braders SG are coming forward to pass on blessings of food and prayers to the less fortunate in the community.

During the month of Ramadan, community organisation Braders SG released a video that showed some 12 of their youth members paying for people's meals at the Geylang Serai and Woodlands Bazaar.

Pooling a total of \$428 out of their own pockets, the group went on a quest to help those whom they thought needed it the most, particularly youths and the elderly. Recipients looked pleasantly surprised at this gesture.

Speaking to The Pride, 22-year-old tour guide Abdul Muiz, one of the older members of Braders SG, explained the group is interested in doing kind deeds.

"We are a group of youth created for the youth, to spread messages and actions of **goodwill** to people," said Muiz.



PHOTO BRADERS KOMPANG / FACEBOOK

Pointing out that it was considered a double blessing to perform acts of charity in the holy month of Ramadan, Muiz said: "We want our members to develop good habits early, to understand how it feels like to do good and realise the satisfaction of giving to those who are less fortunate."

Braders SG was started in 2013 and there are 67 members in the group who are between 15 to 26 years in age.

Muiz hopes that people can keep an open heart to look beyond what they see, and realise that the way a person looks or behaves can also be due to a difficult past or simply the type of environment they grew up in.

**Goodwill:** compassion or kindness





PHOTO THE MORNING GREETERS / FACEBOOK

## The Morning Greeters

Saying “good morning” to your neighbour is not always easy. This is why The Morning Greeters (TMG) was formed.

Founder Adrian Phoon and the members of his movement have been all over Singapore to spread their message of positivity and joy to everyone they meet.

“People today have become more **skeptical** and **cautious**, but that shouldn’t stop us from being kind and approachable,” says Adrian, 30.

Every Sunday at 7.15am for the past four years, this community of regular runners, have gathered without fail, rain or shine, greeting fellow runners with a smile, a nod, or a simple, “good morning”.

For the group, which ranges from 15 to 40 people at each weekly gathering, it is about spreading positivity while maintaining a healthy lifestyle. The Morning Greeters also wishes to reach out to the younger generations in the future.

“Runners come from all walks of life, and in the mornings, the best place to look for like-minded early risers is in the park,” says Adrian. “The main thing that I hope to **advocate** is the greeting culture and the acknowledgement of each individual. Growing a culture of watching out for each other while being present in the moment, through the run.”

**Skeptical:** doubtful, questioning

**Cautious:** careful

**Advocate:** support and promote

# Cassia Resettlement Team



They've put a smile on many elderly faces at Cassia Crescent.

Last year, residents from almost all 400 households of Dakota Crescent moved to their new homes at Cassia Crescent following redevelopment plans in the area.

Members from the Cassia Resettlement Team (CRT) helped these residents to adjust to their new homes. Many of these are elderly who have lost neighbours, friends, and the community they had lived with.

Led by founders Cai Yinzhou, 27, and Lim Jingzhou, 21, the Cassia Resettlement Team is a team of 20 volunteers consisting of students, social workers, civil servants, doctors, therapists, and counsellors.

They work closely with residents' committees, community centres, service providers, hospitals and policymakers to better lives for the residents and provide faster services.

From weekly house visits and community-building void deck parties, to haircuts, grocery shopping, and escorting residents to their medical appointments, the Cassia Resettlement Team sets itself as a pillar of support for the community.

In a video by The Straits Times, 86-year-old resident Lim Juan Lin said: "I have trouble walking to the clinic, but Jingzhou told me not to worry about time. He encourages me and has been a great help."

"Some of the residents have medical or **mobility** issues, making leaving home very difficult. So every Saturday, what we try to do is to bring them out to the hawker centre for lunch," said Jingzhou.

Watch the video on the story of old Dakota Crescent residents via this link or QR code.

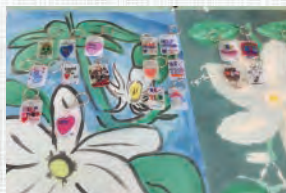
<https://www.youtube.com/watch?v=Cy2N2Vz32f8>







## KINDNESS BEGINS WITH ME!



In Temasek Primary School, three activities were conducted during the Kindness Week. Pupils pledged to perform acts of kindness by writing on leaf cutouts, designed kindness keychains using shrink art, and participated in the Kindness Bucket Challenge by doing kind acts. Pupils wrote appreciation notes for non-teaching staff and personally thanked the staff when they presented the cards.

In Term 3, pupils tidied their classrooms. School staff rated the level of cleanliness and rewarded the class with star stickers. Pupils also took responsibility to clean the school canteen after recess each week.

For every 500 steps the P3 and P4 pupils climbed in the 3M Step-Up Challenge, 3M sponsored a household product to a family in need from the South East District. The PE Department planned a Walk For A Cause and Skip For A Cause with sponsorship from staff, parents and students. Through these activities, the older pupils learnt to take care of the younger pupils.

Pupils participated in various Service Learning Projects. Primary 1 pupils committed to doing at least 3 household chores a week, Primary 2 pupils adopted areas to keep the school clean, Primary 3 pupils participated in 3 R projects, and Primary 4, 5 and 6 pupils donated food items to Food From The Heart, children's home and Lions Home for the Elders respectively.

Through this project, pupils learn that kindness is a choice they can make intentionally.

# 5 WAYS TO BE A GOOD NEIGHBOUR AND A COMMUNITY CHAMPION

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- 1 Say "Hi" to your neighbour when you see him/her around the neighbourhood.
- 2 Offer to help your neighbour if you see him/her struggling with heavy groceries or packages. You can be a thoughtful neighbour by showing extra care to the elderly too!
- 3 Hold the lift for your neighbour. It is a polite and thoughtful act you can easily do for your neighbours every day.
- 4 Befriend your neighbour. When you see your neighbour, you can introduce yourself and ask about his/her day. You can also invite your elderly neighbours to join community events so that they feel connected with everyone in the neighbourhood.
- 5 Keep your volume down during the night between 10.30pm-7am. You can be a considerate neighbour when you respect quiet hours.





# FOR MY NEIGHBOUR



Was there a time when you wanted to start a friendly conversation with a neighbour but hesitated? Use these postcards to write a note to your neighbours to start conversations with them.



With the help from your family members, give the postcard to your neighbour personally or drop it into his/her mailbox! Remember to write your name!

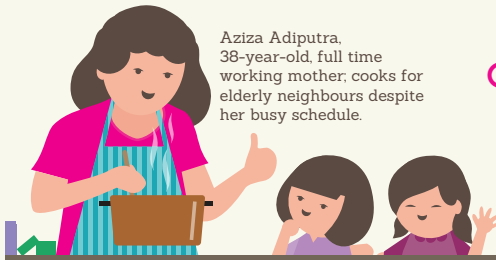
To: \_\_\_\_\_

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

To: \_\_\_\_\_

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





Aziza Adiputra.  
38-year-old, full time  
working mother; cooks for  
elderly neighbours despite  
her busy schedule.

..... Informal Volunteerism .....

# ONE WILLING HEART IS ALL IT TAKES



Aziza is a full time working mother who cooks for elderly neighbours despite her busy schedule. Her heart went out to her elderly neighbour and so she started delivering food to her neighbour's home. Slowly, the number of elderly she fed grew. She has built strong friendships with the owners of the vegetable stall at the nearby

wet market, who deliver fresh produce to her house every morning. Cooking for so many people tires her out, but her sacrifices give her fulfilment. More importantly, she knows she is developing the right values in her daughters: to be compassionate and caring.



**2 YEARS**  
since she  
has been  
doing this



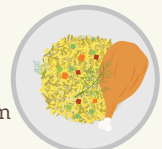
**8:00PM**

time Aziza eats dinner every  
night after she has delivered  
food to her elderly neighbours

**2**

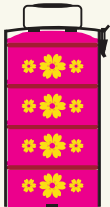


AM



PM

number of meals  
she cooks for them  
on the weekends



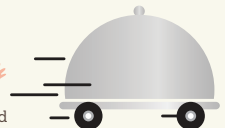
**2 X A MONTH**

number of takeout dinners her  
supportive boss sponsors so that  
Aziza can have some rest

Aziza's daughters help her deliver  
food packets



8 years old 5 years old



**35.0%**  
volunteered  
in 2016.



**121 million**  
volunteer hours in 2016.



Among those who volunteered,  
**41%** volunteer with their friends  
while **24%** with their family.



**HOW CAN WE ENCOURAGE MORE PEOPLE  
TO MAKE TIME TO HELP OTHERS?**

# Kickstarting MY VOLUNTEERING JOURNEY

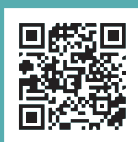


## #1 Together with your family members, think about a cause you are interested in.

- |                                             |                                      |                                         |
|---------------------------------------------|--------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Animal welfare     | <input type="checkbox"/> Disability  | <input type="checkbox"/> Families       |
| <input type="checkbox"/> Arts and heritage  | <input type="checkbox"/> Education   | <input type="checkbox"/> Social service |
| <input type="checkbox"/> Children and youth | <input type="checkbox"/> Elderly     | <input type="checkbox"/> Sports         |
| <input type="checkbox"/> Community          | <input type="checkbox"/> Environment |                                         |

## #2 Find out about SG Cares

SG Cares is a national movement to build a caring and inclusive home. Scan QR code to download the SG Cares app to read inspiring stories.



## #3 Access learning resources through the SG Cares app and explore volunteering opportunities with your family members.

Examples of what you can do:

- ★ Befriend an elderly neighbour.
- ★ Organise a fundraising event with family members by selling handmade items.
- ★ Participate in community events together with family members. Check out programmes such as PAssionArts, NParks' Community in Bloom, RSVP's National Senior Volunteer Month (NSVM) 2018.

## #4 Discuss with your family members about your volunteering plans and encourage one another to volunteer together!

## #5 With the help of your parent/guardian, share your volunteering experience and stories on SG Cares app.



# Kindness Mailbox



What is one kind act that you have done as an Agent of Kindness that makes you feel great? What motivates you to spread happiness in school and in the community?

Write them on this page or send in your response through

<http://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

## CONTEST



Construction workers help to build the schools in which we study in.

# Appreciating PEOPLE OF DIFFERENT OCCUPATIONS

Do you know that all occupations are important as they help to contribute in some way to the world we live in?



Horticulturalists maintain the beauty of the trees and shrubs along the expressways.

Think about an occupation and write a message to thank the people who contribute to the community in some way through their jobs. The message could be dedicated to someone whom you know!

**NAME:** \_\_\_\_\_

**SCHOOL:** \_\_\_\_\_

**CLASS:** \_\_\_\_\_

**PARENT'S EMAIL ADDRESS:** \_\_\_\_\_

**PARENT'S CONTACT NUMBER:** \_\_\_\_\_

**HOME ADDRESS:** \_\_\_\_\_

☐

I agree to the collection, usage and disclosure of my personal data provided in this form, by Singapore Kindness Movement (SKM), to administer this contest, in accordance with SKM's Data Protection Policy available at <https://www.kindness.sg/privacy-policy/>

### **SUBMISSION:**

- ★ In your submission, include your name, school, class, email address and contact number.
- ★ Send us your entry by mail to the following address by **9 November 2018**.

A-OK! Contest  
Singapore Kindness Movement  
61 Stamford Road  
#01-08 Stamford Court  
Singapore 178892

### **JUDGING CRITERIA:**

- ★ Relevance to the theme
- ★ Creativity and Originality
- ★ Language Use

### **PRIZES**

- ★ 1st, 2nd, 3rd
- ★ 3 consolation

*Attractive prizes include SKM merchandise and Uncle Ringo Game Cards with credits (top 3 winners only). Winning entries will also be featured in the following issue of A-OK!*



# AMAZING ACROSTICS!

## Contest

### WINNERS

## 1st

Sohayl Esrar  
Punggol Primary School

**K**indness means giving a helping hand,  
**I**n every moment that you can.  
**N**ice will never run out of style,  
**D**oing great deed will never dull.  
**N**icely helping others out,  
**E**legantly thinking about what good deeds to do next.  
**S**mile everytime you help others,  
**S**mile everytime you get the job done.

## 2nd

Qiu Bixin  
Fuhua Primary School

**K**ind to everyone, what an  
**I**nspiring girl she is!  
**N**ever a shortage of kind words, encouragement like a  
**D**ownpour of rain from her lips.  
**N**odding with agreement, helping you by listening  
to you word by word.  
**E**very word she says lifts up a heart. Her every  
**S**oothing, comforting pat brings a  
**S**mile on faces.

## 3rd

Alvin Lim Yik Feng  
Woodlands Ring Primary School

**E**mply the rubbish bin when it is full.  
**M**ake sure you clean the board at the end of the lesson.  
**P**lease keep the classroom clean.  
**A**ssist your friends with their work.  
**T**ell your friend not to litter in school.  
**H**elp teachers to carry their heavy books.  
**Y**ou should always keep a lookout for those who need help.

## CONSOLATION

Afifa Binte Mohamed Jahir Hussain  
Punggol Primary School

**H**armony means playing, studying with friends from  
**A**ll types of  
**R**aces and genders.  
**M**aking friends  
**O**f all races can be fun. They may be  
**N**ice, friendly and kind to  
**Y**ou. Give it a try and make new friends!

## CONSOLATION

Clarice Woon  
CHIJ Primary School (Kellock)

**K**indness starts with you and me,  
**I**t's always charming and nice to be kind.  
**N**o matter how hard it may sound,  
**D**oing kind deeds will make someone smile!  
**N**ational Day is coming soon,  
**E**veryone is excited too!  
**S**ingaporeans, proud to be, as  
**S**ingapore is turning fifty-three!

## CONSOLATION

Jiao Xinyan  
Frontier Primary School

**K**indness is taking the  
**I**nitiative to do something  
**N**ice, even if you  
**D**on't feel like doing it.  
**N**o act of kindness is ever wasted.  
**E**very kind act spreads like a ripple.  
**S**oon, kindness will  
**S**pread across the whole nation!

All winners will be notified and will receive Singapore Kindness Movement merchandise, Kidz Amaze vouchers (top 3 winners) and books from Scholastic including the popular Dog Man series. Singapore Kindness Movement's decision on all winning entries is final, no correspondences will be entertained.

Prize sponsors:



Dog Man book series by Dav Pilkey



**What makes you feel proud living in Singapore?  
What are you grateful for?**

I feel proud living in Singapore because we have great leaders. I am grateful for all the leaders in Singapore, and how they transformed Singapore into a first-world country. How cool! I am also grateful for all the cleaners and kind-hearted people who care about keeping Singapore clean. Happy 53rd Birthday Singapore!

– Lynette Some, Methodist Girls' School, P5

I feel proud living in Singapore because we have clean water. I am also very proud of our country's defence, for keeping the country safe. I am grateful for our leaders in Singapore, as they have taken great steps to build the nation.

– Ethan Lau Xin Jer, Seng Kang Primary School, P5

I am proud of Singapore because it is a place where people of different races come together and live in harmony. We work together to help Singapore grow in the world of technology. I am grateful for my teachers for passing on their knowledge to us and for helping me prepare for PSLE this year. Thank you to my teachers who have been guiding me over the past few years!

– Asha Solomon, Haig Girls' School, P6





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