



# Kindsville Times ADVENTURES

Primary 3 and 4  
Issue 4/ 2018



# The Joy of Spreading Kindness

One sunny morning...

Hi Sher.  
What are you  
up to?

I'm going to the library,  
and I was thinking of helping  
others and spreading some  
kindness on my way there.  
Would you like to join me?

I'd love to!

They make their way  
to the bus stop and join the  
queue for the bus.



More people arrive.

Hi! Would you like to join  
the queue for the bus?  
It's over here.

Oh thank you. It's  
important to queue up  
so we can board the bus  
in an orderly manner!



They spot Tosh approaching the bus stop.

Hi Tosh! Here, let us help you.



Thanks girls!

Always happy to lend a helping hand! And you're just in time. Here comes the bus!



They board the bus and find Singa!

Hi guys!

Hello Singa!



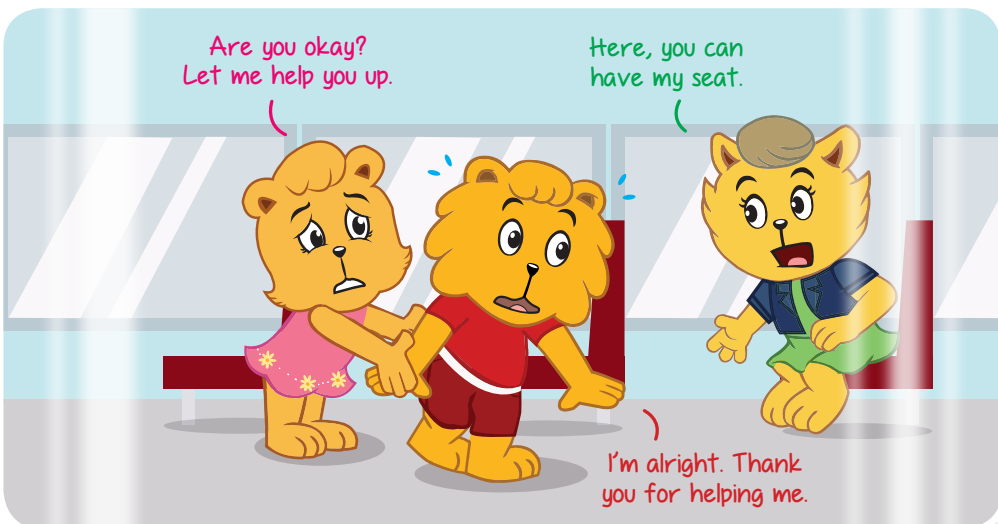
As the bus moves off, Singa loses his balance and falls.

Ouch!



Are you okay? Let me help you up.

Here, you can have my seat.



I'm alright. Thank you for helping me.

At the library...

Oh dear,  
the place is in a mess.



They immediately start to help  
tidy up the library.



Phew! That was tiring.  
Let's pop in here and  
get something to drink.



Inside, they find Tomeo  
searching the aisles with a  
frown on his face.



What's wrong,  
Tomeo?

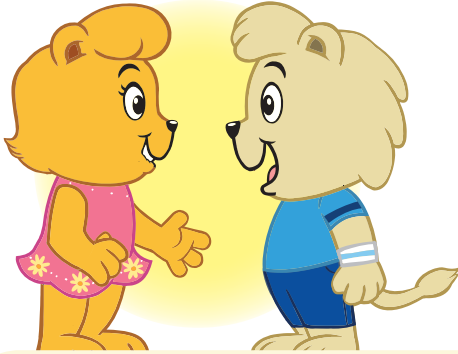
I'm looking for cheese  
but I can't find it.  
My sandwich won't taste  
as good without cheese.





Don't worry, we'll help you find it!

Thank you!  
You're a life saver!



Later, Kalle and Sher are alone.

Wow! In just one day,  
we found so many different  
opportunities to help others!



Isn't that amazing?  
Even the smallest  
act of kindness can  
spread so much joy  
and happiness!

That's right.  
I think we helped  
to make Kindsville  
a happier place  
today!



What about you?  
How will you spread  
kindness today?



# BEST OF THE BEST

YEAR 2018

List the best things you have experienced through the year.  
Think about the things or people you are thankful for.

The BEST thing I did to  
help someone in school:

The BEST new thing  
that I learnt:

The BEST friend who  
encouraged me:

The BEST learning  
experience:

The BEST after-school  
activity:

The BEST gift I gave to  
someone:

The most memorable family outing:



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

**Advocate:** support and promote

**Cautious:** careful

# 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."

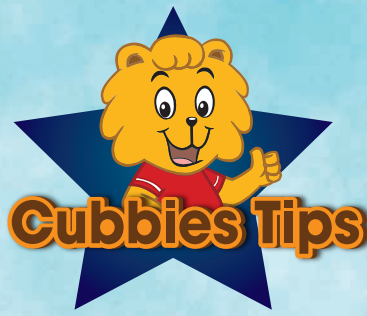
"Some of the residents have medical or **mobility** issues, making leaving home very difficult. So every Saturday, what we try to do is to bring them out to the hawker centre for lunch," said Jingzhou.

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

<https://www.youtube.com/watch?v=Gy2N2Vz32f8>







## WHAT CAN WE DO TO BUILD A CARING NEIGHBOURHOOD?

- 1** Hold the lift for our neighbour.



- 2** Make friends with our neighbours by chatting with them.



- 3** Keep common areas clean.



## 4 Keep common areas clear of obstruction.



## 5 Keep our volume down between 10.30pm - 7am.



# 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 notes to your neighbours to start conversations with them.



With the help of 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:** \_\_\_\_\_

CONTEST



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

# Appreciating PEOPLE OF DIFFERENT OCCUPATIONS

Do you know that all occupations are important as they contribute in some ways 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 ways 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**.

Kindsville Times 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 Kindsville Times.*



# AMAZING ACROSTIC!

## Contest

### WINNERS

## 1st

Sufia Aleia Binte Fahmie Abdat  
Madrasah Al-Maarif Al-Islamiah

**R**id Singapore of unkindness and disharmony.  
**E**veryday, being a kind person is what we can be.  
**S**urely, our entire nation will be kind.  
**P**atience is the key to the kind nation of mine.  
**E**ach citizen has a part to play,  
**C**an we start with a small gesture today?  
**T**hank you, is what the person you've done good to will say.

## 2nd

Hosea Kok Si Yuan  
Punggol Green Primary School

**C**aring means helping others.  
**A**re you okay? Let me help you, then another.  
**R**un to the nearest person frowning and cheer them up!  
**E**veryone needs to show kindness to make Kindsville  
cheerful and happy. Will you show up?

## 3rd

Ally Law Jing Ning  
Sembawang Primary School

**S**haring is caring.  
**H**elping people in need.  
**A** nation of kindness starts with me.  
**R**eady to offer help when required.  
**E**veryone can be a part of a gracious Singapore.

## CONSOLATION

Gusti Ayu Kalynda Prisha  
Haig Girls' School

**E**very good deed that we do  
**M**akes life meaningful.  
**P**eople who feel satisfied  
**A**re those who make someone's day.  
**T**houghts count.  
**H**appiness is a reward.  
**Y**oung or old does not matter.

## CONSOLATION

Nur Asyifa Binte Mohamad Farhan  
Anchor Green Primary School

**R**espect others always,  
**E**ven if they are older or younger than you.  
**S**pread kindness to others,  
**P**arents are included too.  
**E**xamples of showing respect are  
**C**ooperation and consideration.  
**T**ell every Singaporean about this, because kindness starts  
from me and you.

## CONSOLATION

Divisha Selvaraja  
Wellington Primary School

**S**inging our national anthem with pride,  
**H**elping people makes you beautiful on the inside  
and outside.  
**A**lways ready to do a good deed,  
**R**ising from your seat for someone is what we need.  
**E**nthusiasm towards kindness is just ideal, and the  
joy you get out of it feels great!

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

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



## KINDNESS PUZZLE

# SCRAMBLE JUMBLE!

How can you show kindness and consideration to others when playing at the playground? Together with your family members, unscramble the letters to solve the puzzles.

Example:

BE **INDK** AND **COSINRADETE** TO OTHERS.

BE **KIND** AND **CONSIDERATE** TO OTHERS.

1 IGVE AYW TO YUONGRE CIHLDERN IN THE PLAY AREA.

---

2 NO PHUSING, TTIHIGN AND CAUSNIC INRYJU TO OTHERS.

---

3 QEUEU UP AND WIAT FOR YOUR TUNR WHEN PLAYING ON A SLIDE.

---

4 RESEPTC ENO ANOTHER DURING PLAY.

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Turn to page 20 to find out how you can redeem prizes!

# C.L.U.B CUBBIE REDEMPTION



## How to redeem?

1. Complete the CLUB Cubbie Kindness puzzle on page 19 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 redeem a Kindsville merchandise.



COLLAR PIN



A4 FOLDER

## When & where to redeem?



**Kidz amaze**  
INDOOR PLAYGROUND  
Where AMAZING EXPERIENCES Await

**KIDZ AMAZE @ SAFRA JURONG**

November	November
<b>24</b> SAT	<b>25</b> SUN
<b>10am - 3pm</b>	

**Kidz amaze**  
INDOOR PLAYGROUND  
Where AMAZING EXPERIENCES Await

**SPLASH @ KIDZ AMAZE (SAFRA PUNGGOL)**

December	December
<b>8</b> SAT	<b>9</b> SUN
<b>10am - 3pm</b>	



Terms and conditions: Each child is entitled to redeem one collar pin and one A4 folder. Collar pin of different designs will be distributed at random. The Singapore Kindness Movement reserves the rights to change the redemption items or design of the items.

# Kickstarting MY VOLUNTEERING JOURNEY

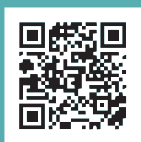


**#1** Together with your family members, think about a cause you are interested in.

- |   |                                      |   |
|---|--------------------------------------|---|
| <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.



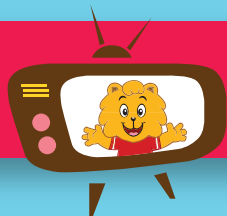
**#3** Access learning resources through the SG Cares app and explore volunteering opportunities with your family members.

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.

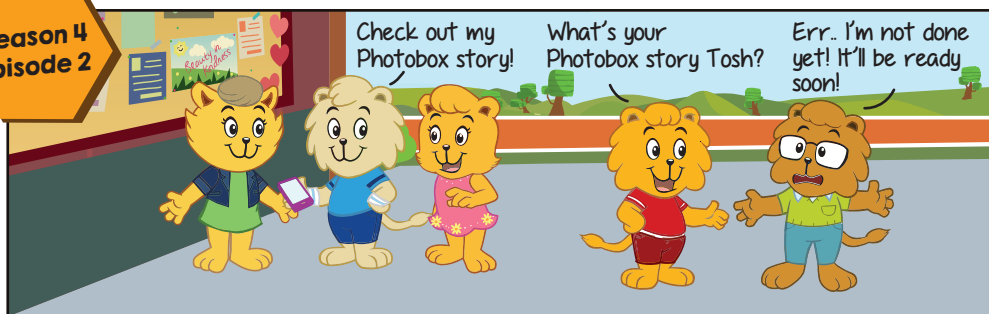


# Watch Singa and the Kindness Cubbies Animation

## Social Nightmare

A new photo online platform is in town, and everyone is into it except for Tosh who is busy working on his new invention. Feeling left out, he thinks of a great idea to programme Robo-ttelpet to help him share photos online, but as usual, something has to go wrong!

Season 4  
Episode 2



Watch it at  
[Kindsville.kindness.sg](http://Kindsville.kindness.sg)  
or on  
 YouTube Kids

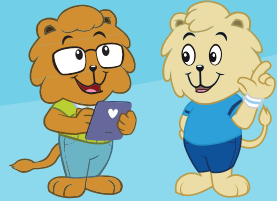


# Activity

**How can you demonstrate positive photo sharing behaviour in the online platform?  
Tick the boxes.**

☐

**Ask others for permission before sharing their photos.**

☐

**Share photos with positive messages.**

☐

**Make fun of others online.**

☐

**Think before I post information online.**

☐

**Give out personal information about myself online.**





## 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.



## write to singa



**How do you feel when you show kindness to others? What motivates you to spread kindness to the people around you?**

**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,

Today is our nation's birthday. I wish I could watch the National Day Parade with you and the kindness cubbies. I saw the helicopter fly past our house with our national flag. I went to the museum with my little sister and we made pop-up cards that day. When I grow up, I want to be a policeman!



Scarlett, P3

Dear Singa,

I am Esther Ling and I am 9 years old this year. I celebrated National Day with my family. We played at a bouncy castle and also did art and craft. Finally we watched a magic show. I also went to the National Day Parade with my mother. It was the best day ever! Happy Birthday Singapore!



Esther Ling, P3



## Featured entries



Dear Singa,

I would like to introduce myself as Athulsony. Every year, I celebrate National Day by going to the National Day Parade. I would also hangout with my friends and neighbours of different races. I am proud to be in this multiracial country. Happy National Day!



Athulsony, P4

Dear Singa,

My name is Wen Hao and I am from Clementi Primary School. I would like to share with you my little act of kindness.

I was going home on a bus when I saw an elderly lady boarding the bus. She was walking slowly. I went up to her and told her she could take my seat. The elderly lady thanked me!

Tan Wen Hao, P4



KidsSTOP™ AND SINGAPORE KINDNESS MOVEMENT  
PRESENT

# ONE KIND OF SCIENCE MUSICAL

FAMILY FUN FOR ALL



Join us at the Children's Day Event 2018

	Category	Discount	Price
<b>REGULAR TICKET SALE</b> (1 Jul to end of Musical period)	Standard ticket	—	\$25
	Bulk booking (20 or more)	25%	\$18.75
	Family of four	20%	\$80

Purchase your  
tickets now!



For school and  
bulk booking,  
please call the  
hotline at:  
**6319 3292**

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**28 SEP - 6 OCT 2018**  
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