

Agents of Kindness

Issue

01

2019

Primary 5-6



Hello!

Yes!



ALL READY FOR

The Best School Year

EVER!

Wow!

Highlights

Evacomics: A New Year, A New Beginning

Survival Tips: How to have the best school year ever?

A-OK! special: Which Agent of Kindness do I want to be?

Thank you



Welcome to A-OK!

and a new school year!

This year, as an upper primary pupil, we hope you will make choices with kindness. It is a simple idea; a simple act of kindness can have a huge impact on someone's life. Kind acts can brighten someone's day, make someone smile and help others to be happy.

Commit to a kindness cause and have as much fun as possible while doing it! Don't be afraid to step up to help someone in need, because your act of kindness can make a big difference to the people around you.

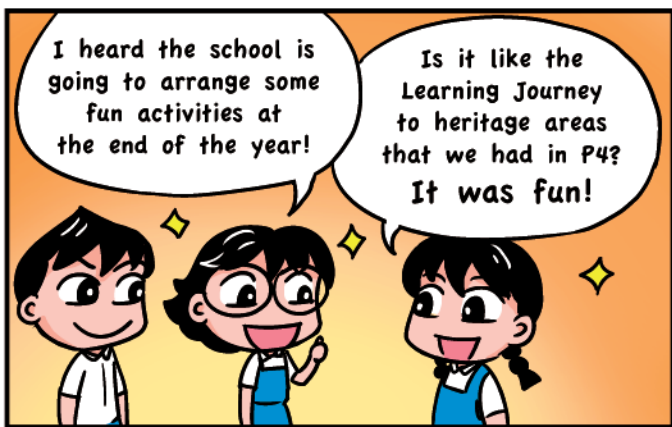
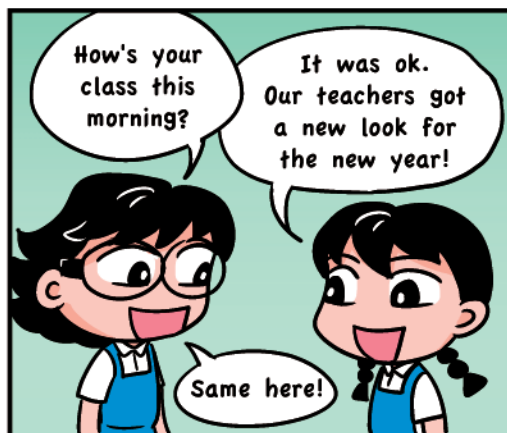
In this A-OK! Issue, you'll find useful tips, fun activities and inspiring stories to get you started. We hope that you will have a fabulous year filled with an abundance of kindness and meaningful moments.

All the best!

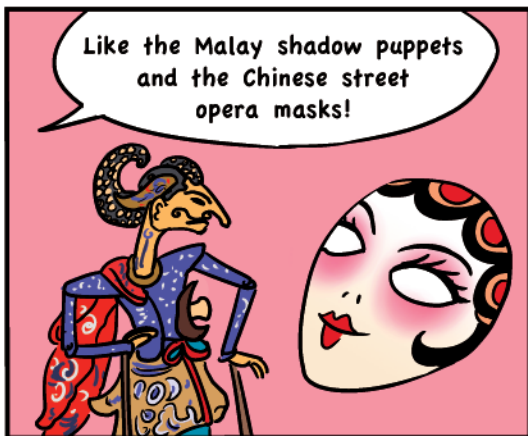
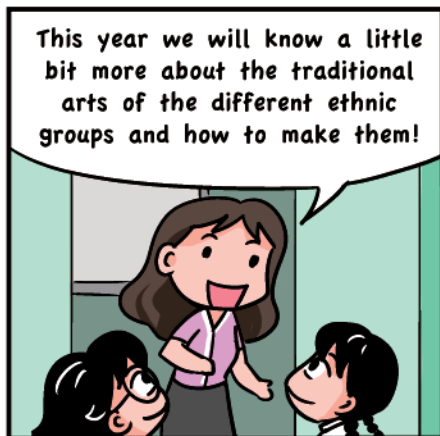


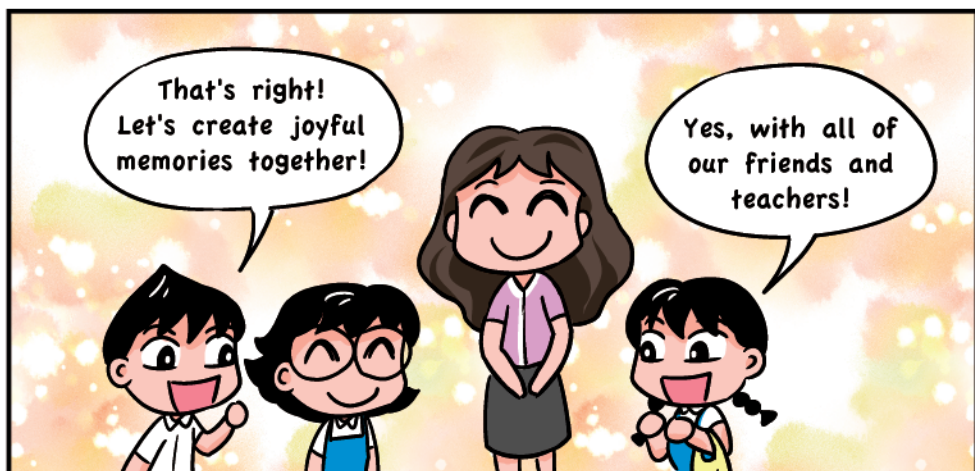
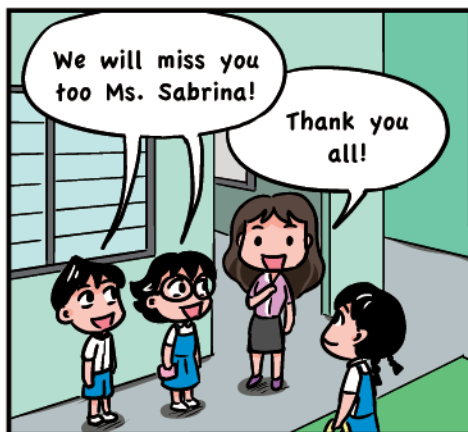


A New Year, A New Beginning









HOW TO HAVE THE BEST SCHOOL YEAR EVER?

1 Start your day with a healthy breakfast

Kick off your day with a healthy breakfast that will keep you going throughout the day.

2 Organise your diary

Fill your diary with fun things you wish to do and achieve over the year. Be sure to note down your kindness moments too!

3 Spread happiness and kindness around you

Smile at teachers and non-teaching staff in school to brighten up their day!

4 Do something meaningful

Every time you help someone, you'll end up feeling good. Check out volunteering opportunities at your school or community centres.

5 Find fun activities to do with your friends

Think about the things you enjoy doing and invite your friends to join!

What are some tips about friendship, kindness or school challenges you would like to know? Email us at aok@kindness.sg and you may see them featured in the next issue of A-OK!

DO WE TAKE ROAD SAFETY FOR GRANTED?

A six-year-old boy.

A 19-year-old student.

A 20-year-old motorcyclist.

A 23-year-old university graduate.

A 59-year-old daughter. Her 87-year-old father. Their 63-year-old friend.

All of them were the unfortunate victims of fatal road accidents in Singapore just over three months last year. We also see many video clips of bad road behaviour online, and reports of serious traffic accidents occurring. Yet, many of us do not follow appropriate safety measures when we take the roads as pedestrians.

According to the Singapore Police Force (SPF), there were 38 fatalities from 36 accidents between Jan 1 and April 25 2018 – a 12 per cent increase in traffic fatalities from 2017. They added that the top three causes of fatal accidents were motorists failing to maintain proper control of their vehicle, pedestrians jaywalking or crossing roads without paying attention to traffic, and a failure to keep a proper lookout.

Pedestrians, along with cyclists and personal mobility device (PMD) users, have a huge responsibility in ensuring safer roads in Singapore. So do passengers in a vehicle, to buckle up.



Is it really wise to sprint across the road without first checking for incoming traffic, even if you have the right of way? Jaywalking may be convenient, but is it really worth it when you're potentially putting yourself in danger? Why can't we buckle up whenever we are seated in a vehicle? It takes barely two seconds, has minimal impact on our comfort, but could potentially save our lives.

Perhaps, because we live in a fast-paced society like Singapore, we are used to moving quickly in order to get to our next destination in the shortest amount of time. That is why we tend to take shortcuts, regardless of its danger. We let convenience take priority over our safety.

There are no prizes for reaching our destination earlier, but there is a price to pay when we get into an accident. Nobody likes to follow rules and guidelines. But, they were put in place for a reason – to keep you, and others away from harm – so let's try our best to adhere to them. It's really not hard to do so.

So when faced with a choice on the road, always select the considerate option. Road safety should be a priority rather than an afterthought because wrong choices on the road can lead to potentially dire consequences.

Article is adapted from online newsletter 'The Pride' and edited for length.

MORE STORIES ON
PRIDE.KINDNESS.SG



HOW CAN WE ENSURE ROAD SAFETY?

IF YOU ARE A...

PEDESTRIAN

- Never sprint across roads
- Do not use your handphones when crossing the roads
- Never cross when you see the 'red man' or the flashing 'green man' at the traffic lights



CYCLIST

- Wear a cycling helmet and proper cycling gear
- At designated crossings, dismount from your bicycle
- Give way to pedestrians



PMD USER

PMD - Personal Mobility Device such as e-scooters

- Give way to pedestrians
- Push your devices in crowded places
- Keep within speed limits
- Dismount and walk your device when you see 'no riding' signs



CAR PASSENGER

- Buckle up with the seatbelt
- Alight at designated drop off points



Being kind and considerate
on paths and roads
contribute to our safety



WHICH AGENT OF KINDNESS DO I WANT TO BE?

Everyone is unique in his/her own special way. Are you the Agent of Kindness who encourages your peers on a bad day, or are you one who steps out of your way to help others?

In the space below, insert an adjective describing the Agent of Kindness you would like to be.

I WANT TO BE A

AGENT OF KINDNESS.

I CAN INSPIRE KINDNESS AND GRACIOUSNESS BY:

HELPFUL

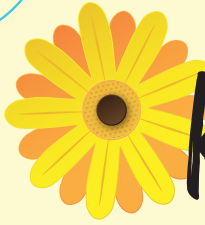
CHEERFUL

ADVENTUROUS

THOUGHTFUL

CONSIDERATE

COURAGEOUS



Kindness Mailbox



As Agents of Kindness, how do you spread kindness to the juniors in your school?

Write them on this page or send in your response through

<https://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



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?

One day, I was about to head out of my house when I saw my neighbour wearing her shoe, about to leave house as well. At the lift, I helped to hold the lift door open as she was walking to the lift. She said "Thank you" to me. Her simple word of thanks brightened up my day. It made me feel like a real Agent of Kindness. I will always remember this moment and the simple act of kindness that I have done.

– Ong Gynn Han, Methodist Girls' School, P5 (2018)

There was once my elderly neighbour was at home alone and she fell down at home. Her daughters were overseas. I happened to pass by her house. I quickly went inside her house and help to call the ambulance. I hope to spread kindness in school and in the community so that everyone can be happy.

– Sarah Tan, Zhenghua Primary School, P5 (2018)

NO ACT OF KINDNESS, HOWEVER SMALL, IS EVER WASTED



Kindness Ambassadors from Holy Innocents' Primary School wanted to inculcate the greeting culture among students both in and outside of school.



A **social experiment** was conducted to find out the impact of greetings and how it could affect a person's emotions. They gathered their fellow peers to conduct the **100 Smiles Challenge** at a public space. The students greeted people with a smile and observed if there was a response. There were a handful of people who ignored the greetings. However, most people whom they approached with a greeting smiled back. A handmade origami was presented to the people who responded and we-fies were taken to collect 100 smiles. This social experiment proved that most people respond to kindness with kindness.

Next, students received **Kindness Pledge Cards** where they could pledge to spread kindness by sharing the different ways to greet others or carry out a kind act. These cards were displayed at the notice board to inspire others to continue the greeting culture and spread kindness.

Through the activities, students learnt that even the smallest act, like a smile, is able to positively impact someone else. It was also observed that students are now greeting others readily.

Issue 4/2018

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!

1st

Jolin Boh
Ngee Ann Primary School, 5 Unity (2018)

Dear construction workers in Singapore,

I want to thank you for all you have done.
I want to thank you for coming together as one, to build a better Singapore.
You build walls and floors.
You build pavements and roads.
Some people do not appreciate the work you have done.
But your job is really important.

Singapore is what it is because of your hard work.
Singapore is what it is because of your painstaking efforts to make Singapore a better place.

I thank you for all you have done for Singapore.

2nd

Low Jie Min
Yishun Primary School, 6 Integrity (2018)

To the psychiatrists in Singapore,

Thank you for listening to us. Whenever we have troubles and feel unhappy, you are like a friend who talk to us trying to understand and empathise with us. Whenever I feel troubled, you will always be there to help me. You always help people overcome fears. You indeed play an important role in contributing to the community!

3rd

Muhammad Imran Bin Norizah
Princess Elizabeth Primary School, 5S (2018)

There are many cleaners in my school who worked really hard. One of them is Mr Ali. I often see him around in school. He is very kind. He also greets everyone in school. There was a time when a few boys were creating a mess in school. Instead of scolding them, Mr Ali spoke to them in a very nice way. Thank you Mr Ali for being a kind and nice cleaner in our school!

Consolation

Velyn Khow
Si Ling Primary School, 5 Teamwork (2018)

I would like to thank the construction workers for helping us to build homes and schools. Without these buildings, we would not have places to live and study in. Many construction workers worked for long hours a day to earn money for their family. They worked hard so that people in Singapore can live in comfort. I want to thank them for helping to build Singapore!

Consolation

Nabila Huda
Princess Elizabeth Primary School, 5 Self-Discipline (2018)

I would like to thank the security guards in my school for keeping the school safe. One of the security guards, Mr Subra, keeps the main gate closed and keeps an eye on the people who enters our school. I would like to help him keep a look out for the safety of other students too!

Consolation

Ho Chee Mei
Peiying Primary School, 5 Empathy (2018)

Dear nurses and doctors in Singapore,

Thank you very much for saving lives. You never run away when scary diseases strike. Despite the danger, all nurses and doctors stay to care for the patients. You inspire me to be a nurse or doctor in the future!

All winners will be notified and will receive Singapore Kindness Movement merchandise and Uncle Ringo Game Cards with credits (top 3 winners only). Singapore Kindness Movement's decision on all winning entries is final, no correspondences will be entertained.

Prize sponsor:



Write for Kindness Junior

Do you know that we can all play our part to encourage kindness and graciousness at hawker centres?

Write a story between 150-180 words on an act of kindness that you have done, received or witnessed at a hawker centre. Write your story below or on your own writing material.



Judging criteria:

- ★ Relevance to the theme
- ★ Language use

Prizes:

- ★ 1st, 2nd, 3rd
- ★ 3 consolation

Attractive prizes include SKM merchandise and souvenirs from National Heritage Board. Winning entries will also be featured in the following issue of A-OK!

Stand a chance to win a Betadine Natural Defense Hamper, which includes Body Wash and Hand Sanitizer when you complete this crossword puzzle with your family members to figure out how you can play your part to keep infectious diseases away!



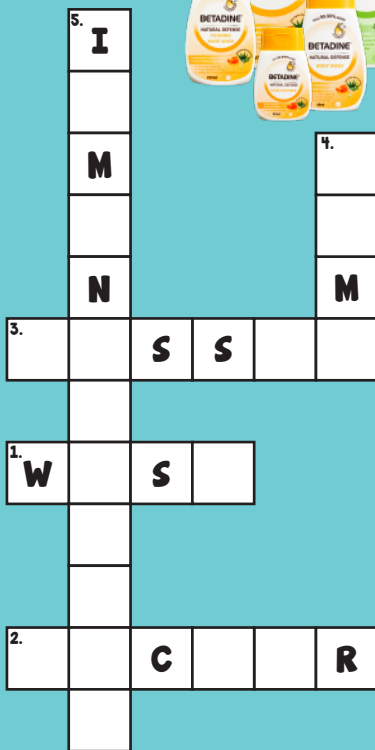
Across

- _____ your hands frequently with soap and water.
- Go to the _____ when you feel unwell.
- Cover your mouth and nose with _____ or mask when you cough or sneeze.

Down

- Feeling unwell?
Rest at _____.
- Protect yourself from infectious diseases by getting an _____.

Let's be kind and considerate by practising these 5 simple steps at home, in school and public areas!



Name: _____

School: _____

Class: _____

Parent's Email Address: _____

Parent's Contact Number: _____

Home Address: _____

Send us your entry by mail to the following address by **15 February 2019**.

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

Prize sponsors:

Ask for
BETADINE®



☐ 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/>

BEING A GOOD NEIGHBOUR



CLEAN UP YOUR PETS DROPPINGS

– stepping on them would be highly unpleasant for anyone.

DON'T LITTER OR CLUTTER THE CORRIDOR

– It's unsightly, and we all need space to walk.



SAY HI TO NEIGHBOURS YOU MEET IN THE LIFT AND AROUND YOUR NEIGHBOURHOOD

– a smile and a greeting tend to make your day a little brighter!

DON'T MAKE TOO MUCH NOISE LATE AT NIGHT, OR EARLY IN THE MORNING

– people are trying to sleep!



Discussion

What are some other good neighbourliness tips?
How can we encourage residents to take more initiative in making the neighbourhood a pleasant living space for all?

QUESTION YOUR FAMILY

A SAFER and KINDER iNTERNET

The Internet often plays a huge part in our daily activities. Communicating and sharing information with others becomes easier with learning portals and apps.

Together with your family member, find out how similar or different you react to online content.

	Me	My family member:
1 When I receive a message through an app, I reply...	<input type="checkbox"/> Immediately <input type="checkbox"/> Hours later <input type="checkbox"/> The next day	<input type="checkbox"/> Immediately <input type="checkbox"/> Hours later <input type="checkbox"/> The next day
2 If I read an unkind message through an app, I will...	<input type="checkbox"/> Ignore and not reply <input type="checkbox"/> Reply with unkind words <input type="checkbox"/> Reply him/her that his/her words are unkind	<input type="checkbox"/> Ignore and not reply <input type="checkbox"/> Reply with unkind words <input type="checkbox"/> Reply him/her that his/her words are unkind
3 When I come across an online article, I...	<input type="checkbox"/> Take it as a truth <input type="checkbox"/> Check if it is posted from verified sources <input type="checkbox"/> Share with others if it is interesting	<input type="checkbox"/> Take it as a truth <input type="checkbox"/> Check if it is posted from verified sources <input type="checkbox"/> Share with others if it is interesting
4 When I watch a YouTube video, I am more likely to...	<input type="checkbox"/> Give the video a 'like' <input type="checkbox"/> Post a positive comment <input type="checkbox"/> Post a negative comment	<input type="checkbox"/> Give the video a 'like' <input type="checkbox"/> Post a positive comment <input type="checkbox"/> Post a negative comment
5 When I play an online game, I am more likely to...	<input type="checkbox"/> Give other players a 'like' after the game <input type="checkbox"/> Post a positive comment to encourage other players <input type="checkbox"/> Post unkind comments to other players after losing the game	<input type="checkbox"/> Give other players a 'like' after the game <input type="checkbox"/> Post a positive comment to encourage other players <input type="checkbox"/> Post unkind comments to other players after losing the game

Friend of Singa and Seed Kindness Fund Junior Awards 2018

The Friend of Singa and Seed Kindness Fund Junior Awards ceremony was held on the 9th November 2018 at Our Tampines Hub. Pupils from 214 schools and student care centres attended the ceremony to celebrate the achievement of the kindness projects.



Friend of Singa Ambassadors from Punggol Green Primary School

Friend of Singa is in its 28th year and is open to primary, secondary, special and international schools. Seed Kindness Fund Junior is a new programme and is open to primary students in student care centres. These two programmes aim to allow students to lead their school in a kindness project.

In 2018, we had 11 new schools taking part in Friend of Singa and 55 centres for Seed Kindness Fund Junior. The students from the schools and student care centres led a kindness project in their schools and centres respectively.

Some schools also put up performances on stage. It was a meaningful and fun event for everyone who attended the awards ceremony. We would like to congratulate and thank all participating schools and centres.

Hope to see your school participating in Friend of Singa or Seed Kindness Fund Junior 2019!



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