

OUR FRIENDS

from

★ AROUND the World ★

Highlights

Evacomics: Our Friends From ASEAN

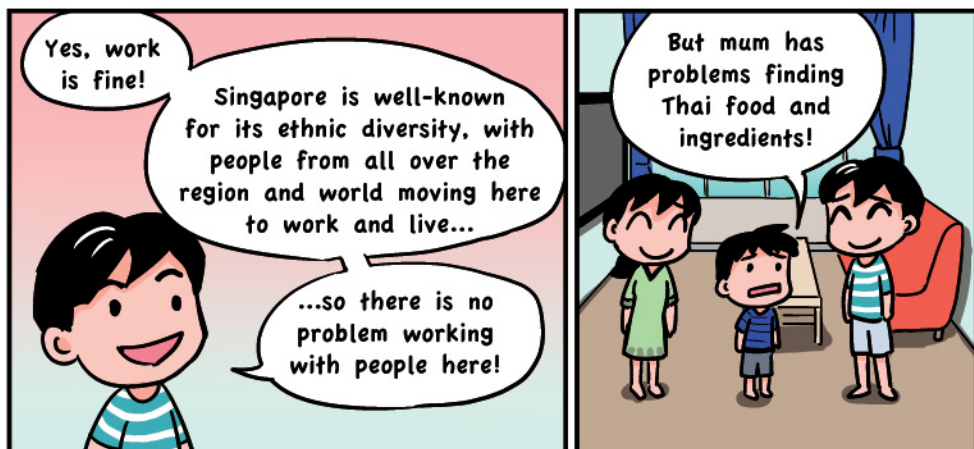
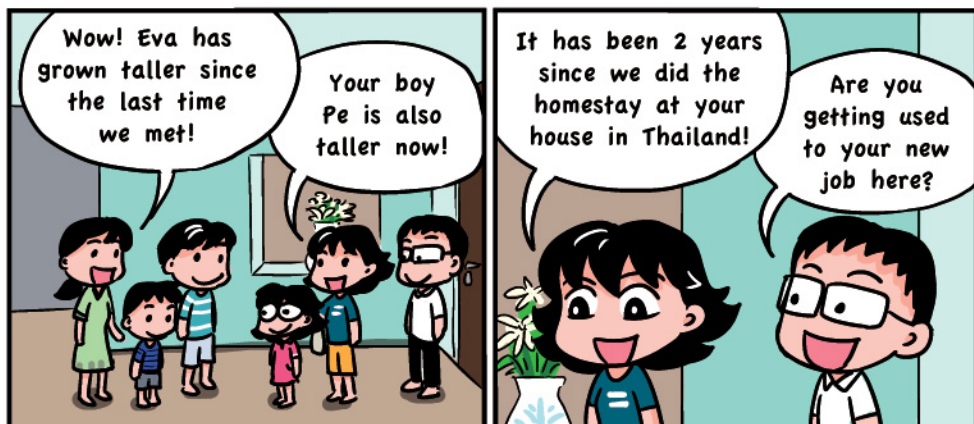
Quiz: What Kind Of Cleanliness Warrior Are You?

Family Time: Would You Rather "Be Greater"?

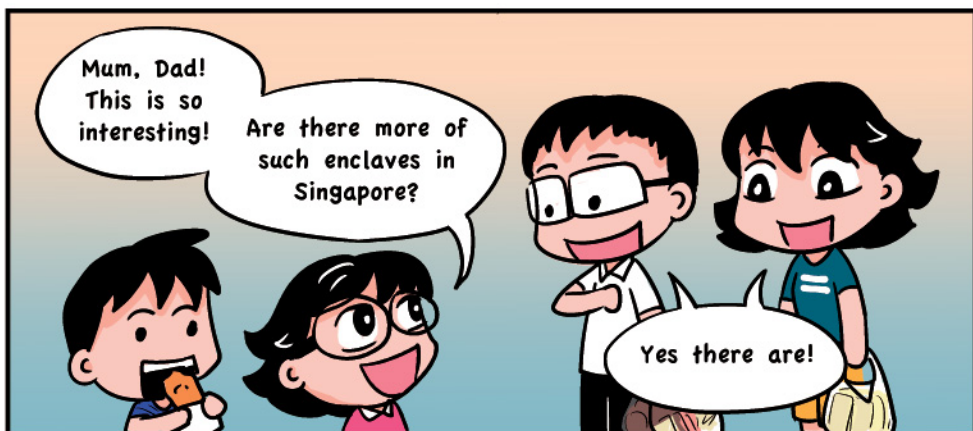


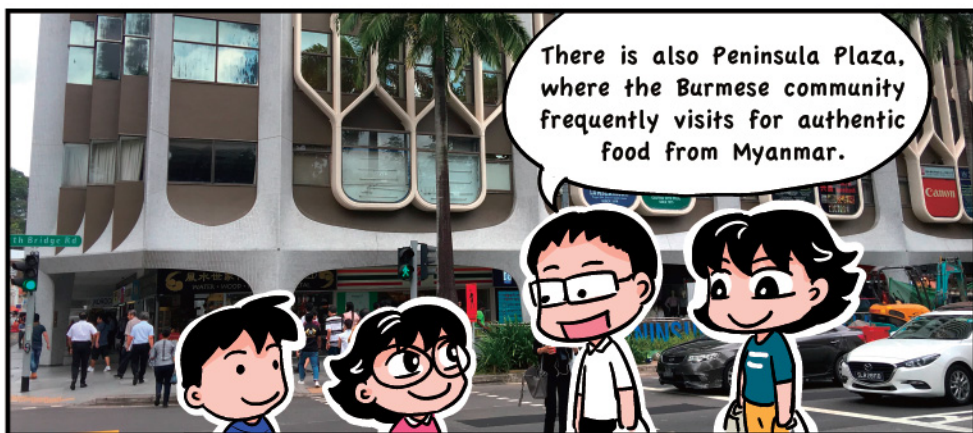


Our Friends from ASEAN









End

**I UNINTENTIONALLY HURT MY
FRIEND'S FEELINGS BY SAYING
SOMETHING INSENSITIVE.**

WHAT SHOULD I DO?



**We are not perfect.
Sometimes, we can accidentally hurt
the people we care about. Instead of
wishing you could hit an 'undo' button,
it might be wiser to think about
how you can make things better.**

**For years, an apology has always been the
way to right wrongs and declare peace.**

**An apology is a very adult move (though
adults do find it difficult too). It is a great way
to make amends and heal hurt feelings.**

**There are many different ways
to apologise. Consider the following
before you plunge in!**

1 The power of a sincere apology

Take the courage to step up and admit what you did was wrong. When you sincerely apologise, it shows that you are genuinely sorry about hurting the other person. An apology should not be the way to protect your own image or make others like you more.

BUT HOW DO WE EVEN START? YOU COULD TRY SAYING THIS

What I said was wrong. I was being insensitive and I am not proud of that. I want you to know how sorry I am.



2 Apologise in person

Face-to-face apologies may be difficult, but they are also the easiest way to avoid further misunderstanding. If you find it impossible at the moment to talk in person, you could try apologising with a note or text.

Whichever mode of communication you use, make sure that you are comfortable if what you said is shared with other people.

Hopefully, your friend accepts your apology. You may need to give it some time. Some are quick to forgive and forget. Others may need more time to rebuild trust and to get over anger and hurt feelings. Do your best with your part and leave the rest to them.

3 Forgive yourself too



We learn from our mistakes. Try to focus on making the situation better and not replaying it in your head. Self-criticism won't make things better. Neither will dwelling on what you said before. Move forward and focus on working on your good intentions.

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!

THREE-YEAR-OLD TODDLER IS MIGRANT WORKERS' BEST FRIEND

How a difference in age did not stop a boy from spreading joy to a group of foreign workers

It's 5 pm at a carpark upgrading site. A group of construction workers are busy paving the lots with cement.

Nearby, a three-year-boy calls out to them. He waves happily when one of them turns to look.

For the last seven months, Jake has been waiting eagerly for his "uncles" to break for tea every week.

Jake's mother, Anne, explained how this unusual friendship began.





“Our estate started undergoing car park upgrading works last December. Jake always stopped to watch, so much so that we became familiar faces there. The site consultant would even let us know when a road roller or a paving machine would be around. We could then bring Jake down to watch,” she said.

As Jake’s interest in construction vehicles grew, so did his time spent with the workers.

From then, whenever they saw their little friend coming, they would stop work for a bit to go over and say hello. It’s clear that their friendship has grown and that they look forward to his daily visits.

With time, the workers have opened up and shared their stories with Anne. Most of them have children and nephews back home, and Jake reminds them of the families they miss every day.

“Jake was just two-and-a-half years old when we first got to know them. At that age, there was no way I could have taught him about kindness. He learned on his own that we should make friends with people from different walks of life,” she said.



One lesson Jake did teach Anne is to take the time to listen to people's stories, and to see them as individuals. For instance, even though he does not know the workers by name, he recognises each of his friends. He has affectionate nicknames for them, like Planting Grass Uncle or Red Helmet Uncle.


Perhaps the most wonderful lesson is that a wonderful friendship can be kindled with just a little warmth and kindness.

MORE STORIES ON
PRIDE.KINDNESS.SG




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


APPRECIATING OUR FOREIGN WORKERS



Foreign workers are an important part of Singapore's labour force. They help build our homes, take care of our families, and contribute to nation building. How do we make them feel welcome, and create a happy environment for them to live and work in? How can we encourage the public to be kind to and appreciate our foreign workers?




Case Study 1



Murugan works in a construction company in Singapore. Hailing from a small town in India, Murugan arrived in Singapore a month ago. He does not have many friends here, and though he likes Singapore, he misses his family dearly. Murugan is shy and does not speak much English. He would like to know more Singaporeans and make more friends.

Case Study 2



Naw Naw is a foreign domestic worker from Myanmar. She has been working for a Singaporean family for two years. Her employer is stern and does not communicate much with her. As a result, Naw Naw is afraid to tell her employer when she feels tired. She is also afraid to ask for time off to spend with her sister who is also working in Singapore. When Naw Naw feels down, she sometimes feels that she is unable to share her feelings with others.



THE CHALLENGE

How can we encourage Singaporeans to befriend and show acts of kindness to foreign workers like Murugan and Naw Naw?

QUIZ

WHAT KIND OF CLEANLINESS WARRIOR ARE YOU?

In the activity below, circle as many cleanliness habits you have and find out if you are a Recycling Specialist, Gracious Ambassador, Germ-free Expert or the Unintentional Passerby.

I regularly sort my trash and throw them into the respective recycling bins.	I empty the dustbin in the classroom without being told to do so.	I often leave behind the cutlery after meals.	I keep the toilet clean and dry after use.	It is not always my responsibility to keep the environment clean.	I remember to flush after using the toilet.
I return my cutlery after meals and encourage my friends to do the same.	I cover my mouth with tissue when coughing or sneezing.	I use both sides of the paper before discarding it.	Keeping clean is my daily responsibility.	I wash my hands with soap and water after using the toilet.	I help to clean the classroom.
I use my shirt instead of tissue to wipe my mouth.	I support zero waste.	I do not usually cover my mouth when coughing or sneezing.	I use a recycling bag.	It is alright to wash my hands with only water after using the toilet.	I rinse used bottles and cans before throwing them into the recycling bin.
I bring a reusable water bottle with me.	I flick my hands dry after washing at the water basin.	If I see someone littering, I stop and ask him/her to throw the litter into the bin.	I wear a mask whenever I am sick.	I clean up after myself after meals, leaving a clean table for the next person.	I bring a hand sanitiser with me.

Count the number of commonly coloured squares you have circled and find out if you are a...



RECYCLING SPECIALIST

You make a difference by helping to save the environment while keeping clean.



GRACIOUS AMBASSADOR

You are a role model to your peers when you practise everyday responsibilities and encourage others to do the same. You care about the cleanliness of your surroundings and the people around you.



GERM-FREE EXPERT

You care about good personal hygiene and cleanliness. You practise good hygiene habits and understand the importance of protecting yourself and others from illnesses.



UNINTENTIONAL PASSERBY

You are sometimes ignorant about keeping the environment clean. You can do better by practising better personal hygiene and showing care to the environment. Remember to Be Kind, Keep Clean!



BE KIND, KEEP CLEAN



What kind of Cleanliness warrior are you?

I'm a _____

Write/draw on the postcard to share with your peers some of the good habits you practise every day. Give it to your peer.

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

Share a photo of the class poster with admin@publichygienecouncil.sg



BE KIND, KEEP CLEAN

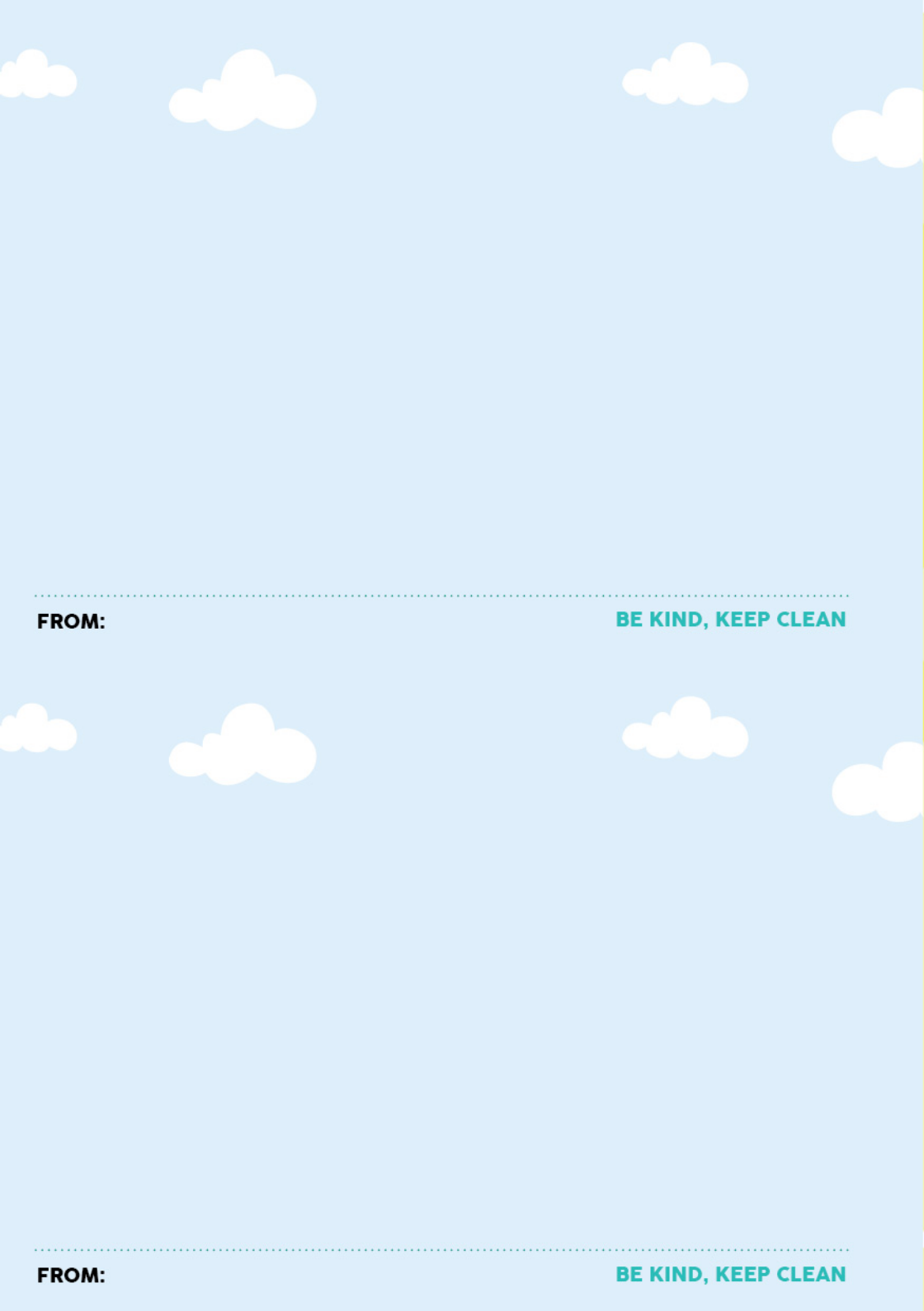


What kind of Cleanliness Warrior are you?

I'm a _____

Write/draw on the postcard to share with your peers some of the good habits you practise every day. Give it to your peer.





FROM:

BE KIND, KEEP CLEAN

FROM:

BE KIND, KEEP CLEAN



When was a time you showed or received an act of kindness from someone who came from another country?

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



Kindness Mailbox

Featured!

2018 / Issue 4

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

On the first week of school, all Primary 6 pupils participated in the P1 Buddy Programme. In this programme, all P6 pupils were paired with a P1 buddy and we showed the P1 pupils around the school during recess. My buddy's name is Laranya. She is friendly, active and kind. I taught her how to buy food at the canteen and reminded her to be quiet when she visits the library. I also told her how we should keep our school's Eco-pond clean by not littering. We had memorable moments together!

– Sanjitha, Woodlands Ring Primary School, P6

As a senior and an Agent of Kindness, I can spread kindness to my juniors by helping them with their homework and bringing them to their classes when they are lost.

This year, when I was doing my prefect duty, I saw a student looking around helplessly. She turned out to be a Primary 1 student. I asked if she needed help and she told me she could not find her classroom after PE lesson. I brought her back to the classroom. She thanked me and that smile on her face brightened up my day!

– Adithi Jyoti, Rivervale Primary School, P5



We can spread kindness to the juniors in our school by being friendly, showing appreciation, encouraging and being there for them. We can also try to understand their struggles, celebrate achievements together, and check if they need help. As the saying goes, "Kindness is the language which the deaf can hear and the blind can see."

– Paul Rieson Soriano Luzano, Wellington Primary School, P6

It was the first day of school and was also the first time we met our P1 buddies to give them a little tour around the school. My buddy was bubbly and talkative. As a role model, I told her about how we could help others in school and in the community. I explained to her that we need more kind people in Singapore. I hope that I have done a good job and have inspired her to be an Agent of Kindness!

– Ong Gynn Han, Methodist Girls' School, P6



I spread kindness to the juniors in my school by welcoming the new students and introducing them to their classmates. I help them with their homework and encourage them to participate in school activities and events.

– Bhargavan Joshna Rhea, Yuvabharathi International School, P6

I can inspire kindness in school by being an active role model especially during recess by helping the lower primary students. I will also do my part to keep the canteen clean after meals.

– Sri Yuvanesh Rajan, Sembawang Primary School, P5




WOULD YOU RATHER “BE GREATER”?

Complete this “Would you rather?” challenge with your family and find out how you can Be Greater!

- 1 Tear out the cards on page 19.
- 2 Players take turns to read out the question on the card and everyone makes their responses.

<p>WOULD YOU RATHER...</p> <p>Let others take the seats or take the seats and give up your seat when someone else needs it more?</p>	<p>WOULD YOU RATHER...</p> <p>Keep quiet about the extra marks given on your exam scores or inform your teacher that there was a mistake?</p>	<p>WOULD YOU RATHER...</p> <p>Be the strongest person in the world or the kindest person in the world?</p>	<p>WOULD YOU RATHER...</p> <p>Send a thank-you text message or say it in person?</p>
<p>WOULD YOU RATHER...</p> <p>Spend your time volunteering or playing a sport?</p>	<p>WOULD YOU RATHER...</p> <p>Help your juniors in school or hang out with your classmates?</p>	<p>WOULD YOU RATHER...</p> <p>Move to the back of the bus or stand near the exit?</p>	<p>WOULD YOU RATHER...</p> <p>Queue up before entering the train or enter once the doors open?</p>
<p>WOULD YOU RATHER...</p> <p>Say 'Hello' to your neighbours or take a detour if you see them?</p>	<p>WOULD YOU RATHER...</p> <p>Help to hold the lift door open for your neighbours or quickly hit the close button?</p>	<p>WOULD YOU RATHER...</p> <p>Find a bin to throw your litter into or keep the litter with you until you see a bin?</p>	<p>WOULD YOU RATHER...</p> <p>Help an elderly lady in with a heavy load or continue your journey without offering help?</p>
<p>WOULD YOU RATHER...</p> <p>Be popular for being kind or be popular for being in the popular clique?</p>	<p>WOULD YOU RATHER...</p> <p>Step up and stop a bully or stay safe by not interfering?</p>	<p>WOULD YOU RATHER...</p> <p>Smile or give someone a hug to make someone's day?</p>	<p>WOULD YOU RATHER...</p> <p>Have a kind neighbour or be a kind neighbour?</p>



WOULD YOU RATHER “BE GREATER”?	WOULD YOU RATHER “BE GREATER”?	WOULD YOU RATHER “BE GREATER”?	WOULD YOU RATHER “BE GREATER”?
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WHAT DOES IT MEAN TO BE GREAT?

Greatness is what we can do for ourselves and for others.
Challenge your family members to each write one thing he/she
can do to choose kindness and Be Greater.



**I CAN CHOOSE KINDNESS
AND BE GREATER BY...**

NAME: _____



**I CAN CHOOSE
KINDNESS AND
BE GREATER BY...**

NAME: _____

**I CAN CHOOSE KINDNESS
AND BE GREATER BY...**



NAME: _____



NAME: _____

SPARK KINDNESS, MAKE A DIFFERENCE!



Kindness Ambassadors from Unity Primary School embarked on a project to Celebrate, Inspire, and create Awareness of kindness. Some activities conducted in school were:

Caught. In. Action (C.I.A) Cards

Pupils caught showing kind acts had their C.I.A cards signed by teachers. They were then awarded the bronze, silver or gold awards based on the number of signatures. This affirmed and inspired pupils to continue their kinds deeds.

Friendship Week - "My Friend is a Superhero!"

To celebrate friendship, pupils each chose a superhero that resembles their good friend. They penned down their shared qualities, wrote a note of thanks and presented it to them.

Gratitude Week - "Be Grateful"

This activity was to create awareness of the importance of being grateful. Pupils picked lots from a jar, each with a different question on gratitude. They penned down their answers and displayed them on a board. This allowed pupils to reflect on and be grateful for kindness shown to them.

Through the activities, pupils were able to display the Unity spirit by celebrating, inspiring and creating awareness of kindness.

INTERNATIONAL FRIENDSHIP DAY

3-COLOUR CHALLENGE

Celebrate International Friendship Day by dressing Eva up in your favourite international costume. By taking up this 3-colour challenge, you are required to **pick only 3 colours** to complete your colouring sheet. Explain your artwork in one or two sentences when you are done. Have fun!



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/>

JUDGING CRITERIA:

- ★ Relevance to the theme
- ★ Creativity
- ★ Neatness

PRIZES:

★ 1st, 2nd, 3rd

Limited edition Singa Eco Bottles set (1st prize only), a 90-minute art workshop by MuzArt worth \$60, a BETADINE® Natural Defense Hamper worth \$52, stickers set by Evacomics and limited edition SKM merchandise.

★ 3 consolation prizes

A 90-minute clay art workshop by MuzArt worth \$60, a BETADINE® Natural Defense Hamper worth \$52, stickers set by Evacomics and limited edition SKM merchandise.

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Imagine Your Future

MuzArt is all about redefining art education. We believe it is crucial to develop a child's Confidence & Creativity from young. Our Creative Art curriculum has helped over 30,000 students develop their artistic potentials and other personal traits in a fun and interactive way.

Art workshops are redeemable at the Jurong East Branch only.



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Purchases can also be made at:
The Kindness Gallery,
61 Stamford Road #01-08,
Stamford Court, Singapore
178892



Send us your entry by mail to the following address by **30 April 2019**.

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

Write for Kindness Junior



Issue 1/2019

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



1st

Ong Jun Sheng
Yuhua Primary School, P5

The bright yellow sun was beaming down on me. I decided to grab a bite at the nearby hawker centre after a basketball game. While the place was teeming with people as usual, I could not wait to eat my favourite wanton mee.

As I was queuing, I saw an old man having difficulties carrying his bowl of noodles. I suddenly recall my mother saying repeatedly that kindness has its rewards.

I counted the number of people behind me and thought about the old man. While in a dilemma, I thought, "If I help the old man, I will have to queue again but as a kindness ambassador, I have to do my duty!" I made up my mind to help the old man.

I stepped out of the queue and approached the old man asking if he needed help. His face broke into a smile, thanking me. I carried his bowl of noodles and we searched for a table together.

When I found a table for him, I placed his bowl of noodles down and waved goodbye. I went home and told my mum about my good deed. She praised me and made my favourite curry potatoes. This put a smile on my face for the rest of the day.

All winners will be notified and will receive a BETADINE® Natural Defense Hamper, Singapore Kindness Movement merchandise and souvenirs from National Heritage Board. Singapore Kindness Movement's decision on all winning entries is final. No correspondences will be entertained.

Prize sponsors:

Aspirin
BETADINE®



★ 2nd Zachary Tok Min En Seng Kang Primary School, P6

"Ring!" The bell rang, signalling dismissal time. I was ravenous and my stomach was growling loudly. Thus, I decided to grab a bite at the nearby hawker centre.

It was lunch hour. The hawker centre was bursting at its seams. It was nearly impossible to find a seat in the crowded hawker centre.

A frail old man in his late seventies, carrying a heavy basket of groceries, was also combing the area high and low for a seat. In that split second, the old man lost his balance and collapsed into a heap, scattering his groceries across the floor.

However, nobody seemed to notice the old man. The old man was groaning in agony. Some patrons continued with their food, while some were deeply engrossed in their phones. Some even pretended to look elsewhere. They were oblivious to the old man.

Without hesitation, I helped the old man up, found him an empty seat, and retrieved his grocery items.

"Thank you, young man!" You've been so kind!" the old man thanked me profusely. On hearing his remark, I blushed with embarrassment. I felt that I did not do anything extraordinary. I only helped to spread a little kindness when I had the opportunity to.

★ 3rd Rifqah Naimah Binie Mohammad Azam Chong Zheng Primary School, P6

One day, my father and I were buying fruits. My father somehow noticed that the fruits stall owner was having a bad day. So while he was ordering the fruits, he joked with the stall owner. I was very surprised that my father managed to brighten up the stall owner's day. The stall owner then gave us a wave and we waved back. At the end of the day, I then realised my father did an act of kindness that brought the stall owner from being sad to happy. I also learned from my father that even a little kind joke can change someone's bad day into a great day. I hope that the stall owner wishes to see my father again and, maybe they could even become friends. My father told me that even a small joke can make someone's day, like the act of kindness I witnessed my father doing.



Consolation

Natasha Tan
Methodist Girls' School, P6

I recall an incident when my family went to a nearby hawker centre for dinner. When we finished our dinner, we went to the tray return area where we returned our various bowls and plates. Just then, one of cleaners came by and saw us doing so. She then thanked us in Mandarin. Although these were just a few simple words, it made me feel like an actual agent of kindness and has been embedded in my mind since. It felt good knowing that my actions of kindness made someone happy! Also, by returning the bowls and plates, other patrons can have a cleaner table for everyone to share and enjoy their own meals as well as have a more pleasant experience! Through this experience, I am inspired to become a more gracious and kind person towards others. I hope that through these acts of kindness, it would also inspire others to have hearts of gold.



Consolation

Ong Rui Xin
Si Ling Primary School, P6

Once, I was eating dinner at a hawker centre near my house. My mom and I were walking around, finding food that we wanted to eat. There were a lot of options and I wanted to eat everything. While looking for a stall to eat in, I passed by a woman several times. She seemed to be looking for a seat. The woman had a child with her too. I nudged my mom and told her that I wanted to help. She told me to do what I felt right. So I went towards the woman and her child. I told them that I could share my table with them since my family didn't really take up the whole table. At first, they refused since they didn't want to trouble us but I insisted and so they agreed. My parents were really proud of me and I felt good too!



Consolation

Chloe Lee
Raffles Girls' Primary School, P5

I was queuing up for food at a hawker centre. When I placed my order, I realised that I was short of \$2 to pay for my meal. Feeling quite ashamed, I told the uncle that I did not have enough money. He told me that it was okay and that I could just give whatever money I had. When I heard his words, I felt very relieved and grateful. The uncle gave me the same amount of food even though I did not pay for everything. When I went back home, I immediately told my mother about it. She gave me \$2 and told me to return to the uncle. When I was at the hawker centre, I found that he had forgotten about the \$2 I owed him! After a while, he finally recalled the incident and told me that I did not need to return the money to him. I was awed and inspired by his kindness and generosity. I would like to thank him very much. He made my day.



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