



## INTERNATIONAL Friendship Day











friendships.



let's try on more costumes!



## rof erro wold ew mo woll people at home and th school?



Ask how their day went and listen attentively when they answer.

How was your day, grandpa?

At home

# Apologise when you are in the wrong

Saying "I'm sorry" shows that you care about their feelings.





### Help your teacher

Offer to carry books or wipe the whiteboard.



### Cheer up a friend who is feeling down

Talk to them and do something happy together.

# Keep the spaces around your desk clean

A clean classroom shows respect for your learning space and allows your classmates to enjoy learning there too!



# Caring For A Friend

Kalle wants to show concern to Sher who is crying, but she does not know what has happened to her. Help Kalle find out why Sher is crying and how she can help her best friend.

To find out what Sher is thinking about, hold the the booklet up against the sun with this page facing you.



Oh no. I left my Math textbook at home. I am going to get a scolding from Ms Lola.



- Write a positive or encouraging message on the star template.
  Tear out the star template below and fold it into a 3-dimensional star.
- 3. Together with your classmates, hang the stars in your classroom.





# KT JDNESS CALENDAR

Celebrate Kindness Day SG by filling your calendar for the month of May with acts of kindness! Encourage your family members to complete this challenge together.

Fill in the date you completed each kind act in the boxes below.



Smile at someone	Help to hold the lift door open	Write a thank-you note to someone
Date: 1 May 2019	Date:	Date:
Help out with chores at home	Give someone a high-five	Compliment someone
Date:	Date:	Date:
Be kind to yourself	Lend someone a listening ear	Help an elderly person
Date:	Date:	Date:
Volunteer with your family	Speak politely to your family members	Greet one of your school's staff
Date:	Date:	Date:
Invite your neighbours for a meal at your home	Kind act:	Kind act:
Date:	Date:	Date:



Greet the bus driver	Thank a school cleaner	Greet a neighbour	Move to the back of the bus	
Date:	Date:	Date:	Date:	
Share your stationery or book with someone	Pick up litter in your neighbourhood and throw it into the bin	Give up your seat to someone who needs it more	Tell a joke to cheer someone up	s.
Date:	Date:	Date:	Date:	
Make a card for someone special	Return your cutlery after meals	Invite a friend to eat together during recess	Stand to the left on the escalator	
Date:	Date:	Date:	Date:	
Make a new friend in school	Raise your hand in class before you speak	Keep your desk clean	Spend time with your family	
Date:	Date:	Date:	Date:	<b>โ</b>
Kind act:	Kind act:	Kind act:	the at	
Date:	Date:	Date:		



# This or That?

Get to know someone better through this food challenge!

Between your friends and yourself, take turns to choose which food you would rather eat from the This or That list below.





### INTERNATIONAL FRIENDSHIP DAY 3-COLOUR CHALLENGE

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



Name:		
School:		
Class:		
Parent's Ema	il Address:	
Parent's Con	tact Number:	
Home Address	s:	

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

Kindsville Times Contest Singapore Kindness Movement 61 Stamford Road #01-08 Stamford Court Singapore 178892



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:

 $\bigstar$  Relevance to the theme

★ Creativity

\star 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, 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 and limited edition SKM merchandise.

#### PRIZE SPONSORS:

Askfor **BETADINE®** 

Tough on germs yet gentle on the skin, BETADINE® Natural Defense embraces your family's health and wellness with nature's natural ingredients. At the heart of each product lies a natural defense formula that removes dirt and kills 99.99% of germs with ingredients to help promote good skin health – all without the use of harmful chemicals.



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.





Tupperware Brands

QUENCH YOUR THIRST WITH A SET OF TWO LIMITED EDITION 500ML ECO BOTTLES.

\$24.50 PER SET

Scan the QR Code to order yours here!



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



## Write for Kindness Junior



**k** 1st

#### Issue 1/2019

Draw an act of kindness that you have done, received or witnessed at a hawker centre and write one or two sentences about it.

#### Akshara Mouli Tanjong Katong Primary School, P2





Shivanesh Compassvale Primary School, P2





#### **Consolation**

Natalie Nai Waterway Primary School, P1



#### **Consolation**

Luo Bei Hao Rulang Primary School, P2



I share seats with others when the hawker centre is crowded.

Consolation Camellia Lau Fairfield Methodist School, P2



I saw two people switched tables with a big family for a smaller table so that the family can all sit together.

All winners will be notified and will receive 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:

Ask for BETADINE®





## 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

Each student had a C.I.A card. If a teacher spotted them doing a kind act, they would sign their C.I.A. card. The more signatures you collected, the better the award you would receive. This encouraged students to spread kindness all around!

#### Friendship Week - "My Friend is a Superhero!"

Students wrote down their friends' good qualities and how they resembled a superhero. It was a fun way to show their friends how much they loved them.

#### Gratitude Week - "Be Grateful"

Students answered different questions about gratitude. They put up their answers on a board as a reminder to always be gracious and grateful.

Through these activities, we were able to see the Unity kindness and spirit shine!







What have you done to learn more about another country? Write to Singa and the Kindness Cubbies to share your stories. You may draw as well!



You can also scan the QR Code to learn more about other countries!



#### Post it by snail mail to:

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

You may also email to: Kindsville@kindness.sg

Singa would like to know your home
 address, school and class so that he can
 write back to you! You may write them at \_
 the back of your letter or in the email.
 Thank you! (Parental consent required)





# Featured Entries

Dear Singa,

My first week of school was great. I had new teachers and I made more friends. I like going to school because there are art and music classes every Thursday. I also like that I learn new things every day!

> Tay Kai Xin Maha Bodhi School, PƏ

Dear Singa,

I had a very fun time in school last week because there were many fun activities. I like going to school because I have three good teachers!



Dear Singa,

I love school because the food at the canteen is super yummy. The games we play together are very fun and we learn new things!

> Hansel Maha Bodhi School, Pa

#### Dear Singa,

My first week of school was good. I like to play with my friends and go to the library to read books. I often go to the eco-garden to see fishes and plants. I also like to go to the play garden to play with my friends.

> Ng Hwee Him Maha Bodhi School, Pa

Dear Singa,

I enjoyed my first day at Poi Ching School. I enjoyed the time spent with my friends during recess time. On the last day of the week, my buddy and I made a card for each other.



Cheng Min Shuen Poi Ching School, P1

Dear Singa,

My friend left his wallet on the table and walked away. I passed it to the teacher. I felt happy because I helped someone.

davan Qifa Primary School, P1



🔞 l did it!







