

A-OK!

Agents of Kindness

Issue

04

2019

Primary 5-6



singapore
kindness
movement

spread
kindness
everywhere you go



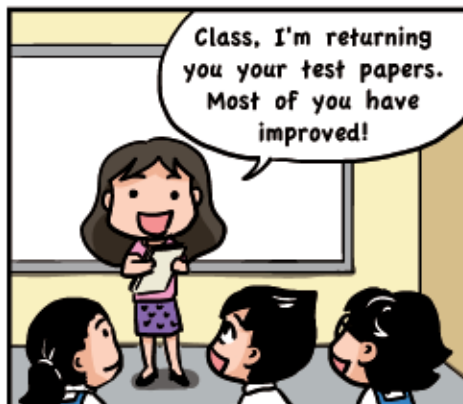
Highlights

Evacomics: Dealing With Online Chats

In The News: See The Person, Not Their Disability



Dealing with Online Chats





Xinyi:

Smarty Pants is spoiling the market!

Pete

Yeah, so hardworking 😞

Can you guys stop calling me Smarty Pants? Anybody can work hard to do well! ✓✓

Lucas

Maybe because Smarty Pants always raises his hands to answer questions, that's why...

Pete

Oh, a teacher's pet!

Eva

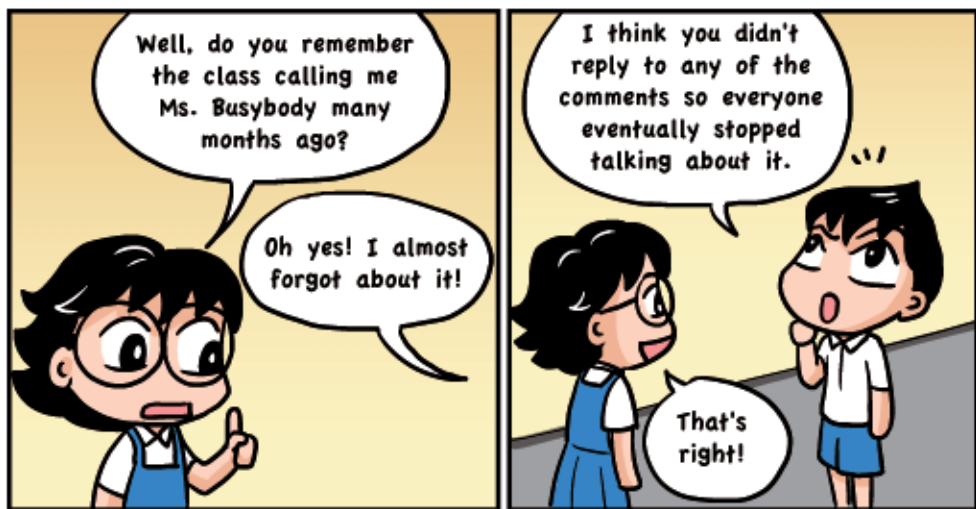
Hey everyone, let's not be mean! We should care for one another's feelings and be kind online.

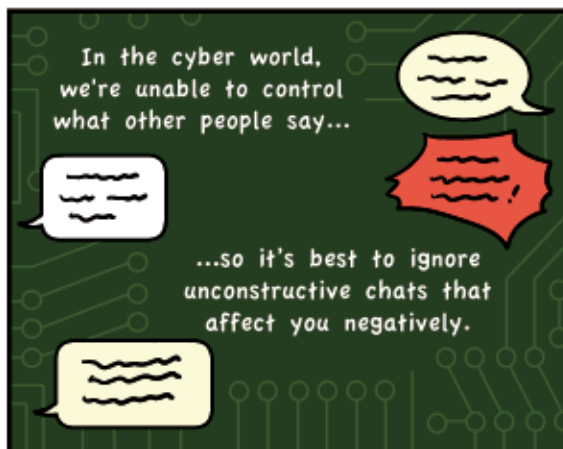


Eva

Junhao, just ignore the class chat group and don't reply. It will eventually die down.







End

LET'S BE KIND ONLINE AND OFFLINE



How can we make a difference in the cyberworld? Through acts of kindness, of course! Kindness Ambassadors from Qifa Primary School led fun activities that shared the importance of self-responsibility and empathy for other online users.

Kindness Blog

The ambassadors created a kindness blog where their schoolmates could share kind messages and pictures. This blog was open to everyone, so students could read all the kind words posted by others.

Poster Making Competition

Students took part in a poster making competition with the theme, 'Tips for being kind online'. They unleashed their creative juices and discovered great ways to show kindness online.

Game Booth

Kindness games were created with many different scenarios. While playing, students could explore, learn and experience the dos and don'ts of online etiquette.

Kindness Tree

Students noted down acts of kindness that they have done or received on paper cut-outs. They collected these notes and shaped them into a huge tree. It reminded them to acknowledge the kindness of others and to follow in their footsteps.

Through these activities, students are now aware that anything they do or say online can have an impact on others. Therefore, they learned to always choose to do and say good things.

KINDNESS THROWBACK

Kindness starts with each and every one of us.
As Agents of Kindness, what were some of the good things that you
have done to spread kindness in your school and community?
Write about your experiences below.

3 GOOD THINGS THAT I HAVE DONE FOR OTHERS:

2 PEOPLE WHOM I AM THANKFUL FOR:

1 THING THAT I WOULD LIKE TO DO:

SEE THE PERSON, NOT THEIR DISABILITY



Image Source: Isabelle Lim

In many ways, Adelyn Koh is like you and I.

She enjoys cycling, rollerblading, swimming, and even horse-riding. She sings and plays the piano and keyboard.

But there is something a little bit different about Adelyn.

She was born with a rare eye disorder and can only see some lights and shadows.

Her disability, however, has not stopped her from doing amazing things.

When she was 9 years old, she hosted and participated in the President's Star Charity show. She was so good that did it for four years, from 2010 to 2013.

When she was 11, she wrote and produced her first original music album to help pay for her eye operations.

Recently, she was even the lead singer in the music video, "Fire in the Rain".

"Fire in the Rain" is Singapore's first inclusive music video. It showcases the talents of 100 singers and dancers with different disabilities.



Image Source: Isabelle Lim

Adelyn is proof that those with disabilities have their own skills and abilities. They too have passions and dreams. She hopes more people will understand this.

"I once met someone who thought that I didn't know what a pencil was," says Adelyn. But of course she does. She can identify objects using her other senses. She has no trouble understanding concepts, like everyone else.

"Unless whatever is going on is purely visual, I am able to tell, to some degree, what's happening around me," she says.

This is just one misunderstanding she hopes to correct.

"I'm a normal person, just like everyone else," she says.

"Though my eyesight is limited, the rest of me is completely normal."

The same can be said for anyone with a disability.

If we look past the disability, we'll be able to see people for who they are.

"I've gone through a lot with my condition," says Adelyn, "but that did not put out the fire in me."

"There are people around me who show me support and encouragement," says Adelyn. "This is what keeps me daring to dream big and never giving up, despite everything!"

And this go-getting, talented singer is who Adelyn truly is.

WATCH "FIRE IN THE
RAIN" MUSIC VIDEO



IN THE MOOD FOR GRATITUDE

Filling up a Gratitude Jar is a fun way to practise gratitude with your friends and family. Create your very own special jar and fill it with gratitude statements at the end of each day! You can use the slips provided on the next page or your own ones on blank slips.

Read them out with your family at the end of the week.



TODAY WAS
SPECIAL
BECAUSE...

I am
thankful
for...

I LOVE MY
FAMILY
BECAUSE...

I AM PROUD OF
MYSELF FOR...



THREE FRIENDS
WHOM I
APPRECIATE
ARE...



I felt happy
today when...

I look
forward
to...

THANK YOU



COVER PAGE DESIGN CONTEST

Design the cover page of the next A-OK! issue and stand a chance to see your design adapted to Issue 1 of A-OK! next year!

THEME: BACK TO SCHOOL



Issue
01
2020
Primary 5-6



Name: _____

School: _____

Class: _____

Parent's Email Address: _____

Parent's Contact Number: _____

Home Address: _____

Send us your entry by mail to the following address by **8 November 2019**.

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

☐ I agree to the collection and usage of my personal data provided in this contest form by the Singapore Kindness Movement (SKM). The personal data will only be used 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 & originality
- ★ Neatness

PRIZES:

★ 1st, 2nd, 3rd

BETADINE® Natural Defense Hamper worth \$52, limited edition Be Greater set of 5 pins and other merchandise from the Singapore Kindness Movement.

★ 3 consolation prizes

BETADINE® Natural Defense Hamper worth \$52 and limited edition merchandise from the Singapore Kindness Movement.

PRIZE SPONSOR:

Ask for
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.



PRIZES FROM THE SINGAPORE KINDNESS MOVEMENT



Limited Edition "Be Greater" Set

T-SHIRT DESIGN CONTEST

Congratulations to the winners who created these “Be Greater” quotes!



1ST



Kaylee Toh Kai Xin
Haig Girls' School, P5



2ND



Ng Yennzy
Tao Nan School, P6

3RD



Sarah Sam
Methodist Girls' School, P6

CONSOLATION



Ikmal Shahrin
Bedok Green Primary School, P6



CONSOLATION



Oon Xyn
St Anthony's Canossian Primary School, P5

CONSOLATION



Eunice Koh Kexin
CHIJ St Nicholas Girls' School, P5

All winners will be notified and will receive a customized T-shirt, BETADINE® Natural Defense Hamper and merchandise from the Singapore Kindness Movement. Singapore Kindness Movement's decision on all winning entries is final, no correspondences will be entertained.

Prize sponsor:

Ask for
BETADINE®

CASE STUDY

PATH SHARING, A SHARED RESPONSIBILITY

ACTIVE MOBILITY MODES SUCH AS CYCLING AND RIDING PERSONAL MOBILITY DEVICES (PMDs) ARE BENEFICIAL WHEN USED SAFELY AND RESPONSIBLY. THEY ALLOW US TO GET FROM ONE PLACE TO ANOTHER CONVENIENTLY AND ECONOMICALLY, WITH LESS HARM TO OUR ENVIRONMENT.

Rules have been put in place to shape safe riding and path sharing behaviours.

Unfortunately, the increase in active mobility uptake has been accompanied by concerns about path safety and conflicts on our public paths. We have seen some unfortunate accidents.

e.g. an 11 year old girl had to have a jaw realigned after an e-scooter crashed into her from the back and a 77 year old lady suffered a broken left hip bone after a bicycle collided into her.

It would be unfortunate to allow the thoughtless actions of the minority to prevent the majority from enjoying the benefits of active mobility.

To deter reckless riding and accord more responsibility to users, all e-scooters used on paths have to be registered with LTA.

EVERYONE HAS A ROLE TO PLAY IN
MAKING OUR JOURNEYS ON PUBLIC PATHS
SAFE & HARMONIOUS!

WHAT IS YOURS?
TAKE UP THE CHALLENGE TODAY
AND PLAY A PART IN BUILDING
A MORE GRACIOUS SINGAPORE!

THE CHALLENGE

1

Rules and code of conduct regulating the use of bicycles and PMDs have been put in place to shape the norms for safe riding behaviour. How can we generate more awareness of these to our peers who are cyclists and PMD riders?

2

What can we do to encourage users of active mobility devices to respect the safety of pedestrians and vulnerable path users, travel at appropriate speeds and make their presence known to others?

3

How can you encourage your friends and family, who may be pedestrians and/or users of bicycles and PMDs to share paths graciously, and make journeys on our paths safer and more pleasant?

4

What can we do to shape pedestrians' behaviours such that they are aware of other path users and adjust their behaviour accordingly?

GREAT SINGAPORE SIGHTS

Check out our top picks of things to see and do in Singapore, and discover the fascinating sides of our little red dot this holiday!



Fort Canning Hill

Explore the heritage of the **FIRST** Botanic Gardens

The first botanic gardens in Singapore was built on Fort Canning Hill in 1822 by Sir Stamford Raffles. Today, it is home to many heritage trees, herbs and spice plants, as well as 14th century artefacts! Discover the history of Fort Canning Hill with the augmented reality app, BALIKSG: The Fort Canning Trail!



The Kallang River

Get moving along the **LONGEST** river

Stretching 10km, the Kallang River is the longest river in Singapore. On both sides of the river, the Kallang Riverside Park is a perfect place for a slow jog or adventurous water sports activities. Keep your eyes out for little egrets and grey herons during the migratory season from September to March!





National Gallery Singapore

Endless fun at the **BIGGEST** art museum

Occupying two national monuments – former City Hall and the former Supreme Court – the National Gallery is the biggest of its kind in Singapore. Visit the Gallery Children's Biennale: Embracing Wonder for a day of fun with art!



Chinese Garden

Set foot on the **SMALLEST** bridge

It takes only 3 steps to walk across the "Three-Step Bridge" at the Chinese Garden, making it the smallest public bridge in Singapore. While you're there, be sure to visit the largest Bonsai Garden in Singapore.



Bukit Timah Hill

Get to the peak of the **HIGHEST** hill

Bukit Timah Hill measures 163.63m and is the highest hill in Singapore.





What are the things you enjoyed the most at the NE Show? What do you hope to see if you go to the National Day Parade again?

I went to the NE Show with my classmates. The part I enjoyed most was when everyone came together to sing the past year's NDP theme songs. We were all enjoying ourselves, singing to the wonderful music, waving our flags and moving to the beat. It was an amazing day. This NE Show is educational, meaningful and it brings everyone together on this very special day. Happy Birthday Singapore!

– Hu Youxuan, Nan Hua Primary School, P5

This is an exciting year for me. I was looking forward to the NE Show and I must say I enjoyed my experience. The thing I enjoyed watching the most was the flying jets. They were awesome. I appreciate that they took time to train and put up a great show. As the weather was not ideal, we missed the parachute jumps by the Red Lions. I hope to see them perform if I have a chance to go again. I am thankful that I get to watch the parade. I hope I could get to see the fantastic fireworks display from a better view in future!

– Allan Goh, Ngee Ann Primary School, P5

What is one memorable moment during your school's National Day Celebration? If you have the opportunity to organise the school's celebration, how would you want your schoolmates to celebrate National Day?

One memorable moment during the school's National Day Celebration was watching my schoolmates perform on stage. They worked hard to put up a performance for everyone. I would like to see my schoolmates participate in the National Day activities, enjoy themselves and get to know each other better.

– Cheong Wei Na Selena, Stamford Primary School, P6

The most memorable moment was when my friend and I were designing our own tote bag. I will not forget the fun and laughter we had. I will cherish this moment as this is my last year in primary school. If I have the opportunity to organise the school's celebration, I will invite students to play board games or outdoor games such as hide-and-seek, ice-and-freeze, and hopscotch. We can also organise a food festival so that students get to try the iconic foods in Singapore. It will be fun!

– Gisele Seah Tingxuan, Alexandra Primary School, P6



Kindness Mailbox



What do you wish to see in A-OK! issues next year?
Do you have a story idea for the next Evacomics?

Write them on this page or send in your response through

<https://mailbox.kindness.sg>

Name: _____

School: _____

Class: _____

Home Address: _____

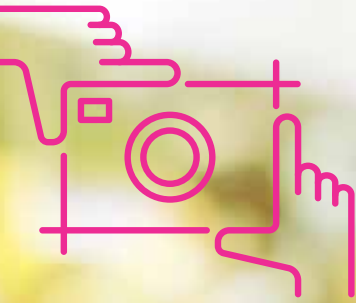
Receive a personal reply from the Kindness Headquarters when you send in your response. (Parent consent required)

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 DOES KINDNESS LOOK LIKE?



Did you know that looking at photographs of kindness can motivate people to be kinder and happier? Where do you see acts of kindness in your community? Cut out this frame and use it to frame your shots as you capture moments of kindness!





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