

# Kindsville Times Adventures



singapore  
kindness  
movement

Primary 3 and 4  
Issue 4/ 2019

# KINDNESS RULES!



Tosh and Tomeo have recently discovered a fun new online game.

# SAFETY is not a GAME



[T0shFromKindsville] Has anyone found any treasure?



[Kingoftheworld19] Hey, boys! Over here! There is so much treasure here!

[T0shFromKindsville] I'm coming! Save some for me!

[Kingoftheworld19] I know where we can find more treasure. Follow me, I'll show you!



30 minutes later...

[Kingoftheworld19] Great game! Let's play again tomorrow!

[T0shFromKindsville] Sure! We have class in the morning, but we'll be online once school is over!

Hey, what are you playing?

It's a new game called Treasure Hunter. You join up with gamers online and hunt down the ultimate treasure! It is super fun!

We've even made a new friend!



I hope you didn't share too much personal information with this new friend.

Not much. Just our names. And he'll know we're from Kindsville because it's in my username.

Yeah, don't worry! Our new friend is really nice. He shared tons of treasure with us!



**DING!**

**NEW MESSAGE**



[Kingoftheworld19] Actually, I'm from Kindsville too. Why don't we meet up to play? It'll be fun! Give me your phone numbers and I'll send you the address!

See, he's so friendly! He has just invited us to play at his place! Sounds fun, right?



Slow down, Tomeo!  
That sounds risky.  
How well do you know  
this person?

Well, he's  
Kingoftheworld19,  
and he's from  
Kindsville too!



Do you know his real  
name? His age?  
What does he look like?

Are you even sure  
he is really a "he"?



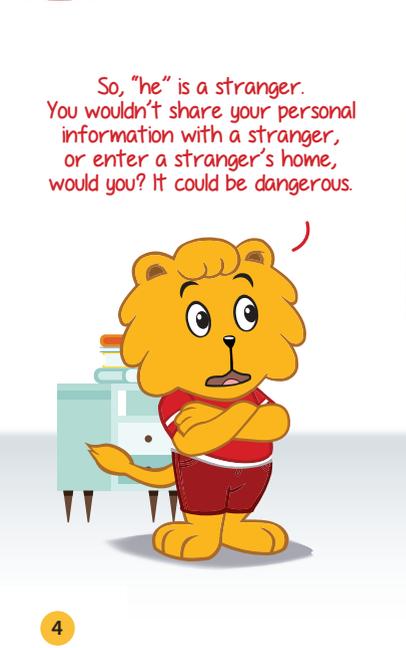
Hmm,  
you guys have  
a point.

That's true... We don't  
really know anything about  
"him" at all. Not for sure.



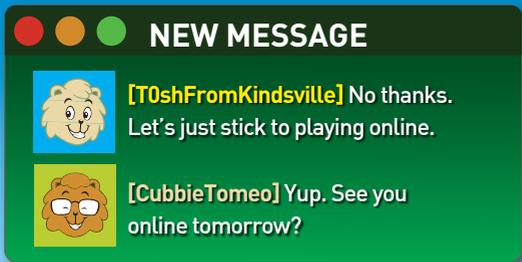
So, "he" is a stranger.  
You wouldn't share your personal  
information with a stranger,  
or enter a stranger's home,  
would you? It could be dangerous.

I agree. Who knows what  
they might do? Since you  
don't know anything  
about this person, you  
should be more careful.



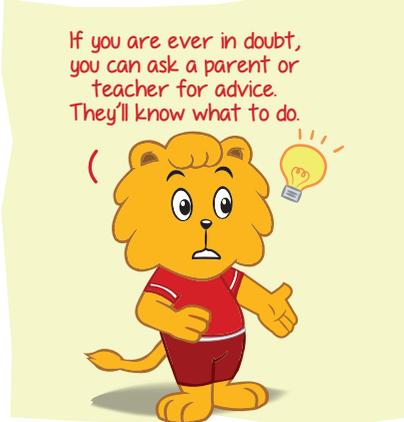
Okay. We'd better  
tell him 'no' then.



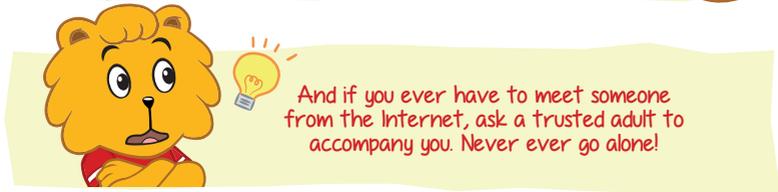


Could we be wrong about him? Kingoftheworld19 seemed nice...

Maybe, but it's always best to be careful. It'll be too late if you do get into trouble. Safety is not a game, you know.



If you are ever in doubt, you can ask a parent or teacher for advice. They'll know what to do.



And if you ever have to meet someone from the Internet, ask a trusted adult to accompany you. Never ever go alone!



Thanks, guys! You might have saved us from a lot of trouble.

We'll definitely keep this in mind!



# MY SCREEN TIME GUIDE

## WHAT IS SCREEN TIME?

Screen time is the time we spend on digital devices such as computers, tablets, mobile phones and television.

- ✓ **Ask an adult for permission and say “Please”.**



Can I play on the phone please?

- ✓ **Give your eyes a break after every 20 minutes of screen time. Setting a timer may help!**



- ✓ **No chatting and sharing of personal information with strangers online.**

Do I know this person?





## Family Time

# THINGS YOU CAN DO TOGETHER WITH YOUR FAMILY OTHER THAN SCREEN TIME

Cooking or baking

Doing a sport together

Playing board games

Watering the garden

Volunteering in the community

Learning and playing a new instrument

Inviting a neighbour for a home-cooked meal

Painting with watercolour



### TIP FOR PARENTS/GUARDIANS:

Start with an activity that your child is likely to enjoy. Acknowledge his/her effort with an encouragement.

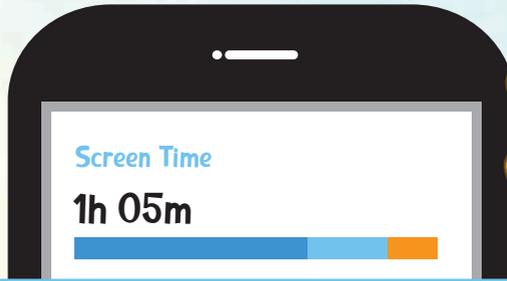


## Family Time

# SCREEN TIME DIARY

Compare your screen time usage with your family members for 1 week.  
See if anyone can put his/her screen time to better use!

Tip: Open the screen time or battery applications. They will show how much time you have spent on different apps. Write down your time spent on the 4 types of activities listed below.



Usage	Me	Family member: _____	Family member: _____
Games			
Chatting			
Videos/ Movies			
Websites			



## In The News

# SEE THE PERSON, NOT THEIR DISABILITY



Image Source: Isabelle Lim

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

She enjoys sports like swimming and cycling. She likes to sing and play the piano.

But she is different in one way.

Adelyn was born with a rare eye disorder. She can't see like you and I. She can only see some lights and shadows.

Despite her condition, Adelyn has done some amazing things.

She wrote and produced her own music album. She hosted and performed in the President's Star Charity show - not once, but four times! She was even the lead singer in a music video!

Adelyn is not alone. 100 singers and dancers performed with her in the music video, titled "Fire In The Rain". They may have disabilities, but they also have unique abilities.



Image Source: Isabelle Lim

This is what Adelyn wants us to understand.

"People tend to reject those with disabilities," she explains. "They assume we can't do things without giving us a chance to show what we are capable of."

With her many achievements so far, Adelyn is certainly proving them wrong.

"I'm a normal person, just like everyone else," she says. "Though I cannot see, the rest of me is completely normal. I have my other senses. I can think and feel just like everyone else."

In fact, Adelyn may be stronger and even more capable than most people.

"I've gone through a lot with my condition," she admits, "But that did not put out the fire in me."

Adelyn is a great example of why we should look beyond people's disabilities. We'll often discover they are so much more.

Now 18 years old, Adelyn is studying music and chasing her dream of becoming a musician. She has the love and support of her family and friends. She also heeds the wise advice from her mother, who encourages her to live life to the very fullest.

"There are people around me who will show me support and encouragement," she says. "They keep me daring to dream big and to never give up!"

WATCH "FIRE IN THE RAIN" MUSIC VIDEO



# IT'S A GOOD SIGN

Do you know that Good Neighbour Day is in November this year? Design a sign to hang on your house gate to greet your neighbours who walk by. Brighten up their day with your beautiful work!



# HELLO!

Have a nice day!





Contest

# COVER PAGE DESIGN CONTEST

Design the cover page of the next Kindsville Times Issue and stand a chance to see your design adapted to Issue 1 of Kindsville Times Adventures next year!

**THEME: BACK TO SCHOOL**

Kindsville  
Times  
Adventures



**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.

Kindsville Times 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, Kindsville zipper bag, bag tag, A4 folder and other limited edition merchandise.*
- ★ 3 consolation prizes  
*BETADINE® Natural Defense Hamper worth \$52, Kindsville bag tag, A4 folder and other limited edition merchandise.*

### 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

Kindsville A4 Folder



Kindsville Zipper Bag

Kindsville Bag Tag





## Contest Winners

# T-SHIRT DESIGN CONTEST

Congratulations to the winners who created these "Be Greater" quotes!



1ST



Aloysius Tan Ru Xian  
Ngee Ann Primary School, P4



2ND



Krystal Ng Shi Ya  
Raffles Girls' School, P4

3RD



Skylene Cheong  
Tao Nan School, P3

**CONSOLATION**



Elliot Soh  
Anglo Chinese School, P3



**CONSOLATION**



Jiselle Eng  
Rulang Primary School, P3

**CONSOLATION**



Amario Moral  
Sembawang Primary School, P3

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.

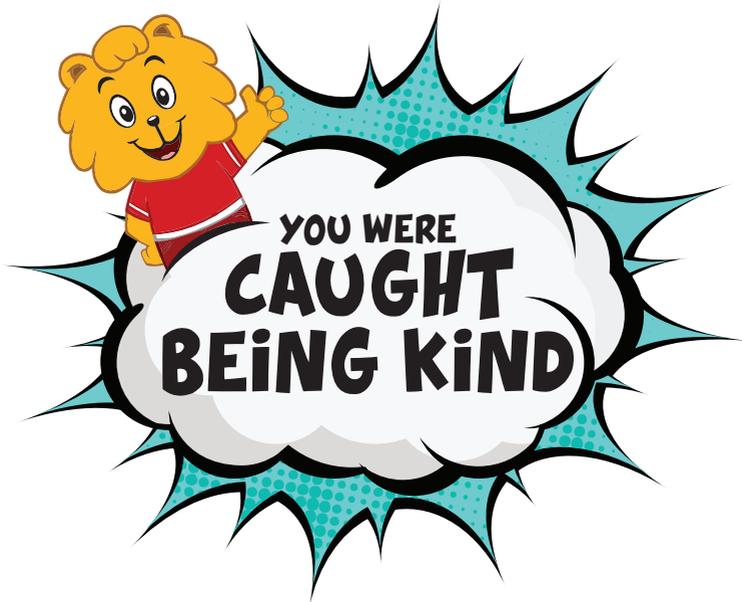
Prize sponsor:

*Ask for*  
**BETADINE®**



# CAUGHT BEING KIND

Think of a time when someone in the school or community was nice to you or when he or she made you feel good. Fill in the certificate, cut it out and give him/her in person!



Hello \_\_\_\_\_,

Thank you for

\_\_\_\_\_

It made me feel

\_\_\_\_\_

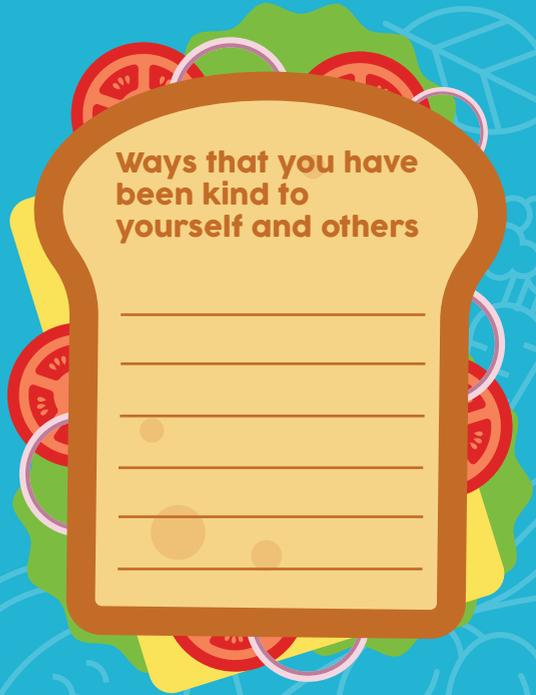
From: \_\_\_\_\_







# FOOD FOR THOUGHT





## Animation Series

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

# Spam Spam Spam

Timmy is very excited to get into the class chat group to discuss Sher's surprise birthday party! However, things do not go as planned when Timmy floods the online chat with unrelated messages.

Season 4  
Episode 7





## 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.



# write to Singa and the Kindness Cubbies and get a personal reply!

**What do you wish to see in the next issue of Kindsville Times? What stories would you like in our animation series?**



**Write or draw to Singa and the Kindness Cubbies to tell them what you think.**

**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,

I am Alva. I usually celebrate National Day with my family including my grandma, grandpa and my aunt. Over the past few years I have celebrated differently. Last year, I celebrated with my best friends from Kindergarten at the Singapore Recreation Club. I was invited by one of my friends Nicholas.

This year, I will be going for Karaoke with my aunts before going to my grandma's house for dinner and watch the National Day Parade on television.

Alva Ho  
Alexandra Primary School, P3

Dear Singa and the Kindness Cubbies,



How are you? I would like to share with you how I spent my National Day holiday. In the morning, I went to the neighbourhood hawker centre to eat Roti Prata for breakfast. After doing some homework at home, my family and I went to Vivocity for shopping. At 5pm, we went home to catch the National Day Parade on television. While watching the parade, we ate fried banana and fried sweet potato together for dessert.



We enjoyed watching the show together. There were many soldiers marching together and there was the Chinook carrying our National flag. We also saw the F-15 Eagles doing the bomb burst. We then went for dinner together after watching the parade on television.



Isaac Khong  
Radin Mas Primary School, P3



# HOLIDAY ACTIVITY FOR ALL

This December holiday, come on down to Kidz Amaze with your family for a complimentary DIY Shrink Art Keychain activity!

Step 1: Colour

Choose Kindness.  
Be Greater.



INDOOR PLAYGROUND  
Where AMAZING EXPERIENCES Await

**KIDZ AMAZE @  
SAFRA TOA PAYOH**

293 Lor 6 Toa Payoh, Singapore 319387

November

**23**

SAT

November

**24**

SUN

**10am - 3pm**



INDOOR PLAYGROUND  
Where AMAZING EXPERIENCES Await

**KIDZ AMAZE @  
SAFRA JURONG**

333 Boon Lay Way, Singapore 649848

December

**14**

SAT

December

**15**

SUN

**10am - 3pm**



Step 3: Bring home your keychain!



Step 2: See it shrink in the toaster



Note: The activity does not require paid admission, and does not include admission to Kidz Amaze playground.