

### **WELCOME MESSAGE**

# HELLO AGENTS OF KINDNESS!

Welcome back to school! This year, as an upper primary pupil, we hope you continue to do your part in spreading kindness at home, in school and in the community. A simple act of kindness can have a huge impact on someone's life.

As an Agent of Kindness, 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.

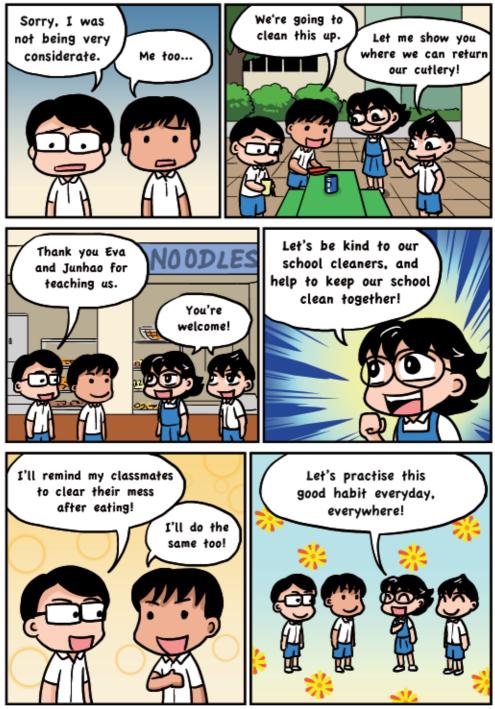
All the best!











### **FUN WITH FRIENDS**

# KINDNESS, PASS IT ON!

As an Agent of Kindness, spread kindness around your school by completing these kindness missions. Encourage your friends to pass it on with these cards!

# GIVE SOMEONE

Complete this mission and pass on the kindness!

### KINDNESS MISSION

TELL A JOKE TO Someone and make HIM/HER LAUCH.

Complete this mission and pass on the kindness!

### KINDNESS MISSION

WRITE SOMEONE A NOTE TO THANK HIM/HER FOR MAKING YOUR DAY.

Complete this mission and pass on the kindness!

KINDNESS MISSION SMILE OR SAY HI TO SOMEONE IN SCHOOL.

Complete this mission and pass on the kindness!

# VINDNESS MISSION OFFER TO HELP SOMEONE IN SCHOOL.

Complete this mission and pass on the kindness!

### KINDNESS MISSION

INVITE SOMEONE TO EAT TOGETHER DURING RECESS

Complete this mission and pass on the kindness!

BACK TO SCHOOL / 7



# Write your name if you have received kindness!

2.			

### Write your name if you have received kindness!

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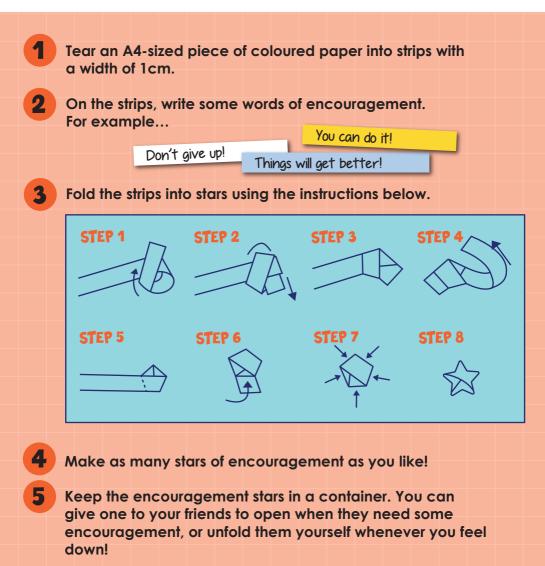
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# REACH FOR THE

It's nice to receive words of encouragement every once in a while. Here's a fun and creative way you can encourage your friends and even yourself!

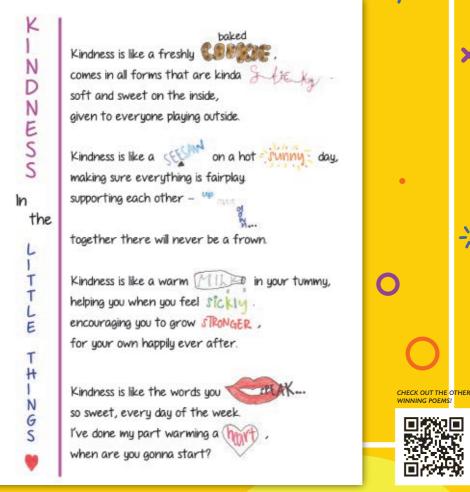


BACK TO SCHOOL / 9

### **KINDNESS POEMS**

A poem is a piece of writing that uses imaginative words to share ideas, feelings or a story with the reader. Many poems have rhymes, but not all of them do. You may have heard of some well-known poems, like "Humpty Dumpty" and "Mary Had A Little Lamb".

Here's a poem from our Write for Kindness 2019 winner!



Written and illustrated by: Eman Adel Ali Ghloom Askar Hasan & Emerald April Moe Kyaw (East Spring Secondary School)

> There are many different kinds of poems that you can write. Try finding out what they are and writing one yourself!

X





# WRITE FOR KINDNESS

Write a story between 120-150 words on a kind act you have done, received or witnessed.

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School:

Class:

Parent's/Guardian's Email Address:

Parent's/Guardian's Contact Number:

Home Address:

Send us your entry by mail to the following address by 3 February 2020.

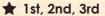
A-OKI Contest Singapore Kindness Movement 61 Stamford Road #01-08 Stamford Court Singapore 178892

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
- 🖈 Language use
- ★ Originality

#### PRIZES:



BETADINE<sup>®</sup> Natural Defense Hamper worth \$52, Key Chain Name Kit, Singa socks, Singa Diamond Sticker Craft Kit and other limited edition SKM merchandise.

### ★ 3 consolation prizes

BETADINE<sup>®</sup> Natural Defense Hamper worth \$52, Key Chain Name Kit, Singa socks, Singa Diamond Sticker Craft Kit and other limited edition SKM 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



Key Chain Name Kit





Singa socks

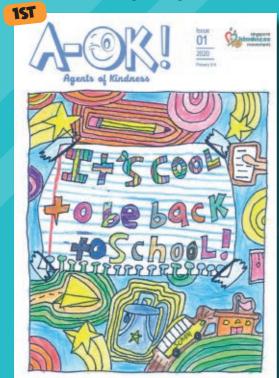
Singa Diamond Sticker Craft Kit



### **CONTEST WINNERS**

# COVER PAGE DESIGN CONTEST

Congratulations to the winners of the "Cover Page Design Contest"!



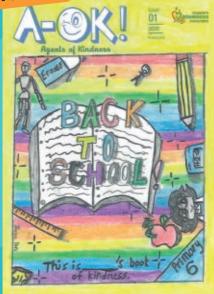
Zack Lee Nan Chiau Primary School, P5 (2019)



Belle Tan Hui Sin Mee Toh School, P5-4 (2019)



Pang Jing Qi Nan Chiau Primary School, P5 Kindness (2019) CONSOLATION

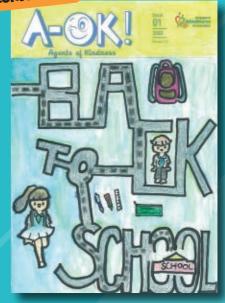


Jovan Tan St Stephen's School, 5E (2019)



Raffles Girls' Primary School, 5F (2019)

CONSOLATION



Marianna Chua Ming Hui CHIJ Primary (Toa Payoh), P6 Hibiscus (2019)

All winners will be notified and will receive a 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®

### **KINDNESS STORIES**



# A CLEAN CLASSROOM IS A HAPPY CLASSROOM. LET'S BE GREATER!

Kindness ambassadors from CHIJ Primary (Toa Payoh) kicked off this campaign to encourage students to have a sense of ownership and pride in their classrooms.

During morning assembly, they shared a video on showing kindness in school. They also designed "A Clean Classroom is a Happy Classroom" posters to encourage students to take part.

To sustain the activity, students pledged to keep their classrooms neat and tidy at all times. They signed their pledges and pasted them on their class noticeboards.

The project received many positive comments from the students who became more responsible and caring for their surroundings.