

A-OK!

Agents of Kindness

Issue

02

2020

Primary 5-6



singapore
kindness
movement

HAPPY KINDNESS DAY



*Celebrating a Month
of Kindness in May*





DEAR AGENTS OF KINDNESS,

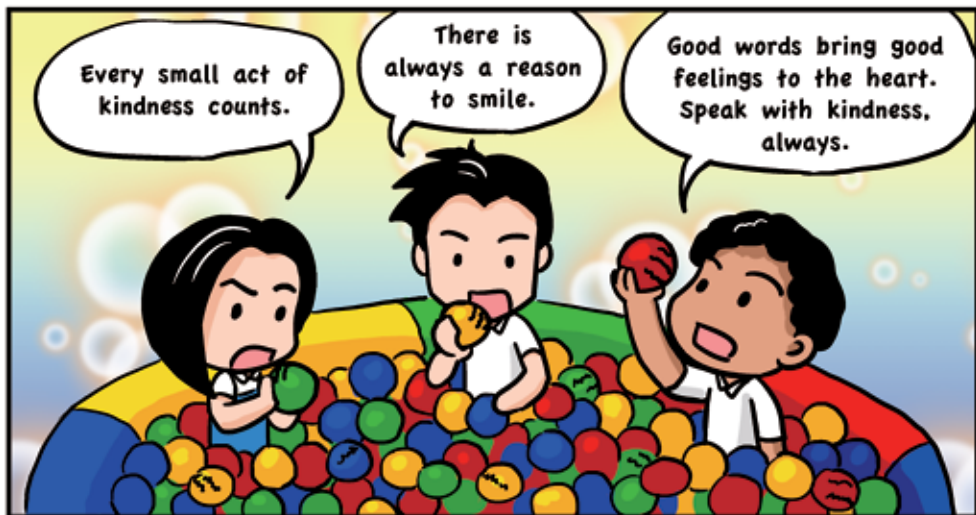
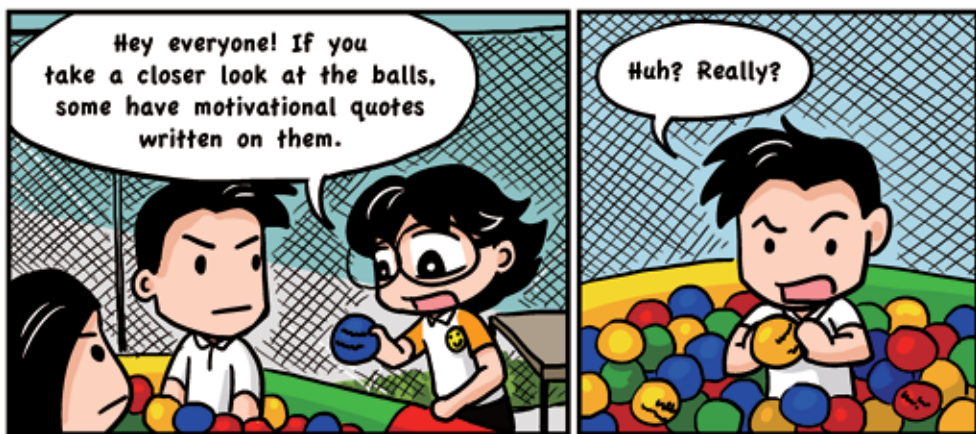
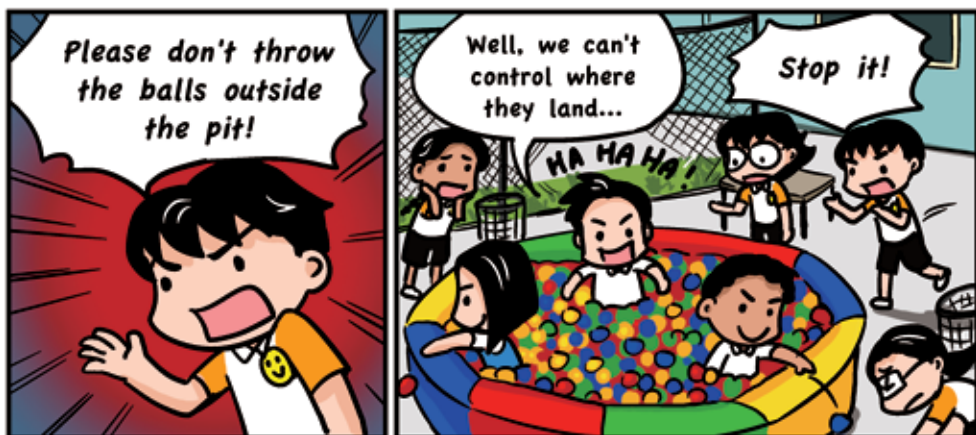
Every year in the month of May, people in Singapore celebrate kindness and share their stories. Kindness Day SG (KDSG) first started in 2013 as an occasion for Singaporeans to come together in celebration of kindness and graciousness. It continues to be a day to inspire one another and transform our society into a nation of kindness.

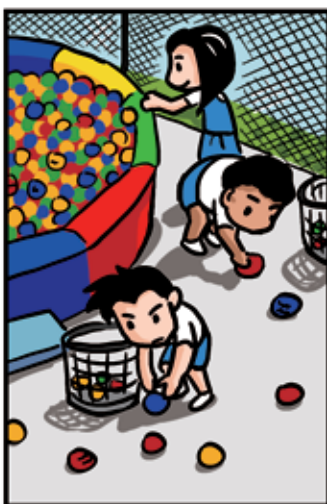
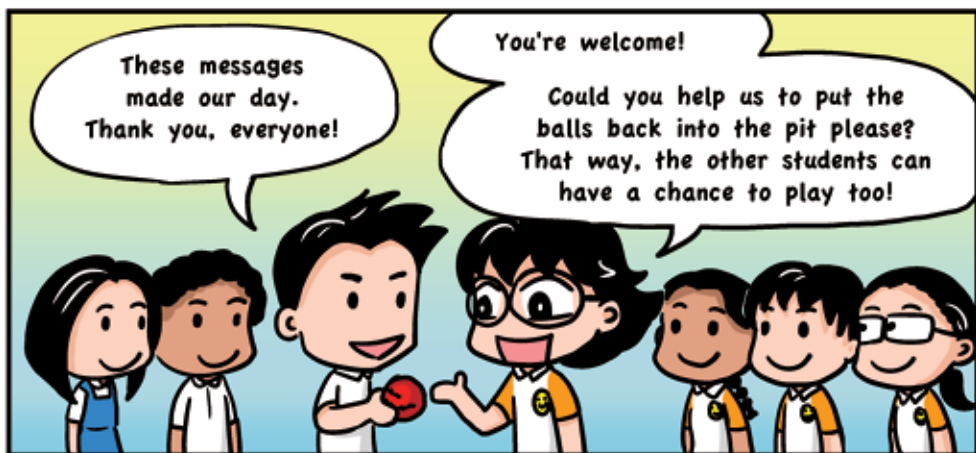
You are now part of the mission to spread and do kindness! Let everyone know about the kindness month. Share what you have been doing and encourage others to be an Agent of Kindness too! You can tell them all about your kindness adventures and goals for the future.

Record where and when you completed each kind deed. This way you get a kindness diary to keep and help you remember how amazing you are!

Kindness Day SG











HOW CAN YOU MAKE YOUR SCHOOL A KINDER PLACE?



1 Treat others the way you would like to be treated

Make an effort to show respect even if other people are disrespectful.



2 Accept one another's differences

Everyone has different strengths and weaknesses. Learning how to accept these differences is the key to a good friendship.



3 Respect each others' opinions

Your friends may have a different opinion from you, but that is what makes us all unique individuals.



4 Be a good listener

Practise active listening when communicating with your friends. You can show that you are interested in understanding how he/she feels by giving your attention.

5 Do not make hurtful comments online or offline

Making unkind comments online or in person is a form of bullying.



KINDNESS STORIES



TEACHING KINDNESS THROUGH ACTS OF THOUGHTFULNESS

Kindness ambassadors from Sengkang Green Primary School shared videos on how to show thoughtfulness, encouraging their peers to be thoughtful at different times and places.

Thoughtfulness in the Classroom

Videos inspired students to put in extra effort to be ready for their lessons, to help a struggling friend, and to clean their classroom without being told.

A Thoughtful Friend

Videos shared different ways to be a thoughtful friend. Examples include collecting homework for an absent friend, and being considerate by walking (not running) in the school corridors.

Thoughtfulness During Recess

Students learned to help keep the canteen clean and orderly by returning their dishes after eating.

Thoughtfulness in the Toilet

Video tips taught students how to keep the toilet clean for other users. Students learned to flush after use and wring their hands over the sink to keep the floors dry.

The video campaign was a success with a total of 508 acts of thoughtfulness recorded during the project!



SECRET AGENT MISSION

Tear out these secret mission cards. Fold each card and have each of your friends pick one card. See who completes the mission!

IT IS THE MONTH OF KINDNESS.

YOUR MISSION:

HI-FIVE 5 PEOPLE IN YOUR SCHOOL

YOU HAVE 15 MINUTES TO COMPLETE THIS MISSION.

YOUR SCHOOL CLEANER HELPS TO CLEAN YOUR CLASSROOM EVERY DAY.

YOUR MISSION:

SAY 'THANK YOU' TO ONE OF YOUR SCHOOL CLEANERS FOR HELPING TO KEEP YOUR SCHOOL CLEAN.

YOU HAVE 15 MINUTES TO COMPLETE THIS MISSION.

YOU ARE FEELING FRIENDLY AT SCHOOL TODAY.

YOUR MISSION:

FIND A FRIEND TO DO A FRIENDSHIP HANDSHAKE WITH YOU

YOU HAVE 15 MINUTES TO COMPLETE THIS MISSION.

YOU ARE FEELING EXTRA CREATIVE TODAY.

YOUR MISSION:

DRAW A PORTRAIT OF A FRIEND AND GIVE IT TO HIM/HER TO BRIGHTEN HIS/HER DAY!

YOU HAVE 15 MINUTES TO COMPLETE THIS MISSION.

YOUR FRIEND IN SCHOOL WAS BEING BULLIED ONLINE.

YOUR MISSION:

WRITE WHAT YOU CAN DO OR SAY TO HELP YOUR FRIEND.

YOU HAVE 15 MINUTES TO COMPLETE THIS MISSION.

YOU ARE FEELING BRAVE TODAY.

YOUR MISSION:

SAY 'HELLO' TO A SCHOOLMATE YOU HAVE NEVER SPOKEN TO IN SCHOOL.

YOU HAVE 15 MINUTES TO COMPLETE THIS MISSION.

YOU FEEL LIKE ENCOURAGING OTHERS.

YOUR MISSION:

WRITE A POSITIVE NOTE TO 3 CLASSMATES.

YOU HAVE 15 MINUTES TO COMPLETE THIS MISSION.

YOU WANT TO SHARE THE SPIRIT OF KINDNESS.

YOUR MISSION:

LIST 10 WAYS YOU CAN SPREAD KINDNESS IN SCHOOL.

YOU HAVE 15 MINUTES TO COMPLETE THIS MISSION.

YOU WANT TO MAKE SOMEONE SMILE.

YOUR MISSION:

TELL A JOKE AND MAKE SOMEONE LAUGH.

YOU HAVE 15 MINUTES TO COMPLETE THIS MISSION.

The Soaper 5

Complete the maze puzzle
and bring The Soaper 5
together to beat the virus.



**TOGETHER
WE KEEP
SINGAPORE
STRONG**



End

Want to beat the
virus? Watch and
follow these steps!



Learn more ways
you can practise
good hygiene.



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 the Recycling Specialist, Gracious Ambassador, Germ-free Expert or Hygiene Novice.

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 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 practice everyday responsibility and encourage others to do the same. You care about the cleanliness of the environment and the people around you.



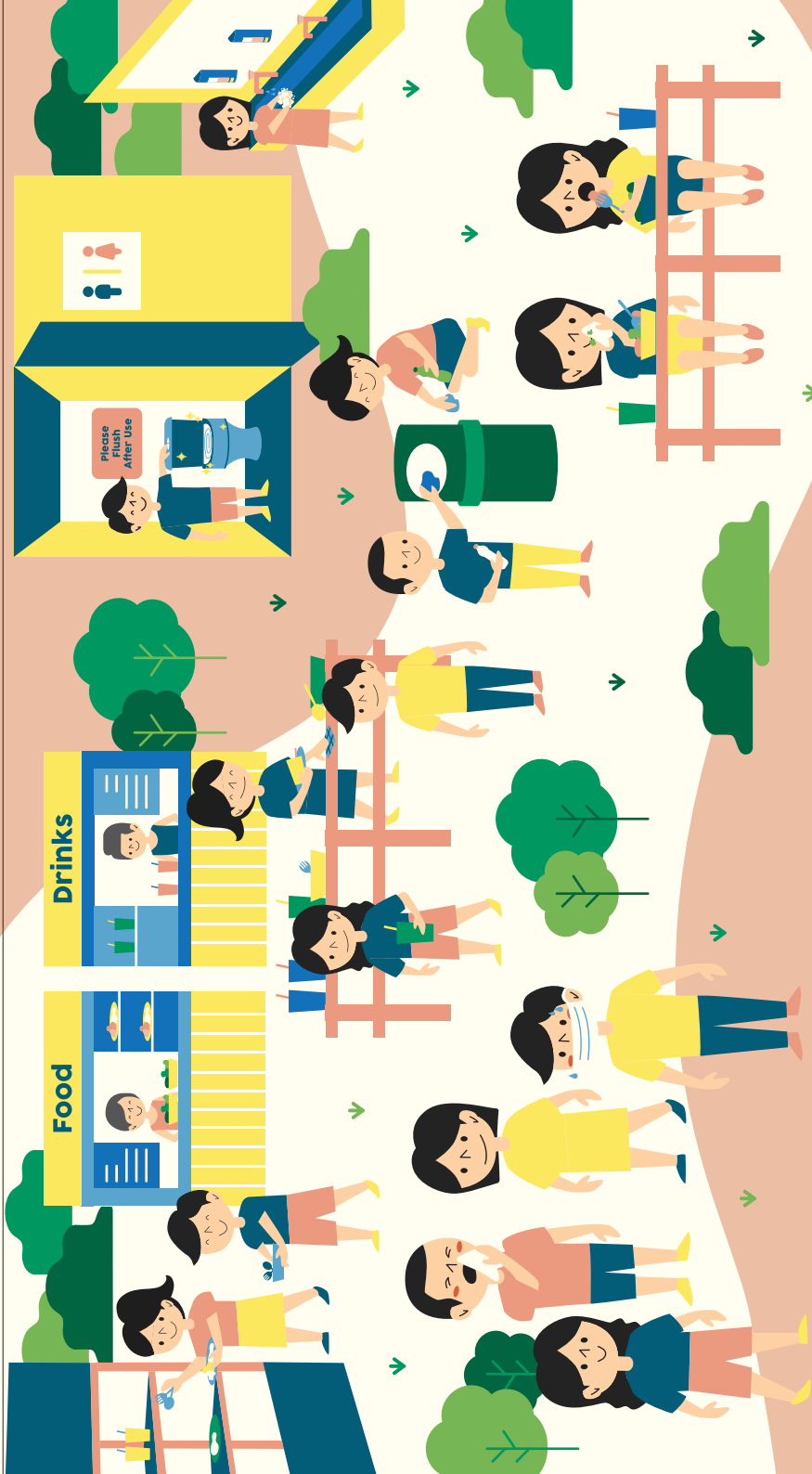
GERM-FREE EXPERT

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



HYGIENE NOVICE

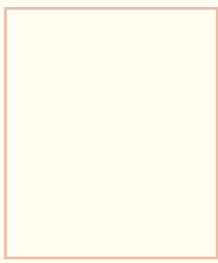
You are sometimes ignorant about keeping the environment clean. You can do better by practising personal hygiene and showing care to the environment. Remember to Be Kind, Keep Clean!



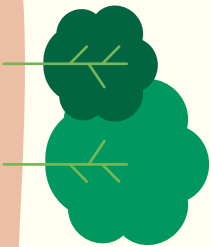
What kind of Cleanliness warrior are you?

I'm a _____

Circle the good habits you practise everyday and share it with your family members.



Five horizontal lines for writing, evenly spaced across the central white area of the page.



FROM:

BE KIND, KEEP CLEAN

An illustration at the top of the page features a pink mailbox on a wooden post with a blue flag. An orange envelope is shown being placed into the mailbox. The background is a bright yellow sky with white clouds, a yellow sun, and a silhouette of a city skyline in orange. The words 'Kindness Mailbox' are written in a large, black, cursive font across the center of the illustration.

Kindness mailbox

**If you were to give a Kindness Award to someone,
who would you give it to and why?**

Write your answer 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

Kindness mailbox

FEATURED!**2020 / Issue 1**

How can we play our part for Total Defence?

We can play a part for Total Defence by helping to build a close community in our neighbourhood and lifting up the kampong spirit! We should also stay vigilant and report anything suspicious to the police. We can also be more caring towards others!

– Hayden Tan, St Hilda's Primary School, P6/1

We can be alert and stay calm if anything goes wrong. We can always help others. If we see something unusual, we should inform the police. We should stay positive and have confidence in our nation's future.

– Lee Jiayi, Pasir Ris Primary School, 6 Resilience

We can be responsible online by being careful with online scams. We should avoid clicking links and replying to messages from strangers.

Do's:

- Ignore website links sent by strangers.
- Use different passwords for different accounts.
- Be careful with online offers that sound too good to be true.

Don'ts:

- Share personal information online.
- Meet strangers you know online in real life alone.

– Jolene Lee, St Anthony's Primary School, 5 Respect

CONTEST WINNERS



WRITE FOR KINDNESS JUNIOR



1ST

One day, I was going to sit for an examination. To my utmost horror, I realized I had run out of correction tape! I started to panic as I often needed correction tape. Just then, a good friend by the name of Josiah lent me his spare correction tape. I accepted his correction tape, feeling grateful at the same time. After the examination, I returned the stationery to Josiah. I noticed that I had used quite a lot of his correction tape during the examination. To thank Josiah for being helpful, I went to the bookstore to buy a new correction tape and gave it to him. He was really happy to receive the gift. I am happy to know that I have friends who are willing to help me, and I am grateful for Josiah's help.

Joshua Lee Kai Shen
Anglo-Chinese School (Primary), 5H



2ND

I was humming excitedly as I followed my mother into the shopping mall. Just then, I heard a loud wail. Soon, curiosity got the better of me and I followed the sound.

I saw a little girl around the age of five crying in a corner. I dashed to my mother as fast as I could. I told her everything I had seen. "We have to do something about it!" I said. My mother replied saying I was right.

I led my mother to where the girl was. My mother went up to her and asked what her name was. We brought her to the security guard. He then made an announcement for her mother to come to the security desk.

Within 5 minutes, her mother came to get her. She thanked us profusely. I smiled as I blushed. We have done a good deed indeed.

Christine Lee Lin Shan
CHIJ Katong (Primary), EM5





3RD

One day, it was pouring heavily, and I just ended my CCA. I was feeling exhausted and my eyes were weary. I was on the way to take the bus. There is always this gap between the bus entrance and the sheltered bus stop, which means I am going to get wet while boarding the bus. Fortunately, a lady with an umbrella walked towards me and shared her umbrella with me. "Don't worry, I will shelter you on the way up!" the lady said while smiling cheekily.

After getting onto the bus safely, I thanked the lady. Deep in my heart, I will never forget this little kind act that made my day. In the future, I will try to follow her example to spread kindness around me.

Gwynne Lee
St Hilda's Primary School, P6/1 Love



CONSOLATION

"Boom!" The lightning struck as thunder roared. Rain poured heavily. Shivering under my umbrella, I trudged home with my heavy backpack. It was the end of the school day and I was going home.

I walked and walked. Suddenly, I spotted an old man without an umbrella. He was shivering with every step he took. I immediately rushed to him and offered him a spare umbrella that I kept in my bag. He looked mildly surprised when I offered him my umbrella. However, I just pressed it into his hands and walked away.

On the way home, I realized that my bag didn't seem so heavy anymore. Spreading kindness will make you feel happier and everyone should try it too!



Yap Hooi Qing
Zhenghua Primary School, 5 Care



CONSOLATION

This year, I am in Primary 5. I attended my school's 3 days 2 nights camp. During the camp, I did and received a lot of kind acts.

On the first day, we completed a challenge. Everyone was scared at first, but by encouraging one another, all of us were able to complete the challenge.

On the second day, some of my friends started to feel homesick. I told them that we were going to see our family members soon so there was no need to be sad. I cheered everyone up, and they felt happier.

On the last day, we wrote notes to thank the people who helped us during the camp. My instructors and friends were happy to receive the notes I wrote for them. I realised that small acts of kindness can make someone's day. I hope everyone will start to be kind to one another!

Joycelyn Eudora
Rosyth School, P5 Compassion



CONSOLATION

Last year, my sister and I were watching television at home after school. We heard a knock at our door. It was a lady selling Vitagen drinks. As we my sister bought some packs of the drinks, I noticed the lady was sweating. I went to the fridge, found a packet of cold milo and gave it to her. The lady was so touched. She accepted the milo and said the weather was hot. I feel proud that I helped her stay hydrated so that she can continue with her work.

Julian Lo Zheng Xuan
St Hilda's Primary School, P6/1 Love

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®

A-OK!

Stickers



Remember The Soaper 5 who were introduced in your school during Total Defence Day?
Let's continue to practise personal hygiene and social responsibility!

