

# A-OK!

Agents of Kindness

Issue

03

2020

Primary 5-6



singapore  
kindness  
movement





# Together A Stronger Singapore



Sigh... it is for our own safety  
but it is so uncomfortable...

...and since NDP is cancelled,  
National Day won't be  
as fun this year.



Huh? It's not true  
that NDP is cancelled.

It's not?



It's just going to be  
celebrated in a different  
way this year!

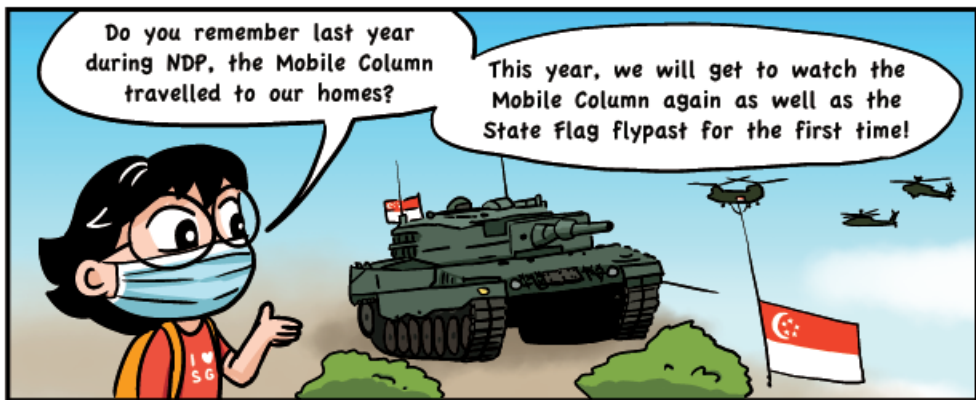
How?

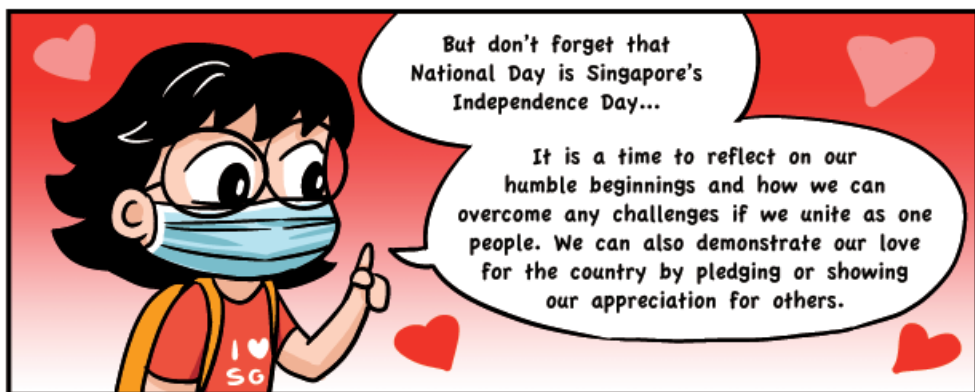


NDP will be brought to our  
homes this year!

To our homes?











\*For latest guidelines and safe distancing measures, please refer to [gov.sg](https://gov.sg)

# ★ NATIONAL DAY 2020 ★

Singapore celebrates her 55th birthday on 9 August. This National Day, Singapore celebrates unity as one people and we are reminded to help one another to be caring and kind. When everyone steps up and do our part, Singapore can emerge stronger as a nation regardless of the challenges we face.

The NDP logo this year stands for **action: a pledge coming right from the heart**. Find out what the shapes and colours represent.



## TOGETHER A STRONGER SINGAPORE NDP 2020

### THE HEART

The heart represents compassion. A heart for the nation, a heart for our fellow Singaporeans.

### THE COLOURS

The red-to-purple gradient shows passion flowing into an inspiring future.

### THE FIST

The fist signifies conviction. Pledging as one united people to build a better future together.

Do you know the origins of our National Pledge that we recite in school daily?



Scan the QR code to find out more.

# NDP 2020 THEME SONG

Check out the NDPeeps  
YouTube Channel to find  
out more!



## EVERYTHING I AM

### Verse 1

I want you to understand  
Because of you, I am who I am  
Because of who you are  
I can be everything I am

### Verse 2

Show me how I should be strong  
Teach me that I can be weak  
Because of who you are  
I can find anything I seek

### Pre-chorus 1

And in each other there will be  
The colours of your tapestry  
Colours you've never seen

### Chorus 1

Here's to my home, to my homeland  
To every shining crystal in the sand  
Because of who you are  
I can be everything I am  
Here's to you, to my homeland  
I hold this precious jewel in my hand  
Because of who you are  
I can be everything I am

### Verse 3

Teacher, teach me to be kind  
Quick to embrace  
And slow to close my mind  
If we reach that star  
We'll have the universe in time

### Pre-chorus 2

And in each other there will be  
The fabric of our destiny  
It's more than you and me

### Chorus 2

Here's to my home, to my homeland  
A sea of shining crystals in the sand  
Because of who you are  
I can be everything I am  
Here's to you Singapore  
Here's to my people,  
I could want nothing more  
Here's to you Singapore  
We hold this precious jewel in our hands  
Because of who you are  
Because of who you are  
I can be everything I am



Gather your family and friends for  
a fun and interactive GetActive!  
Singapore workout to the beat of  
this year's NDP song.



# ABOUT THE THEME SONG



What comes to your mind when someone asks you the question, "Who are you?" or "What do you want to be when you grow up?"

Our National Day song this year gives us some clues to the questions above.

Read on to learn more about the meaning behind the lyrics!

## ♪ "Because of who you are, I can be everything I am"

The "you" in this line refers to the people who have believed in us and supported us, like our friends, mentors, teachers and parents. These are the people who have given us the strength to overcome challenges and achieve great things in life!

## ♪ "Here's to you, to my homeland"

This line is about Singapore. It is our way of thanking Singapore for providing us with everything that we have. We are proud to call Singapore our home as it supports us to become who we want to be!

## ♪ "This precious jewel in my hand"

Singapore is like a precious jewel. It's the home that we love and cherish because it enables us to chase our dreams!

## ♪ "The sea of shining crystals in the sand"

Every single person who has helped and supported us is like a shining crystal. They are special. Remember to thank them for helping us. You can be a shining crystal too!

## ♪ "Colours that I have never seen"

This year's National Day song is very meaningful because it reminds us to always stay humble, united and kind. When our hearts beat as one for Singapore, we form the "colours that we have never seen"; a beautiful and vibrant Singapore!

Lyrics by Joshua Wan

Interpretation by Sydney Tan





# OUR HEART FOR SINGAPORE

## WHAT IS “OUR HEART FOR SINGAPORE”?

It is a project to encourage all of us to express ourselves and share our stories, our words of thanks and our hopes for Singapore during this challenging year. These contributions add up to a shared memory that represents “Our Heart for Singapore”.

## WHAT CAN WE SHARE?

Here are some ways you and your family members can participate in the “Our Heart for Singapore” project through words, pictures, videos and songs!



Share your experience of adapting to this challenging year, or how others have stepped forward to help.



Share words of appreciation and encouragement for those in the fight against COVID-19.



Video yourself singing your favourite NDP songs, or even write your own song!



Share your hopes and wishes for Singapore, and how you will commit to make a difference!

## HOW CAN WE SHARE?

Together with your family members, share your “Hearts for Singapore” online. Use the hashtag **#OurHeartforSG** and tag **@NDPeeps** in your posts!



Scan QR code to learn more about NDP2020's “Our Heart for Singapore” project and also share your words, pictures, videos and songs.

# OUR HEART FOR SINGAPORE

Earlier this year, Art for Cause Singapore, together with NDP, encouraged students to design a card for the "Our Heart For Singapore" project based on ideas gathered from interactions with their family members at home, including seniors. One such example is the one you will see on the next page, where students stepped into the shoes of their elders and found out how different life was like in Singapore decades ago.

Students were inspired to create their vision of a caring, united and resilient Singapore. They were motivated to take action to contribute towards this vision while rallying other Singaporeans to care for one another.

On page 11, you will see one of the card designs. This card was designed by Nuralysya. Let's read about what Nuralysya has to share about her card design.

I have learnt from a senior how things are different in the past, such as transportation, like buses and rickshaws, and housing where many people live in kampung houses. I also learnt about how they (would) need to fetch water from the well for washing, cleaning, bathing, drinking and cooking.

My vision is for Singapore to be safe and free from dangerous diseases. For this, I will always practise good hygiene, eat healthy food and drinks, and go to the doctor when I am sick. I also want Singapore to be clean. I will not litter and I will recycle to save the environment too. Lastly, I want Singaporeans to respect each other and help other Singaporeans. I will be kind to people and everyone I meet!

**– Nuralysya Binte Abdul Hamid, Rainbow Centre Margaret Drive**





Nuralysya Binte Abdul Hamid  
Class: Senior MF  
Rainbow Centre - Margaret Drive School



**TOGETHER**  
**A STRONGER SINGAPORE**  
**NDP 2020**

**Dear Singapore,**

## Our Heart For Singapore

In this unprecedented year, we can all take a little time with our loved ones to reflect, give thanks, and look to the future with hope and determination.

Share your story, express your gratitude, or pledge your commitment on this card!

### Step-by-step instructions

- 1 | WRITE**  
your reflection, words of appreciation, or pledge within the space below "Dear Singapore".
- 2 | DRAW**  
out your thoughts, using the logo as your canvas.
- 3 | SIGN-OFF**  
with your name(s).
- 4 | POST**  
a picture on social media with your card, using **#OurHeartforSG**, **#TogetherStrongerSG** and **#NDP2020**

### Ways to express ourselves from the heart:

**STORIES**  
Memories & reflections surrounding this trying time.

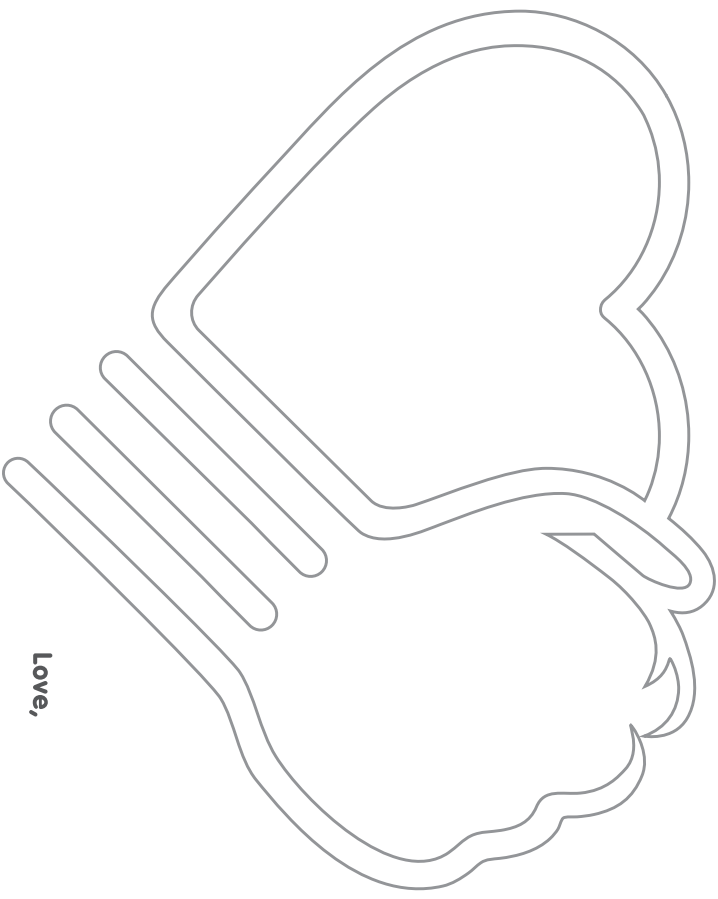
**GRATITUDE**  
Appreciating our front-liners, colleagues or loved ones.

**PLEDGES**  
Our hopes & wishes, and committing to make a difference



Scan QR code to learn more about the "Our Heart For Singapore" project.

In partnership with:



**Love,**



# KINDNESS STORIES



## SEMBAWANG IGNITE!

Kindness Ambassadors from Sembawang Primary School inspire students to show gratitude to others in their family, school and community.

### National Day Collage

On red or white cards, students wrote down what they were grateful to Singapore for. The cards were assembled into a Flag of Singapore collage, which was put up on display at the concourse before National Day.

### Thank You Cards for Parents

Students penned down their gratitude for their parents in Thank You cards that were given to them after the parent-teacher conference.

Through art, students learned to count their blessings and not take the things they love for granted. They also gained a deeper understanding of the importance of showing gratitude.

\*Project was done in 2019 under the Singapore Kindness Movement's Friend of Singa programme.

# KINDNESS STORIES



## PROJECT BEFRIEND

Kindness Ambassadors from Naval Base Primary School rallied together to look out, reach out and care for others. They initiated kindness activities which highlighted the importance of friendship in school, and elevated appreciation in the community.

### Kindness Tree

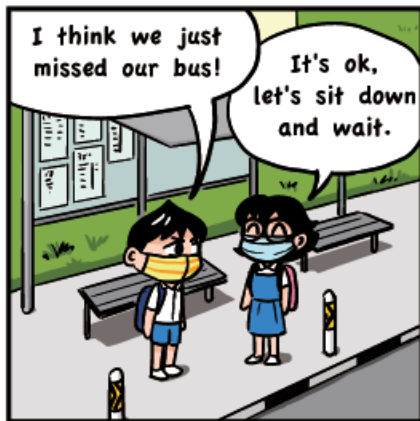
Students wrote down different ways to look out and care for others in the school and in public places. Many Navalites responded, filling the Kindness Tree with colourful messages and ideas to spread kindness.

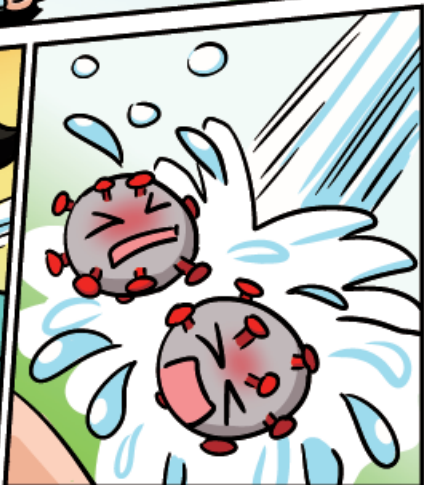
### Appreciating Bus Captains

For SBS Transit Kindness Month, Kindness Ambassadors and well-being monitors extended their appreciation and gratitude to the bus captains at Yio Chu Kang Bus Interchange. They wrote Thank You cards, interacted with the bus captains, and learned more about their work. They also interacted with members of the public to share messages of kindness, graciousness and inclusiveness. It was a meaningful experience for the participants who will cherish it as an important part of their kindness journey.

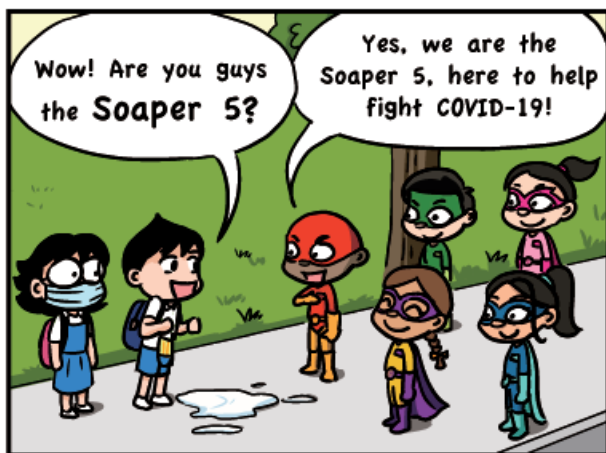
\*Project was done in 2019 under the Singapore Kindness Movement's Friend of Singa programme.

# The Soaper 5 in all of Us

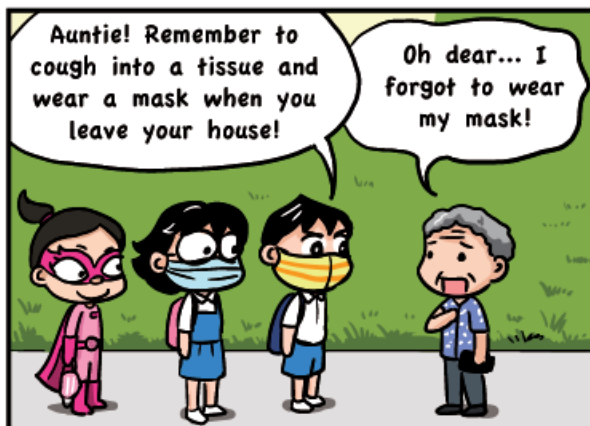












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## THE SOAPER 5 CHALLENGE

Can you spot the 5 differences between the two canteen scenes? What's Soaper 5 doing wrong in the first scene? Circle the 'mistakes' and share with a friend or family member.







Did you get them right? Scan the QR code to find out the answers!



# A-OK!

Stickers



**HAPPY**   
**NATIONAL DAY,**  
**SINGAPORE!**



**TOGETHER**  
**A STRONGER SINGAPORE**  
**NDP 2020**



  
**Thank You**  
FOR KEEPING OUR NATION SAFE!



★ ★ ★  
**LET'S CELEBRATE**  
**NATIONAL DAY!**  
★ ★



**Happy Birthday**  
Singapore  




**HAPPY 55TH**  
**BIRTHDAY**  
**SINGAPORE**