

A-OK!

Agents of Kindness

Issue

04

2020

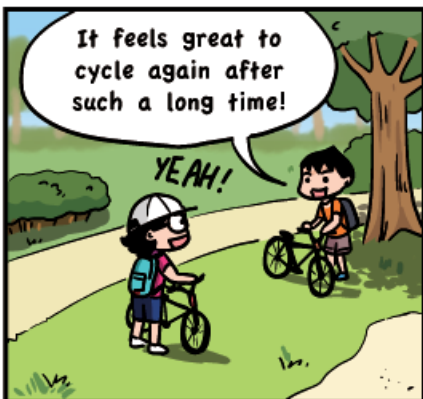
Primary 5-6



Let's Spread
Kindness and
Stay Safe!



Play Safe!









End



SINGA INTERVIEWS THE SOAPER 5

What can you do to protect yourself from COVID-19?
Hear it from the Soaper 5.

Q: CAN WE STILL SHARE OUR FOOD WITH OUR FRIENDS DURING RECESS?

No, we should not share our food and drinks with others because viruses are spread through droplets, like saliva.



Q: IS IT SAFE TO SHARE STATIONERY WITH MY CLASSMATES?

You should bring your own stationery to school. Avoid sharing it because viruses can spread by touching objects/surfaces that have droplets from an infected person, then touching your mouth or face.

Q: WHEN MUST WE CHANGE OUR MASKS?

We should replace our mask when it is damp or damaged. We should also not reuse single-use masks. If we are using a reusable mask, wash it with soap and water and dry it after each day of use.



Q: HOW SHOULD WE CLEAN OUR FACE SHIELDS?

We should wash our face shields daily with soap and water and dry them before each use.

Q: HOW LONG CAN GERMS OR VIRUSES STAY ON OUR CLOTHES?

It may be possible that viruses can live on clothes for several hours. So, it's better to be safe and wash our clothes after we get home.



THE SOAPER 5 CROSSWORD PUZZLE

Are you up for the challenge?



ACROSS:

1. You take a _____ test to detect 3-Across.
3. The Circuit Breaker measures were implemented in April and May this year to curb the spread of _____ -19 in Singapore.
5. Stay _____ to avoid getting infected.
7. Wear a _____ to protect yourself when you are out in public or when you are in class.
8. You need to check-in using _____ before you enter any shopping mall now.
9. Rest at home if you are feeling _____.
11. Wash your hands with _____ and water, and they will be free of germs.

DOWN:

2. Remember to take _____ in between your work.
4. You need to sit _____ away from your classmates to be safe.
6. You need to scrub your hands for _____ seconds with 11-Across before washing them.
10. Remember to _____ the table after you have finished your meal.



Catch the Soaper 5 in action! Scan the QR code to watch our brand new cartoon series!



Answers:
(Across) Swab, COVID, Clean, Mask, Safety, Unwell, Soap
(Down) Breaks, One metre, Thirty, Wipe

KINDNESS STORIES



SPARE A THOUGHT, PLAY A PART, BE KIND!

In Ai Tong School, Kindness Ambassadors encouraged students to show kindness to different members in the school community, such as fellow students, teachers, canteen vendors, security guards and cleaners.

Kindness Calendars

Issued to Primary 1 and 2 classes, Kindness Calendars listed 30 kind acts for students to perform. Students filled in their names on the calendar once they completed a kindness task.

Kindness Cards

Distributed to Primary 3 and 4 students, each Kindness Card came with 22 kind acts. When a student completed a kind act, they displayed their cards on a display board. Cards of different colours were issued to distinguish the class which accomplished the most kind acts by the end of the month.

Kindness Stories

Primary 5 and 6 students submitted stories of kindness they witnessed their schoolmates performing. These stories inspired others to be kind too.

These activities showed how every little act of kindness can have a big impact. Students became positive influences for their schoolmates, spreading kindness throughout the school.

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



Friend of Singa Mission

Showing Appreciation

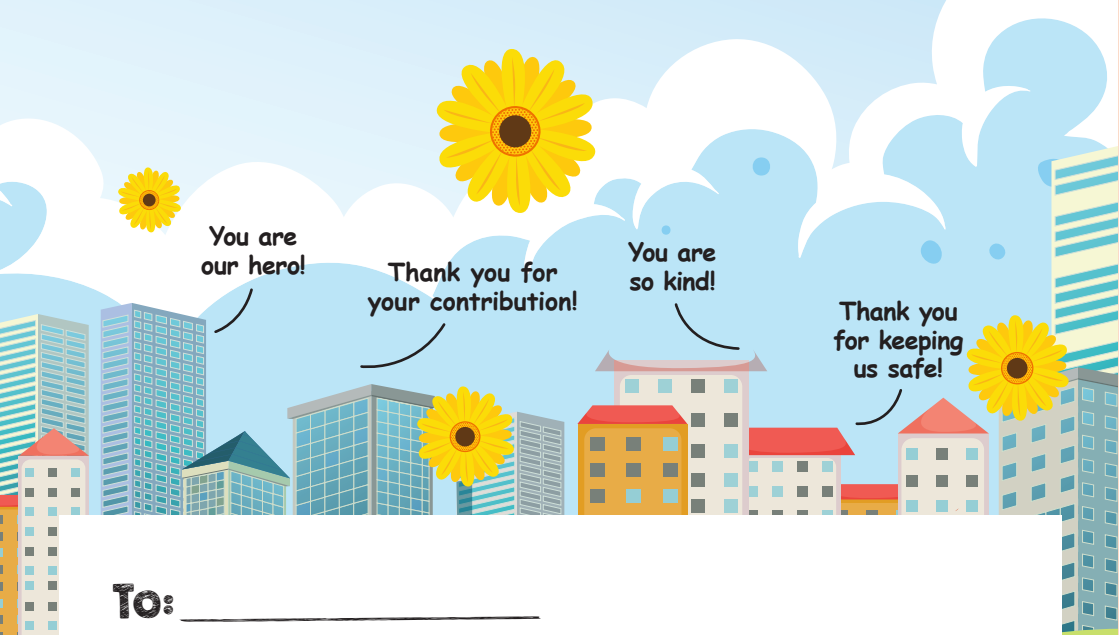
Everyone makes valuable contributions to Singapore. How can we show appreciation to the people who care for us and make Singapore a better place? Using the card below, write an appreciation note to someone in school or at home whom you want to thank.

Be sure to thank him/her for the acts of kindness and the contributions to the nation!

Thank you



FOR MAKING SINGAPORE A BETTER PLACE



To: _____



From: _____



DRAWING A FOLDING SURPRISE SINGA

Want to show your appreciation for a family member or encourage a friend this holiday? Grab some art materials and create a Folding Surprise Singa!

Materials you'll need:

- A4 paper
- Black marker
- Coloured markers
- Glue (Optional)
- Cutouts and Stickers (Optional)



1. Fold paper



2. Draw Singa with a black marker



3. Open up the card and draw a box in the middle



4. Colour Singa and write your kindness message on the card!

Scan QR code to watch the video with step-by-step instructions!



SURVIVAL TIPS



HOW CAN WE MANAGE UNCOMFORTABLE EMOTIONS?

Did you know it is normal that one would experience uncomfortable emotions, be it at home, in school or during play? Some uncomfortable emotions could be anger, sadness and anxiety. How can we manage these feelings in a calm way?

Follow these six steps to help you understand and manage uncomfortable emotions.



Step 1: Be aware of your emotions

Ask yourself, "How are you feeling?" Notice where it is in your body. You may feel it as a stomach ache, the pounding of your heart, or a tension somewhere. If this is difficult, get up and walk around or get a drink first. Do not ignore your emotion.

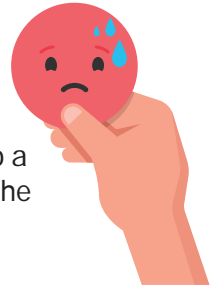
Step 2: Identify the emotion

Instead of saying, "I am angry", say, "This is anger" or, "This is anxiety." In this way, you are showing that you are aware of your emotions. Being able to identify the emotion is the first step towards being able to manage it.



Step 3: Accept your emotions

When you accept that you are having a certain emotion, be it sadness or anxiety, you can then reflect on your emotions and learn to face it. Think about what you would do or say to a friend who might be having a similarly hard time. Now, say the same thing to yourself, "I am ok. I did the best I could."



Step 4: Know that these emotions will pass with time

Even if the emotion feels overwhelming, remember that it will pass. Allow yourself to be aware and observe your emotions with patience and kindness.

Step 5: Explore and be aware of what has happened

After you have calmed down, take a moment to explore what happened. Ask yourself this question:

» What is causing me to feel this way?

Perhaps you had a hard day at school. Maybe you feel unappreciated or lonely. Find out the reasons behind the discomfort.

Step 6: Let go of the need to control your emotions

Manage uncomfortable emotions by reminding yourself to let go of them. It is okay to feel sadness, anger or anxiety. Take a deep breath and slowly count to three. Hold your breath for three counts, then slowly breathe out. Speak to a trusted adult and seek help when you need. Remember to be kind and patient with yourself!



BE KIND TO YOURSELF



WHAT DO YOU DO TO FEEL BETTER WHEN YOU ARE FEELING DOWN?

While we show kindness to the people around us, let's not forget to be kind to ourselves too!

It is okay to feel sad sometimes, especially when things are not going our way. What do you do to feel better when you are feeling down? Circle them or write your own method in the space below.



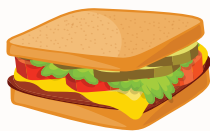
Talk to a friend



Talk to a family member, teacher,
school counsellor or a trusted adult



Watch a show
or read



Eat my
favourite food



Write in my journal



Exercise or play
a sport



Draw or colour



Listen to music

Others: _____

FAMILY TIME

Planning for my FAMILY DAY



How do you usually spend time with your family members during the weekends or holidays? Having a meal, exercising, cooking, playing a board game or going on an excursion together could be some of your favourite activities. This school holiday, plan for a family day and initiate an activity with your family members!

1

Plan the day by bearing your family members' and your interests in mind.

What is your favourite food?

Would you rather stay indoors or go outdoors?

2

Think of an activity that your family members can do together.



MY FAMILY DAY



Date:

Time:

Place:

Activity:

What do I need to find out or prepare for the family activity?

3

Show your family members what you have planned and invite them to the activity!

A-OK!

Stickers

