

# A-OK!

Agents of Kindness

Issue

04

2020

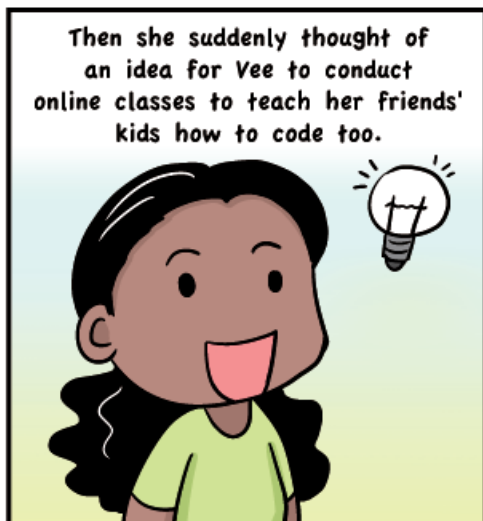
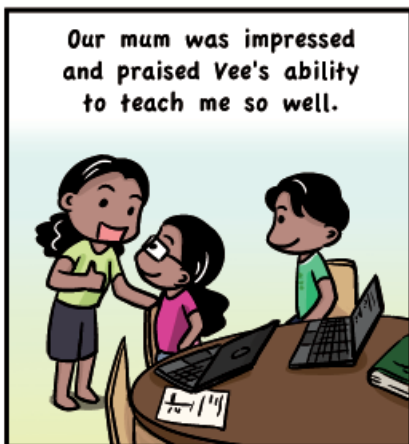
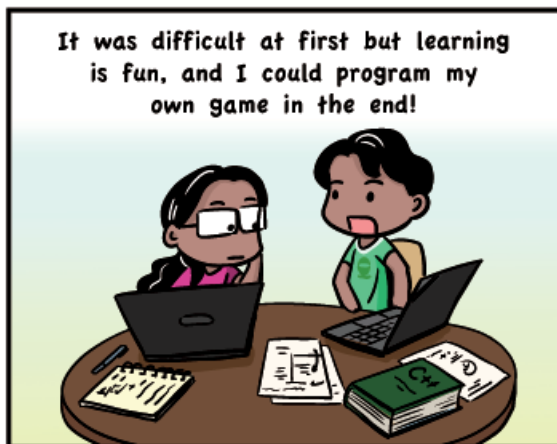
Primary 5-6





# Celebration of Learning





Our mum encouraged me, saying that I would be able to help kids my age pick up something new too.



I can also help answer questions when Vee is busy.



She assured me that she will always be around in case anything happens. So Vee and I came up with 10 free live streaming classes and our parents shared them with their friends.



The response was very good so we are coming out with a new advanced class this coming holiday!

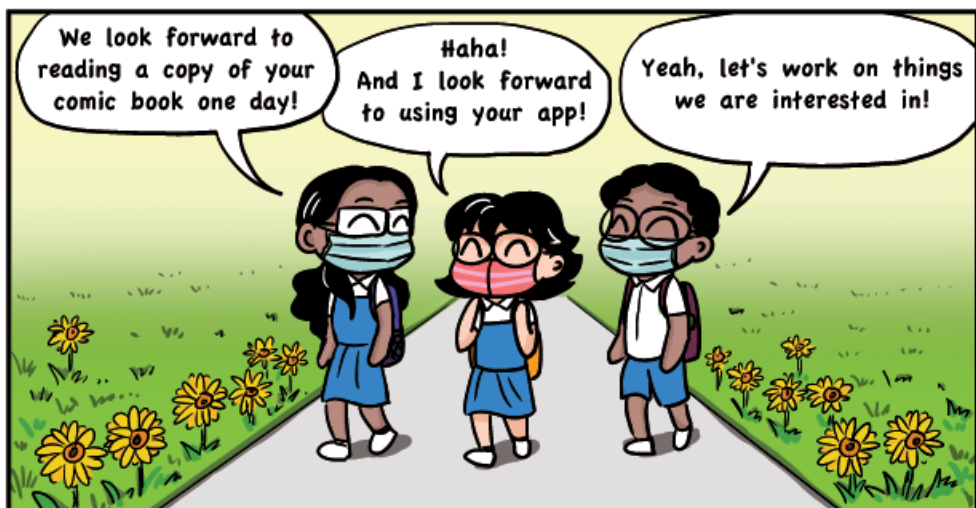
That's amazing Anjali!



I like to play video games and would like to create a game for myself too! Can you teach me?







End

# DISCOVERING MY LEARNING PREFERENCE

Over HBL, we had opportunities to learn from outside the classroom in many different ways. Did you discover that you learnt better in some ways? That's because we all learn better in a few ways or another.

You can take this quiz to find out your learning preferences! Put a tick in the boxes which best describe you and add up the number of ticks in the total score.

## AM I A VISUAL LEARNER?

- ☐ I enjoy drawing and painting.
- ☐ I like books with diagrams and pictures.
- ☐ I am good at reading maps, charts and patterns.
- ☐ I enjoy learning from videos.
- ☐ I like to use different coloured pens when studying.



Total score:

|    |
|----|
| /5 |
|----|

## AM I A LINGUISTIC/LANGUAGE LEARNER?

- ☐ I am good at writing stories, remembering things and reading.
- ☐ I enjoy reading and writing.
- ☐ I like to talk and have conversations with others.
- ☐ I explain things well.
- ☐ I tell funny stories.



Total score:

|    |
|----|
| /5 |
|----|

## AM I A LOGICAL-MATHEMATICAL LEARNER?

- ☐ I am good at Mathematics.
- ☐ I enjoy recognising patterns and thinking through problems.
- ☐ I like solving problems and puzzles.
- ☐ I enjoy conducting Science experiments.
- ☐ I like working out difficult sums.



Total score:

|   |   |
|---|---|
| / | 5 |
|---|---|

## AM I A KINAESTHETIC/MOVEMENT LEARNER?

- ☐ I am good at body movements and actions.
- ☐ I remember things by doing them.
- ☐ I enjoy doing physical activities such as sports.
- ☐ I enjoy hands-on activities.
- ☐ I like creating things with my hands.



Total score:

|   |   |
|---|---|
| / | 5 |
|---|---|

## AM I A MUSICAL LEARNER?

- ☐ I am good at remembering songs and melodies.
- ☐ I understand musical patterns, rhythms and sounds.
- ☐ I enjoy singing and playing musical instruments.
- ☐ I like doing musical performances.
- ☐ I like to tap and move to the rhythm.



Total score:

|   |   |
|---|---|
| / | 5 |
|---|---|

**IT SEEMS THAT I AM MORE LIKELY  
A \_\_\_\_\_ LEARNER!**





# SPREADING KINDNESS AND POSITIVITY ONLINE



With more online learning taking place, how can you interact kindly with your peers online?

## ★ SHOW ENCOURAGEMENT TO SOMEONE

Words of encouragement can brighten up someone's day.

Hope this picture cheers you up. Don't give up!



## ★ SHARE POSITIVE STORIES

Share positive stories or give useful comments to spread positivity online.

I love this great idea!



## ★ CONSIDER HOW YOUR POSTS WOULD MAKE YOUR READERS FEEL

Before you share something online, imagine how it might make someone reading it feel. Think carefully before you write something online.

## ★ BE RESPECTFUL

You may not always agree with everyone's opinions, but you can still be kind and respectful to others. You can still have a fruitful discussion even when you do not share the same views.



I respect your opinions even though I do not fully agree with you.



## ★ SPEAK UP AGAINST UNKIND ACTS

Stop others from posting hurtful content and remove those that have been posted.



Hey, that post wasn't funny and it makes \_\_\_\_ upset. How would you feel if someone made such comments about you? Please take it down and stop posting unhelpful stuff online!





Friend of Singa Mission

# Showing Care and Support in School

2020 may have been a challenging year of change. With new ways of learning and safe distancing measures in place, many of you may have missed interacting with your friends in school. Show some care and support by writing to a friend.

**Find out how they have been and send some words of encouragement!**



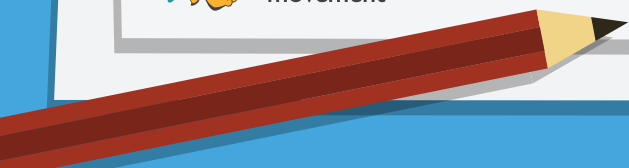


**Dear** \_\_\_\_\_,



singapore  
**kindness**  
movement

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



An illustration featuring a pink mailbox on a wooden post with a blue flag. An orange envelope is being placed into the mailbox. The background is a yellow sky with white clouds and a teal city skyline. Yellow daisies are scattered throughout the scene. The text 'Kindness Mailbox' is written in a large, black, cursive font.

# Kindness Mailbox

Write your response to the following questions on this page or send them through <http://mailbox.kindness.sg>

- ★ What are some memorable moments you had during the Circuit Breaker and May school holidays?
- ★ Describe those moments when you received care and kindness from others.
- ★ Share something new you have learnt about yourself this year.

Name: \_\_\_\_\_

School: \_\_\_\_\_ Class: \_\_\_\_\_

Home Address\*: \_\_\_\_\_

\*Receive a personal reply from the Kindness Headquarters when you send in your response.  
(Parental consent required)



**TEAR OUT THIS PAGE AND SEND IT TO US.**

**POST IT BY SNAIL MAIL TO:**

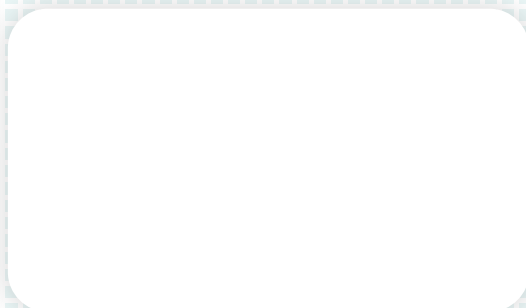
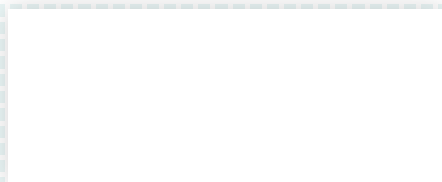
Agents of Kindness  
Singapore Kindness Movement  
61 Stamford Road  
#01-08 Stamford Court  
Singapore 178892

IT'S OK  
TO TAKE A  
BREAK



## DESIGN YOUR “BACK TO SCHOOL” STICKERS!

Create some “Back to School” stickers for your friends and you in 2021 by filling up the shapes below with your designs. The winning designs will be featured in A-OK! Issue 1 (2021) stickers page!





**Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Parent's/Guardian's Email Address:** \_\_\_\_\_

**Parent's/Guardian's Contact Number:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

☐

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/>

Send us your entry by mail to the following address by **31 October 2020**

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

#### JUDGING CRITERIA:

- ★ Relevance to the theme
- ★ Originality

#### PRIZES:

##### ★ 1st

*BETADINE® Natural Defense Hamper worth \$30, Key Chain Name Kit, limited edition pencil case, Singa Diamond Sticker Craft Kit and other limited edition SKM merchandise.*

##### ★ 2nd, 3rd

*BETADINE® Natural Defense Hamper worth \$30, Key Chain Name Kit, limited edition pencil case, Singa Diamond Sticker Craft Kit and other limited edition SKM merchandise.*

##### ★ 3 consolation prizes

*BETADINE® Natural Defense Hamper worth \$30, limited edition pencil case, 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 Diamond Sticker Craft Kit



# MULTICULTURAL SINGAPORE

**1ST**

**Congratulations to Kaylin! You have won a notebook with your cover design for your fellow primary 5 and 6 schoolmates at Jing Shan Primary School.**

**2ND**



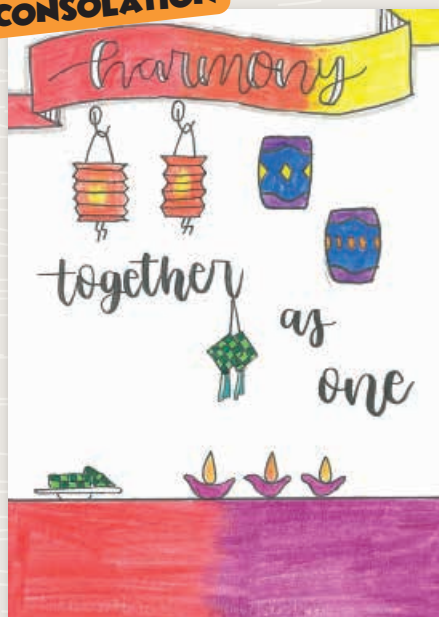
**Shasti Haritha**  
**Edgefield Primary School, 6 Joy**

**3RD**



**Peh Jia Lin**  
**Jurong Primary School, 6 Respect**

## CONSOLATION



Wong Jia Yee  
Punggol Green School, 6C

## CONSOLATION



Rachel Tia Si Xuan  
Poi Ching School, 6 Excellence

## CONSOLATION



Yani T. Guantero  
Qihua Primary School, P6/1

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 mailbox

**FEATURED!****2020 / Issue 3**

**What is something interesting about your culture and tradition?**

Something interesting about my culture and tradition is that Indian women and men wear marks called "pottu" or "bindhi," on their foreheads. Have you ever thought about the reason behind this practice? Well, the "pottu" protects us and prevents energy loss from the body. It is also a mark of devotion and faith, meditation and spiritual enlightenment. Scientifically, it cools down the body since heat energy is directed out of the body through the "pottu." We wear the "pottu" usually during festivals and special occasions!

– Ganesan Gabashiha, Keming Primary School, P5 Diamond

In our Chinese tradition, the colour red is considered lucky. It is believed that the evil creature is scared of red and will bring good luck to the Chinese. To bring in luck, many Chinese will turn the Chinese character '福 (fu)' upside down during the Chinese New Year festival. Giving red packets with money is another part of the Chinese tradition.

– Lim Zi Zhong, Rosyth School, P5 Compassion

Before the festive of Hari Raya Aidilfitri, Muslims have to fast from sunrise to sunset for a month long. This is called the month of Ramadan in Muslim calendar. Muslims fast as an act of worship. And most importantly, this will give us a chance to get closer to Allah (God). We pray 5 times a day. This is considered "fard" or compulsory. We also learnt to donate to the poor (zakah).

– Nurqistina Abd, Edgefield Primary School, P6 Love

# A-OK!

Stickers

