

# A-OK!

Agents of Kindness

Issue

01

2021

Primary 5-6



STAY  
COOL

**A-OK!**

Agents of Kindness

YEAH!

## DEAR AGENTS OF KINDNESS,

Welcome back to school! In this new year, you have been promoted to be an Agent of Kindness, a senior to your juniors in school. We hope that you will continue to do simple acts of kindness every day. A simple act of kindness can have a huge impact on someone's day and make them smile. Don't be afraid to help others in need, as long as it's within your means, because any simple act of kindness goes a long way!

In this new year, we hope that you will commit to a cause, no matter how small it may be, as many small acts of showing kindness can make a big difference.

In this A-OK! Issue, you'll find useful tips, fun activities and inspiring stories to get you started. We hope that your year will be filled with tons of laughter, kindness and meaningful moments!





Start your kindness journey by making some goals!

2

2 new things  
that I would like  
to try or learn:

0

Something I  
would like to  
avoid this year:

2

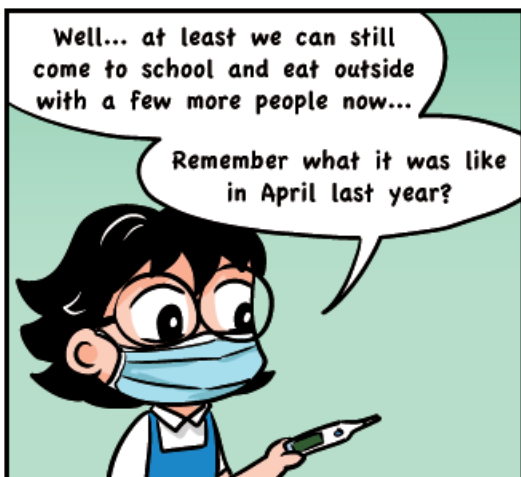
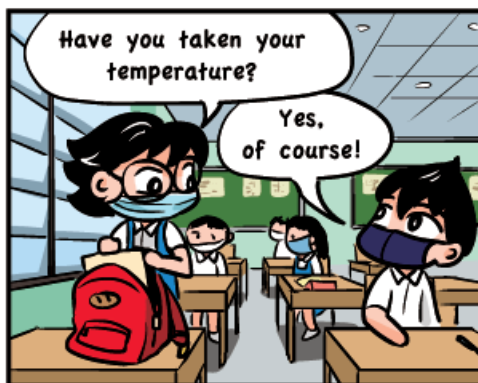
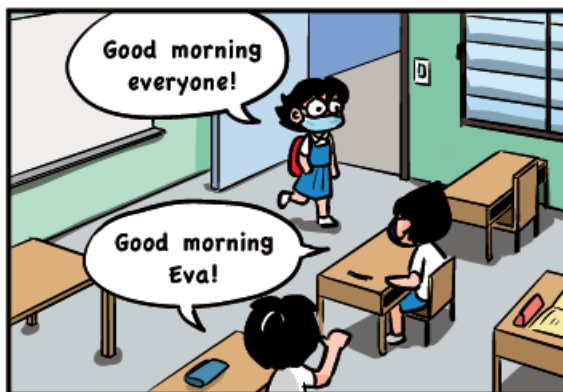
2 acts of kindness  
that I would like to  
start the year with:

1

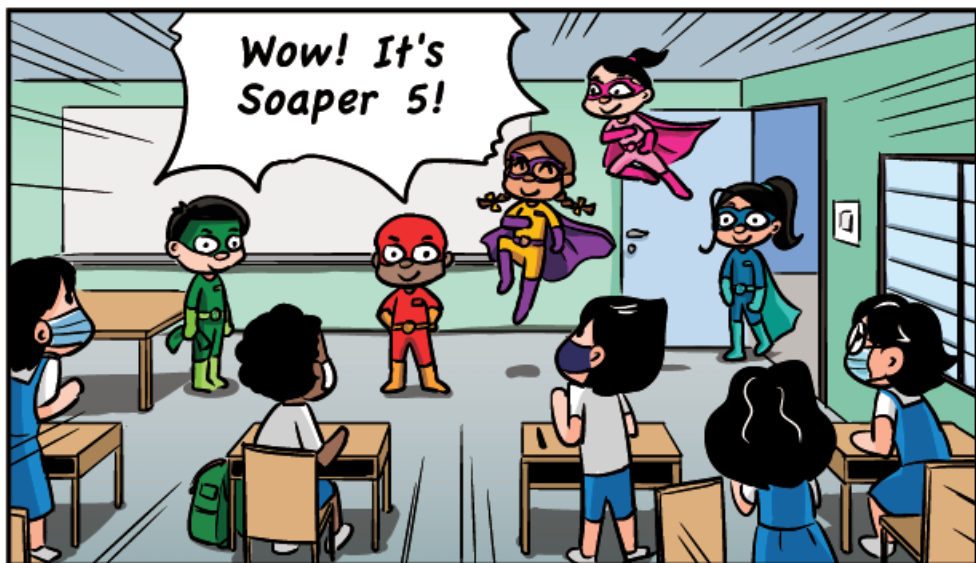
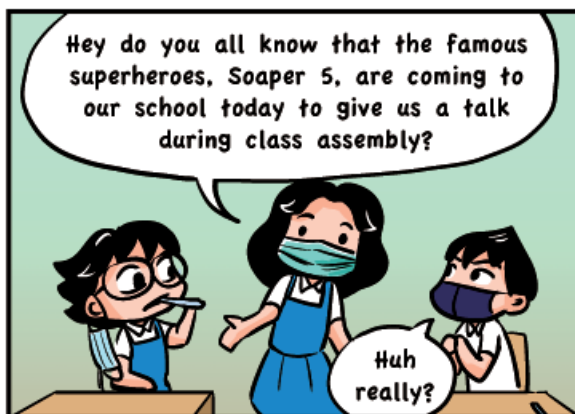
1 good habit that  
I will commit to:

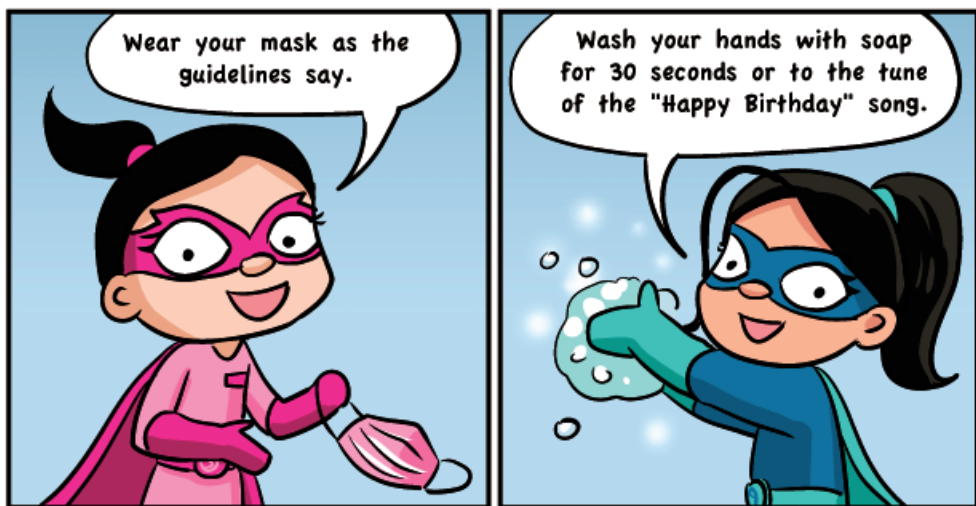
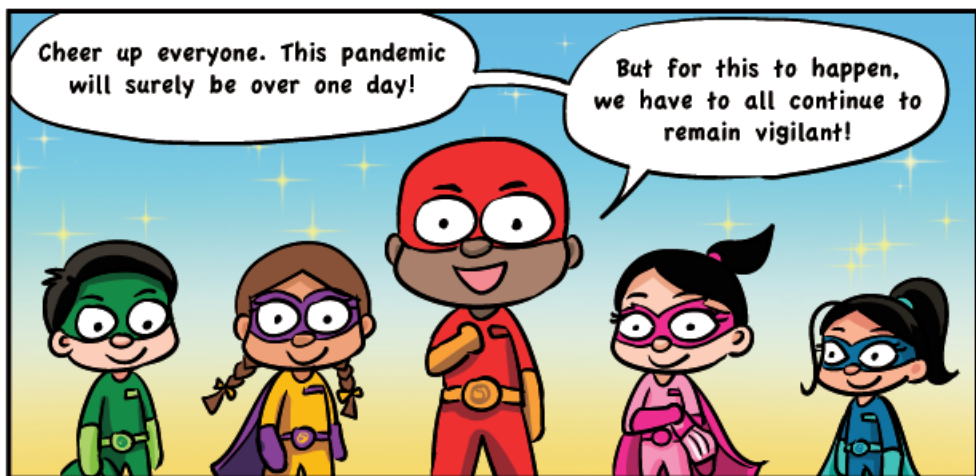


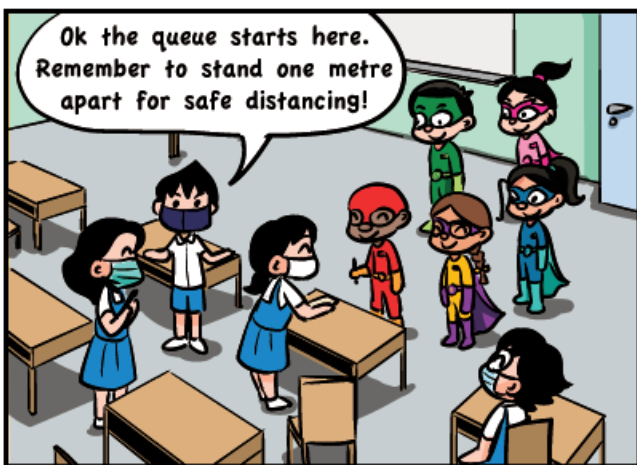
# Back to School











End

## SURVIVAL TIPS

# GETTING READY FOR SCHOOL

How do you feel when you move into a new year? Do you feel happy and excited, or perhaps nervous and anxious?

How feeling anxious about something can look:

Having a lot of worried thoughts.



Having trouble sleeping at night.

Being unable to focus on things that you are doing.



Feeling like there are butterflies in your stomach.

If you're feeling anxious about starting school, here are some things you can do to help yourself feel better.



Invite a friend to join you in taking a walk around the school during recess.



Talk to a trusted adult about how you feel.



Take your mind off it by doing something you enjoy.



Start a journal and write down what you look forward to in school.



Dear Students,

The Friend of Singa programme turns 31 this year and you can become a Friend of Singa by going on a kindness adventure with us! As a Friend of Singa, your mission is to spread kindness in school and at home. Together, we can make Singapore a kinder and more gracious place!

## How to be a Friend of Singa (FOS)?

01

Follow the instructions to complete the FOS mission found on the next few pages.

02

Upon completion, submit your FOS mission card to Singa via your school's Kindness Mailbox.

03

Singa will send you a memento after each submission.

04

There is a FOS mission in every issue of the Kindsville Times newsletter.

Complete the first 3 missions to be recognised as a Friend of Singa with a badge and certificate at the end of the year!





# ALL ABOUT MY NAME



**FRIEND  
OF  
SINGA  
MISSION**

Have you ever wondered what your name means and how you got your name? Find out by having a little chat with your family members/guardians or look up the meaning of your name with them!

My full name is:

I am

\_\_\_\_\_ years old.

My family members/  
guardians call me:

My friends call me:

With my family  
members/guardians,  
we found out that  
my name means:

Why are there  
different parts to  
my name?

Our names reflect who we are and where we come from. With two schoolmates, share and learn the differences between what our family members/guardians call us, and what our friends call us.

My friend's full name: \_\_\_\_\_

His/her family members/guardians call him/her: \_\_\_\_\_

His/her friends call him/her: \_\_\_\_\_

My friend's full name: \_\_\_\_\_

His/her family members/guardians call him/her: \_\_\_\_\_

His/her friends call him/her: \_\_\_\_\_



# MISSION CARD



Now, tell us what you have learnt!

What is one of your friends' name?

---

What do you call your friend?

---

Why are there different parts to his/her name?

---

Did you enjoy doing this mission?

☐ Yes, why: \_\_\_\_\_

☐ No, why: \_\_\_\_\_

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

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

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

Parent's / Guardian's Signature:

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☐ I agree to the collection and usage of my personal data provided in this mission card by the Singapore Kindness Movement (SKM). The personal data will only be used to administer this mission, in accordance with SKM's Data Protection Policy available at <https://www.kindness.sg/privacy-policy/>



Submit your completed mission card into your school's Kindness Mailbox.  
If your school does not have a Kindness Mailbox, you can submit your cards to 61 Stamford Road #01-08 Stamford Court, 178892 or email it to [kindsville@kindness.sg](mailto:kindsville@kindness.sg)





# THE SOAPER 5 ANIMATION

You're probably familiar with the virus-fighting team known as the Soaper 5 by now, but do you know how the team was formed? Find out by watching this six-episode cartoon series.



## Episode 1: Enter Varun...

Here's how it all began – a father-son chat about viruses that led to Varun's incredible journey as a Soaperhero.



<https://go.gov.sg/s5episodeone>



## Episode 2: V meets W

In this second episode, Varun meets an unassuming boy who wipes down surfaces after he uses them. Is he our second Soaperhero?



<https://go.gov.sg/s5episodetwo>



## Episode 3: Soffy waltzes in

Time for our next Soaperhero – Soffy! She has powers that aid the quest for good hygiene by making people wash their hands, but first the boys must convince her to join them.



<https://go.gov.sg/s5episodethree>



## Episode 4: Hana joins the crew

Our duo has become a trio, but they still need help getting to people before they put their dirty hands to their faces. Here comes Hana, with powers that help with just that.



<https://go.gov.sg/s5episodefour>



## Episode 5: Masks from Mei Mei

Last to the team but not least, meet Mei Mei. As Varun will soon discover, she's the missing piece of the puzzle, with her ability to create face masks on demand.



<https://go.gov.sg/s5episodefive>



## Episode 6: Here come the Soaper 5!

This is it! Don't miss the final episode of our mini animated series, where our virus-fighting squad gets the name "The Soaper 5", courtesy of a mysterious professor.



<https://go.gov.sg/s5episodesix>

## QUIZ

# WHAT KIND OF CLEANLINESS WARRIOR ARE YOU?



Scan the QR code to watch the  
"Say YES to Waste Less" video.

In the activity below, circle as many cleanliness habits you have  
and find out if you are a Recycling Specialist, Gracious  
Ambassador, Germ-free Expert or Hygiene Novice.

<p><b>I practise recycling.</b></p>	<p><b>I see a doctor when I am feeling unwell.</b></p>	<p><b>I often leave my cutlery behind after meals.</b></p>	<p><b>I wash my hands with soap and water after using the toilet.</b></p>	<p><b>It is not always my responsibility to keep the environment clean.</b></p>	<p><b>I always flush after using the toilet.</b></p>
<p><b>I help with the wipe-down routine in class.</b></p>	<p><b>I cover my nose and mouth with tissue when coughing or sneezing.</b></p>	<p><b>I use both sides of the paper before discarding it.</b></p>	<p><b>I empty the dustbin in the classroom without being told to do so.</b></p>	<p><b>I keep the toilet clean and dry after use.</b></p>	<p><b>If I see someone littering, I stop and ask him/her to bin the trash.</b></p>
<p><b>I use my shirt instead of tissue to wipe my mouth.</b></p>	<p><b>I support zero waste.</b></p>	<p><b>I do not usually cover my nose and mouth when coughing or sneezing.</b></p>	<p><b>I use a reusable bag.</b></p>	<p><b>It is alright to wash my hands with only water after using the toilet.</b></p>	<p><b>I use my own cutlery and container for takeaways.</b></p>
<p><b>I bring a reusable water bottle with me.</b></p>	<p><b>I flick my hands dry after washing them at the water basin.</b></p>	<p><b>I return my cutlery after meals and encourage my friends to do the same.</b></p>	<p><b>I wear a mask.</b></p>	<p><b>I clean up after myself after meals, leaving a clean table for the next person.</b></p>	<p><b>I always bring a hand sanitiser with me.</b></p>

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 practise everyday responsibilities 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 practise good hygiene habits and understand the importance of protecting yourself and others from illnesses.



### HYGIENE NOVICE

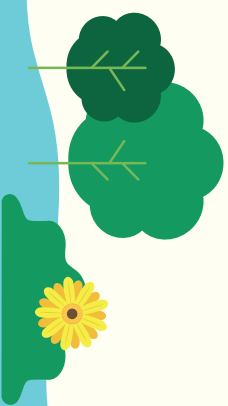
You sometimes feel that keeping our surroundings clean is not your responsibility alone, but you can do better by practising personal hygiene and caring for the environment. Show that you care for others by keeping clean!



On this card, write some cleanliness tips for your primary 1 and 2 juniors  
on how they can keep the environment clean for everyone!



**DEAR** \_\_\_\_\_,



**FROM:** \_\_\_\_\_

**BE KIND, KEEP CLEAN**

The title is surrounded by colorful confetti in shades of blue, orange, and pink.

# WRITE FOR KINDNESS JUNIOR

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

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 1 February 2021.

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

## JUDGING CRITERIA:

- ★ Relevance to the theme
- ★ Language use

Winning entries will be featured in the next issue of A-OK!

## PRIZES:

### ★ 1st, 2nd, 3rd

Key Chain Name Kit, limited edition pencil case, Singa Diamond Sticker Craft Kit, a crayon highlighter and other limited edition SKM merchandise.

### ★ 3 consolation prizes

Key Chain Name Kit, Singa Diamond Sticker Craft Kit, a crayon highlighter and other limited edition SKM merchandise.

## PRIZES FROM THE SINGAPORE KINDNESS MOVEMENT

Key Chain Name Kit



Singa Diamond Sticker Craft Kit



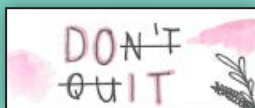
Prizes are subject to availability and the Singapore Kindness Movement has the right to substitute any prize.

## CONTEST WINNERS



Congratulations to the winners of the Back to School Stickers Design Contest! Spot these stickers on the sticker page!

1ST



Alyssa Chua Yu Xuan  
St Hilda's Primary School, P5/7 Hope (2020)

2ND



Peh Jia Lin  
Jurong Primary School, 6 Respect (2020)



# CONTEST WINNERS

3RD



Ho Jia Wei  
Townsville Primary School, 5 Honesty (2020)

CONSOLATION



Sarah Minamiura  
CHIJ Primary (Toa Payoh), P6 Hibiscus (2020)



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.

CONSOLATION



Amy Zhao  
St Hilda's Primary School, P6/ 1 Love (2020)

CONSOLATION



Tan Si Ying  
Chua Chu Kang Primary School, P5 Harmony 6 (2020)

Prize sponsor:

Ask for  
BETADINE®



# HOW CAN WE BE SAFE WHEN CROSSING THE ROADS AND WHEN RIDING?

## IF YOU ARE A...

### PEDESTRIAN

- ★ Never sprint across roads.
- ★ Never cross when you see the 'red man' or the flashing 'green man' at the traffic lights.
- ★ Keep left on footpaths and pedestrian crossings.



### CYCLIST AND PMD USER

- ★ Keep left and give way to others.
- ★ Watch your speed and go slow around others.
- ★ Dismount and push your device when you see "no riding" signs and at crowded areas.
- ★ Alert others before overtaking.
- ★ Stop and look out for traffic at crossings.
- ★ Do not use mobile phones while riding.
- ★ Do not ride an e-scooter on cycling paths if you are under the age of 16, unless guided by an adult.



# A-OK!

Stickers

