

# A-OK!

Agents of Kindness

Issue

01

2021

Primary 5-6



# TOTAL DEFENCE

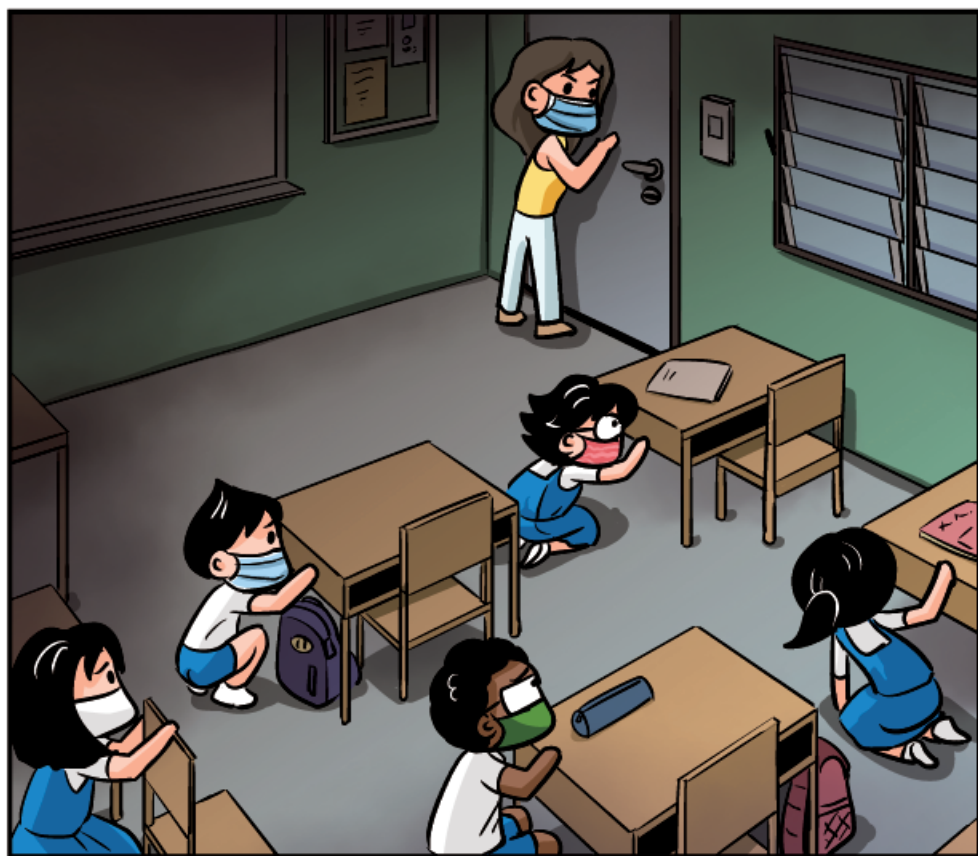
Let's play our part in  
Total Defence!



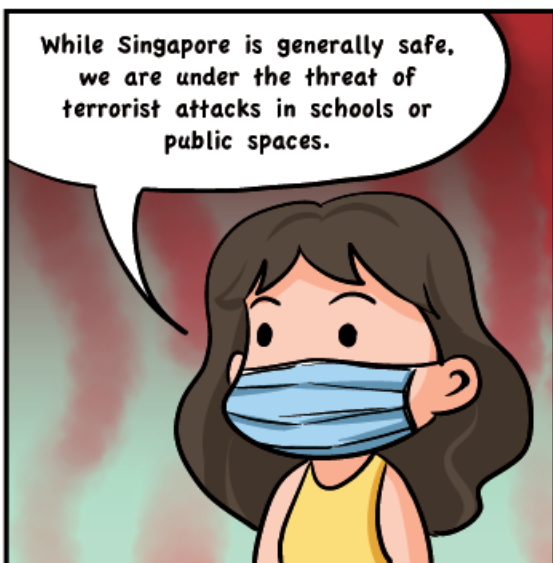
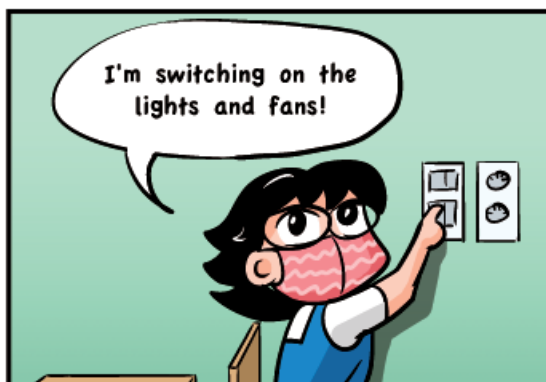


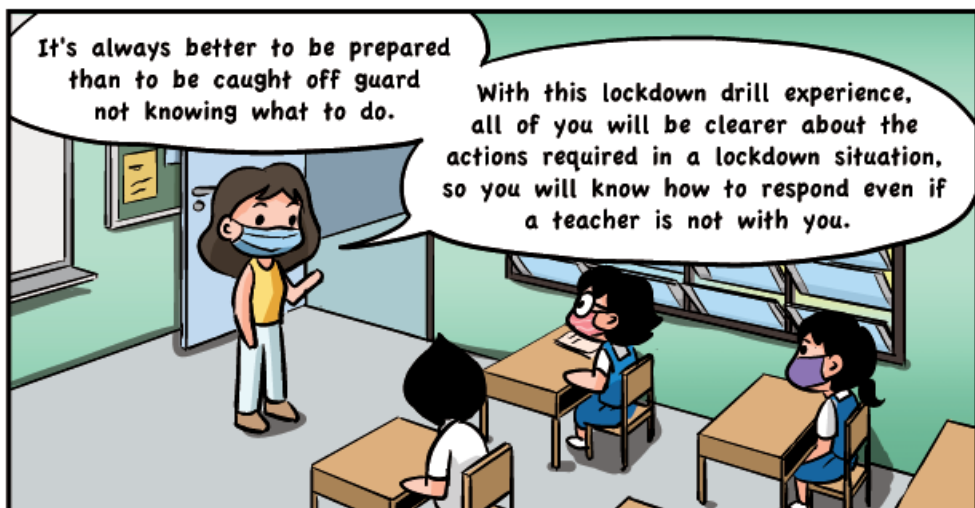
# Total Defence

Let's play our part in Total Defence









End

## SURVIVAL TIPS



# STAYING STRONGER TOGETHER

In August last year, an elderly man with early-stage dementia went missing for almost four days. Thanks to the generous acts of kindness from his relatives, friends and even strangers, the family managed to get him home safe and sound.



Scan QR code to read the story.

Through this incident, we know that there is strength in unity. In times of crisis, like the Covid-19 pandemic, it is important for people to work together to help one another in times of need.

**We can build strength in unity in Singapore by coming together to help one another!**



Here are some things you can do to build a strong Singapore by showing care, being helpful and staying alert.

## BE A THOUGHTFUL FAMILY MEMBER

- ★ Help out with simple household chores.
- ★ Express your gratitude to your family members by saying "Thank you for taking care of me!"
- ★ Show your appreciation for the effort or hard work of your family members.



REMEMBER TO  
PUT ON YOUR  
MASK.

## BE A HELPFUL CLASSMATE

- ★ Call to check in with your classmates who are sick to ask how they are.
- ★ Remind one another to put on masks and practise good personal hygiene.



THANKS FOR  
REMINING  
ME!



## BE AN UPSTANDER

- ★ Look out for your classmates who have been treated unkindly online or offline. Be a good friend and report the unkind behaviour to a parent, teacher or a trusted adult.



## BE A CONSIDERATE NEIGHBOUR

- ★ Keep shared spaces like playgrounds and parks clean for all to share.
- ★ Keep your volume level low at night so as not to disturb anyone.

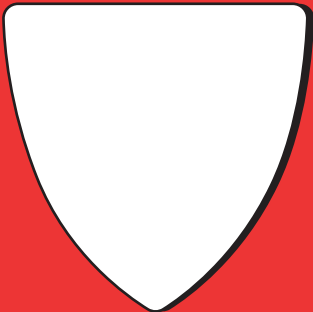


# DESIGN YOUR TOTAL DEFENCE SHIELDS

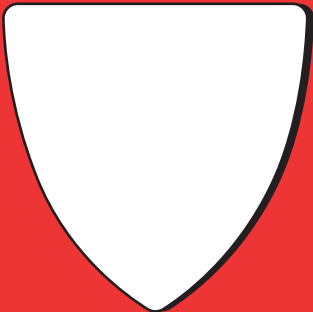
Together with your family members, design a shield for each of the 6 pillars of Total Defence.



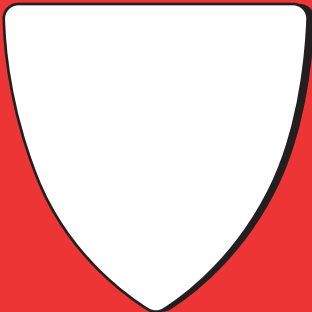
While designing your Total Defence shields, ask your family members to share stories of how they contribute or have contributed to Total Defence.



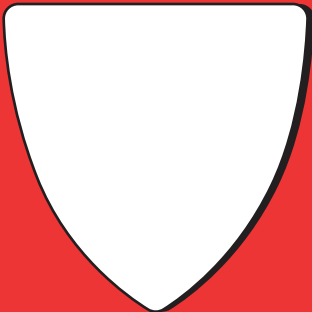
**MILITARY DEFENCE**



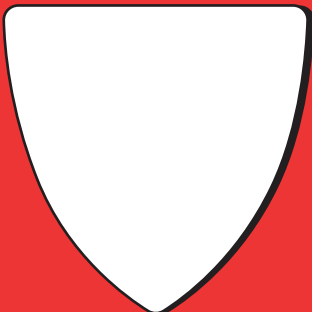
**CIVIL DEFENCE**



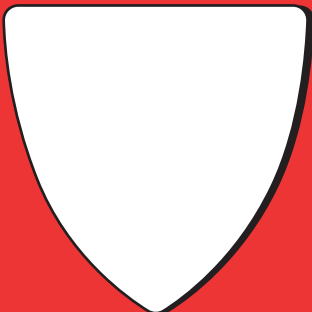
**ECONOMIC DEFENCE**



**SOCIAL DEFENCE**



**DIGITAL DEFENCE**



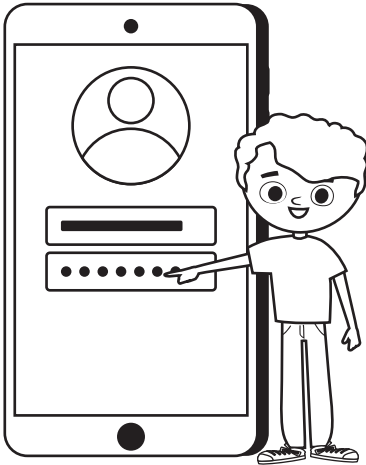
**PSYCHOLOGICAL DEFENCE**



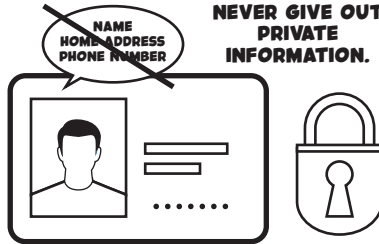
# BE SAFE, ALERT AND RESPONSIBLE ONLINE

Tear out the bookmark below, colour and start practising safe online habits to protect yourselves from online threats!

**USE STRONG PASSWORDS.**



**NEVER GIVE OUT PRIVATE INFORMATION.**

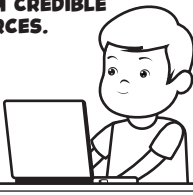


**ALWAYS ASK AN ADULT FOR PERMISSION TO GO ONLINE.**



# BE SAFE, ALERT AND RESPONSIBLE ONLINE

**CHECK IF THE ONLINE INFORMATION COMES FROM CREDIBLE SOURCES.**



**REPORT UNKIND BEHAVIOURS.**



**PRACTISE GOOD NETIQUETTE.**



## HOW CAN WE STAY SAFE ONLINE?

### USE STRONG PASSWORDS.

Strong passwords should not include personal information so others cannot guess them easily. Pick words or phrases that stand out to you. Use 12 or more characters consisting of uppercase and lowercase letters, numbers and symbols.



### NEVER GIVE OUT PRIVATE INFORMATION.

Sharing private and account information, such as your home address, phone number and school name, is dangerous! Ask your parents/guardians before sharing information with anyone online.

### ALWAYS ASK AN ADULT FOR PERMISSION TO GO ONLINE AND FOR HELP.

Let your parents/guardians know which website or app you are visiting. Be sure to ask them for permission too if you want to create an account, purchase or download something online. Always seek help from your parents/guardians and teachers when you are faced with a confusing situation.



### CHECK IF THE ONLINE INFORMATION COMES FROM CREDIBLE SOURCES.

Some reliable web domains include ".edu" for educational institutes, ".gov" for Government agencies and ".org" for various organisations. Use HTTPS instead of HTTP for websites.



### REPORT UNKIND BEHAVIOURS.

Be an upstander. Report unkind behaviours to a trusted adult. By doing so, you are promoting a safe online community.



### PRACTISE GOOD NETIQUETTE.

Use respectful language and respect the privacy of others. Think before you post, text or share and only be online friends with the people you know.



*Kindness  
Mailbox*



**As an Agent of Kindness, what can you do to  
play your part in Total Defence?**

Write down your thoughts on this page or send in your response through  
<https://mailbox.kindness.sg>

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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**

# Kindness mailbox

**FEATURED!****2020 / Issue 4**

★ What were 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.

During the Circuit Breaker and the May Holidays, I had memorable moments such as celebrating Hari Raya Puasa. Even though we could not go out to visit family and friends' houses, I am still very thankful that I got to eat the yummy food such as the Lontong that my mother ordered! I also had a zoom meeting with all my family members on that day. I sent text greetings to my friends to wish them a happy Hari Raya Puasa.

During the home-based learning period, I received a lot of help from my parents and teachers. When I did not understand any of my school work, I would ask my parents for help and they would patiently help me understand it. If I still did not understand my work after asking my parents, I would email my teachers. They would either reply my email or help me during zoom meetings.

This year, I learnt that I am a little more independent than I thought I was. I also learnt to be more grateful for all my family members and friends.

- Alya Elisha Binte Mohamad Rafi, West Spring Primary School, 5B (2020)

I spent time practising my calligraphy writing since learning it required lots of time and effort. I also read storybooks and found that I love mysterious stories. I am thankful for parents who always reminded me to take a break and rest sometimes. This year, I have learnt to keep calm no matter what happens.

- Felicia Lim, Shuqun Primary School, 5A (2020)



I learnt many new things during the Circuit Breaker and May school holidays. I learnt to make pancakes, knit and also make origami. I got to spend more time with my family. I felt happy whenever I get to see my family members whom I have not seen for a long time through video calls!

I received care and kindness from my parents. They always support me. My parents would help me whenever I had difficulties doing my home based learning homework.

I learnt that I can still do kind acts even when there is Covid-19. My teachers taught me to remind others to wash their hands, wear our masks properly and keep a safe distance from one another.

- Chek Hing Yu (Zhi Xin Yu), New Town Primary School, P5-2 (2020)

I remembered that during the Circuit Breaker period, my school had to do home-based learning. It was my first time having online lessons and I was unable to log in after many tries. I went into my class group chat and messaged everyone to seek help. At first, I thought nobody would reply me as I had never typed in the class chat before. To my relief, some classmates guided me patiently online and I was soon able to log into the online zoom meeting. I was thankful for them. I learnt that it is nice when everyone cares for one another.

- Grania Goh Xing En, New Town Primary School, P6-I (2020)

During Circuit Breaker, I got to have fun with my family. We played games like Monopoly. I also got to study right beside my sister at home. My mother stayed home and took good care of me and my siblings. I have learnt that we can still have a great time at home.

- Siti Tara, Woodlands Primary School, COL 3 (2020)

## CHALLENGE



Total Defence involves every Singaporean playing a part, individually and collectively, to build a strong, secure and cohesive nation. Do you know the 6 Pillars of Total Defence and what roles you can play in Total Defence?

You can play your part in Total Defence by completing the bingo challenge. Encourage your friends and family members to do the same!

Send a note of encouragement to a friend or family member.

Teach an elderly how to use a smartphone.

Learn, play and speak kindly to my friends from all races and of different religions.

Report and inform a trusted adult if I encounter unkind behaviour online.

Share army stories that you have heard from your family members with your peers.

Inform a trusted adult about any suspicious unattended object, person or activity.

Thank our soldiers for keeping our nation safe.

Put on my mask correctly and remind others to do the same.

Create an online account with a strong password.

Conserve water by turning off the water when brushing my teeth.

Say 'hello' to my neighbour.

Thank a medical and healthcare staff for keeping our nation safe.

Help someone up and inform an adult when I see someone fall.

Conserve electricity by switching off the lights after use.

Be proud to be a Singaporean.

Learn to spot fake news and stop its spread.

Thank a bus driver, cleaner or service staff for contributing to our nation.

Practise safe-distancing and remind others to do the same.

Teach my juniors to use the internet safely.

Lend a helping hand if I see someone in need.

Make a new friend from a different ethnic background.

Learn basic first aid skills.

Use fewer disposables. Reduce, reuse and recycle.

Guide an elderly with directions.

Take my temperature daily and ensure I am well to go out. Remind others to do the same.