

Kindsville Times Adventures



Primary 3 and 4
Issue 1/ 2021

TOTAL DEFENCE

WE CAN
DO IT!

Hello!

THANK
YOU!

Let me
help you.

STAY
SAFE
ONLINE

ENERGY SAVING



Comics

LET'S PLAY OUR PART IN **TOTAL** **DEFENCE**

Singa and the Kindness Cubbies are having fun in their P.E. class...



Out of the blue, a bell sounds loudly!

RITIIIIING!!

What's happening?

It's a fire alarm!

Don't panic.
It's a fire drill.

That's right. Let's stop the match now and head immediately to the assembly area together in an orderly manner.



The cubbies calmly make their way to the assembly area.

Why do we need a fire drill?

Drills help us practise and know what to do in times of emergencies.

Wait... Which way should we go?

This way! I saw the evacuation route earlier. Follow me!

See, it's important to practise. This way, we won't get lost or panic if something really happens.

Yeah! We will already know what to do.

LIGHTNING RISK ALERT



Oh! This reminds me of the lightning alert we had to learn last week.

Exactly! Now that we know what the alert looks like, we will know when to seek shelter.

It was confusing at first, but now I know that alert means I should head indoors and stop playing outdoors.



Yikes! Are you okay?

Thank you Singa.

It's important that we all look out for one another, so that we can keep each other safe.

Oh, that's right!

This is all a part of **TOTAL DEFENCE.**



It's also called being a good friend! Thank you, Singa.

You're welcome, Tosh.

Actually, Total Defence Day is right around the corner. We should all remember to play our part in Total Defence!





The cubbies arrive at the assembly area.



Read more about staying safe online!
Scan the QR code to read last year's
Total Defence comic.



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 and 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.
- ★ Show your appreciation to your family members by saying "Thank you for taking care of me!"



REMEMBER TO
PUT ON YOUR
MASK, SINGA.

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 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.





Let's Learn!

PLAYING OUR PART IN TOTAL DEFENCE

What are everyday things we can do to keep Singapore strong? Match the following pictures to the 6 pillars of Total Defence.



Scan the QR code to know more about the six pillars of Total Defence.

Appreciating our soldiers for keeping our home safe.



Caring for my family members, friends and neighbours by showing concern and support.



Following water and electricity saving tips to conserve resources.



Economic Defence

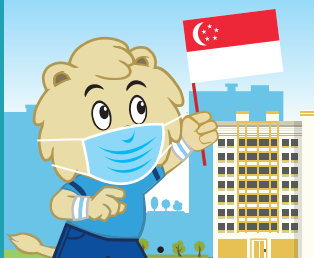
Military Defence

Social Defence

Being careful of what I share with others online. Personal information should not be shared.



Being a proud Singaporean!



Being alert and staying vigilant. Informing an adult about any suspicious person or activities that I see.



Digital Defence

Civil Defence

Psychological Defence

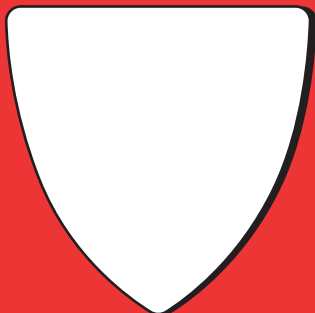


DESIGN YOUR TOTAL DEFENCE SHIELDS

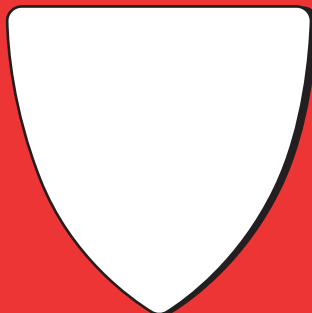
Together with your family members, design a shield for each of the 6 pillars of Total Defence.



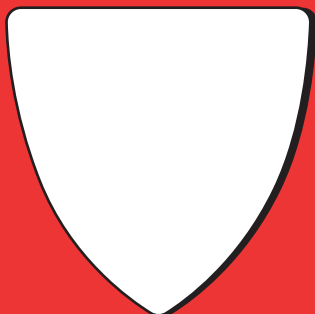
While designing your Total Defence shields, ask your family members to share stories of how they contribute or have contributed to Total Defence.



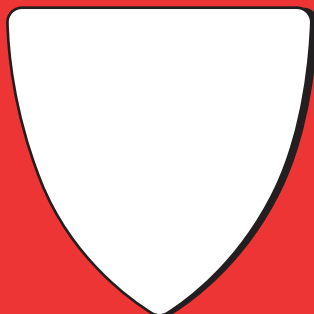
MILITARY DEFENCE



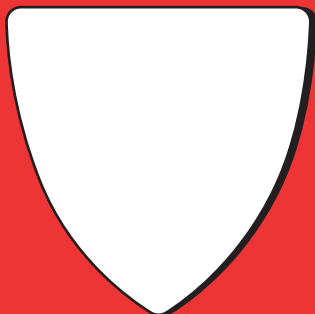
CIVIL DEFENCE



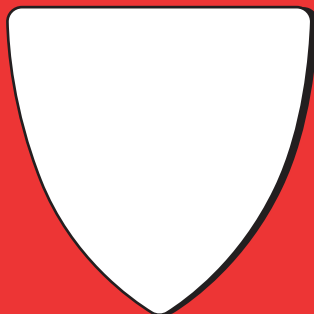
ECONOMIC DEFENCE



SOCIAL DEFENCE



DIGITAL DEFENCE



PSYCHOLOGICAL DEFENCE



Kindsville Mailbox



write to singa and the Kindness Cubbies and get a personal reply!

**How can we play our part in Total Defence?
Write or draw to Singa and the Kindness
Cubbies to share with them what you can do.**

Post it by snail mail to:

**Singa and the Kindness Cubbies
Singapore Kindness Movement
61 Stamford Road
#01-08 Stamford Court
Singapore 178892**

You may also email to:

kindsville@kindness.sg

Singa would like to know your home address, school and class so that he can write back to you! You may write them at the back of your letter or in the email. Thank you! (Please ask your parents/guardians for permission before sending the letter or email.)



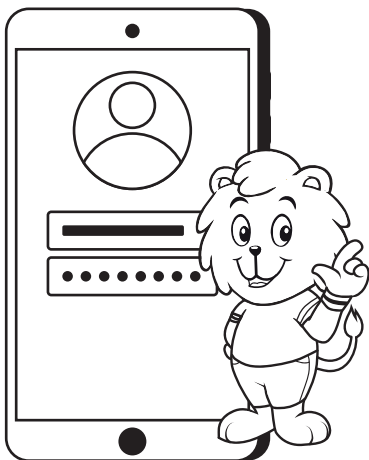
**Turn to page 13 and 14
to read featured letters!**



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.

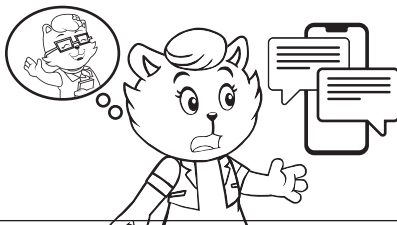


BE SAFE, ALERT AND RESPONSIBLE ONLINE

CHECK IF THE ONLINE INFORMATION COMES FROM CREDIBLE SOURCES.



REPORT UNKIND BEHAVIOURS.





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 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.

<https://www.>



REPORT UNKIND BEHAVIOURS

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





FEATURED LETTERS

Dear Singa and the Kindness Cubbies,

Hi, it's me, Yu Tong! I would like to share some memorable moments I had during Circuit Breaker and May school holidays. During the Circuit Breaker, my family and I did many fun and interesting things together! One of which was making a chocolate coated cake for my birthday! We had so much fun decorating and coating the chocolate on top of the cake. It was truly one of my best birthdays!

Another thing we had done was solving a 1000-pieces jigsaw puzzle. We took a long time but we were all very happy when we finally completed the puzzle!

Pua Yu Tong
Horizon Primary School, 4 Thinker (2020)

Dear Singa and the Kindness Cubbies,

My brother and I would relax all day after our home-based learning lessons! One memorable experience I had was doing Family Game Night with my parents and brother! It was so fun! We played a new game that lasted for an hour from 8-9pm.

I was touched to have received care and kindness from others. I immediately thanked them for their help! I learnt that I can be kind to others as they deserve care and kindness too!

Tricia Tan
Pei Hwa Presbyterian Primary School, 4 Teamwork 2 (2020)





FEATURED LETTERS

Dear Singa and the Kindness Cubbies,

Some memorable moments I had during the Circuit Breaker and May school holidays were birthday celebrations, our first home-based learning lessons and when I moved to my grandparents' house.

I received care and kindness when I moved to my grandparents' house. They helped take care of my sisters so that my parents could work. We were all happy and excited!

Yun Shan

Pei Hwa Presbyterian Primary School, P4 4TW2 (2020)

Dear Singa and the Kindness Cubbies,

Hello! My name is Thea Pereira. I remember when my mother told me she would be working from home during Circuit Breaker, I was a little worried. I have heard of many Singaporeans who have lost their jobs during this period. My parents constantly reminded me to study so that I would not miss out anything during the online lessons. When school reopened, everyone had to wear a mask. I remember there was once I forgot to wear a mask. I only realised when I got onto the bus and the bus driver told me. I would not be able to ride on the bus and get to school without a mask! Fortunately, the bus driver uncle had extra masks and he gave one to me. I was grateful for the bus driver! Circuit Breaker was not easy, but I am glad that everyone got through it!

Thea Pereira

CH1 Our Lady of the Nativity, 4 Peace (2020)

