







HAPPS ** HAPPS ** HINDRESS ** LONDRY

DEAR AGENTS OF KINDNESS,

It is the time of the year for Kindness Day! As we celebrate Kindness Day, we are reminded that one person and one kind act can make a difference. Begin your kindness month by designing kindness stickers on the blank sticker page found in this booklet. Give them to your family members or friends while telling them all about Kindness Day!



As an Agent of Kindness, share with others what you have been doing and encourage others to be an Agent of Kindness too! You can tell them all about your kindness adventures and goals for the future.

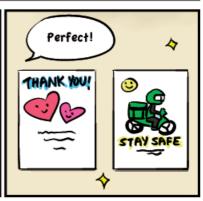


Kindness Day Expressing our Gratitude



Since we use food delivery services frequently, I think it would be nice to put up a thank you note and reminder for riders to stay safe on the roads!









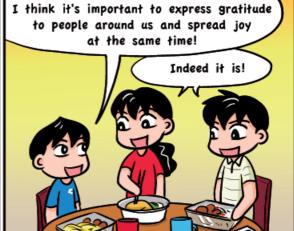


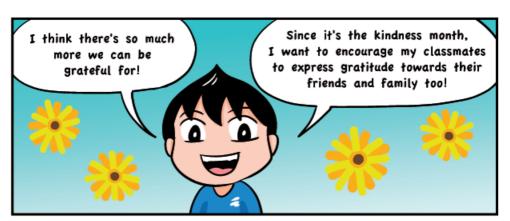
















End



HOW CAN WE SAY IT KINDLY? 6

WHEN I WANT TO...

1 SAY...

Show appreciation to someone

Thank you for listening to me today!

I really appreciate your help today. Thank you! Thank you for taking care of me!

Thank you for working hard for us!

Compliment someone

It was brave of you to try something new!

I like what you shared in class today!

Encourage someone

Come on, you can do it!

That was a nice try!

Apologise to someone

I am sorry for not considering your feelings.

I am sorry for shouting at you. I should not have done that.

Tell someone he/she was not being kind

Hey, what you said was unkind. If someone said that to you, you would be upset too. Please stop.

Say that I dislike something

I don't really like it so I'll pass, but thank you.

Spread kindness online

Good suggestions!

Thank you for sharing your ideas!

KINDNESS STORIES





A CARING SKGIAN, EVEN WHILE SAFELY APART

Kindness ambassadors from Sengkang Green Primary School believe that even a small act of care, kindness, appreciation, or encouragement can uplift the spirits of their schoolmates.

With social distancing measures in place, the ambassadors introduced their peers to several new hand gestures that can be used to say hello and other kind things. These were modelled through pre-recorded videos that were shared with classes during morning assembly. The hand gestures showed that, in spite of social distancing, students can still express care and kindness in different ways.

Ambassadors also led the school in a show of appreciation for teachers, non-teaching staff and Primary 6 graduating students. Together with student leaders, they made Thank You cards, paper origami crafts and handmade notes of thanks. These were collated into a video and art installation, functioning as impactful reminders for others to be kind and respectful.

The ambassadors felt really happy to be able to see the smiles on their teachers and non-teaching staff's faces. It allowed them to understand that showing appreciation to the people around you makes them happy too.

This kindness project was particularly meaningful after the Circuit Breaker period in 2020 as students have spent two months apart and away from school.





Dear Students,

The Friend of Singa (FOS) 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



P

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



Singa will send you a memento after each submission.

There is a FOS mission in every issue of the Kindsville Times newsletter. Complete all missions to be recognised as a Friend of Singa with a badge and certificate at the end of the year!



KINDNESS IN SCHOOL

Want to spread kindness in school and at home? Together with your family members or classmates, think of creative ideas and complete the kindness missions below!

You may consider showing kindness by:

- Helping your teachers carry books
- Designing a poster to encourage good cleanliness habits
- Supporting your peers online with encouraging comments such as "good job" or "well done"
- Muting your mic during online lessons when you are not speaking
- Cleaning up after yourself after meals without being told
- Cheering someone up
- · Writing an appreciation note

Places in school	Here's what I did to show kindness (E.g. Greeting someone, writing an appreciation note, helping someone)	
CLASSROOM		
CANTEEN		
TOILET OR WASHING AREA		
ONLINE LESSONS		

KINDNESS AT HOME



Now, think of 2 family members you want to show kindness to. They could be your parents, guardian, siblings, grandparents, or uncle and aunty who stay with you.

My Family Members

Name / Relationship

Name / Relationship Here's what I did to show kindness (E.g. Helping with a chore, sharing something)

SUBMIT YOUR FRIEND OF SINGA MISSION CARD

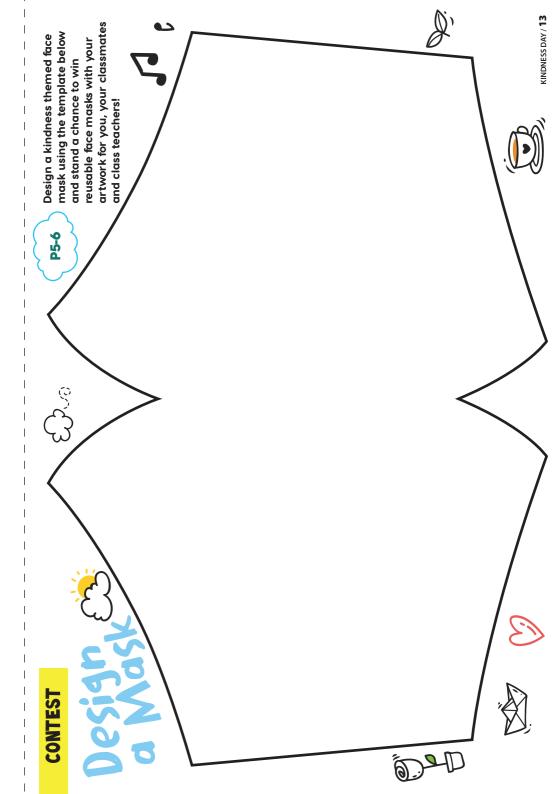


Now, tell Singa...

How did the school staff and/or your family members feel after receiving your acts of kindness?				
f				
How did you fe	el after showing kindness to others?			
Did uou eniou d	oing this mission?			
Yes. Why?		<u> </u>		
No. Why?				
Full Name				
School	Class			
Parent/Guardia	n Signature			
mission card by the data will only be u	e collection and usage of my personal data provided in this ne Singapore Kindness Movement (SKM). The personal used to administer this mission, in accordance with SKM's olicy available at https://www.kindness.sg/privacy-policy/			
in your school by Mailbox, you can	pleted mission card by dropping it into the Kindness Mailbox 30 April 2021. If your school does not have a Kindness submit your cards to 61 Stamford Road #01-08 Stamford remail it to kindsville@kindness.sg	KINDNESS MAILBOX		
	Incomplete			

Incomplete
mission cards will not
qualify for the termly
FOS memento





Name:	to the following address by 31 May 2021.	
School:	A-OK! Contest Singapore Kindness Movement 61 Stamford Road #01-08 Stamford Court	
Class:	Singapore 178892	1
Parent's / Guardian's Email Address:		
Parent's / Guardian's Contact Number:		
Home Address:		
l agree to the collection and usage of my personal data provided in this contest form by th The personal data will only be used to administer this contest, in accordance with SKM's Da https://www.kindness.sa/privacy-policy/		

JUDGING CRITERIA:

- Relevance to the theme
- **★** Creativity

Winning entries will be featured in Issue 4 of A-OK!

PRIZES:



Design featured in print on reusable masks for all your classmates and teacher, Key Chain Name Kit, Singa Diamond Sticker Craft Kit, a crayon highlighter and other limited edition SKM merchandise.

★ 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







Singa Diamond Sticker Craft Kit





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



Congratulations to the winners of the Write for Kindness Junior Contest!



This morning, I took the lift. As I was running late for school, I kept wishing that the lift would go faster. Just then, the lift stopped at the 10th floor. When the lift door opened, a young man instantly dashed into the lift. Just as the door was about to close, I noticed an elderly couple walking slowly towards the lift. Instead of closing the door on them, I held the button and waited patiently for them to enter the lift. I did the same when we reached the ground floor. The elderly couple beamed and said, "Thank you, little gir!"

I learnt that even a small and simple act of kindness can bring smiles to the faces of others and brighten up my day. This incident also reminded me of what my mother often told me, "It takes more muscles to frown than to smile."

Cheong En Xi
Pei Chun Public School, Class P5/5 Initiative



Last year during the November to December holidays, my mother and I were out for lunch. When we reached the hawker centre, I saw an uncle standing outside the hawker centre without a mask. I looked closer and realized that he was not holding on to any mask. I was worried for him as there is a virus now and it's dangerous to not have a mask on.

I alerted my mother about the incident and fortunately, my mother had brought an extra mask with her. We gave the uncle the extra mask and to my surprise the uncle had dementia and had forgotten to wear a mask when he was heading out. I was heartbroken to find out that the uncle was lost so my mother wanted to send him home. To our relief, the uncle's son came to bring him home instead.

Low Ken Xin Poi Ching School, Class 5E

3RD

Once, before COVID-19, my family and I went to the Bedok Hawker Centre. It was extremely crowded. After a while, we found some seats and ordered our food. When we were about to eat, my younger sister spotted a family of three looking for seats. Being the generous girl that she is, she suggested sharing our table with the family since we had extra seats. My parents and I agreed, so my father went over to the family and offered to share our table with them. They thanked us profusely and came over to sit with us. We had a nice chat with the family as well. We not only did a kind act, but also made some new friends. As the saying goes, "A small act of kindness can make a big difference."

Lana Lee Yi Ying Fengshan Primary School, Class P6C

CONSOLATION

When I was doing my prefect duty, I saw a PI boy who seemed very lost wandering along the corridor. I walked up to him and asked him gently if he needed any help. He said that two pupils from his class went to the toilet. He also claimed that those two pupils had been going to the toilet many times so he wanted to go find them but he did not know where the toilet was. Upon hearing it, I guided him to the toilet and he went in and brought out the two pupils. I guided them back to their class and the PI boy thanked me. I feel that this is considered a kind act as not all prefects would do what I did. Also, that PI boy was new to the school so I should shower him with love and care. Thus, when he grows up, he could do the same to others.

Terence Loh Zhang Ren New Town Primary School, Class P6-1

CONSOLATION

After tuition, my mother brought me home. The floor was wet as the rain had stopped. My mother and I saw an elderly man riding his bicycle. As the floor was wet, the bicycle toppled and the elderly man fell to the ground. Blood was oozing out from wounds on his body and his head was bleeding a little. My mother quickly brought him to a nearby clinic and got him treated. The total bill was 40 dollars and since the elderly man had no money on hand, my mother offered to pay his bills. Soon, she called the ambulance and he was sent to the hospital.

I was really proud of the kind deed that my mother did and I promise to learn from her.

Michelle Toh En Xuan CHIJ Primary (Toa Payoh), Class P5 Ixora

CONSOLATION

My mother and I were walking home from my school when we stumbled across a lost dog walking near my flat. It looked scared. We took a few cautious steps towards it. When we were at a close distance, my mother realized it was a Shih Tzu.

We tried to find its owner, but to no avail, so we decided to bring it home. The dog stayed with us for several days and the lost dog even played with my dog. We fed her and gave her attention while we tried to find its owner.

Soon, my mother checked Facebook and saw a post of a lost dog that looked exactly like the Shih Tzu. Hence, we returned it back to its rightful owner. The lost dog's owner was very grateful for our act of kindness and she gave us delicious snacks that she recently brought from Japan.

Alexis Kho Punggol Primary School, Class 6J

All winners will be notified and will receive prizes from the Singapore Kindness Movement. Singapore Kindness Movement's decision on all winning entries is final. No correspondences will be entertained.

KINDNESS POEMS

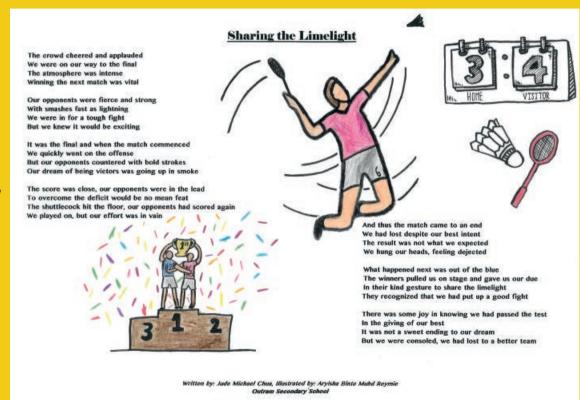


A poem is a piece of writing that expresses ideas or emotions in a powerfully vivid and imaginative style. Many poems rhyme, but not all of them do. You may have heard of some well-known poems, like "Humpty Dumpty" and "Mary Had a Little Lamb".

Here's a poem written and illustrated by secondary school students for Write for Kindness 2020!



SCAN THE QR CODE TO READ MORE KINDNESS POEMS AND STORIES.





Looking for something meaningful to do during the June school holidays? You are invited to take part in A Kindness Project!

This project requires your help to give tips to our senior citizens on keeping well! Your tips will be put together in a video and shown to our senior citizens.

How to be part of this?

Choose to complete Activity 1, 2 or both!

- Activity 1 -

Step #1

Pen your well wishes for our senior citizens.



Step #2

Send it to us by email at akindnessproject@kindness.sg or by Whatsapp at 8204 4604 with your name and age by 30 April 2021.

- Activity 2 -

Step #1

Record a video with the message on the right using a smartphone. You may choose to record it in English or a translated version in Mandarin, Malay, Tamil or Chinese dialect (Cantonese, Hainanese, Hakka, Hokkien or Teochew).



Hello uncles and aunties!

I am _____(your name).

We hope that you have been doing great. Today, we would like to share some tips with you on keeping well.

So, have you been eating healthily? If so, that's wonderful.

Always eat a balanced diet with lean meat with lots of fruits and vegetables.

And drink plenty of water.

Also, taking part in exercises such as walking, swimming or taichi is important too.

It keeps us active and our muscles strong.

If you happen to get small cuts accidentally, do remember to clean and dry them. And protect them with plasters to help them heal faster.

Finally, remember to wear your mask and use your TraceTogether token or app.

Stay safe, healthy and happy!

Step #2

Save and review the video.

Make sure your voice can
be heard loud and clear!



Make your video fun by acting out some lines! Use your creativity and feel free to ask your family members to join in.

Step #3



Send it to us by email at akindnessproject@kindness.sg or send us the video by Whatsapp at 8204 4604 with your name and age by 30 April 2021.

We will be shortlisting 9 videos of the 9 different languages. If your entry is shortlisted, we will invite you for a videography shoot during the June holidays!

If your entry is not shortlisted for a videography shoot, your recorded well wishes will still be put into the video!

We look forward to your entries!

Made possible by:





Appreciating Our Hawker Culture



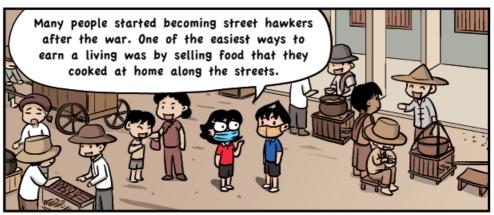
The recognition by UNESCO means the world recognises that hawker food is a big part of Singaporean life!



Do you know that hawker culture is a reflection of our living heritage and has been passed down from generation to generation?



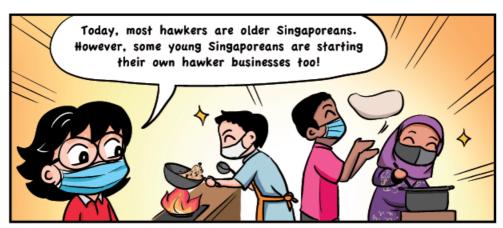
















End

SOAPER 5 WORD SEARCH

Hidden in this word maze are messages that are close to the Soaper heroes' hearts. Discover them and show off your Soaper power cred to your friends and family. Good luck!





YOU FIND?













Fill these blank stickers with your kindness quotes and give them to your family members or friends!

















