

Kindsville Times Junior



**CARE DEEPLY
SHARE FREELY**
with Sharity™ & Friends



**Primary 1 and 2
Issue 2/ 2021**



HAPPY KINDNESS DAY!

— Celebrating Caring and Sharing —



HAPPY KINDNESS DAY!



It is the time of the year for Kindness Day! As we celebrate this special occasion in the month of May, we are reminded that one person and one kind act can make a difference.

Joining us in this Kindsville Times Issue are Sharity and friends! Sharity is Community Chest's cuddly pink elephant who believes in being his own superhero through thoughtful acts of caring and sharing. Did you know that Sharity's name is a combination of the words 'share' and 'charity'? True to his name, he regularly cares deeply for and shares freely with friends with and without special needs in the community. Be sure to turn to page 13 to 16 and complete Sharity's Family Time activities!



Let us be kind by caring for and sharing with others. Think about their needs and how we can help make their day better. Together, we can build a kind and more caring nation!

THE KINDNESS PARTY



Excited, Kalle makes her way there.



At the party...

Welcome!

Hi Singa!

Wow, Singa!
This party is
amazing!

Thank you
Kalle.

Are we
celebrating
something?

I wanted everyone
to gather and share
the joy of Kindness.

Kindness Day
is in May, so this
is the perfect
month for us
all to celebrate
and show a
little extra
kindness!

There are many ways
to celebrate kindness.
One way is to be thankful
for what we have and
show our appreciation
for the people around us.

Tomeo made
my favourite
cookies for
me today!

That's right!
I write down
all the lovely
things that
happen to me
in my journal.

Uncle Jason
offered to help
an elderly
neighbour carry
her groceries.
It was so kind
of him!

I want to remember
people who show care
and concern to family,
friends and others in
need of help. They are
my role models!

How thoughtful
of Uncle Jason! It is
important to be
kind and respectful
to our seniors.



A few minutes later...





Cubbies Tips



HOW CAN WE SAY IT KINDLY?

WHEN I WANT TO...

Show appreciation to
someone

Compliment someone

Encourage someone

Apologise to someone

Tell someone he/she
was not being kind

I SAY...

Thank you for
helping me!

Thank you for
the dinner!

It was brave of
you to try
something new!

Come on, you
can do it!

I am sorry for making you feel
sad. I will be careful with what I
say next time.

Hey, what you said was not
nice. If someone said that to
you, you would feel sad too.
Please stop.



Animation Series



Watch it at
kindsville.kindness.sg
or on



BIG LITTLE THINGS

The Compassion Compass level drops unexpectedly nearing to Kindness Day and the Kindness Cubbies are working hard to find the reason behind it. Will Kindsville be back to normal again? Watch the latest episode to find out!

Season 5
Episode 4





BE A FRIEND F SINGA



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?

2

Submit your completed mission card to Singa via your school's Kindness Mailbox.



1

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

3

Singa will send you a memento after each submission through your teachers.



4

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 and make someone's day? Together with your family members or classmates, complete the kindness missions below!

Think of 3 school staff you want to show kindness to. They could be the office staff, teacher, counsellor, canteen staff, janitor, security guard or school bus driver.

People I want to show kindness to

Name of school staff

Occupation

Here's what I did to show kindness
(E.g. Greeting someone, writing an appreciation note, helping someone)

Name of school staff

Occupation

Name of school staff

Occupation



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.



People I want to show kindness to

Name of family member

Relationship

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

Name of family member

Relationship





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?

How did you feel after showing kindness to others?

Did you enjoy doing this mission?

<input type="checkbox"/>	Yes. Why?	
<input type="checkbox"/>	No. Why?	

Full Name

School Class

Parent/Guardian Signature

[] 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 by dropping it into the Kindness Mailbox in your school by 30 April 2021. If your school does not have a Kindness Mailbox, you can submit your cards to 61 Stamford Road #01-08 Stamford Court, S178892 or email it to kindsville@kindness.sg



Incomplete
mission cards will not
qualify for the termly
FOS memento



Family Time WITH Sharity™

Care & Share Pack

**CARE DEEPLY
SHARE FREELY**
with Sharity & Friends



DEAR PARENTS AND GUARDIANS,

Family Time with Sharity aims to help your children better understand different types of emotions and put themselves in the shoes of others. Empathy will help them consider how other people are feeling and learn how to care for them.

They can redeem a **Sharity badge** from their teacher after completing this activity.

Have fun learning, caring and sharing!



NAME:

CLASS:

SCHOOL:

ACTIVITY:

Match the stickers according to the person's feelings and what you can do for them.

**CARE DEEPLY
SHARE FREELY**
with Sharity™ & Friends

WHAT HAPPENED?

Your grandmother stays at home, does not seem to have many friends, and hardly talks to anyone.

HOW SHE MIGHT FEEL:

Paste sticker of
Feelings

WHAT CAN YOU DO?

Paste sticker of
Actions



WHAT HAPPENED?

Jane has fallen sick and is unable to come to school. She has missed many lessons and cannot catch up with her studies.

HOW SHE MIGHT FEEL:

Paste sticker of
Feelings

WHAT CAN YOU DO?

Paste sticker of
Actions



Can you tell when someone around you is feeling down?



What would you do when someone needs your help?



**CARE DEEPLY
SHARE FREELY**
with Sharitty™ & Friends

WHAT HAPPENED?

Your brother scored low marks for his maths test. He suddenly stops doing the things he used to like and keeps to himself.

HOW HE MIGHT FEEL:

Paste sticker of
Feelings

WHAT CAN YOU DO?

Paste sticker of
Actions



naughty...

weird...

i tried to stay still, but...



WHAT HAPPENED?

Your classmates find it difficult to relate to John, who has autism, as a friend as they do not know why he does not make eye contact.

HOW HE MIGHT FEEL:

Paste sticker of
Feelings

WHAT CAN YOU DO?

Paste sticker of
Actions



We hope you have enjoyed the Sharity materials!
Ask your parents or guardian to scan the QR code to
take part in a short survey. The first 50 submissions
will be entitled to a Sharity surprise gift!

Alternatively, you may access the survey at
<https://go.gov.sg/sharitysurvey>



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

Choose and paste the matching stickers on your activity sheet.

Actions you can take:

Do family activities such as going for a walk or asking your grandparents to share stories from their younger days.



Tell your brother that you care for him, and do things to cheer him up. Suggest doing activities that he likes.



Ask your friend how she is feeling and what you can do to help her.



Be patient when you talk to him. Support and encourage him.



Feelings:



SAD



STRESSED



LONELY



DISAPPOINTED



Information about Autism:

Persons with autism have difficulty maintaining eye contact and connecting with others in ways that others can understand. Be patient with persons with autism, be clear in what you want to say and take turns to speak to them.





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.

A Taste of Singapore



Cubbies!
Cubbies! Guess
what?

?

?

?

?



Wow!
What does
that mean?

NEWS

Singapore Hawker Culture

has been officially added to the **UNESCO Representative List of the Intangible Cultural Heritage of Humanity**



That means the world
recognises that hawker
food is a big part of
Singaporean life.

That's right!
Regardless of race,
language or religion,
all Singaporeans
enjoy hawker
food.

Ooo, the food in
Singapore is super
delicious too!



Yeah! I really enjoyed the Chicken Rice and Bandung when we were there.

I love Roti Prata with Milo Dinosaur!

Don't forget about Laksa!

And Nasi Lemak!

But we must remember to eat these foods in moderation and have a healthy, balanced diet!



Singapore has so much good food and so many hawker centres to choose from!

Did you know? There are more than **110 hawker centres** in Singapore!



How did they become so popular?

Hang on... Let me look that up on the computer...



The Origins of Singapore Hawker Culture



Let me see... It began a long time ago, in the 1800s...



People from other countries were starting to move to Singapore. Many of them became street food hawkers as it did not require too much money and skill.

The street food was cheap and delicious, so customers loved them regardless of their race, language or where they stayed.





Up until the 1970s, street food stalls could still be found in areas like Orchard Road and Chinatown!



However... From 1968 to 1986, the Singapore government started to build hawker centres all over the country.

Oh, so street food hawkers started selling their food in hawker centres instead?

Yup!



People must love the hawker food so much! That's why Singapore has so many hawker centres!



True. Everyone in Singapore loves hawker food. But most hawkers are getting older...



If you love Singapore hawker food, make sure to support your local hawkers!

That way, Singapore will continue to have amazing hawker food for years and years to come!

Many young Singaporeans are becoming hawkers too.



I will give lots of support! I always want to enjoy Hokkien Mee, Satay, Indian Rojak, fresh sugar cane juice, icy Chendol and so many more yummy things!

Me too!





Kindness Poems









A poem is a piece of writing that uses words to share ideas, feelings or a story with the reader. 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.



Helping a Neighbour

Uncle Lim lived down the corridor three doors from us
His door was always closed when we went past

Mum said his children had all grown up and moved out
So Uncle Lim was on his own, there was no doubt

He kept to himself and seemed like a lonely man
No one knew much about him
Except that he once had a wife named Diane

I was a typical teenager - busy with my friends and studies
I didn't give Uncle Lim much thought till that day when I saw him drop his groceries

I helped Uncle Lim to carry the groceries to his front door
It was convenient as I lived on the same floor

The next day, I decided to visit Uncle Lim
We played chess and went to the gym

We hit it off and I started spending time with him every day
My company helped to chase Uncle Lim's gloom away

I was glad that in showing kindness to a neighbour
I had managed to brighten the life of an elder

Outram Secondary School
Written by: Ho Darren Mitchell Mahilum
Illustrated by: Danial Haqim Macdonald



Contest Winners

WRITE FOR KINDNESS JUNIOR

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

1ST

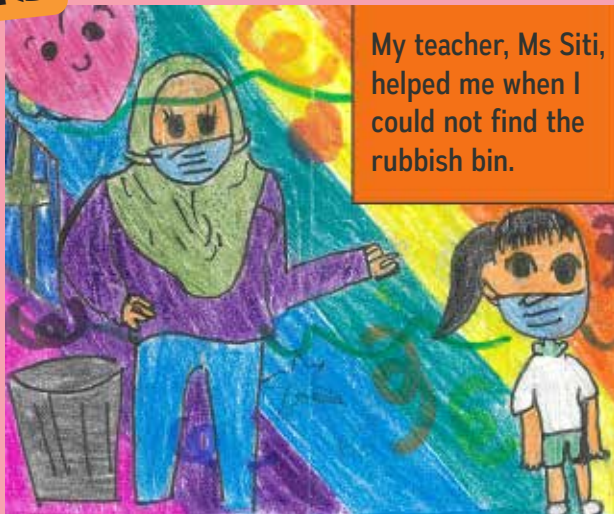


Name of person who helped me:

Julia

Cherish Yap
North Spring Primary School, Class 2.7

2ND



Name of person who helped me:
My teacher Ms Siti

Kaira Tung Wen Hui
Bukit Panjang Primary School, Class Responsibility 8

3RD



Name of person who helped me:
Esther

Ariel Goh Bo Hui
Nan Hua Primary School, Class 2H



Contest Winners

CONSOLATION



Name of person who helped me:
Coral

Ayffa Erina Bte Jumain
CHIJ Our Lady Queen of Peace, Class 2 Love

CONSOLATION



Name of person who helped me:
Rui Qi

Elly Soon
Punggol View Primary School, Class 2 Ruby

WRITE FOR KINDNESS JUNIOR

CONSOLATION



Name of person who helped me:
Mr Lim

Megan Chng
Punggol Primary School, Class P2-A

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.



Contest

Design a Mask



P1-2

Design a kindness themed face mask using the template below and stand a chance to win reusable face masks with your artwork for you, your classmates and class teachers!



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 May 2021.

Kindsville Times Contest
Singapore Kindness Movement
61 Stamford Road
#01-08 Stamford Court
Singapore 178892

JUDGING CRITERIA:

- ★ Relevance to the theme
- ★ Creativity

Winning entries will be featured in Issue 4 of Kindsville Times!

PRIZES:

★ 1st

Design featured in print on reusable masks for all your classmates and teacher, A4 Kindsville folder, a set of Singa and the Kindness Cubbies plush keychains, a limited edition zipper bag, a crayon highlighter and other SKM merchandise.

★ 2nd, 3rd

A4 Kindsville folder, a set of Singa and the Kindness Cubbies plush keychains, a limited edition zipper bag, a crayon highlighter and other SKM merchandise.

★ 3 consolation prizes

A4 Kindsville folder, Singa self-inking stamp, a limited edition zipper bag, a crayon highlighter and other SKM merchandise.

PRIZES FROM THE SINGAPORE KINDNESS MOVEMENT

Kindsville A4 Folder



Limited edition set of Singa and the Kindness Cubbies plush keychains



Zipper Bag



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





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!

Tips

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

Step #2

Save and review the video. Make sure your voice can be heard loud and clear!



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:

Kindsville stickers



