

# A-OK!

Agents of Kindness

Issue

03

2021

Primary 5-6



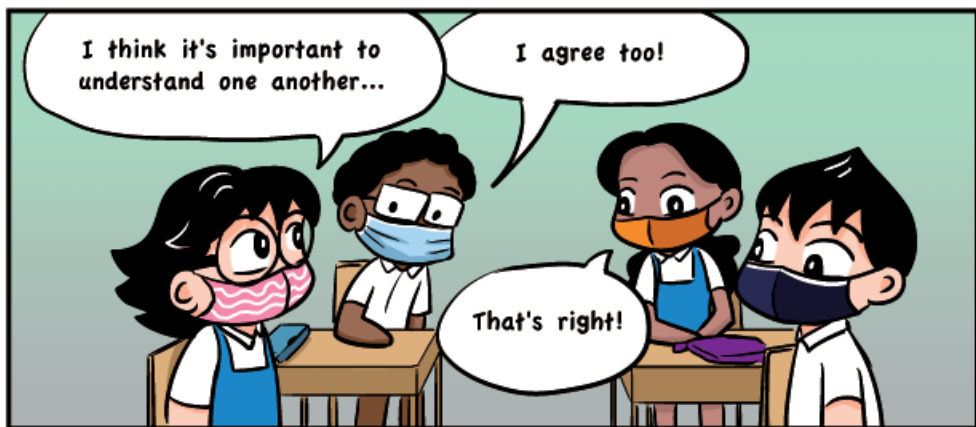
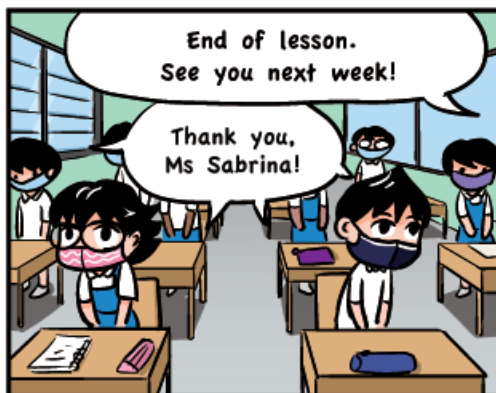
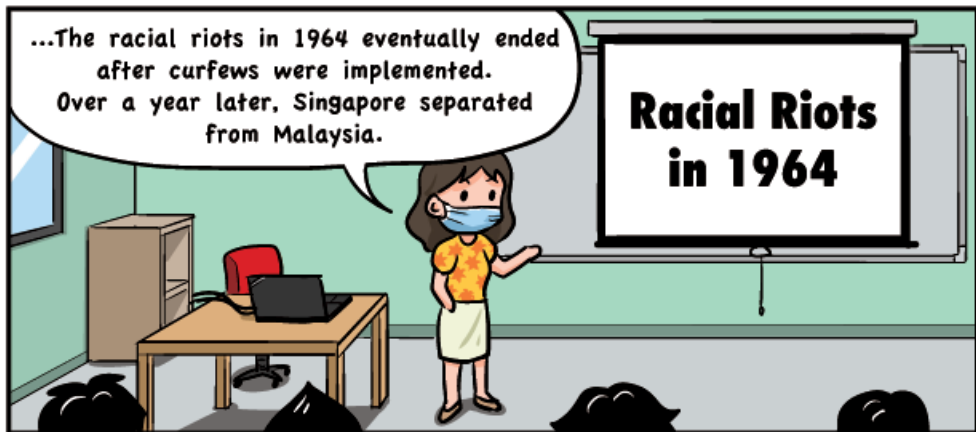
singapore  
kindness  
movement

RACIAL  
HARMONY  
STARTS WITH  
ME





# Racial Harmony in Singapore



I feel fortunate to have friends from different races who can teach me many things about their cultures.

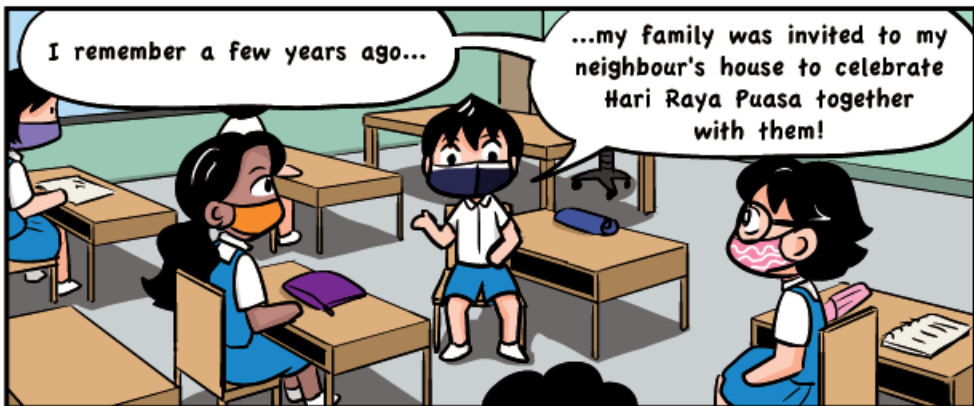


Yes! We get to enjoy food from different cultures and celebrate festivals together!



I remember a few years ago...

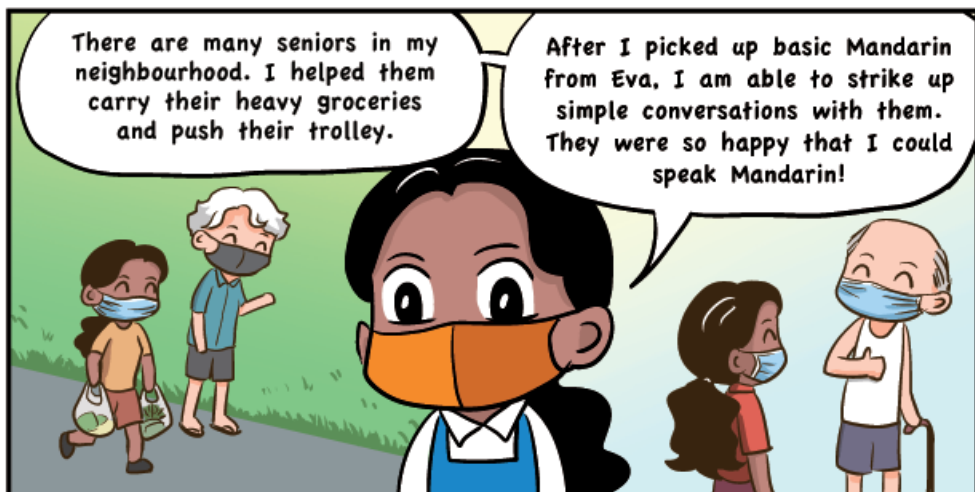
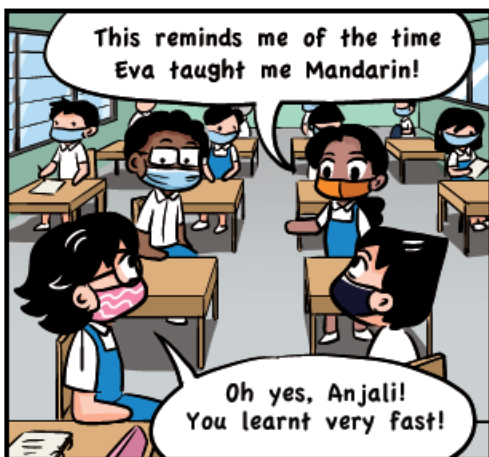
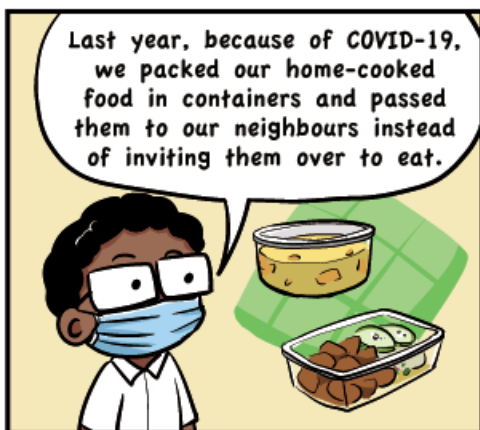
...my family was invited to my neighbour's house to celebrate Hari Raya Puasa together with them!



I learnt a lot about Hari Raya Puasa...

I also made friends with my neighbours and invited them to our house during Chinese New Year!





They would give me a big smile and thank me for helping them.



That's so nice of you, Anjali!

Haha, I like helping the elderly!



It takes effort and kindness to understand one another's cultures, to share what we have, and to help each other in times of need.



Oh! I remember a quote I read somewhere...



"We can all do small things with great love, and together we can do something wonderful."



End



# What does Racial Harmony mean to you?

Racial Harmony Day is coming up and we  
invite you to be part of our Racial  
Harmony Project!

Tell us what racial harmony means to you  
and your family.

## How to be part of this?

Choose to complete Activity A or B.

### Activity A

#### Write a message

Write down what racial harmony  
means to you. Take a photo of  
your message.

Send it to us by email at  
[racialharmony@kindness.sg](mailto:racialharmony@kindness.sg) or by  
Whatsapp at 91974782 with your  
name and age between 12 July to  
13 August 2021.



OR

### Activity B

#### Record a video

Record a video using a smartphone.  
You may choose to record it in  
English, Mandarin, Malay or Tamil.

Send it to us by email at  
[racialharmony@kindness.sg](mailto:racialharmony@kindness.sg) or by  
Whatsapp at 91974782 with your  
name and age between 12 July to  
13 August 2021.



# What can you write or say?

**Hello everyone!**

I am \_\_\_\_\_ (your name).

Do you know that Singapore commemorates Racial Harmony Day on 21 July every year? It is a day we remind ourselves about the importance of racial harmony.

It is important to respect each other regardless of race, language or religion.

Racial Harmony means \_\_\_\_\_ to my family and me.

I will \_\_\_\_\_ (an action that you can do) to strengthen racial harmony in Singapore.

Remember Racial Harmony begins with us!



## Recording tips

- ★ Do not include background music or photo filters.
- ★ Avoid wearing clothes with stripes.
- ★ Choose an appropriate background.
- ★ Check on the lighting and the noise level of your surroundings.
- ★ Save and watch your video again. Make sure your voice can be heard loud and clear!



OnePeople.sg, the national ground up body for racial harmony adopts the Orange Ribbon as a symbol of respect, understanding, trust and friendship in our community.

- ★ Stick an Orange Ribbon sticker on your shirt to show your support for racial harmony. You can find them on the sticker page.

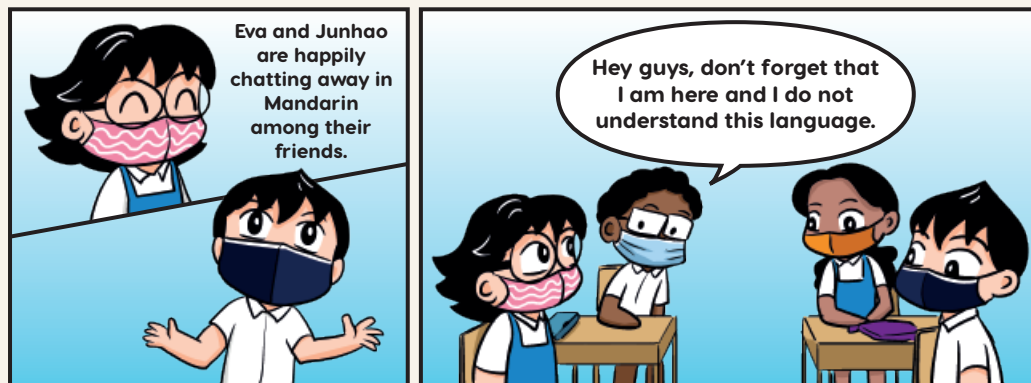
## Featured entries ✨ ✨ ✨

Stand a chance to have your entry featured in Issue 1/2022 of A-OK! when we launch the final video. If your entry is shortlisted, we will contact you about the next step. Shortlisted winners will also receive exclusive SKM merchandise!

We cannot wait to receive your entries!

# BEING RESPECTFUL AND SENSITIVE

Does the scenario below look familiar to you?



Put yourself in the shoes of the people in the above scenario.  
Write down how they felt and complete the bubbles below.



How would you feel if you are the one who is being excluded?



How should you respond to Firman's comment in a respectful manner?



If you are Anjali who understands Mandarin, how would you respond in this situation?



# ★ RICE DISHES WE LOVE IN SINGAPORE

Rice is a staple food in multicultural Singapore.  
We enjoy rice cooked in different ways.

## CHICKEN RICE



The rich flavour of the rice in Chicken Rice comes from grains that have been pre-fried in chicken fat and then cooked in chicken broth. The dish is accompanied by chili sauce, chicken broth, garlic, and ginger. An early version of this dish featured rice compacted into balls. This version of the dish is seldom seen in Singapore today.

## NASI LEMAK



Nasi Lemak is a dish that comprises rice made fragrant with coconut cream and pandan leaves. The rice is traditionally steamed, because if it is cooked over a hot fire, the coconut milk can easily burn. It is traditionally accompanied by fried anchovies, sliced cucumbers, fried fish (known as *ikan selar*), and a sweet chili sauce.

## BIRYANI



Biryani (also known as Briyani or Biriyani) consists of long-grained rice flavoured with fragrant spices such as saffron and turmeric. Traditionally, it is cooked over a low flame and usually eaten with meat or vegetables.



## LONTONG

Lontong refers to compressed rice cakes, usually served as an accompaniment to curries and stews or as a side dish with peanut-based sauces. Traditionally, they are wrapped in banana leaves shaped like a cylinder. They are typically eaten as a breakfast dish and served during special occasions such as Hari Raya Puasa and Malay weddings.

## IDLI



Idlis are rice cakes that are made with rice and lentils which are ground into a paste. The mixture is left to ferment before it is steamed. They are a popular South Indian dish.

## RICE DUMPLINGS



Rice dumplings, or *Zong Zi*, are triangular-shaped dumplings made of rice wrapped in bamboo leaves. They are steamed and are usually eaten during the Dragon Boat Festival which happens on the 5th day of the 5th Lunar Month.

Nowadays, there are different versions of these dumplings. Some prefer the sweet version while others prefer the savoury version.

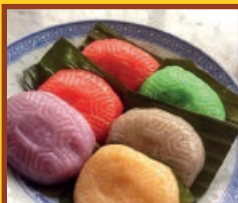
Share with your family members and friends your favourite dish that is made with rice!

## QUIZ

# THE FOODIE CHALLENGE

ARE  
YOU A  
FOODIE?

Can you name these local dishes? Take this quiz with your family members or friends and find out who the real Singapore foodie is! Turn to the next page for answers.



# THE FOODIE CHALLENGE

Did you get them right?  
Check out these dishes with your family members if you have not tried them!



**THOSAI**



**KUEH PIE TEE**



**VADAI**



**KUEH LAPIS**



**MOONCAKE**



**MURUKKU**



**SIEW MAI**



**KUEH DADAR**



**SATAY**



**PAPADAM**



**MEE REBUS**



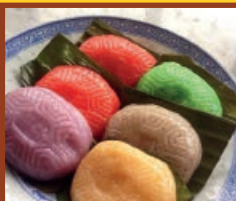
**SAMOSA**



**ROTI JALA**



**POPIAH**



**ANG KU KUEH**



**FISHBALL NOODLE**



# A-OK!

Stickers

