

A-OK!

Agents of Kindness

Issue

03

2021

Primary 5-6



singapore
kindness
movement

TOGETHER, OUR SINGAPORE SPIRIT



HELLO EVERYONE!

My name is August! I am a Merlion. My birthday is on the 9th of August, which is also Singapore's National Day!

This year, Singapore celebrates her 56th birthday. It is a time to celebrate our Singapore Spirit and to stay united and find new strengths in this ongoing pandemic.

Many of us will watch our familiar and favourite parts of the National Day Parade on TV and experience the celebrations within Singapore's heartlands.

I can't wait to share with you everything about National Day 2021 in this booklet. Let's all have fun, stay safe and enjoy the celebrations together with our family and friends!

**WITH LOVE,
AUGUST**



Let's Celebrate National Day



...and here are some exciting things you can look out for on the TV!

On National Day, the state flag carried by a Chinook helicopter will make its way across Singapore.



Our Red Lions who have been training hard will be performing their famous free-fall displays.



Fireworks will also light up the night sky at the end of the National Day Parade!



That sounds awesome!

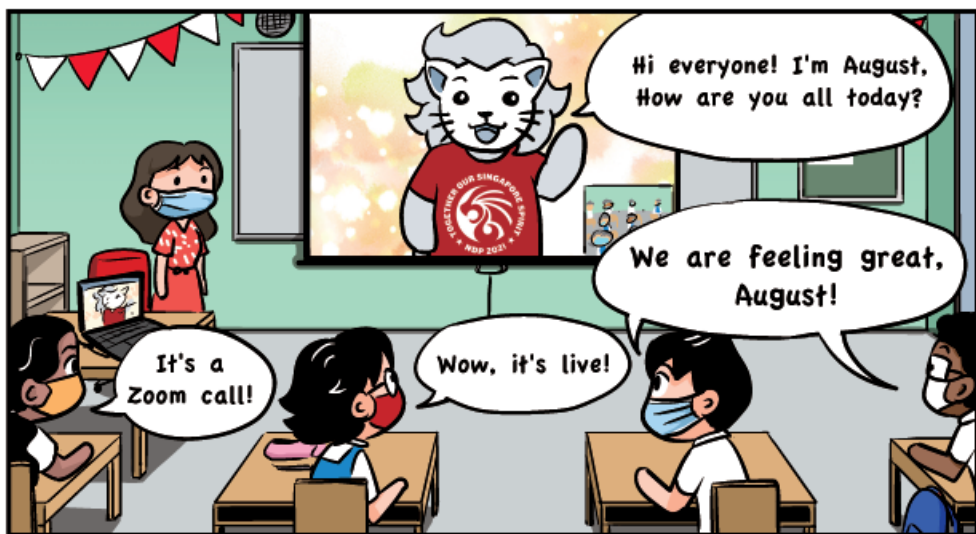
Can't wait to catch the programmes!



I hope all of you are excited about what August has shared! Now... I have a surprise for everyone!

A surprise?





It is also a perfect example of nobility and serves as a reminder of our nation's independence.

Sounds impressive!

August! What do you like to do during your free time?



During my free time, I like to play soccer with my friends or visit places like museums, Singapore Botanic Gardens and Gardens by the Bay.

I also like to listen to our National Day songs!

August! What do you like to eat?

Oooh! I love local food! I enjoy going to the hawker centre to eat! I love eating snacks like gem biscuits and animal biscuits too!





End

NATIONAL DAY 2021

LOGO DESIGN



OUR SINGAPORE SPIRIT

The NDP 2021 logo is inspired by the Lion Head Symbol, which was introduced in 1986 to express loyalty and commitment to the nation. We hope that the lion's courage and strength will spur our nation on as we overcome COVID-19, progress into the new normal, and build our shared future together as one united people. This is what it means to come together and demonstrate our Singapore Spirit.

DID YOU KNOW?



The NDP 2021 logo was conceptualised by Tan Yun Xin, a Nanyang Polytechnic student.



Like the NDP 2021 logo, the National Anthem that you sing during flag raising also reflects our enduring hope and spirit, which remind us to continue working hard together to make Singapore a better home for all.





Identify the symbols in the logo below and write down what they represent.

Complete the following sentences.

- 1 The lion head represents

_____.

- 2 The five bold strokes in the lion's mane represent

_____.



- 1 Spot a number within the logo.

- 2 What do you think it represents?

NDP THEME SONG

THE ROAD AHEAD



Verse 1

One man on an island
One drop in the sea
All it takes to set a wave in motion

Is a single word, an action
A hope that we can be
The change that we've been longing to see

Pre Chorus

For our home, our land, our family
It's all within our reach

Chorus

See this island, every grain of sand
Hear this anthem, it's the voices of our friends
Come whatever on the road ahead
We did it before, and we'll do it again

Verse 2

When the moments turn to hours
And the day's last light is gone
Look around us always and remember

There were times we were uncertain
But we just kept walking on
It's always darkest just before the dawn

Chorus

See this island, every grain of sand
Hear this anthem, it's the voices of our friends
Come whatever on the road ahead
We did it before, and we'll do it again

Bridge

Our home, the home we share
Where the garden always grows toward the light

Though the road ahead is daunting
I know we're gonna be alright

Chorus

See this island, every grain of sand
Hear this anthem, it's the voices of our friends
Come whatever on the road ahead
We did it before, and we'll do it again



Scan the QR
code to find out
more about the
NDP theme song!



THINGS I AM GRATEFUL FOR IN SINGAPORE

I AM GRATEFUL FOR...



FAMILY TIME

Together with your family members, list the things you are grateful for in Singapore.

CELEBRATE NATIONAL DAY WITH YOUR FAMILY

Complete this National Day Bingo as you celebrate National Day this year with your family members!



Wore red or white on National Day	Sang the National Anthem when watching the NDP	Shared with someone one thing you like about Singapore	Sang 'Home' by Kit Chan	Displayed the National Flag outside my home
Watched the NDP on TV	Recited the Pledge during NDP	Ate a local dish	Watched the fireworks on TV	Used the NDP stickers on the sticker page
Watched the National Day Theme Song 2021 music video	Decorated my house to celebrate National Day	NATIONAL DAY BINGO 2021	Collected one of the NDP21 August merchandise	Thanked someone who contributed to Singapore
Ate something red or white	Listened to ND21 Lo-Fi Beats from ndp.gov.sg	Watched the State Flag fly past on TV	Watched music videos of past years' National Day theme song	Took photos with my family on National Day
Waved the National Flag	Visited a museum in Singapore	Bought food from a local or hawker food stall	Sang "Where I Belong" by Tanya Chua	Watched a locally produced film or TV show

HOME RECIPES

TO TRY WITH YOUR FAMILY THIS NATIONAL DAY

Coconut Agar Agar



INSTRUCTIONS:

WHAT YOU NEED:

1 1/2 cups coconut milk
1 cup milk
1 cup white sugar
2 tablespoons agar agar powder
3 cups water
Red food colouring
Jelly mould

1. Mix coconut milk, milk, 1/4 cup of sugar, 1 tablespoon of agar agar powder in saucepan and bring it to boil.
2. Pour the coconut mixture into mould(s) of your choice. Allow it to cool.
3. Meanwhile, mix the remaining 3/4 cup sugar, 1 tablespoon of agar agar powder, red food colouring and water in another saucepan and bring it to boil.
4. Check to see if the coconut agar layer has hardened. Do not let it become completely hardened, as the two layers will not be able to stick together.
5. Gently pour the red mixture on top of the coconut milk layer.
6. Let the agar set. It should take about 40 to 45 minutes at room temperature.
7. Slice agar agar in preferred size and decorate them with your own toppers!

Star Cheese Toasties



WHAT YOU NEED:

Slices of bread
A packet of sliced cheese
Star-shaped cookie mould
Oven or toaster

INSTRUCTIONS:

1. Lay bread slices.
2. Press cookie mould onto cheese slices to form star-shaped cheese.
3. Decorate by arranging star-shaped cheese on the bread slices.
4. Toast in the oven for 5 minutes.
5. Serve cheese toast hot.

Rainbow Fruit Skewers with Yogurt or Cheese Dip



WHAT YOU NEED:

Satay sticks
Assorted fruits of your preference
2 cups yogurt

INSTRUCTIONS:

Thread cut fruits onto satay sticks. Recommended choice of fruits for a rainbow set of colours are strawberries, oranges, pineapples, kiwi and blueberries. Feel free to get creative!

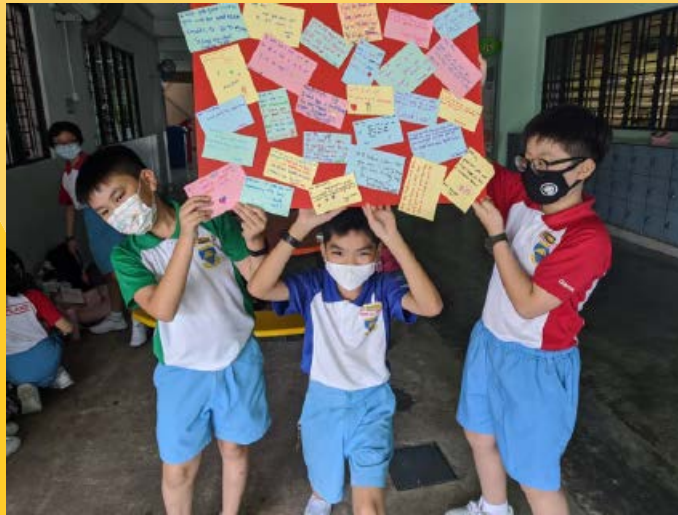
OPTIONAL: Serve fruit skewers with yogurt dip or cheese sauce! You may mix remaining cheese slices (from doing cheese toasties) with milk and microwave it to make cheese sauce.

A-OK!

Stickers



KINDNESS STORIES



ABC - APPRECIATE, BE KIND, SHOW CARE

Students at Northland Primary School found opportunities to show appreciation, care and kindness.

Kindness ambassadors set up a booth for students to write appreciation cards for frontline healthcare workers, school cleaners and security guards during recess. They also set up a similar booth where juniors could pen notes of encouragement and well wishes for their Primary 6 seniors.

To gather more kindness, kindness ambassadors also prepared a presentation on caring for the school environment. Their fellow schoolmates were invited to share ideas. Even a simple one like not providing plastic straws in school could go a long way towards protecting the environment!

For Teachers' Day, students posted their notes of appreciation online. They also came together to do a mass cheer for their teachers to show their love and thanks. For Children's Day, they donated stationery items for students in need.

★ Be a FRIEND F SINGA

Dear Students,

The Friend of Singa 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?

1

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

2

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

3

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

4

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

Protecting the environment starts with me! ★

We can all play a part in protecting our environment by practising good daily habits such as saving electricity and water, recycling materials and reducing waste.

Based on the scenarios below, write what could the student have done to protect our environment. Complete this activity with your family members or schoolmates.

Reducing Food Wastage

Jayden ordered too much food and threw away the leftovers.



How would you advise Jayden to reduce food wastage?

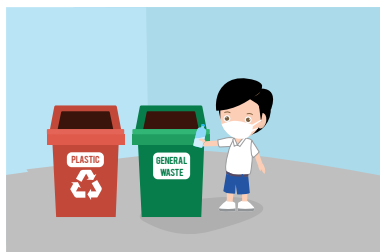
Saving Water

Keegan noticed a leaking tap in the school toilet but ignored it.

How would you advise Keegan to save water?



Recycling the right way



Shaun finished his drink and wanted to throw the plastic drink bottle into the general waste bin.

How would you advise Shaun to recycle the right way?

Submit your Friend of Singa Mission Card

Now, tell Singa...

Three responsible things you can do in school to protect the environment.

I can reduce food wastage by _____

I can save water by _____

I can recycle the right way by _____

Did you enjoy doing this mission?

☐ Yes. Why? _____

☐ No. Why? _____

Full Name _____

School _____

Form Class _____ CCE 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 **20th August 2021**. If your school does not have a Kindness Mailbox, you can submit your cards to 61 Stamford Road #01-08 Stamford Court, 178892.

Only properly
completed mission cards
will qualify for the
termly FOS memento.





Be a
FRIEND

SINGA

