

A-OK!

Agents of Kindness

Issue

04

2021

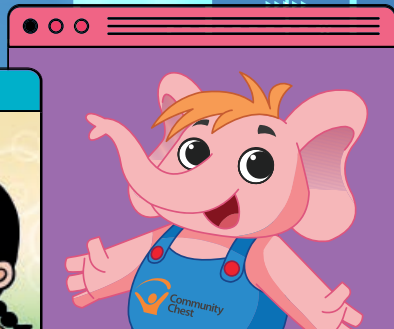
Primary 5-6



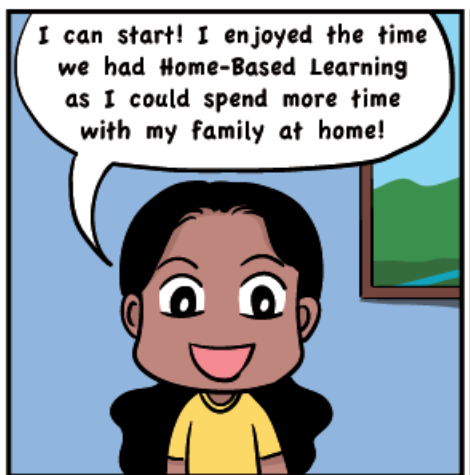
**CARE DEEPLY
SHARE FREELY**
with Sharity & Friends

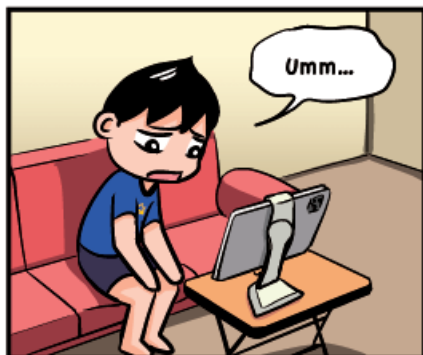


**CHOOSE
KINDNESS**



Choose Kindness





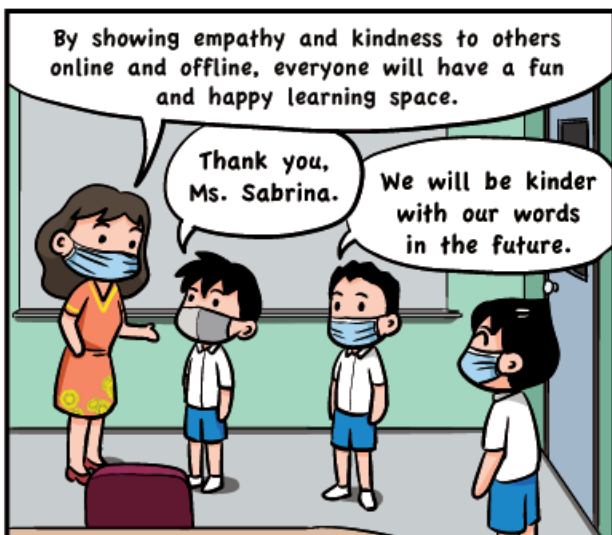
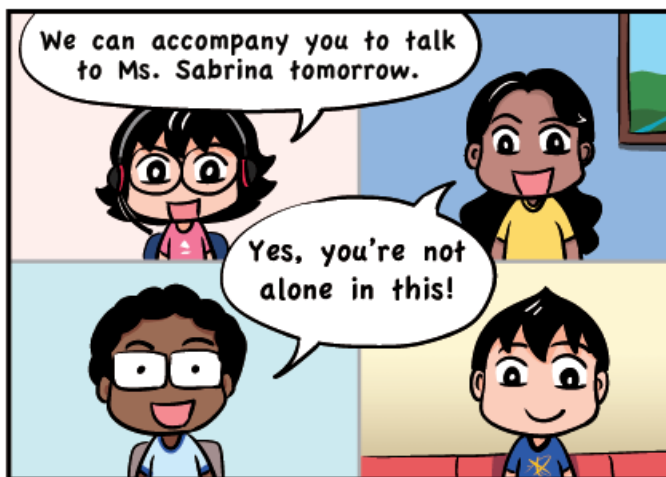
Some classmates replied with negative comments like...

"How could you miss that shot? You should stop playing."

and

"You looked really clumsy!"





End

THE GOLDEN RULE OF KINDNESS

Did you know the golden rule of kindness is to treat others the way you want to be treated? It is always nice to help someone, include a friend or say kind words so that they feel welcomed and included!

Match the scenario to the response you would like to receive.



When the school holiday is starting soon and I start missing my friends...

I would like someone to share his/her umbrella with me.



When I drop the hot bowl of noodle soup I am carrying during recess...

I would like someone to ask if I am alright and if I need help to clean up.



When I receive a hurtful comment online...

I would like my friends to keep in touch with me.



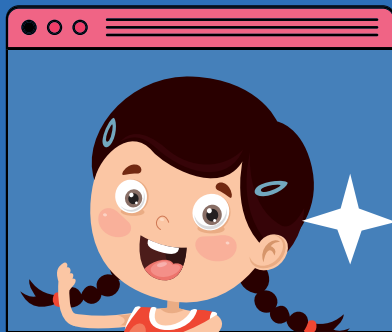
When I do not have an umbrella and it is raining heavily...

I would like someone to reach out to me and provide a listening ear to hear how I feel.



When I sit alone quietly after a quarrel with a friend...

I would like someone to say something kind.



THE MAGIC OF POSITIVE WORDS

What would you do or say when someone shares something online? In this activity, tick a comment which you think will spread positivity online!



I scored my first goal today!

ADD A COMMENT:

☐

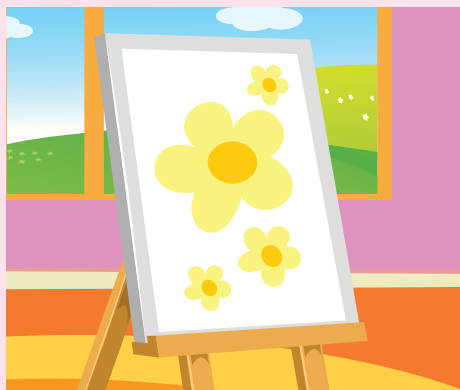
Wow! Good job!

☐

Cool! How does it feel to score your first goal?

☐

That's not something to be proud of.



I spent almost 2 hours painting this. What do you guys think?

ADD A COMMENT:

☐

That looks awesome!

☐

I think it will look even better with more colours!

☐

Stop showing off!



Love my new cap!

ADD A COMMENT:

☐

You look great!

☐

It fits you perfectly!

☐

You look silly and funny!



Thanking my neighbour with homemade cookies today!

ADD A COMMENT:

☐

That's so nice of you!

☐

I shared some cookies with my neighbour too. They loved it!

☐

These cookies look disgusting!



Did you know that your words can make or break someone's day? Always choose to be kind online!



Write down your thoughts on this page or send in your response through <https://mailbox.kindness.sg>

Home Address*: _____

C



TEAR OUT THIS PAGE AND SEND IT TO US.

POST IT BY SNAIL MAIL TO:

**Agents of Kindness
Singapore Kindness Movement
61 Stamford Road
#01-08 Stamford Court
Singapore 178892**



International Friendship Day encourages everyone to build good relationships with friends from different countries. In your school, what would you share with a friend from another country about living in Singapore?

If there was a new student in my class from another country, I would say, "Hi! Welcome to Singapore! You may not like the weather here but you will love the food! Singapore is a country that does not judge you by your race or religion. We respect everybody here! Singapore is also a very green and clean place. We try to keep Singapore safe and hygienic for everyone!" I would also say, "There are really beautiful places here like Marina Bay Sands, Universal Studios, Botanic Gardens, Sentosa and so much more!"

- Chloe Ng, Punggol Primary School, Class 5T

I would share that living in Singapore is very wonderful as we are a multicultural society. We celebrate, understand and appreciate one another's cultures, traditions and festivals. Singaporeans are also very resilient, friendly and kind! We care for the environment too. There are many trees in Singapore and we see flowers blooming!

- Krishna, Telok Kurau Primary School, Class 5 Harmony



DEAR FRIENDS,

Thank you for participating in the Friend of Singa missions this year! You did great!

I hope you have enjoyed the missions and learnt a little more about yourself and the people around you. Remember that all you need is a little kindness to make a difference.

I look forward to seeing you and more students spread kindness at home and in school.

Have a wonderful and meaningful school holiday ahead!

P.S. Keep an eye out for your certificate and collar pin in November if you have completed all 3 missions this year!



Cheers,

Singa

STAY SAFE STAY CONNECTED

with Sharity & Friends



SHARITY™ CLUB

Hello! It's me, Sharity!

How have you been? I have been showing care to others by reminding them to mask up and stay safe!

Even though I can't hang out with my friends as often now, it doesn't mean that we can't have fun together! My friends and I have come up with some activities that you can do with your family and friends.

Remember to care deeply and share freely!

Love,
Sharity

Design your own Caring & Sharing Sticker!

Draw and colour your sticker design on the next page and stand a chance to win printed stickers featuring your design for your schoolmates.

Submit your design in JPEG or PNG format to go.gov.sg/sharitystickerdesign2021

The top 10 winners will receive a Sharity Club e-store gift card worth \$20 as well!
Submission ends 30 November 2021.





**NAME YOUR
CREATION:**

**SHARE WITH US WHAT
INSPIRED YOUR
DESIGN AND HOW YOU
CAN CARE DEEPLY.
SHARE FREELY:**



**CARE &
SHARE**



You can Be A Sharity Star by spreading the values of caring and sharing, and helping to build an inclusive community!

Here are the steps to Be A Sharity Star:

Step 1: Visit **www.comchest.gov.sg/Sharity/BeASharityEngine** to download the e-version. Earn at least 4 stars to qualify for a special Sharity reward!

Step 3: Ask your parent or guardian to submit your entry and photos of your completed tasks by scanning the QR code. Submission ends on 31 December 2021.

Step 4: Receive an e-certificate of achievement and a surprise Sharity gift with your successful submissions!



5 TIPS TO KEEP YOU GOING

It's been a special year for students. You were able to go back to school and meet your friends. You also became more independent during periods of home-based learning. Many of us were able to participate in our CCAs again. However, as circumstances are always changing, some of us may be feeling more stressed than usual.

But, give yourself a pat on the back! You've made it this far! Here are 5 tips to keep you going.



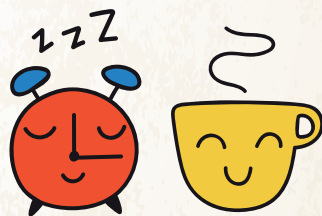
1. STAY FOCUSED WITH SMALL STEPS

Choose small and achievable tasks to accomplish each day. This will help you pace yourself and work consistently, so that you do not burn out before reaching the finishing line. For example, when preparing for exams, take it one step at a time. Plan and focus on revising one topic a day, instead of worrying about revising for all your subjects at the same time.

2. GET ENOUGH REST

Most of us think that getting enough rest is just about having sufficient sleep. However, eating well, exercising and doing things that you like are also important for us to rest! These activities work together to boost our physical and mental health so that we can function at our best.

Do remember that self-care is the greatest medicine! If you are feeling tired or down, why not take some time off your daily routine to rest? You will feel more recharged and refreshed afterwards!



TAKE A BREAK

FRIENDS



3. FRIENDS ARE COMPANIONS, NOT COMPETITION

You and your friends can support each other when times get tough. Talking to a friend about your feelings can relieve your stress and make you feel better. You can also plan study sessions with your friends so that studying becomes more enjoyable!

When it comes to our studies, we sometimes compare ourselves with our friends and let that affect our self-esteem. But our performance and results do not define who we are! Instead of competing with others, ask yourself: Are you better today than you were yesterday? At the same time, help your friends stay positive too. Remember that you are all in this together.

4. BE THANKFUL

Taking time to be grateful for what we have can help us to be more positive. One simple exercise is to create a gratitude list. At the end of each day, list 3 things that you are thankful for. It could be as simple as getting to eat your favourite food that day!

Celebrating the small victories in life can change our perspective of any situation, and help us focus more on helpful thoughts instead of dwelling too much on the difficulties or challenges!



5. ENJOY THE JOURNEY

As we prepare for our exams, remember this: Exam results do not define us. This does not mean that we should not try our best. Rather, it means that the results we obtain do not determine our worth. The journey is more important than the destination!

While you work hard for your exams, remember to take a step back and see this as a period of growth. At the end of each exam, you will feel a sense of accomplishment knowing that you have tried your best, regardless of the results.

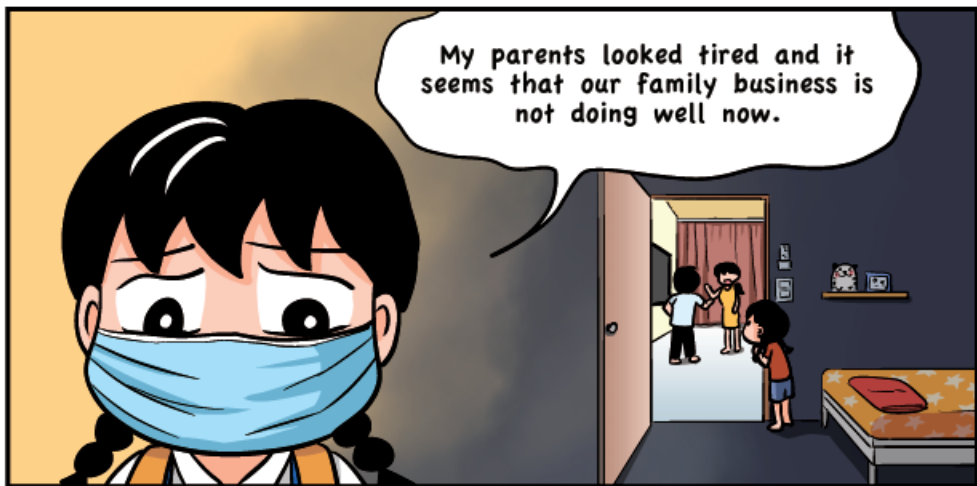
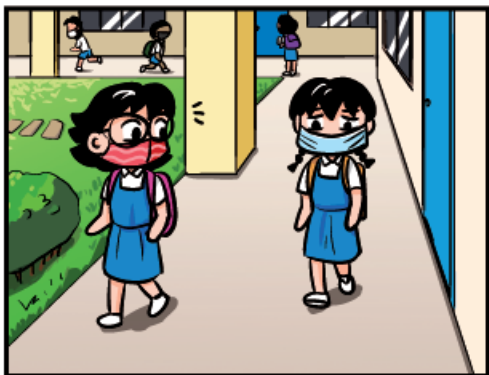
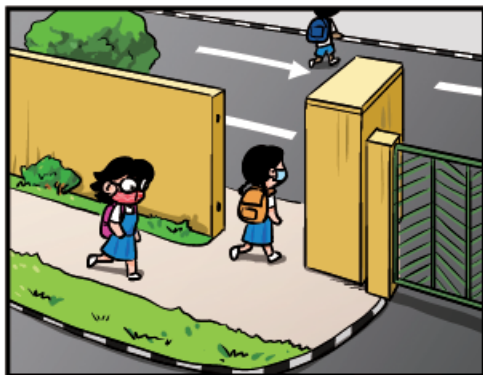
As you continue to work hard for the final stretch, remember to practise self-care, and stay happy and healthy!

MORE STORIES ON
[PRIDE.KINDNESS.SG](https://pride.kindness.sg)

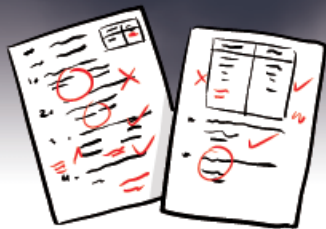




We're Here For You



I've been feeling sad these days...
Because of this, I can't seem to
concentrate in school.



Now, there is so much homework
to catch up on...



Oh Lisa, it must have been
difficult for you.

I'll be here for you
if you need someone to
talk to ok?

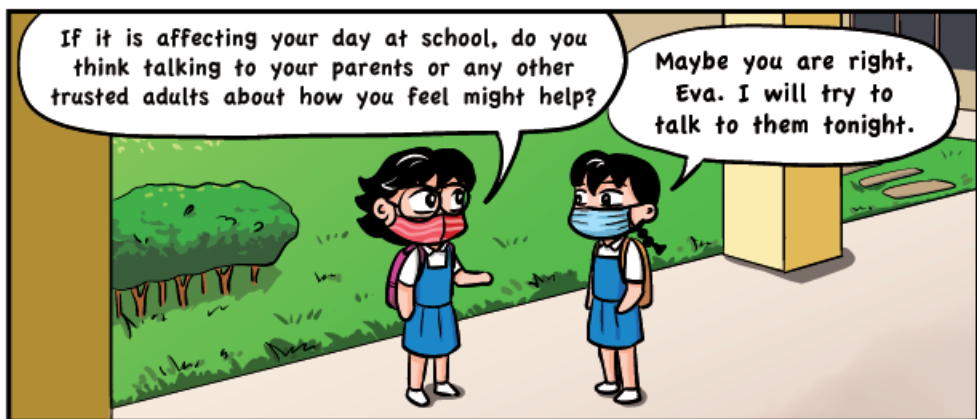


Just know that you're not alone.
You have friends and teachers
who can help too!



Thanks, Eva, for being
my listening ear!

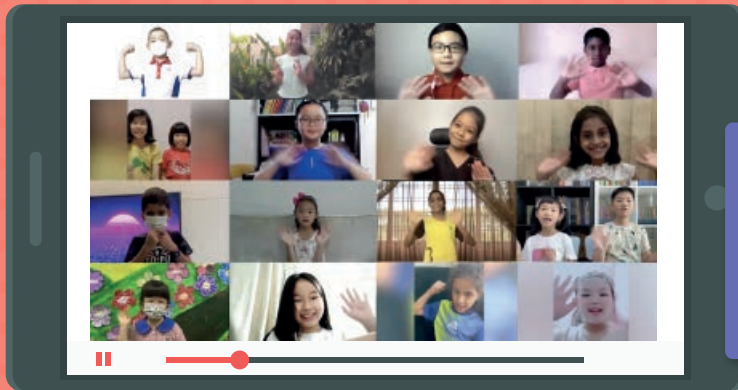




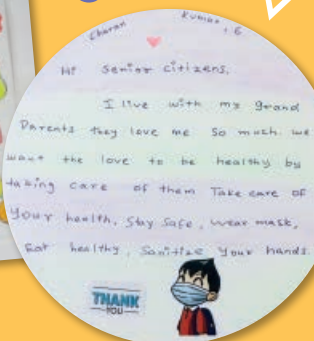
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#AKindnessProject

During the June school holidays this year, many students took part in A Kindness Project to give tips to our senior citizens on keeping well. We are happy to have received many heartwarming videos and written messages for our senior citizens. Well done, students!



Scan the QR code to view the videos and written messages for our senior citizens!



This project is made possible by:



What would you do to cheer someone up?

Draw something that you will do to make a friend smile.

Name of friend:



A-OK!
Friendship
Tips

Lend a listening ear to your friend when they have problems.

Try new things together.

Write a handwritten encouraging note.

Play a sport together.

Do a kind deed together.

Tell a joke.

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 **29 October 2021**.

A-OK! 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 1 of A-OK! in 2022!

PRIZES:

★ 1st

A limited edition NDP Singa box set, Singa reusable fabric mask, Singa diamond sticker craft kit, crayon highlighter and other SKM merchandise.

★ 2nd, 3rd

Singa reusable fabric mask, Singa diamond sticker craft kit, crayon highlighter and other SKM merchandise.

★ 3 consolation prizes

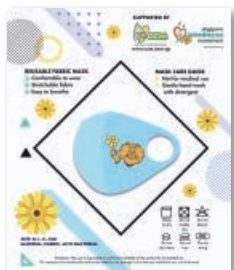
Singa reusable fabric mask, Singa diamond sticker craft kit and other SKM merchandise.

PRIZES FROM THE SINGAPORE KINDNESS MOVEMENT



Limited edition NDP
Singa Box Set
(For 1st prize)

Singa Reusable Fabric Mask



Singa Diamond Sticker
Craft Kit



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

CONTEST WINNERS



Design a Mask



Congratulations to the winners of
the mask design contest!



1ST

Tisha Nur Nabila Binte Md. Alfian
Tampines Primary School
Class P6 Hope

Good job, Tisha! Your classmates and teachers will each receive a reusable fabric mask featuring your design.

2ND

Alicia Lim
Rivervale Primary School
Class 5 Respect



3RD

Alexandra Paige Lamy
CHIJ (Katong) Primary
Class Amethyst 5





CONSOLATION

Jaden Lu Zhenwei
Sembawang Primary School
Class 5 Resilience

CONSOLATION

Joana Lim
Punggol Primary School
Class P6-I



CONSOLATION

Koh Jia Ling Chloe
Lakeside Primary School
Class 5E



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.

MY SCHOOL HOLIDAY EXPERIENCE

Have some fun with your family this school holiday! It could be visiting a new place, discovering a hawker stall that serves great food, staying at home to bake or playing sports together. Record your experience below.



DATE:

TIME: MORNING / AFTERNOON / EVENING

PLACE:

ACTIVITY:

RATE IT OUT OF 5 STARS:



3 THINGS I LIKED ABOUT THE PLACE OR ACTIVITY:

WRITE A NOTE

Together with your family members, share your positive experience with a friend or neighbour and encourage them to try the activity too!

Some words you can use to describe your experience are: fun, enjoyable, exciting, amazing



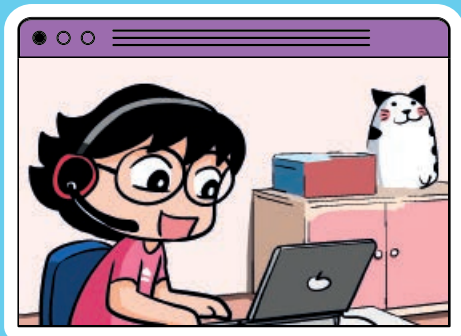


Agents of Kindness

Let's spread happiness in school and in the
community through acts of kindness.

A-OK!

Stickers



CHOOSE
KINDNESS



SOAPER 5 STICKERS

If you want to show that you care but can't find the right words to express yourself, Soaper 5 have got you covered. Share these stickers with your friends and family. A simple message of "I'm here for you" can make a big difference!

Hey Friend



Outdoors Calling



**Think
Positive!**



**Sleep
Enough**

Smile!



Let's Move It!



**Gimme
A Call**



**Manage
Screen
Time**



You Matter



**No
Surfing
Zone**



**We Care
About You**



**Rest
Your
Eyes**

