

A-OK!

Agents of Kindness

Issue

01

2022

Primary 5-6



singapore
kindness
movement



STAY



COOL



A-OK!

Agents of Kindness



YEAH!

DEAR AGENTS OF KINDNESS,

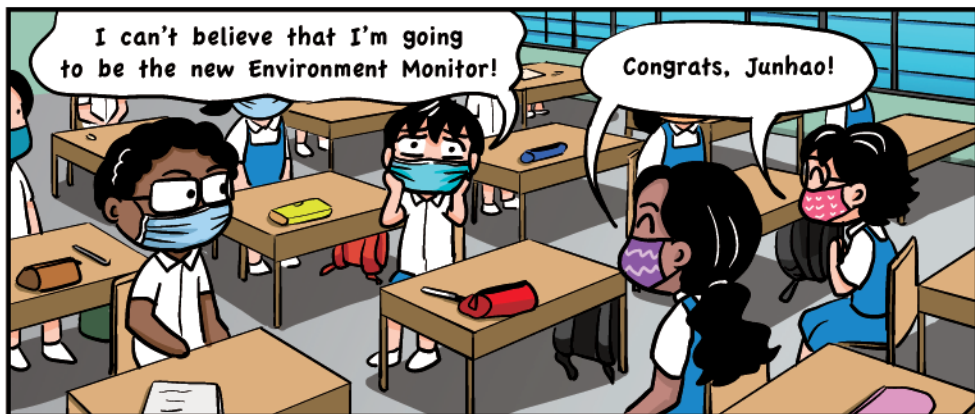
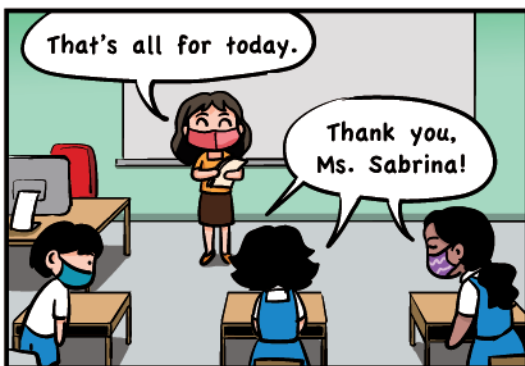
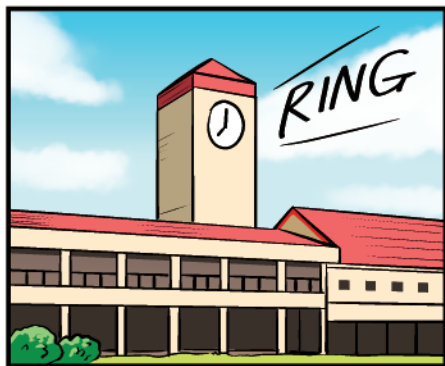
Welcome back to school! In this new year, you have been promoted to be an Agent of Kindness, a senior to your juniors in school. We hope that you will continue to carry out acts of kindness every day. A simple act of kindness can have a huge impact on someone's day and make them smile. Don't be afraid to help others in need, as long as it's within your means, because every simple act of kindness goes a long way!

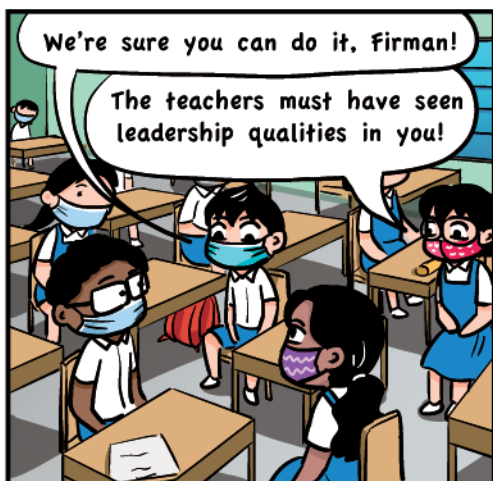
In this new year, we hope that you will commit to a cause, no matter how small it may be. Many small acts of kindness can make a big difference.

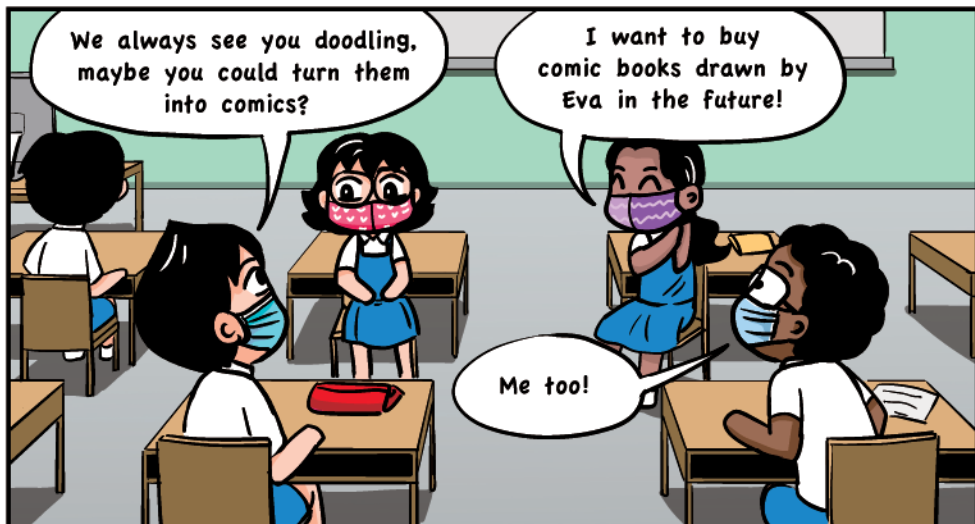
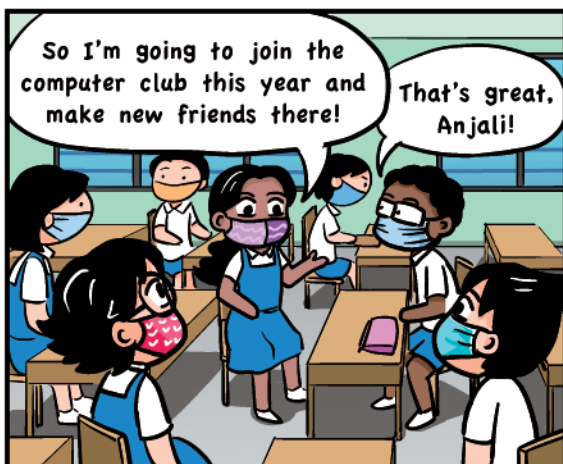
In this A-OK! Issue, you'll find useful tips, fun activities and inspiring stories to get you started. We hope that your year will be filled with tons of laughter, kindness and meaningful moments!

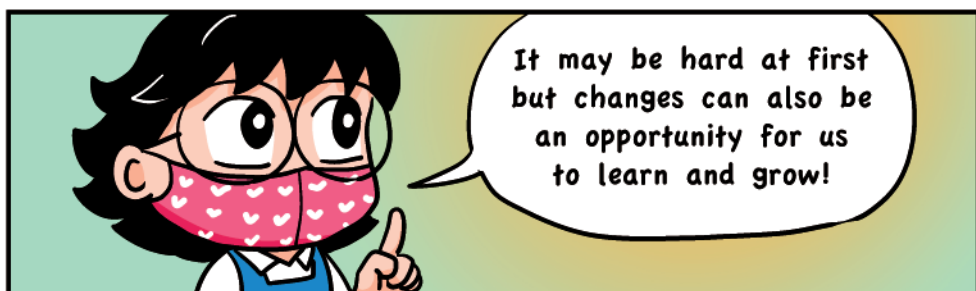
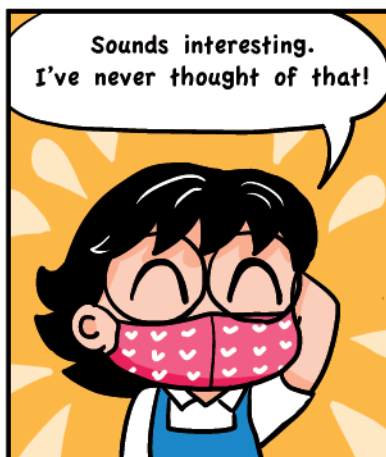


A New and Amazing Year Ahead









End

HAVING HELPFUL THOUGHTS

We may have negative thoughts about ourselves sometimes, especially when we go through changes or challenges. While this may be normal, we can say positive and helpful words to ourselves to help us feel better. In this A-OK challenge, write how you can respond to the negative thoughts in a kind, encouraging and helpful way!

NEGATIVE THOUGHTS

I am interested to take part in the robotics camp but I'm afraid I'll mess up. It's not worth trying.

I am never going to complete these math questions. They are too difficult.

I am going to disappoint my basketball teammates. Everyone is better than me.

I wanted to draw a birthday card for my friend but I can't seem to make it right. I'm not good at anything.

I was carrying a bowl of noodle soup at the canteen when I accidentally tripped and fell. My carelessness could have hurt someone. I never do anything right.

POSITIVE AND HELPFUL WORDS I CAN SAY TO MYSELF INSTEAD

Example: It's okay if I make a mistake, that's how we all learn and improve.

QUIZ

WHAT KIND OF ENVIRONMENT CHAMPION ARE YOU?

In the activity below, circle as many cleanliness habits as you have and find out if you are a 3R Specialist, Cleanliness Warrior or a Gracious Ambassador!

 <p>I practise recycling.</p>	 <p>I see a doctor when I am feeling unwell.</p>	<p>I use both sides of the paper before discarding it.</p>	 <p>I wash my hands with soap and water after using the toilet.</p>	 <p>I use my own cutlery and container for takeaways.</p>	<p>I always flush after using the toilet.</p>
 <p>I help with the wipe-down routine in class.</p>	 <p>I bring a reusable water bottle with me.</p>	<p>I cover my nose and mouth with tissue when coughing or sneezing.</p>	<p>I empty the dustbin in the classroom without being told to do so.</p>	<p>I keep the toilet clean and dry after use.</p>	 <p>If I see someone littering, I stop and ask him/her to bin the trash.</p>
 <p>I am not eating my greens. You shouldn't waste food!</p> <p>I reduce food waste.</p>	 <p>I wear a mask.</p>	<p>I clean up after myself after meals, leaving a clean table for the next person.</p>	 <p>I use a reusable bag.</p>	<p>I return my cutlery after meals and encourage my friends to do the same.</p>	 <p>I always bring a hand sanitiser with me.</p>

Count the number of coloured squares you have circled and find out if you are a...



3R SPECIALIST

You make a difference by helping to save the environment while keeping clean.



CLEANLINESS WARRIOR

You care about good personal hygiene and cleanliness. You practise good hygiene habits and understand the importance of protecting yourself and others from illnesses.

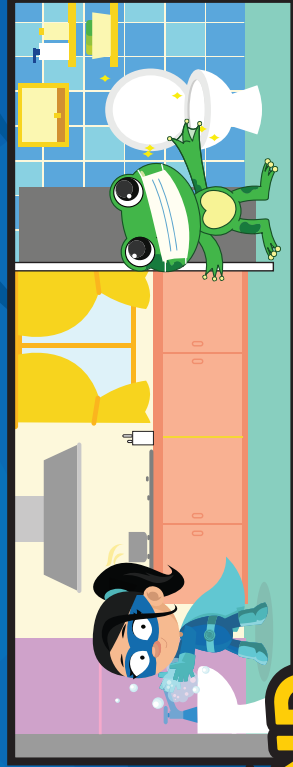


GRACIOUS AMBASSADOR

You are a role model to your peers when you practise everyday responsibilities and encourage others to do the same. You care about the cleanliness of the environment and the people around you.

Scan the QR code to watch the "Say YES to Waste Less" video.





**BE KIND,
KEEP CLEAN!**

What kind of Environment Champion are you?

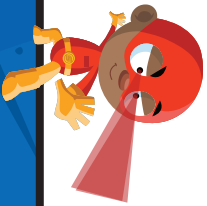
I'm a _____

Write to your primary 1 and 2 juniors and share your journey to becoming an Environment Champion.

DEAR _____,



FROM: _____



BE KIND, KEEP CLEAN

PROJECT FEATURE

A RACIAL HARMONY PROJECT



During Racial Harmony Day last year, many students took part in A Racial Harmony Project to share with others what racial harmony means to them. We are happy to have received many meaningful videos and written messages. Well done, students!

What does Racial Harmony mean to you?

What does Racial Harmony mean to me?

Well, if you ask what Racial Harmony means to me, the answer is: Racial Harmony Day is a day in Singapore to celebrate its success as a racially harmonious and multi-racial country, which mainly consists of Chinese, Malays, Indians as well as Eurasians and other races of the country. On the day, most students wear ethnic costumes to school. It is celebrated on the 21st of July every year, with most activities organised by school, Community Centres to strengthen the ties among the people of different ethnic communities. In Singapore, there are many traditional games such as 5 Stones, Chapteh, Kuli Kuli, Paper ball and more! There are traditional delicacies such as Laksa, Char Kway Teow, Hokkien prawn mee, Barbecued stingray, Fish head curry, satay and more!

Name: Rishabh Pandita

Age: 10 Years

Class: P4 Care

School: Turuvyan Primary School



Scan the QR code to view the videos and written messages from students.

Hello everyone! My name is Rishabh Pandita. I am 10 years old. Racial Harmony means to me to unite with everyone to me and my family. I will learn about different ethnic groups, my traditions, customs. I will help everyone I will play and eat with everyone together. We will play and eat to strengthen Racial Harmony. It is very important. Everyone will have a beautiful day. Racial Harmony celebration.

RACIAL HARMONY





Dear Students,

The Friend of Singa (FOS) programme turns 32 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. Read what Singa shares on page 14.
2. Follow the instructions to complete the FOS mission.
3. Submit your FOS mission to Singa via your school's Kindness Mailbox. You may also send your mission via snail mail to **61 Stamford Road #01-08, Stamford Court, S178892** if your school does not have a Kindness Mailbox.
4. Check out new missions in Issue 1 and Issue 3 of A-OK! and be sure to complete all the missions to be recognised as a Friend of Singa at the end of the year.





Spot the Kindness Mailbox in your school

Did you know that in 2021, 118 primary schools participated in Friend of Singa? If your school was one of the participating schools in 2021, you would have spotted a red Kindness Mailbox in your school! The Kindness Mailbox is where you can submit your completed FOS missions.

Singa would like to remind everyone to treat the Kindness Mailbox with care so that our mailman can collect your completed missions in a timely manner.



Please do not throw litter or things that should not go into the Kindness Mailbox.

Take the simple test below to see if you know what are the right things to do! CIRCLE the right behaviour!



Answer: 2 & 3



PATH SHARING IS EVERYONE'S RESPONSIBILITY

Did you know?

Riding bicycles or kick-scooters is beneficial when used safely and responsibly. They are a good form of exercise, and allow us to get from one place to another conveniently and with less harm to our environment.

Whether we walk on footpaths or ride on cycling paths, let's remember that they are public spaces shared by everyone. We must do our part to share our paths safely and always give way to one another!

How can we be kind and considerate when riding and walking on public paths?



KEEP LEFT ON PATHS
WHEN CYCLING OR WALKING.



STOP AND LOOK OUT
FOR ONCOMING VEHICLES BEFORE CROSSING THE ROAD.



GO SLOW
WHEN OTHERS ARE AROUND.



ALERT OTHERS
BY RINGING THE BELL OR SAYING 'EXCUSE ME' BEFORE OVERTAKING.



USE THE MOST APPROPRIATE PATH

CYCLISTS AND MOTORISED PERSONAL MOBILITY DEVICE (PMD) USERS SHOULD USE CYCLING PATHS WHERE AVAILABLE AND PEDESTRIANS SHOULD USE FOOTPATHS.



SAY 'THANK YOU'
WHEN PEDESTRIANS MAKE WAY FOR YOU.



DO NOT USE
MOBILE PHONES WHILE WALKING OR RIDING.



FRIEND OF SINGA MISSION

Safe and gracious behaviour is key to maintaining safety on public paths. All path users will need to be aware of their surroundings and always look out for others who need help.

Your mission in this activity is to choose the right course of action. Based on the scenarios below, tell us what you would do.

Scenario 1

You are riding on a footpath and a pedestrian made way for you. You would..



☐ RIDE PAST THE PEDESTRIAN AT HIGH SPEED AND ASK THEM NOT TO BLOCK THE WAY.



☐ SLOW DOWN AND SAY "THANK YOU."

Scenario 2

You are walking along a crowded area. A cyclist says, "Excuse me." You would...



☐ RESPOND TO THE CYCLIST BY GIVING WAY IMMEDIATELY.



☐ IGNORE THE CYCLIST AND CONTINUE WALKING.

Scenario 3

You are riding along the cycling path and you see an injured cyclist. You would...



☐ ALERT AN ADULT WHO WILL HELP THE INJURED PERSON.



☐ IGNORE THE PERSON AND CONTINUE CYCLING.

Submit your Friend of Singa Mission Card

Full Name:

School:

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 **11 February 2022**. If your school does not have a Kindness Mailbox, you can submit your cards to 61 Stamford Road #01-08 Stamford Court, S178892. **Late or incompleated mission cards will not be accepted.**



Share with Singa...

Stand a chance to be featured in the next A-OK! issue by sharing your own experience on public paths with others! You may choose to write or draw in the space below:

CONTEST WINNERS



Congratulations to all winners of the drawing contest from Issue 4/2021! We hope these drawings cheer you on for the new school year ahead.

What would you do to cheer someone up?

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



Name of friend: Charlotte

1st

Chloe Chua Wen Xuan
Tao Nan School, Class 6H (2021)

2nd

Jaden Lu Zhenwei
Sembawang Primary School,
Class 5 Resilience (2021)



Name of friend: Albert Qi



Name of friend: Rebecca Yu Jun Xian

3rd

Daphne Lee Nai Hui
Nanyang Primary School,
Class 5H (2021)



Name of friend: Xin Ning

Consolation

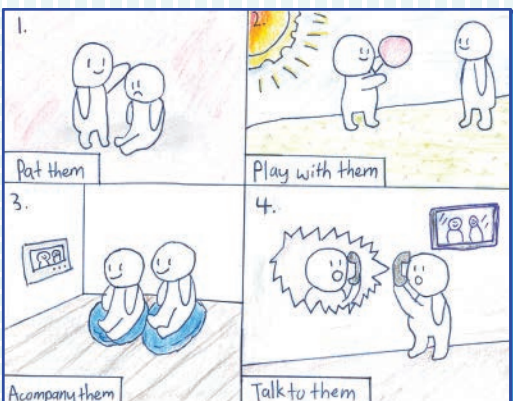
Lee Xin En Valerie
Xingnan Primary School,
Class 6A (2021)



Name of friend: Sophie

Consolation

Farhana Zhang Kaixin
West Grove Primary School,
Class 5F (2021)



Name of friend: Lynn Boon Yew

Consolation

Dominic Toh
Geylang Methodist Primary School,
Class P6-7 Faithfulness (2021)



A-OK!

Stickers



Let the
adventure
Begin

★ I AM AN ★
**AGENT OF
KINDNESS**

→ MAKE ←
Today
GREAT

THERE
IS
ALWAYS
A REASON TO
SMILE



It's Cool
to Be Kind

★ **KINDNESS,** ★
★ PASS IT ON! ★