

# A-OK!

Agents of Kindness

Issue

02

2022

Primary 5-6



In support of



# HAPPY KINDNESS DAY!





# HELLO AGENTS OF KINDNESS!

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 every kind act makes a difference  
in someone's life. Remember, **A Kinder You, A Stronger Us!**

This Kindness Day, spend quality and fun time with your family  
members and express your gratitude to them through acts of  
love, care and concern, commitment and respect.

Did you know that 2022 is the Year of Celebrating SG Families?  
A family that shows love and respect is a strong family. May our  
year be filled with many fun family moments, as we take little  
steps to do small acts of kindness for each other daily.

As an Agent of Kindness, always share what you have been doing  
with others and encourage others to be one too!

In celebration of Kindness Day, don't forget to be kind to yourself  
too! Choose your favourite statements on self-compassion from  
the sticker page and stick them on your personal items such as  
your handbook or your file.

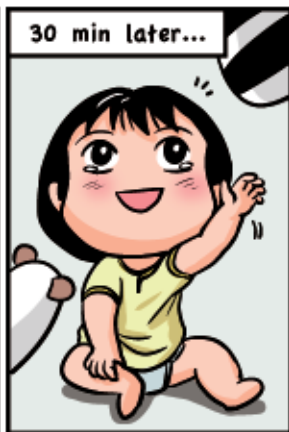
Together, we can make every day  
Kindness Day!

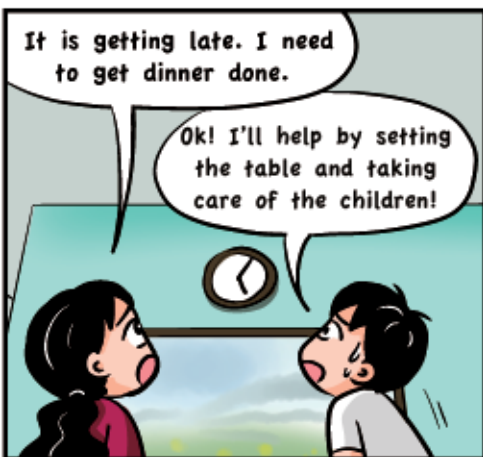
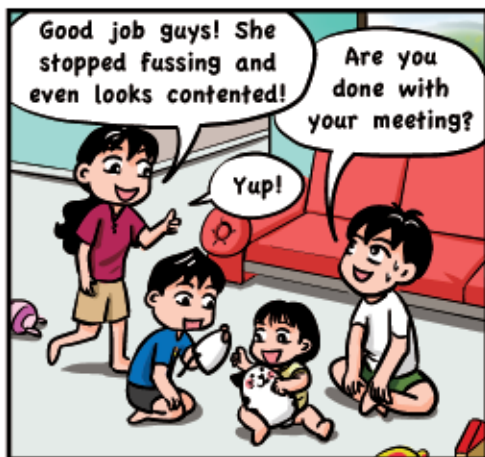
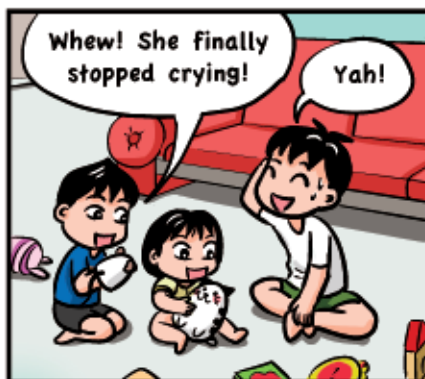


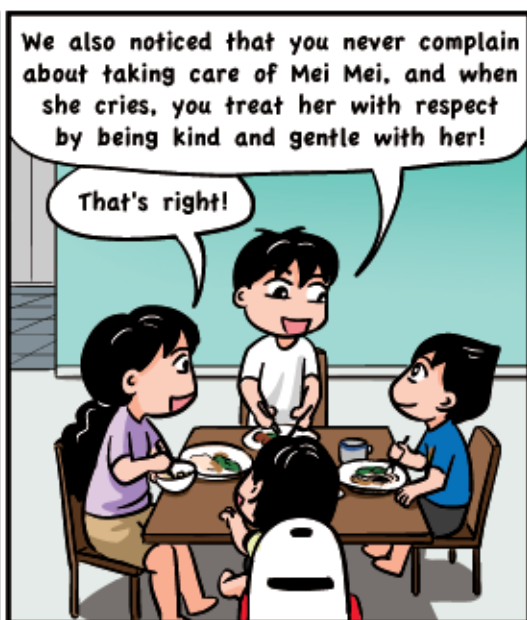
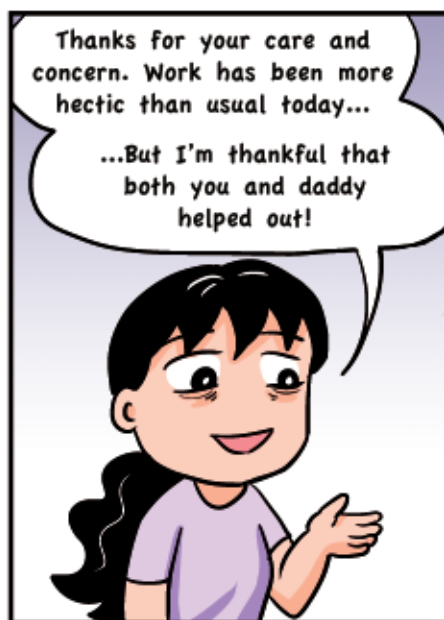
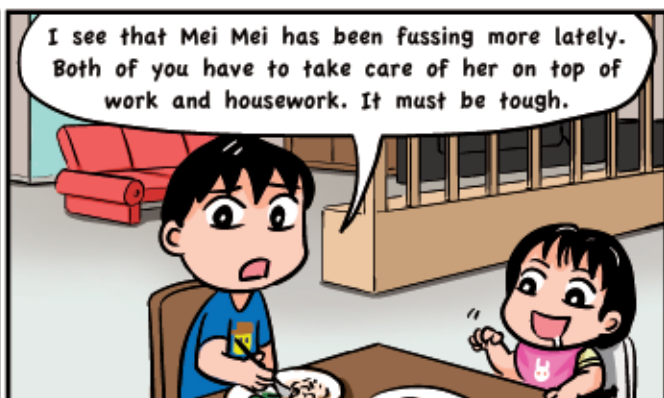
Look out for  
these stickers in  
this booklet!



# Appreciating Our Family









I used to feel upset and like I was not a good older brother whenever I can't make Mei Mei laugh...



But now, I've learnt not to be so harsh on myself. I know I'll get better at taking care of Mei Mei!



Yes Junhao, great that you have learnt to be kinder to yourself. We're so proud of you!

Thank you, Mummy and Daddy, for loving me and Mei Mei!



I appreciate the hard work that you both are doing, taking care of me and my sister...

And of course, the delicious food is A\* standard for me!



End

# WE SEE, WE ACT, WE CARE!

## A LITTLE SPARK OF KINDNESS CAN MAKE SOMEONE'S DAY!

Here is a 3-step suggestion on how you can show **LOVE, CARE & CONCERN, COMMITMENT** and **RESPECT** for your family members through a kindness pack.



1

### WE SEE

**Who do you see in your family that needs an extra bit of affirmation?**

It could be your parents who provide guidance in your growing up years, your grandparents who prepare your daily breakfast, your aunt or uncle who gives you advice, or your siblings whom you might not always agree with but cheer you up when you are feeling down.

**Who do you see in your family that needs an extra dose of love and care?**

Someone in your family who will appreciate a caring word or a kind act.



2

### WE ACT



**It's time to get into action!**

Discuss with one or two of your family members about what you can do for another family member whom you have identified. It could be as simple as placing a card on your grandparents' pillow/table and offering to make the cup of coffee for them as a gesture of respect, or offering packet drinks for the cousin who always helps you with your schoolwork.

3

### WE CARE

Having done that, take time to share your feelings with your family members and encourage one another to commit to small actions to show kindness to one another.



**Donated unused bottles**

Image source: Asher Koh

Image source: Asher Koh



**Toys for children**

Image source: Facebook/ Deborah Sim





Image source: Facebook/ QiuQiu





Besides projects, there were also other individual acts of kindness. After a few weeks of school, Meredith, a 6-year-old girl, found her favourite food in school. One day, without her parent's knowledge, Meredith bought a packet of chicken snack using her own pocket money. She wanted to share it with her parents! When she was picked up from school by her mother, she surprised her mother with the snack, which turned out to be popcorn chicken! This made her mother extremely happy. This small gesture of kindness was enough to bring a smile to her mother's face!

As you can see, there are so many ways to show kindness. Each person has their own way of being kind. You can be kind to people and animals too! Have you thought more about the question in the first paragraph? Share your answer with your family and friends!

# ARE YOU SOAPER ENOUGH TO ACE THIS VACCINATION BINGO?

Took the shot? Now take this Soaper 5 challenge to see how many rows or columns you can form based on your vaccination experience! Play it with your friends and discuss your results!

There are no prizes for winning, but you are one step closer to protecting yourself, and your loved ones, from Covid-19!

Was worried but my parents hugged me	Brought my favourite toy along	Was a teeny-weeny bit nervous	Wasn't painful at all! 	No fears, no tears!
Met a friend at the centre	Registered on the first week!	Watched the Soaper 5 cartoon after the jab	Tearful up JUST a little	Got a treat from my parents after the jab 
Got a sticker/notebook after my shot!	Saw the Soaper 5 figures at the centre 	<b>BINGO</b>	Friends encouraged me to get the shot!	Felt excited; wasn't afraid at all
Read up on vaccination before taking my shot	Was jabbed with my brother/sister!	Felt proud of myself!	Back to school the next day 	I feel safer and protected



# WHAT IS CYBER KINDNESS?

Have you wondered what being kind online looks like? Here are some ways in which we can “**BE**have” to show kindness online!



## **BE FACTUAL**

When making a comment online, do check if you have your facts right. Search the web for reputable sites to ensure the comments you give are backed up by real and true statements. This will contribute in stopping fake news and rumours from spreading to ensure a kinder cyberspace.



## **BE FAIR**

Very often people take sides online and it leads to huge arguments. In the situation where you really have to comment on a situation, be fair in your comment and give an unbiased observation that sees both sides of the situation while also courteously stating your stand.



## **BE FRIENDLY**

Avoid being rude to others who may express a differing view. The cyberspace is big enough for everyone to speak amiably to one another. Even if you disagree, it can be done in a courteous manner that builds the community spirit instead of tearing others apart.



What other online “Be”-haviours can you think of to make a kinder cyberspace? Design a Cyber Kindness slogan in the space below.

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 **4 May 2022**.

A-OK! Contest  
Singapore Kindness Movement  
61 Stamford Road  
#02-01/02 Stamford Court  
Singapore 178892

**New address!**

## JUDGING CRITERIA:

- ★ Relevance to the theme
- ★ Creativity

Winning entries will be featured in the next issue of A-OK!

## PRIZES:

### ★ 1st

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

### ★ 2nd and 3rd

*Singa reusable fabric mask, Singa diamond sticker craft kit 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.

# FRIEND F SINGA FEATURED!



Well done for completing the Friend of Singa mission in Issue 1!

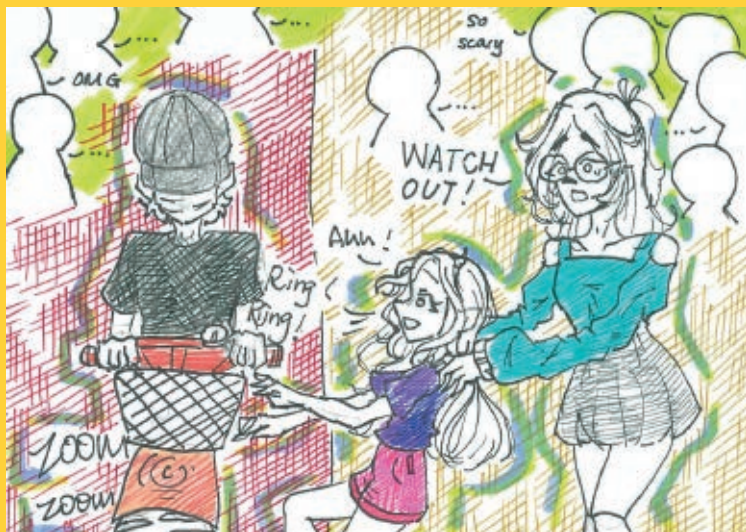
Some of you have shared your own experience on public paths with me. You may read them below!

“

Last week, I went out to Hougang Mall with my father. While we were walking, a cyclist asked us to make way for him. So, I gave way to him and said, "Here you go!" He then said "Thank you!" and moved on.

”

Aidan Sha Yong Ming  
Class P6 Sandalwood,  
Pathlight School



Luo Xin Ru  
Class P6 Caring, Chong Fu School





When I see a cyclist, I will give way to him/her. I will also greet them and give them a warm smile.  
When I see someone running on the cycling path, I will tell him/her to look out for bicycles.



Kloey Toh Le Xuan  
Class P5 CL2, Horizon Primary School

“

I would like to share some tips:

1. When walking on paths, keep to the left and let other cyclists pass first.
2. Turn on the headlights when cycling in the night to keep yourself and others safe!

”

Teo Huan Ming  
Class 5/6, Beacon Primary School



**Keep a look out for the next Friend of Singa mission in Issue 3!**

# A-OK!

Stickers

In celebration of Kindness Day, remember that we also deserve to treat ourselves with kindness. One way to do this is to speak kind and encouraging words or ourselves.

Choose your favourite statements on self-compassion stickers and stick them on your personal items such as your handbook or your file!

