

A-ok!

Agents of Kindness

Issue

03

2022

Primary 5



singapore
kindness
movement

FOR PRIMARY 5

**STRONGER TOGETHER,
MAJULAH!**



Hello friends!

This year, Singapore celebrates her 57th birthday. The theme for this year is “Stronger Together, Majulah!”. The last two years have been a challenging time for all of us, but we have emerged stronger. We now have the opportunity to celebrate as a nation.

It's a privilege to join the celebration at the NE Show and I am looking forward to seeing all of you there. Let's be gracious spectators by remembering to do the following:

- Follow all instructions given by teachers and organisers
- Cheer the performers on during the show
- Make friends with the people around you
- Sing along and encourage others to do the same
- Look out for anyone who needs help during the show
- Be kind. Keep the place clean. Keep all rubbish in the bag and hold onto it until you find the nearest rubbish bin to dispose the bag.

As an Agent of Kindness, be sure to start, show and share kindness wherever you are. Find out more on how you can contribute to the community and play an active role in **#PledgeSG** and **#DoingGood** on pages 12 and 13.

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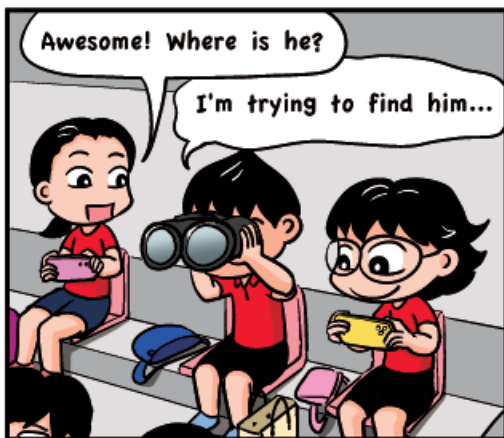
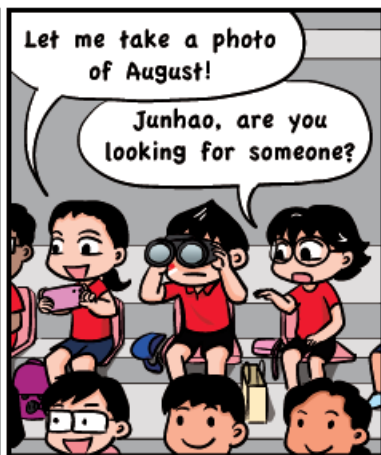
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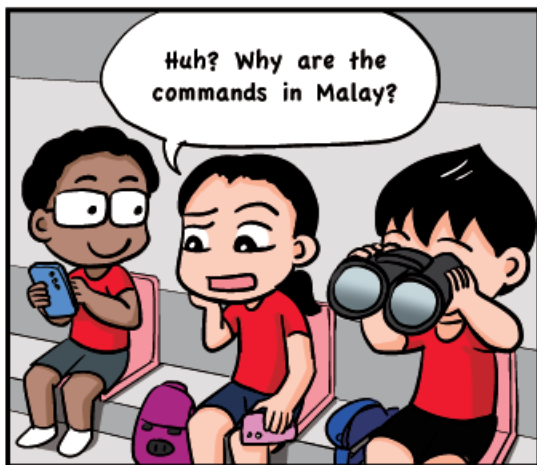
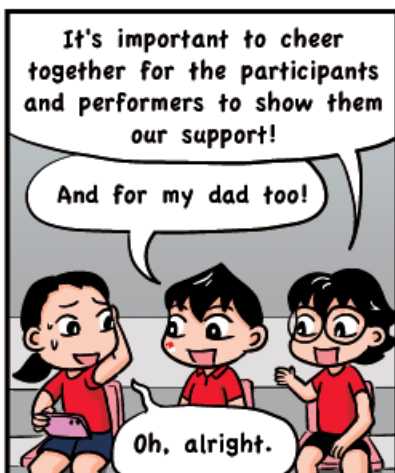
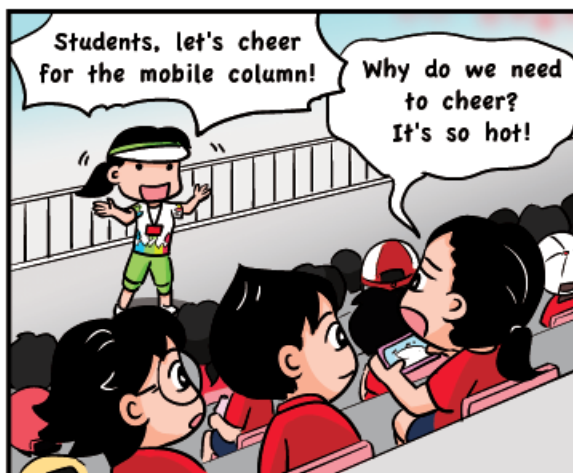




NE Show 2022

Let's Celebrate National Day!





Malay is our National Language, so our drill commands and the National Anthem are in Malay.

I see!

Hey! Here comes the Colours Party!



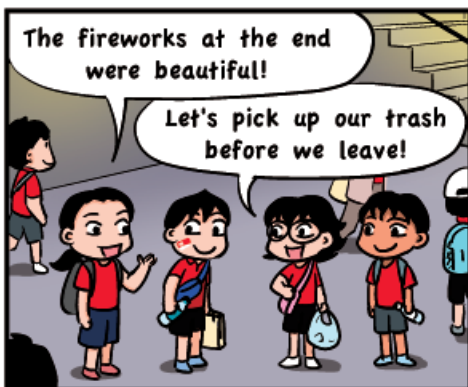
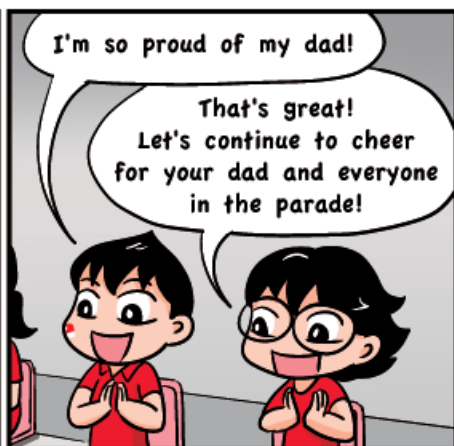
My dad is at the front row holding the red flag!

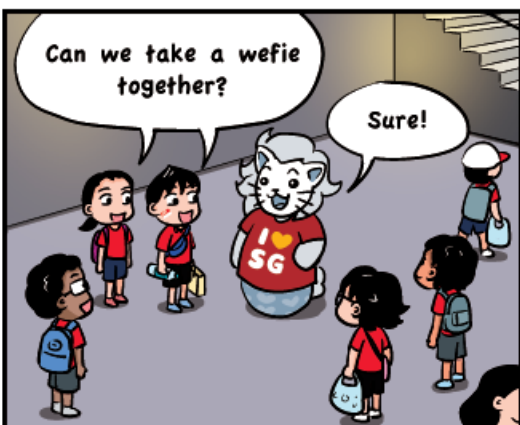
Why are they holding the colourful flags?

Those are called the State and Regimental Colours.

How did you know that, Junhao?

My dad told me!





Disclaimer: For clarity of the presentation, these illustrations are not drawn to represent the prevailing COVID-19 safe management measures at the time of reading. Students are reminded to adhere to the prevailing measures at all times.

MY EXPERIENCE AT THE NE SHOW

One thing I saw that I am grateful for:

One thing I heard that brought joy to me:

One thing I did that showed empathy and compassion:



What are the things
you enjoyed the most
at the NE Show? Share
your thoughts on
page 23.



NDP LOGO DESIGN



The Heart

The two figures holding hands and embracing a heart represent Singaporeans coming together to build a strong, inclusive and caring society. The heart symbolises love for our nation and countrymen, and puts empathy and compassion at the centre of what we do. The two figures also outline the number “57”, reminding us of how far we have come since independence, the challenges we overcame and the progress made as an independent and sovereign nation.



The Five Shooting Stars

The five shooting stars show that when we come together, Singapore will move forward stronger as a nation marked by our ideals of Democracy, Peace, Progress, Justice and Equality for all.

Stronger Together, Majulah!

The theme for 2022's NDP is **“Stronger Together, Majulah!”** The logo portrays a Singapore that is stronger when love and compassion bring everyone together, and our national ideals continue to spur us on.

NDP THEME SONG

Stronger Together

Relight Our Fire
We'll find our way
And time heals all things
A little day by day

Everywhere that I go
See the people I know
All the faces young and old

Lift the spirits broken
Hear the words unspoken
Still more stories yet untold

And I'm grateful still for the sun that shines
Spirit, Heart and Mind so clear
And I'm finding ways doing all I can
To be bigger than my fears

And with every breath I take I believe

Chorus

**We are fire
Through the night
We're the Light into the Morning After**

**Through the wire
In this fight
And from the flames we will soar
forever**

**We will Rise
Rise
We will Rise Stronger Together**

Grateful
Faithful
Ignite a spark

May our deeds define us
And our words remind us
All for one and one for all



Scan the QR code to
watch the NDP
theme song video.



Now the road ahead may have just begun
We will leave no one behind

It's in times like these we learn to live

Chorus

**We are fire
Through the night
We're the Light into the Morning After**

**Through the wire
In this fight
And from the flames we will soar
forever**

**We will Rise
Rise
We will Rise Stronger Together**

Like a Phoenix from the Flames
We will Rise Up
Like a Phoenix from the Flames
We will Rise Up
Like a Phoenix from the Flames
We will Rise Up
Like a Phoenix from the Flames

Chorus

**We are fire
Through the night
We're the Light into the Morning After**

**Through the wire
In this fight
And from the flames we will soar
forever**

**We will Rise
Rise
We will Rise Stronger Together**

We're Stronger Together





NDP 2022

ndp.gov.sg/pledge



*Together, We can Paint a Stronger
Future for Singapore.*



**Pledge To Do
Good Today.**

#PledgeSG #DoingGood
ndp.gov.sg/pledge

MAKE YOUR PLEDGE AND MAKE YOUR MARK!

Write your pledge and put your handprint below your pledge.
Get your family member to include his/her fingerprint too!

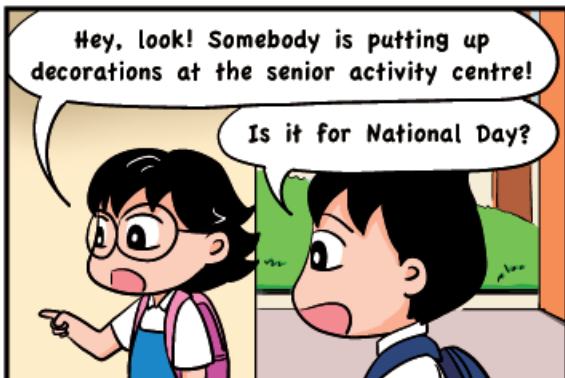
I pledge to...

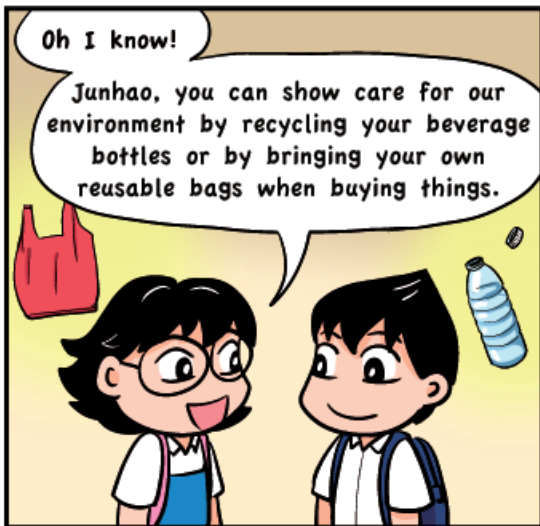
My handprint:

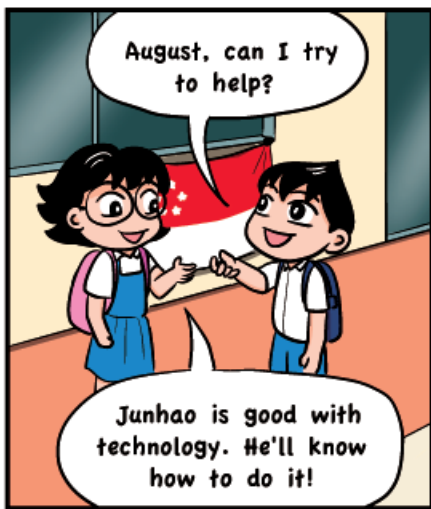
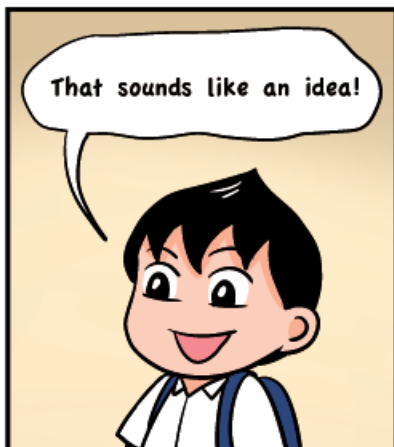


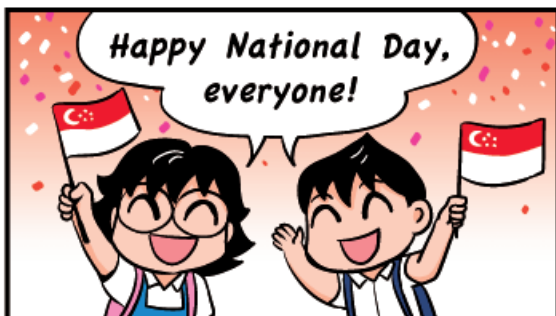
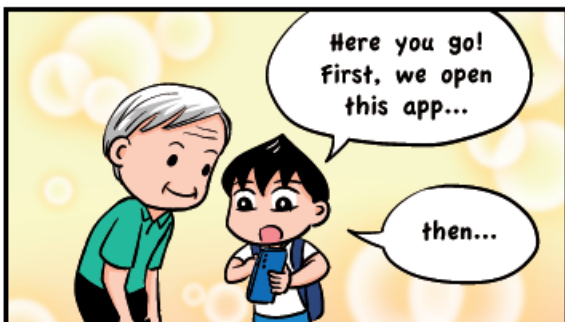


A Kinder You, A Stronger Singapore









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Celebrations in the Heartlands



6&7
AUG

• NDP Weekend
@ Heartlands



• There will be five heartland celebrations organised in partnership with the People's Association, with activities, exhibitions and static displays of SAF and Home Team platforms.

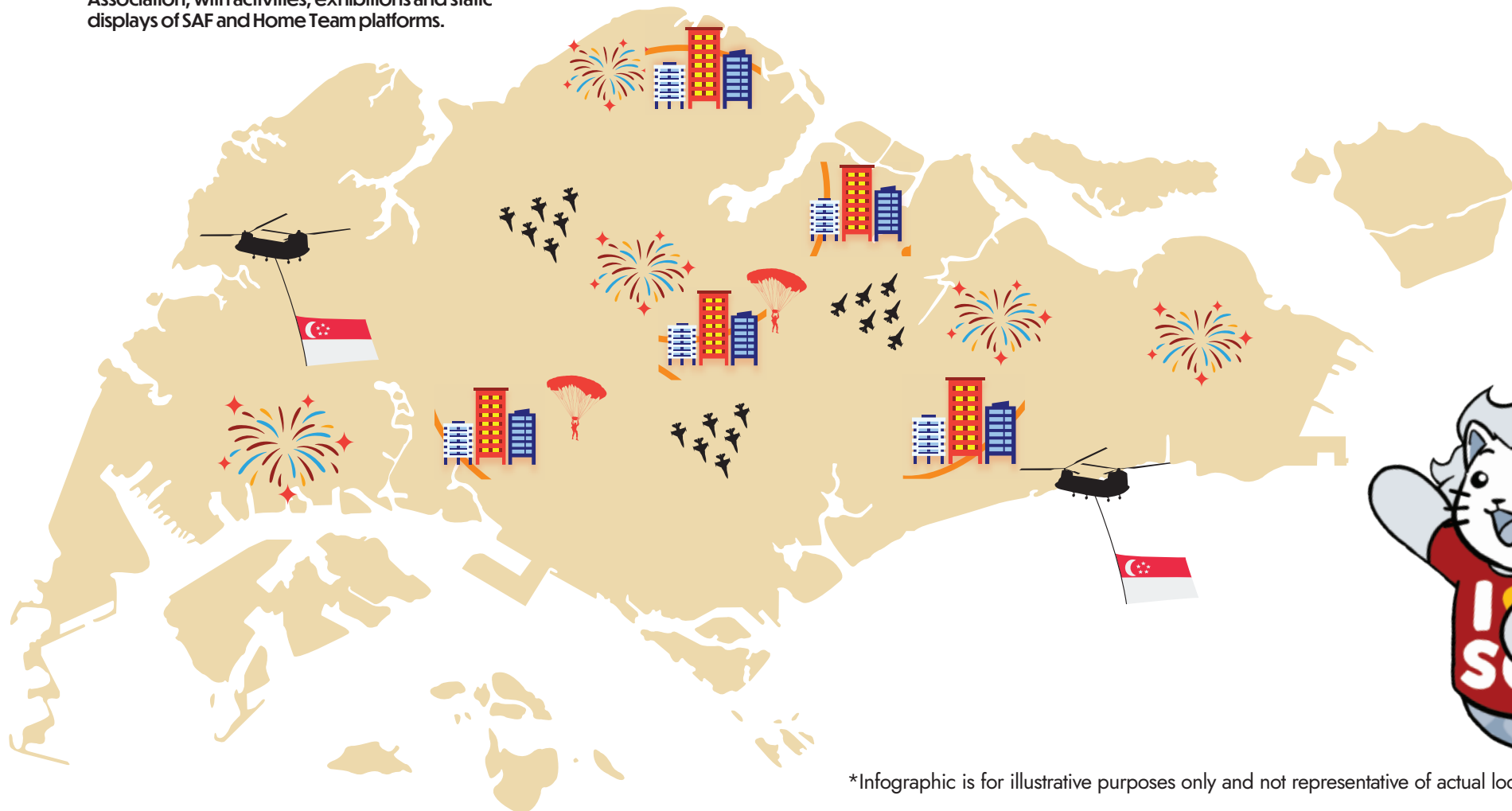
7
AUG

• Red Lions
@ Heartlands



9
AUG

• Fighter Island Flypasts
and Fly-Our-Flag
• Heartland Fireworks



*Infographic is for illustrative purposes only and not representative of actual locations and routes.

FAMILY TIME

Celebrate with your family



1 Decorate your corridor for National Day

Take part in the competition as a family and stand a chance to win exclusive prizes!



**'DECORATE YOUR
CORRIDOR'
COMPETITION**

1-31 AUGUST

SCAN THE QR CODE
TO FIND OUT MORE



2

Show your appreciation to National Servicemen

Do you remember learning about National Service in Issue 2 (Total Defence) earlier this year? Male Singaporeans and Permanent Residents are required to serve full-time National Service (NS) for two years when they turn 18 years old. The year 2022 marks the 55th anniversary of National Service!

This National Day, give an appreciation card to your father, brother, uncle or any adult male relatives and thank them for defending our nation through National Service!

Write your message on the appreciation card on the next page.



Certificate of Appreciation



This certificate goes to

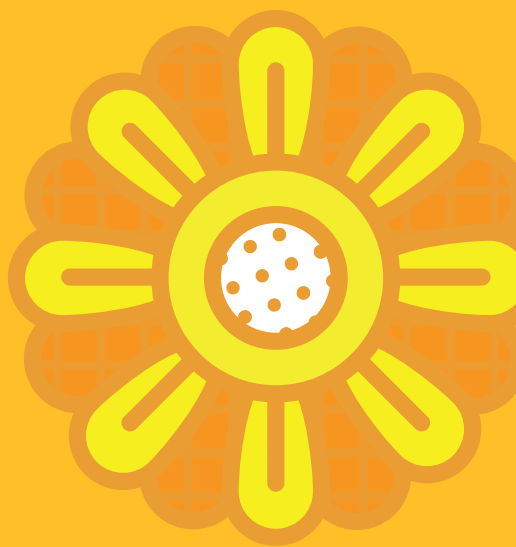
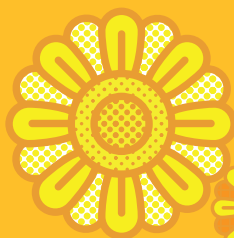
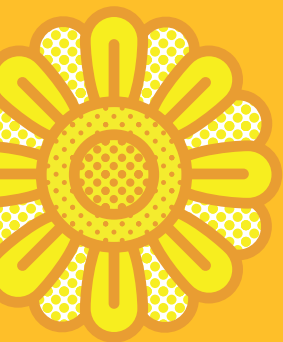
**for your love, care, kindness, bravery
and contribution to the nation.**

*Write or draw something to show your appreciation to your father, brother,
uncle or any adult male relatives.*



Name







What are the things you enjoyed the most at the NE Show?

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

Name: _____

School: _____ Class: _____

Home Address*: _____

*Receive a personal reply from the Kindness Headquarters when you send in your response.
(Parental consent required)



TEAR OUT THIS PAGE AND SEND IT TO US.

POST IT BY SNAIL MAIL TO:

**Agents of Kindness
Singapore Kindness Movement
61 Stamford Road
#02-01/02 Stamford Court
Singapore 178892**

FRIEND



SINGA



DEAR STUDENTS,

The **Friend of Singa 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 the next page.

2

Follow the instructions to complete the FOS mission.

3

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

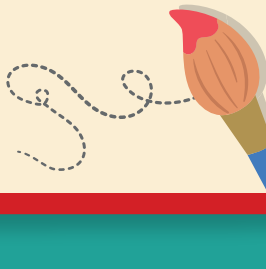
You may also snail mail your mission to 61 Stamford Road #02-01/02, Stamford Court, Singapore 178892 if your school does not have a Kindness Mailbox.

4

Check out new missions in Issue 1 and Issue 3 of A-OK! and be sure to complete all missions to be recognised as a Friend of Singa at the end of the year.



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.





Using the Internet is one of the ways you can connect with people and learn new things. When was the last time you interacted with someone online?

It could be sending a message to your family members or having a video call with your classmates.

HERE ARE SOME WAYS YOU CAN SPREAD KINDNESS ONLINE SO THAT THE INTERNET CAN BE A FRIENDLIER PLACE FOR ALL!

1

Use **T.H.I.N.K.** to help you reflect on the comments or posts before you share them online. Before you comment or post, ask yourself:

Is it **TRUE?** Is it **HELPFUL?**
Is it **INSPIRING?** Is it **NECESSARY?** Is it **KIND?**

2

Use positive words that will brighten someone's day.

3

Show respect to others who may have different opinions.

4

Apologise if something you said or posted online has hurt someone's feelings and remove the post immediately.



DID YOU KNOW?

Practising kindness online is as important as being kind to your family or friends in person. The words you say or type online can hurt someone's feelings, so it is always a good habit to think before you share anything online!





MISSION:



If you are caught in the situations below, what can you do to spread kindness and positivity online?
Tick one or more boxes in each scenario below.

SCENARIO #1: Jayden shares a photo of his family and him giving out groceries to the elderly.



I CAN:

- ☐ Give Jayden a compliment.
- ☐ Ask Jayden if I can join him next time.
- ☐ Tell Jayden to stop showing off.

SCENARIO #2: I saw mean comments online about Jeraldine not getting her dance steps right.



I CAN:

- ☐ Add another mean comment online.
- ☐ Share the mean comment with the rest of my friends online.
- ☐ Check in with Jeraldine on how she is feeling.
- ☐ Encourage Jeraldine not to give up what she likes.

SCENARIO #3: My friends and I were playing a game online. One of them started sending hurtful comments about Keegan and blaming him for losing the game in the game chat.



I CAN:

- ☐ Pretend I did not see the mean things.
- ☐ Join the player in saying mean things.
- ☐ Ask the player to stop saying mean things.
- ☐ Call or text Keegan and ask how he is feeling.



SCENARIO #4: I received an invite to a secret group chat by one of my classmates. The title of the group chat was "New student is so lame".

I CAN:

- ☐ Quit the group chat and tell the classmate that his action is mean and unkind.
- ☐ Tell a trusted adult about this group chat.
- ☐ Join in the conversation.
- ☐ Invite more friends into the group chat.



BONUS MISSION

Stand a chance to be featured in the next issue of A-OK! by completing this section!



TAMMY

It's a great day to help pick up trash at the park!

WRITE A KIND AND ENCOURAGING COMMENT BELOW IN RESPONSE TO TAMMY'S POST:



SUBMIT YOUR FRIEND OF SINGA MISSION CARD

FULL NAME:

SCHOOL:

CLASS: CCE CLASS:

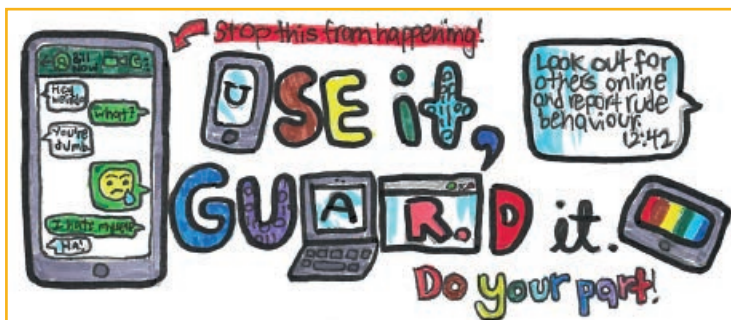
PARENT'S/GUARDIAN'S SIGNATURE:

☐ 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/>

CONTEST WINNERS

WHAT IS CYBER KINDNESS?

Congratulations to all winners of the Cyber Kindness slogan design contest from Issue 2/2022!
We hope that you will continue to spread kindness and positivity in cyberspace!



1st prize

Sneha Padoor Arun
Northoaks Primary School, P5 Angsana



2nd prize

Tan Xin Ting Denise
Canberra Primary School, Innovation I



3rd prize

Laurene Lim Le Yi
CHIJ (Kellock), P6 Daisy

CONTEST WINNERS

WHAT IS CYBER KINDNESS?



Consolation

Khoo Wei Jie
Woodgrove Primary School, 6E



Consolation

Liam Anthony Clifford
Anglo-Chinese School (Primary), P5B



Consolation

Ally Ball
Ngee Ann Primary School, P5 Respect

International Friendship Day: If you were a content creator and were to create a video to introduce Singapore, what else would you include besides food and transportation?

If I were a content creator and were to create a video, I would start the video by telling a short story about Singapore and its history. Apart from Singapore's transportation and food, we can also tell them that our country is clean and has lots of greenery. We are all kind to animals and friendly to the people around us. Our country is also trying to be as safe as possible. The Singapore Police Force is always trying to protect us and keep Singaporeans safe.

- Seow Le Xuan Anthea, Paya Lebar Methodist Girls' School, Class P5 Kindness

If I were a content creator and were to create a video to introduce Singapore, I would include iconic landmarks of Singapore, places of interest, the daily lives of Singaporeans and the different cultures in Singapore.

- Teo Huan Ming, Beacon Primary School, Class 5/6

If I were a content creator, I would not only share about Singapore's food and transportation. I will also share about the different cultures in Singapore, the different languages we speak and the many places of interest. I choose to share about these topics because I want more people to know about the uniqueness of Singapore.

- Prabhleen Kaur, Paya Lebar Methodist Girls' School, P5

A-OK!

Stickers

**HAPPY
NATIONAL DAY,
SINGAPORE!**

**Stronger
Together
Majulah!**



**STRONGER TOGETHER,
MAJULAH!**



**A KINDER YOU,
A STRONGER
SINGAPORE**

