

# A-OK!

Agents of Kindness

Issue

03

2022

Primary 6



singapore  
kindness  
movement

FOR PRIMARY 6

**STRONGER TOGETHER,  
MAJULAH!**



# Hello friends!

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 57th birthday and we hope more people can come together and celebrate!

Find out how you can be part of this meaningful National Day by playing an active role in **#PledgeSG** and **#DoingGood** with your family on pages 10 and 11.

I can't wait to celebrate it together with all of you! We are Stronger Together, Majulah!



## CONTENTS

### Comics

A Kinder You, A Stronger Singapore

Page 3-6

### NDP Logo Design

Page 7

### NDP Theme Song

Stronger Together

Page 8-9

### PledgeSG

Together, We can Paint a Stronger Future for Singapore

Page 10-11

### NDP 2022

Celebrations in the Heartlands

Page 12-13

### Family Time

1. Celebrate With Your Family
2. NS55 Appreciation Card

Page 14

Page 15-16

### A-OK! Mailbox

Page 17

### Friend of Singa

Page 19-22

### Cyber Singa Contest Winners

Page 23-24

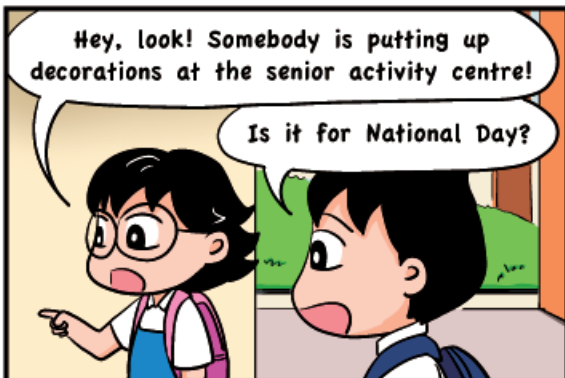
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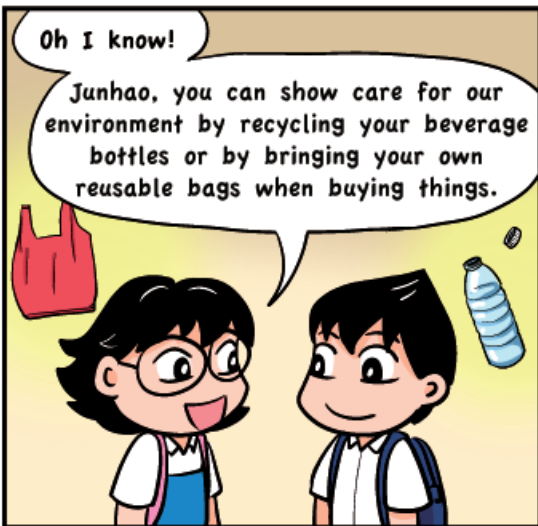
Page 25-27



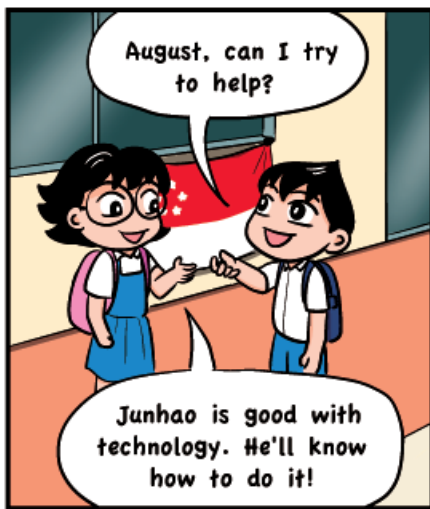
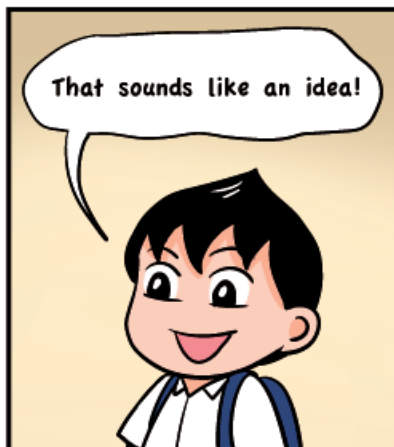


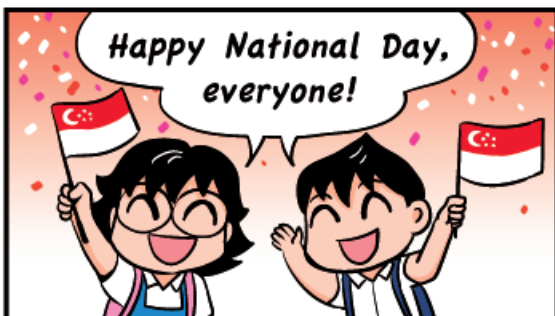
# A Kinder You, A Stronger Singapore











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.

# 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.

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# NDP THEME SONG

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## 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](http://ndp.gov.sg/pledge)



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



**Pledge To Do  
Good Today.**

**#PledgeSG #DoingGood**  
[ndp.gov.sg/pledge](http://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:*



## 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.

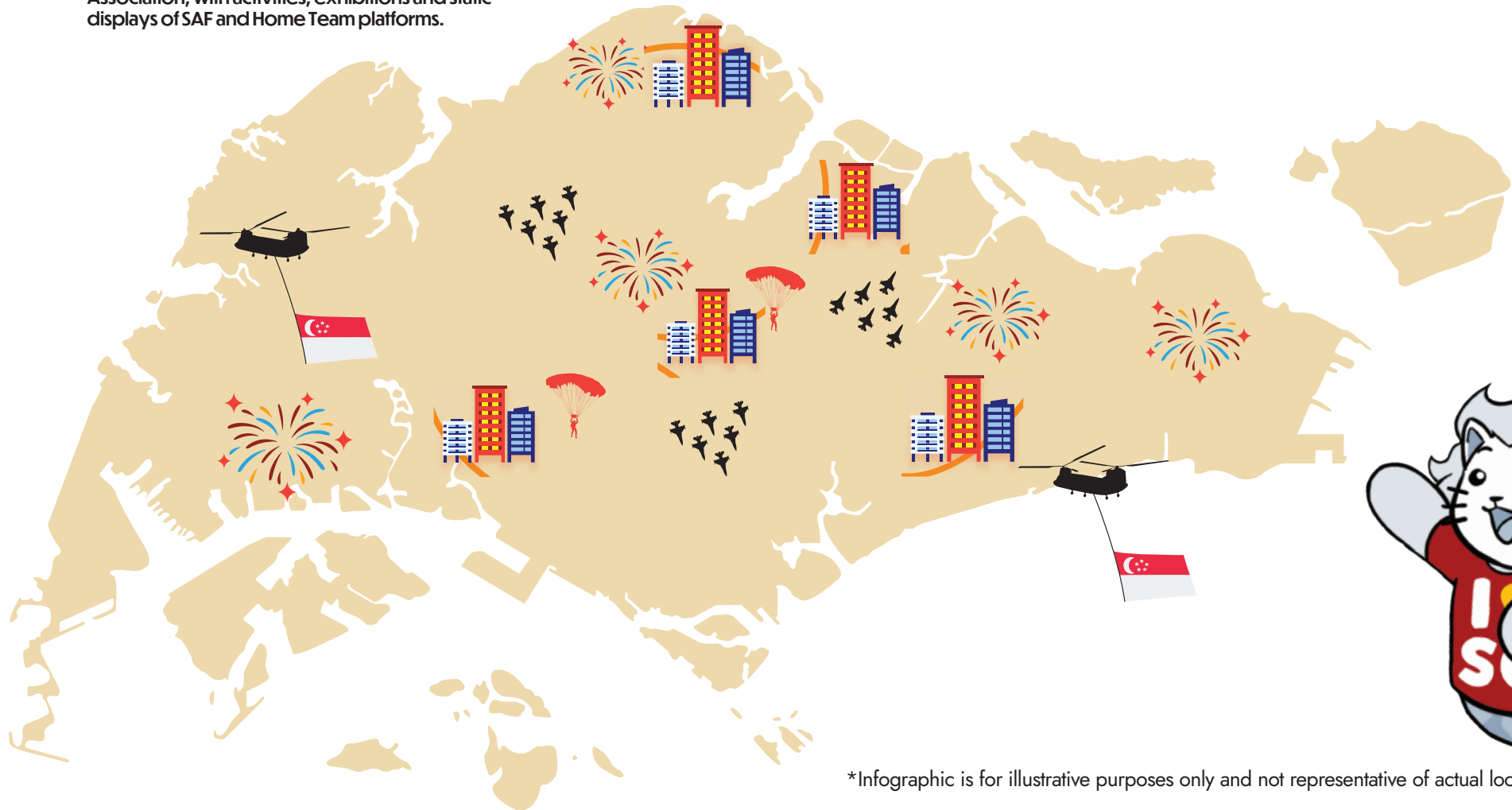
7  
AUG

• 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!



## 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**

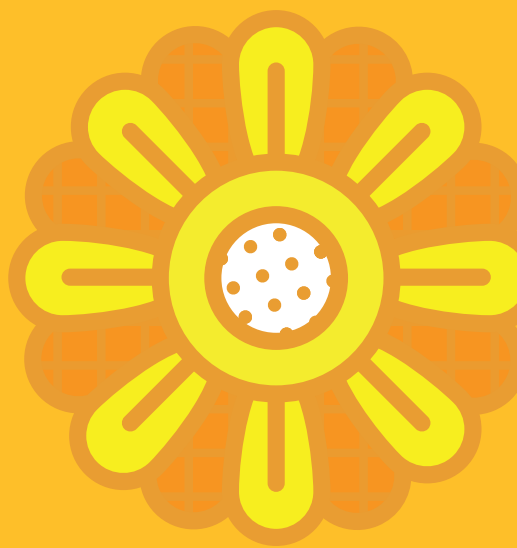
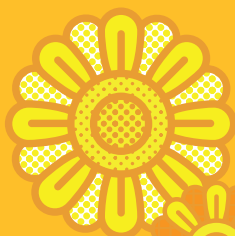
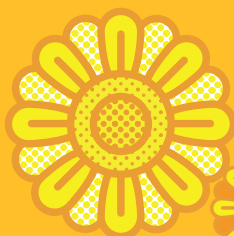
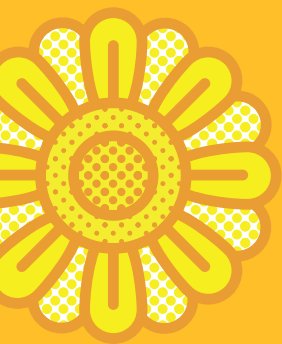
**for your love, care, kindness, bravery  
and contribution to the nation.**

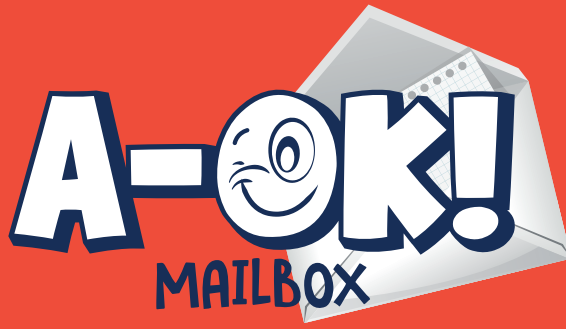
*Write or draw something to show your appreciation to your father, brother,  
uncle or any adult male relatives.*



\_\_\_\_\_  
**Name**







**How did you celebrate National Day  
with your family members?**

**Write about your celebrations 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/>



# WHAT IS CYBER KINDNESS?

USE it, GUAR.D it.

Do your part!

Look out for others online and report rude behaviour! (2:42)

Hey Wanda! What? You're dumb. I'm sorry! I was just kidding.

**Sneha Padoor Arun**  
Northoaks Primary School, P5 Angsana



LET'S BE  
KINDER,  
WHILE  
WE'RE   
CYBER.

**Tan Xin Ting Denise**  
Canberra Primary School, Innovation I



**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

**2022 / Issue 2**

**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 to introduce Singapore, I would include the harmony between many races. Singapore is a nation filled with people who are harmonious. We invite many races into our circle of friends. We learn a lot from each and every one from different backgrounds and cultures. We always eat food from different ethnic groups. Oh, how could I live without being able to eat chicken rice, roti prata and mee goreng? It is something that not many countries could experience, so I believe that harmony between many races in Singapore is something that we cannot take for granted.

- Isabelle Ng

Paya Lebar Methodist Girls' School, Class 6 Faith

I would include my friends and family of different races and tell them how we get along. After that, I would introduce Singapore's Changi Airport as it is one of the world's best airports. I would also introduce Singapore's Botanic Garden as that is where our national flower, Vanda Miss Joaquim, is located. I hope the people who view the video would get to know Singapore a little better.

- Neo En Qi

Springdale Primary School, Class 6 Initiative





I would create a video showing the many different cultures in Singapore. International Friendship Day is not only about tasting the different local foods, but also about meeting and bonding with our friends who come from different countries.

- Phornpiriya Piriyaporn  
Anderson Primary School, Class 6.5



I would make a vlog to bring them to fun places and historical landmarks in Singapore. I would also show them my school and my home (if my school allows). For fun places, I would bring them to two of my favourite places - Universal Studios Singapore and Wild Wild Wet. I would also take them to the Singapore Flyer and Gardens by the Bay. The current Sakura exhibit is extremely beautiful! They can also head to Singapore Botanic Garden to take nice photos too! If they are looking to exercise, they can cycle at nature parks or hike at Bukit Timah Nature Reserve. Orchard Road, Chinatown and Geylang are also always open for visitors!



- Clairene Cheng  
Paya Lebar Methodist Girls' School, P6

I would include these in my videos:

1. Visit local places in Singapore like Marina Bay Sands, Gardens by the Bay, Singapore Flyer, Chinatown and Orchard Road
2. Try Singapore's bubble tea and durian
3. Learn about how Singapore roads were named

- Joie  
Mee Toh School, Class 6-8



If I were a content creator or 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!**



**A KINDER YOU,  
A STRONGER  
SINGAPORE**

