

# A-OK!

Agents of Kindness

Issue

04

2022

Primary 5-6



# HAPPY HOLIDAYS!



## CYBER KINDNESS SPECIAL

Download  
Cyber Singa  
Sticker Pack

Play  
InstaKindness  
Card Game







Hello, friends! It has been an eventful year! As we close this year, it's also a time to rest up and recharge for the coming year.

How can we prepare ourselves for the big changes ahead? Some of us will be taking the PSLE next year whilst others are heading to secondary school. As we look to the future outside the classroom, we can take time to appreciate how different jobs contribute to the community in different ways.

School holidays can be a time to learn too! We can develop new habits and have healthier routines. Continue to spread kindness and keep in touch with your friends and family members. Turn to page 21 to find out how you can download the Cyber Kindness online sticker pack! You can also invite your family and friends to play the 'InstaKindness' card game to learn about being kind in cyberspace. Turn to page 12 to find out more!

We hope that you will have a meaningful school holiday ahead!

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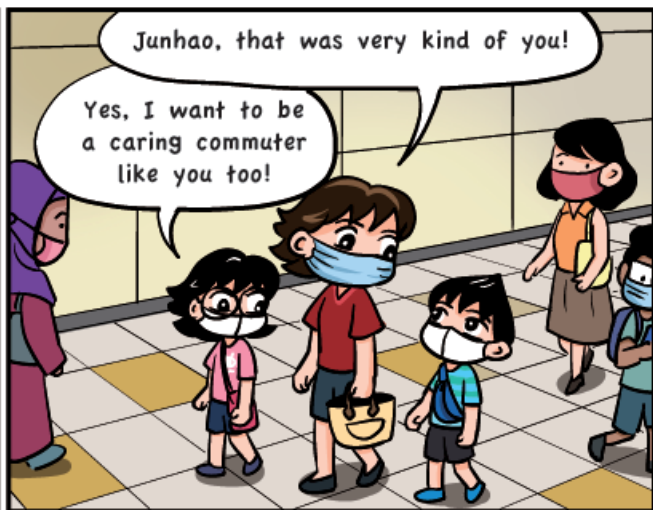
# Let's Stay Happy and Healthy!















End



# MY SCREEN TIME HABITS

Here are some A-OK tips on screen time habits that you can practise to stay happy and healthy.



- ★ Avoid using your devices at least 1 hour before bedtime.

- ★ Set aside time for other activities such as showering, studying and exercising to achieve a healthy, balanced lifestyle.



- ★ To better protect your eyes, take a break after every 20 minutes of screen time.

- ★ Spend less time on your devices and practise good sleep habits if you feel tired and sleepy in class the next day.





# DO YOU KNOW YOUR SCREEN TIME HABITS?

Complete this quiz by writing down or circling the answers.

**1.** During which part of the day do you usually use your device?

Morning

Afternoon

Evening

Night

**2.** On average, how long do you use the device for?

**3.** Do you take breaks in between?

Yes

No

**4.** Besides using your devices, do you spend time on other activities that are important to you (e.g. sleep, exercise)?

Yes

No

**5.** How do you feel during and after spending time on your devices?

During screen time, I feel ...

happy

excited

anxious

tired

frustrated

upset

irritated

joyful

inspired

energised

After screen time, I feel ...

happy

excited

anxious

tired

frustrated

upset

irritated

joyful

inspired

energised

After completing the quiz, write down your thoughts on whether you have been practising healthy screen time habits.



# HOLIDAY FAMILY FUN

Here are some things you can do together with your family during the holidays. Decide which ones you want to do and see how many boxes you have ticked by the end of the holidays!

- ☐ Cooking or baking together
- ☐ Exercising together
- ☐ Learning a new sport
- ☐ Playing a board game
- ☐ Visiting a park or playground
- ☐ Spring-cleaning the house
- ☐ Sorting clothes and toys that could be donated
- ☐ Learning a new instrument
- ☐ Inviting a neighbour for a home-cooked meal
- ☐ Doing arts and crafts



### TIP FOR PARENTS/GUARDIANS:

*Start with an activity that your child is likely to enjoy.  
Acknowledge his/her efforts with encouragement.*



## A-OK TIPS



## HOW CAN WE MANAGE UNCOMFORTABLE EMOTIONS?

The coming year will bring many changes for us. Some of us will be taking the PSLE whilst others will be moving on to a new secondary school. Some of us may find ourselves feeling uncomfortable because of these new experiences. It is very normal to feel fear, sadness and anxiety in such situations.

Follow these six steps to help you understand and manage uncomfortable emotions.

### Step 1: Be aware of your emotions

Ask yourself, "How am I feeling?" Notice where it is in your body. You may feel it as a stomachache, the pounding of your heart or a tension somewhere. If this is difficult, get up and walk around or get a drink first. Do not ignore your emotions.

### Step 2: Identify the emotion

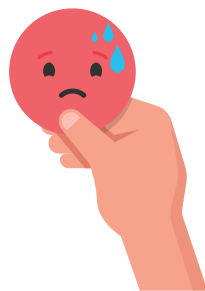
Instead of saying, "I am angry", think, "This is anger" or, "This is anxiety." This way, you are showing that you are aware of your emotions. Being able to identify the emotion is the first step towards being able to manage it.





### Step 3: Accept your emotions

When you accept that you are feeling a certain emotion, be it sadness or anxiety, you can then reflect on your emotions and learn to face them. Think about what you would do or say to a friend who might be having a similarly hard time. Now, say the same thing to yourself: "I am okay. I did the best I could."



### Step 4: Know that these emotions will pass with time

Even if the emotion feels overwhelming, remember that it will pass. Allow yourself to be aware and observe your emotions with patience and kindness. However, if the comfortable emotions remain after a long time, you can talk to a trusted adult about how you are feeling.

### Step 5: Explore and be aware of what has happened

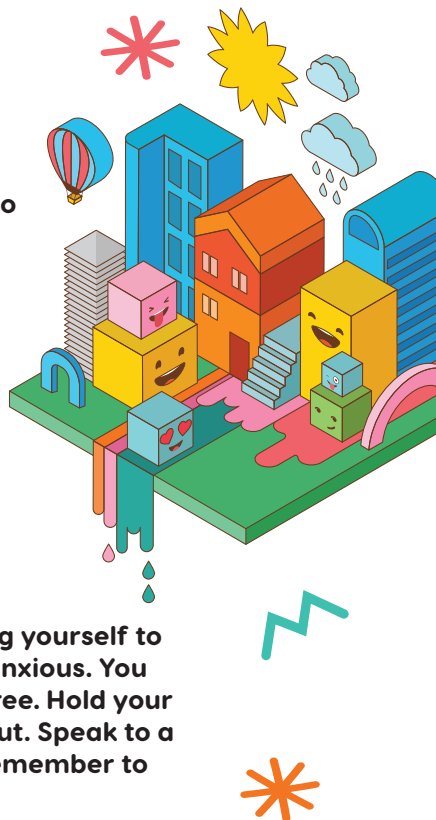
After you have calmed down, take a moment to explore what happened. Ask yourself this question:

» What is causing me to feel this way?

Perhaps you had a hard time in school or you feel unappreciated or lonely. Find out the reasons behind the discomfort.

### Step 6: Let go of the need to control your emotions

Manage uncomfortable emotions by reminding yourself to let go of them. It is okay to feel sad, angry or anxious. You can take a deep breath and slowly count to three. Hold your breath for three counts, then slowly breathe out. Speak to a trusted adult and seek help when you need. Remember to be kind and patient with yourself!







# InstaKindness




A CYBER KINDNESS CARD GAME

Do you practise Cyber Kindness? Play this card game with your friends to find out what kind acts you can do to make someone's day in cyberspace!

## HOW TO PLAY

1. Tear out the cards on pages 13-20 and shuffle the deck of cards.
2. Each player receives 3 cards.
3. On each player's turn, draw a card from the deck and play a card from the hand. Only one card can be played per turn (unless dictated by green 'event' cards).
4. Follow the instructions on the cards and track your points using the Kindness Points (KP) Meter below.
5. Each player may only hold a maximum of 5 cards in hand at the end of their turn. Extra cards must be discarded.
6. If you have to discard a kind/event card from your hand but do not have any, lose 1 KP instead.
7. 1 KP is the lowest number of KP you can have.
8. The first player to get 20 KP wins.

### TO PLAY THIS GAME, YOU WILL NEED:

-  3-5 players
-  32 cards  
(15 Kind Cards, 6 Unkind Cards, 11 Event Cards)
-  A coin to track your Kindness Points in the meter below



### UPSIZED VERSION:

Combine decks with your friends to play! For every added deck, simply +10 KP to the end goal.

*i.e. Add your friend's 32 cards to your deck, shuffle them together and play the game. The first player to get 30 KP wins!*

## KINDNESS METER



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20



KIND CARD

Send a message to thank a friend for helping.

+ 2 KP

KIND CARD

Share about a kind act you witnessed.

+ 2 KP

KIND CARD

Share about a kind act you did and encourage others to do the same.

+ 5 KP

KIND CARD

Send a message to apologise for saying something hurtful.

+ 4 KP

KIND CARD

Share about a good service you received from a seller/delivery person.

+ 1 KP

KIND CARD

Your friend is posting strange links online. Inform her that she may have been hacked.

+ 3 KP

KIND CARD

Send a virtual sticker to cheer someone up.

+ 3 KP

KIND CARD

Leave a positive comment on your friend's post about her achievement.

+ 2 KP



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**





**InstaKindness**






KIND CARD







Share information and tips that you found online on how to play a new game.




+ 2 KP

KIND CARD







Your friend posted that he is feeling sad. Cheer him up with a positive comment!




+ 4 KP

KIND CARD







Share information on how to contribute to a charity.




+ 2 KP

KIND CARD







Share a motivational quote online to brighten your friends' day.




+ 3 KP

KIND CARD



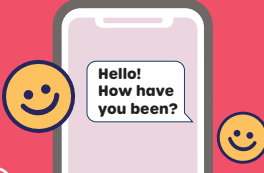



Help a teammate who is falling behind in a mobile game.




+ 5 KP

KIND CARD



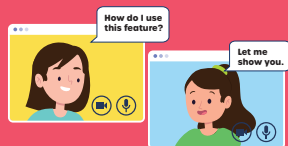



Message a friend whom you have not talked to in a while.



+ 4 KP

KIND CARD



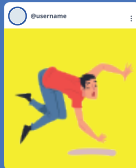



Teach someone how to use a new mobile application.




+ 5 KP

UNKIND CARD





Share an embarrassing photo of your friend online.



- 4 KP



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**





UNKIND CARD

Make a hurtful meme of someone and share it in a chat group.

- 5 KP

UNKIND CARD

Create a group chat to gossip about someone.

- 4 KP

UNKIND CARD

Create an anonymous account to insult a classmate.

- 5 KP

UNKIND CARD

Post a mean comment on a classmate's post of his drawing.

- 4 KP

UNKIND CARD

Send mean messages about another player in an online game.

- 3 KP

EVENT CARD

Buy something online without your parents' permission.

Miss one turn!

EVENT CARD

You used an unsafe password: P@ssw0rd.  
Your account has been hacked.

Miss one turn!

EVENT CARD

Poor internet connection.

In a clockwise direction, take turns to share a kind act you can do online. The first player to fail has to discard a kind card from their hand. You have 3 seconds to think!



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**





EVENT CARD

!

You shared an e-voucher with a friend.

Choose one player.

Both of you draw a card each from the draw pile.

EVENT CARD

!

You did not click on a suspicious link.

This card blocks all negative action cards. Can be played anytime.

EVENT CARD

!

Your antivirus detected and removed a virus.

This card blocks all negative action cards. Can be played anytime.

EVENT CARD

!

You and your friend clicked on a suspicious link.

Choose one player.

Each of you discard 1 kind/event card.

EVENT CARD

!

You and your friend set up an account together to spread kind messages online.

Switch all the cards in your hand with another player.

EVENT CARD

!

Your friends sent you an e-card!

Draw 3 cards.

EVENT CARD

!

You created a new account. Name 3 things a strong password should have.

If you succeed, draw 1 card.  
If you fail, discard 1 kind/event card.

EVENT CARD

!

You deleted all your spam mails.

Discard all of your unkind cards.



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**



**InstaKindness**





# CYBER SINGA STICKER PACK

Do you remember Issue 2's Cyber Kindness contest where you were asked to share what Cyber Singa Cubbie means to you and create a slogan to promote a kinder cyberspace? We are excited to share that we have made a sticker pack out of the winning designs!

Get your parent/guardian to help you download the sticker pack, and use the stickers to connect with your friends and family members this school holidays!

SCAN THE QR CODE  
TO FIND OUT HOW TO  
DOWNLOAD THE  
STICKERS.



**SCAN**

**Cyber Singa**

KindnessSG

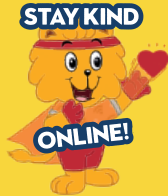


**Get stickers**



# ABOUT THE STICKERS

Spot your friends who inspired the designs of Cyber Singa Cubbie in the sticker pack! Based on the original winning artworks from P1-4 students, these digital stickers were created by Senshin Goh, Ruth Yong Jing Jing and Khairunnisa Binte Khairul Anuar from SP Media, Arts & Design School.



Adapted from Jessica Gunasekaran's Singa design.



Adapted from Alyssa Yong Xin Yi's Singa design.



Adapted from Athelstin Wong's Singa design.



Adapted from Nurfarah Aleesha's Singa design.



Adapted from Evan Liu Hung Ngai's Singa design.



Adapted from Emily Sim's Singa design.



Did you know? The messages on the stickers were inspired by the slogans from our P5-6 friends! Let us also recognise our P5-6 friends who came up with the kindness slogans for the sticker pack. Thank you for all of your ideas!



Sneha Padoor Arun



Ally Ball



Tan Xin Ting Denise



Laurene Lim Le Yi



Khoo Wei Jie



Liam Anthony Clifford

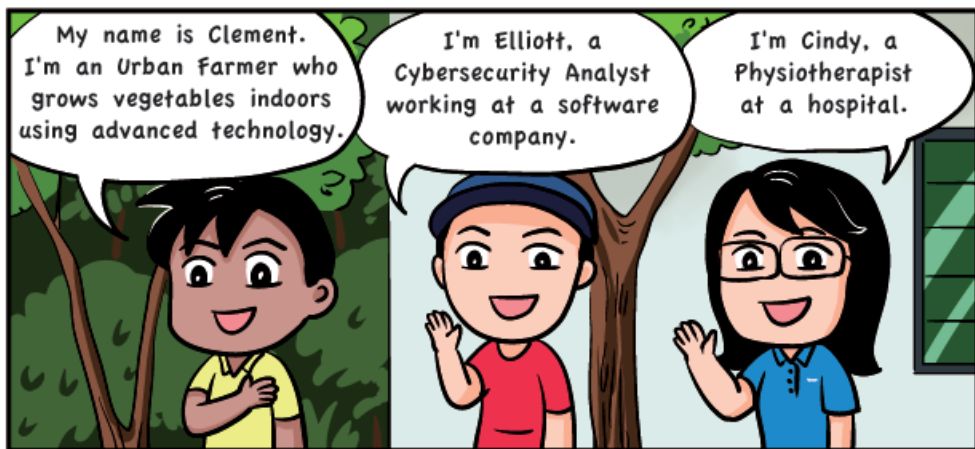
Supported by:

**SP** Media, Arts & Design  
SCHOOL

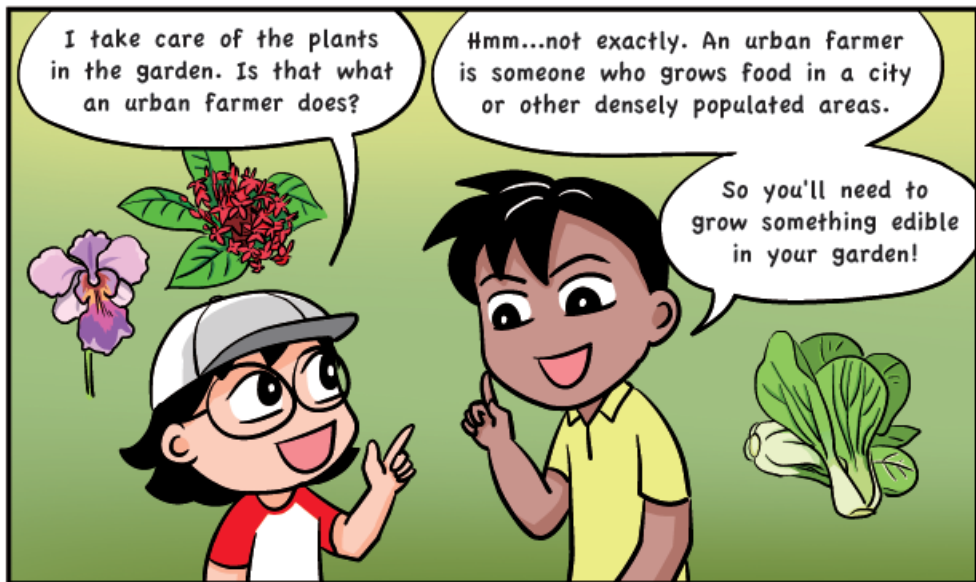
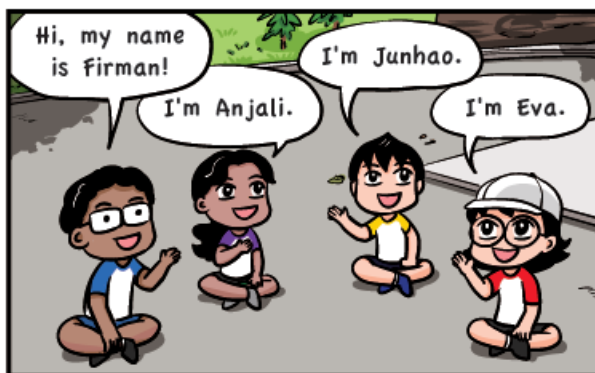




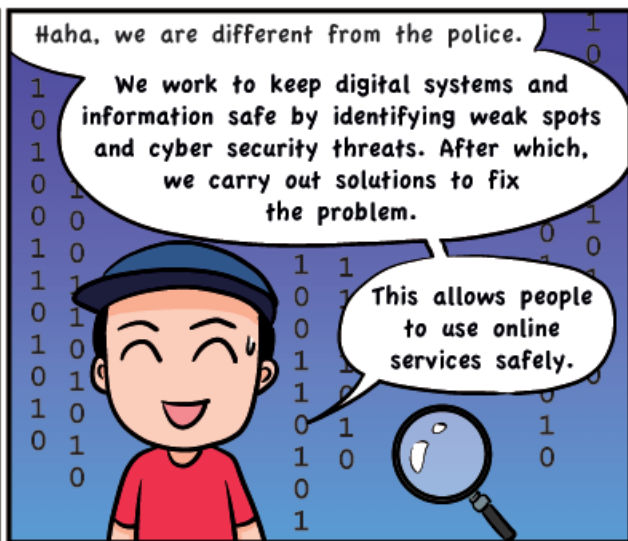
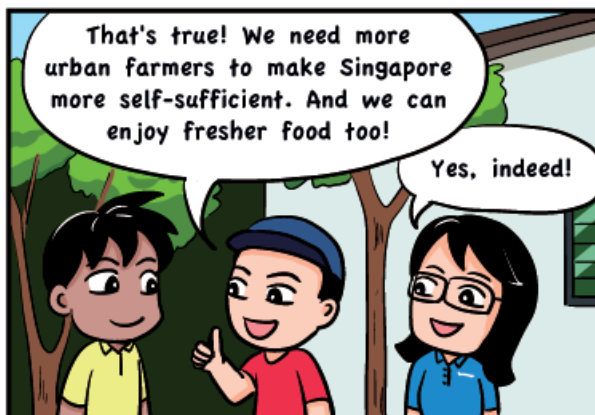
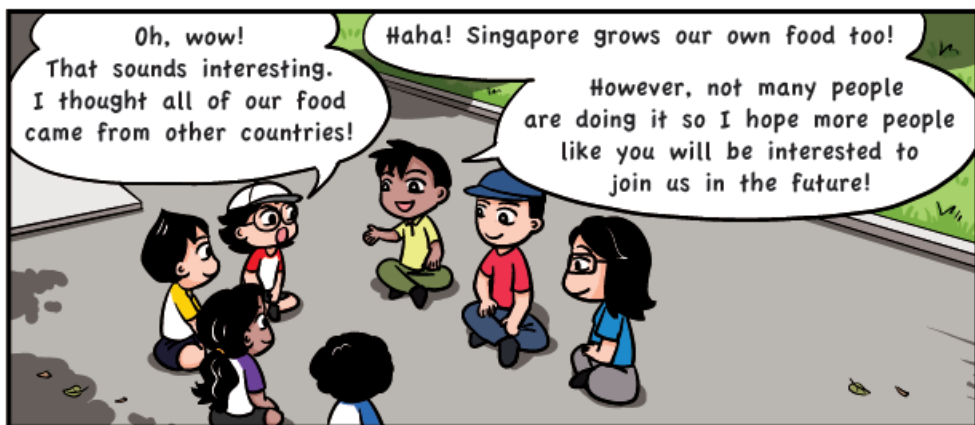
# My Future Me Begins Today



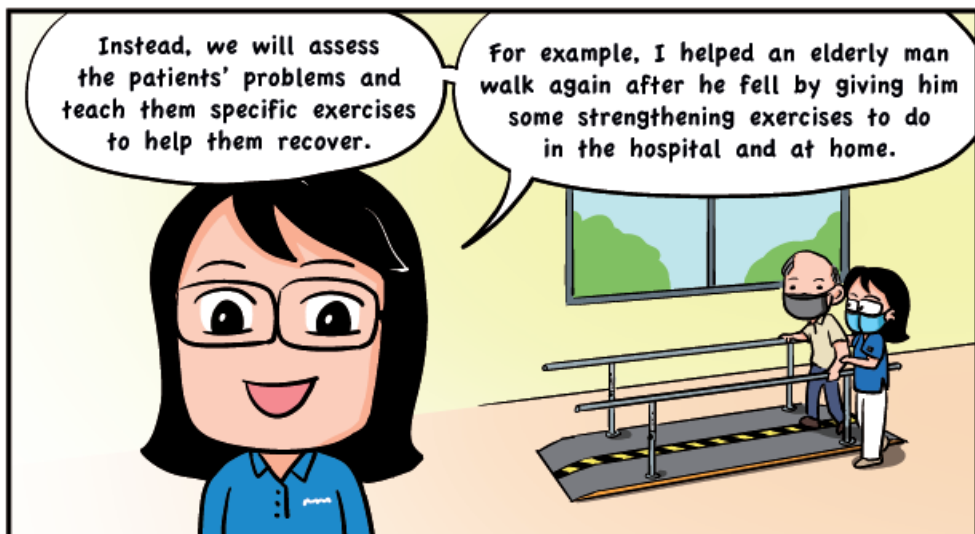
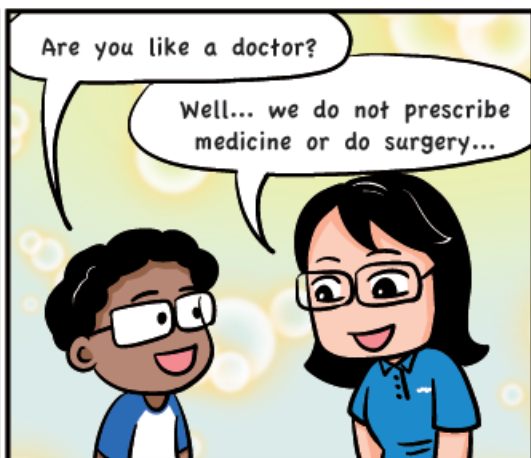
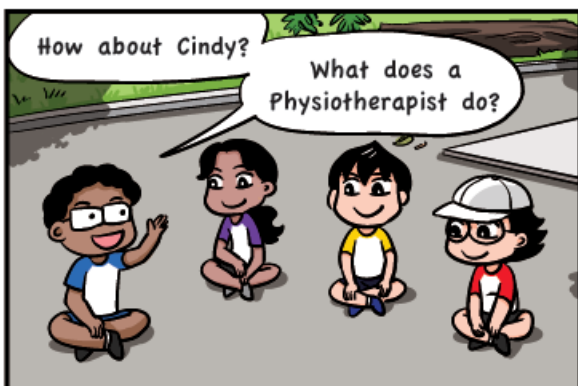
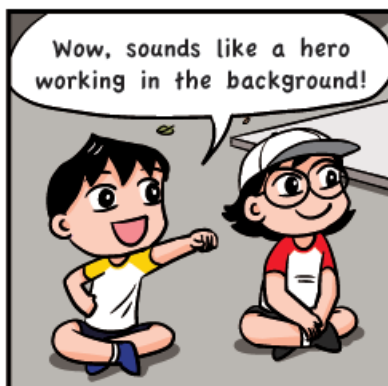




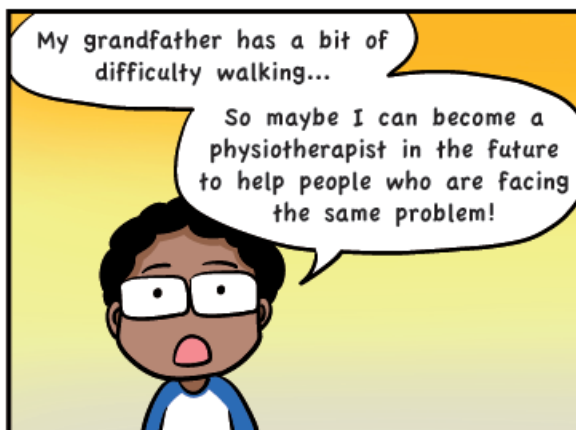












End



# MY FAMILY AT WORK



Do you know what the people around you work as?  
Interview someone from your family about their job!  
Use the interview sheet below to help you.

The person I am interviewing is my \_\_\_\_\_ .

What is his/her occupation about?

What is his/her day at work like?

What is interesting about his/her job?

What does he/she like about the job?

How does his/her job contribute to the community?



Want to know more about your neighbours? Together with your family, you can also interview your neighbours to find out who they are and what they work as!



# LET'S SAY THANK YOU

Design a thank you card for the family member or neighbour you interviewed to thank him/her for making the community a better place! Share your thoughts with your family member about what you have learnt about his/her occupation as you present the card to him/her.

Thank  
you



**FOR MAKING SINGAPORE A  
BETTER PLACE**





You are  
our hero!

Thank you for  
your contribution!

You are  
so kind!

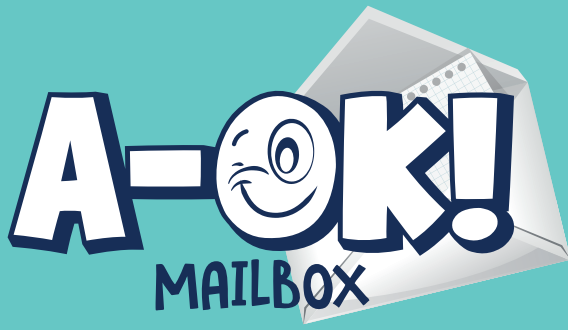
Thank you  
for keeping  
us safe!

**To:** \_\_\_\_\_



**From:** \_\_\_\_\_





**The year is coming to an end! How did the year go for you? Share what you are most thankful for this year!**

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

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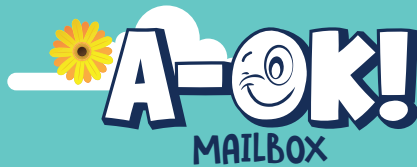
Name: \_\_\_\_\_

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**





## P5: What are the things you enjoyed the most at the NE Show?

the things i enjoyed most was seeing the red lions and listening to the songs.



- Toh Jia Xuan  
Mee Toh School, Class P5-3

The things I enjoy the most at the NE Show are the Red Lions display, the fireworks and the singing of NDP songs. My friends and I saw the mobile column and cheered for the soldiers!

- Louison Chng Jun Jia  
Fernvale Primary School  
Class P5RY

## P6: How did you celebrate National Day with your family members?

We watched the fireworks and the National Day parade on TV. We also put on the temporary tattoos, wore red clothes and sang along to NDP songs!

- Tey Rui En, Zoe  
Holy Innocents' Primary School  
Class 6H

We celebrated National Day by waving our hand-held flags and wearing red while watching the parade on TV!

- Shaqur Muhayymin Bin Suhelmy  
Junyuan Primary School, Class 6R3



# FRIEND OF SINGA FEATURED!

Well done, pupils, for completing the Friend of Singa mission in Issue 3!

Here are some of the kind and encouraging comments in response to Tammy's post.



**TAMMY**

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

“

That is nice, Tammy! Let's show care for the environment!

”

Lee Meng En  
Northoaks Primary School, Class 5 Dahlia

“

Thank you for picking up trash! Everyone plays a part in keeping the environment clean and I promise to do my part too. Keep it up!

”

Clare Chia  
Tao Nan School, Class 6H

SEND!





# DEAR FRIENDS,

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

**We have received many interesting entries. It was fun reading your experiences about path sharing and your encouraging comments to spread kindness online!**

**I hope you have enjoyed the missions and learnt something about being kind to yourself and to the people around you.**

**I look forward to seeing you and your peers spreading kindness at home and in school.**

**Wishing you a wonderful and meaningful school holiday!**

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



**Cheers,**

*Singa*



# Sharity™ Care & Share Contest

Caring and sharing can take place in many forms! Share with us an artwork of what caring and sharing looks like to you on the next page.



The top ten winners will receive a limited edition

**Sharity Hero Collectable!**



singapore  
**kindness**  
movement



Community  
Chest

The NCSS Philanthropy and Engagement Arm

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



# Sharity™ Care & Share Contest



Scan the QR code or go to  
[go.gov.sg/sharitycontest22](https://go.gov.sg/sharitycontest22) to submit  
your design in JPEG or PNG format.



Submission ends 30 November 2022



# Sharity™ Giving Journal



Everyone can care for and share with others!  
Embark on a journey of giving with  
Sharity™ & Friends this school holiday and  
engage in acts of sharing with those around you.  
This could be spending time befriending an  
elderly neighbour or hanging out with  
a schoolmate you've not talked to before.



Journal and share your experience with  
us to stand a chance to be one of the  
ten winners to receive a limited edition



**Sharity Hero Collectable!**





# Sharity™ Giving Journal



Date:

- Describe your act of caring and sharing.

- Who did you care for and share with?

- Why do you think it's important to care for and share with others?

Remember to include a photo of you engaging in the act of caring and sharing when you submit your entry!

Submit your entry by scanning  
the QR code or going to  
[go.gov.sg/sharityjournal2022](https://go.gov.sg/sharityjournal2022)



Submission ends 30 November 2022





A poem is a piece of writing that uses words to share ideas, feelings or a story with the reader. Many poems rhyme, but not all of them do. You may have heard of some well-known poems, like "Humpty Dumpty" and "Mary Had a Little Lamb".

Here's a winning poem written and illustrated by junior college students for Write for Kindness 2022!

