

Kindsville Times Adventures



Primary 3 and 4
Issue 4/ 2022



HAPPY HOLIDAYS!



HAPPY HOLIDAYS!

Hello, friends! Are you doing anything special with your family this holidays? Here are some ideas for you.

Have you wondered what your parents do at work? We will be looking at different jobs that people do. Ask your family members if they work in those areas!

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 10 to find out how you can download the Cyber Kindness online sticker pack!

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

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STAY HAPPY AND HEALTHY

Tomeo is walking in the park when he sees Singa and the other cubbies.

Hi, friends!
What are you doing?

Hey, Tomeo!
This is a new group workout that Sher wanted to try.

Yeah!
It's important to keep up good habits like exercising to stay happy and healthy.

Exercising regularly makes our bodies feel good and strong. I like to get at least 30 minutes of exercise every day.

Oh, that's interesting! What other good habits should I know about?

Getting enough sleep! At least 9 hours of sleep a day can keep us healthy and happy, and help us learn better too.

It's not just about how much you sleep. How well you sleep is important too! Having a relaxing bedtime routine ensures that we will get good quality sleep.

I like to relax
before bedtime
with a nice book.

And I like
stretching before
bed so my body is
relaxed too!

I draw the curtains
and turn off all the
lights so it is nice and
dark. That way, I can
sleep really well!

And if you're always
on your digital devices,
remember the **20-20-20**
rule to protect your
eyesight!

What's that?

Take a break
from your devices
after using them for
20 minutes, by looking
at something **20** feet
away for **20** seconds.


20 feet is
the distance of
about six
1-metre rulers!

Hey, I thought of
another important habit...
Remember to make time
for yourself to do the
things you enjoy!

Yes! I like
tinkering with my
computers and
robots during my
free time!

I spend time on
my favourite
hobby... baking!
It is really
relaxing for me.

That's
wonderful!



It's also nice to spend time with your loved ones. You can set aside precious family time to enjoy each other's company...

Or have a fun day out with friends.

Just like what we are doing now!

You know what else makes me happy?
Spreading kindness!

When others are happy, I am happy too!

How do you spread kindness, Singa?

I'm always looking for opportunities to do simple acts of kindness!

I try to be a caring commuter on public transport on my way to school every day.

We can Give Time, Give Care, Give a Hand and Give Thanks.

For me, I try to look out for other commuters who need help on public transport, like an elderly person whom I can offer my seat to... Or someone who needs help with directions!

Give Time



Give Care



It puts a smile
on my face
when I put a
smile on theirs.



Give a Hand



Give Thanks



What about you?
What are some good
habits you have
that help you stay
happy and healthy?





MY SCREEN TIME HABITS

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



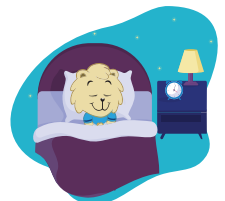
- ★ Avoid using your devices at least 1 hour before bedtime.

- ★ 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



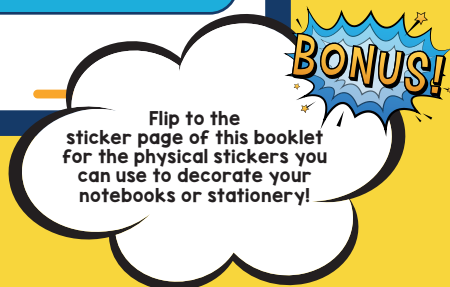
TIP FOR PARENTS/GUARDIANS:

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

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!



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.

SHARE THE GOOD!



Adapted from Nurfarah Aleesha's Singa design.



YOU ARE



Adapted from Evan Liu Hung Ngai's Singa design.



KINDNESS



IS KEY!

Adapted from Emily Sim's Singa design.



Adapted from Ong Qi Ning's Singa design.



I'M HERE FOR YOU!



Adapted from Puli Smaran's Singa design.



GOOD VIBES



Adapted from Sophie Tng Jia Xuan'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



Animation Series



Watch it at
kindsville.kindness.sg
or on
 **YouTube Kids**



CONNECT WITH RESPECT

It's HBL day at Kindsville Academy and everyone seems distracted. Watch the episode to find out how the Kindness Cubbies learn about kindness and showing respect when they are having online lessons!

It's HBL day at Kindsville Academy but nobody, except Singa, is ready for class.



Ms Lola does not look very pleased.

Good morning, class!
Can everyone try to
stay focused, please?





Animation Series



WATCH SINGA AND THE KINDNESS CUBBIES

How many of these episodes have you watched? Catch up on the latest episodes by scanning the QR codes below!

SEASON 6



EP1

TOGETHER WE CAN!



SEASON 5



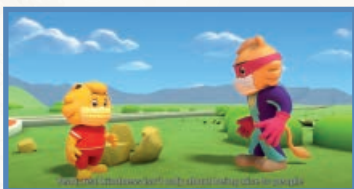
EP6

DELIVERY DRAMA



EP7

WHAT AM I FEELING?



EP8

THE BIG BANG



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 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:

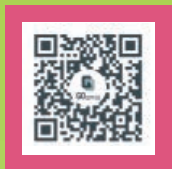
- Describe your act of caring and sharing.

- Who did you care for and share with?

- How did you feel after engaging in this act of caring and sharing?

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/sharityjournal22



Submission ends 30 November 2022

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 Singa's post.



SINGA

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

“

Great Job! It is a great initiative to pick up trash at the park! Singa, you are a good role model!

”

*Tee Kai Yuan
Keming Primary School, Class 4 Diamond*

“

I hope more people will keep Singapore clean. It is also a good habit to sort the trash into recyclable and reusable bins!

”

*Bryan Lim Kai Siang
North View Primary School, Class 3 Integrity*

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 the people around you.

I look forward to seeing you and your peers spread 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



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!



Written and illustrated by Lee Tze Jo and Valerie Tan Hui Yu from Anglo-Chinese Junior College

Comics

I WONDER WHAT I COULD BE



Hey, guys...
Have you ever thought
about what you wanted
to be in the future?

I have an idea!
We can visit the
Kindsville Occupations
Festival.



It's a party to
celebrate the people
who work in Kindsville!

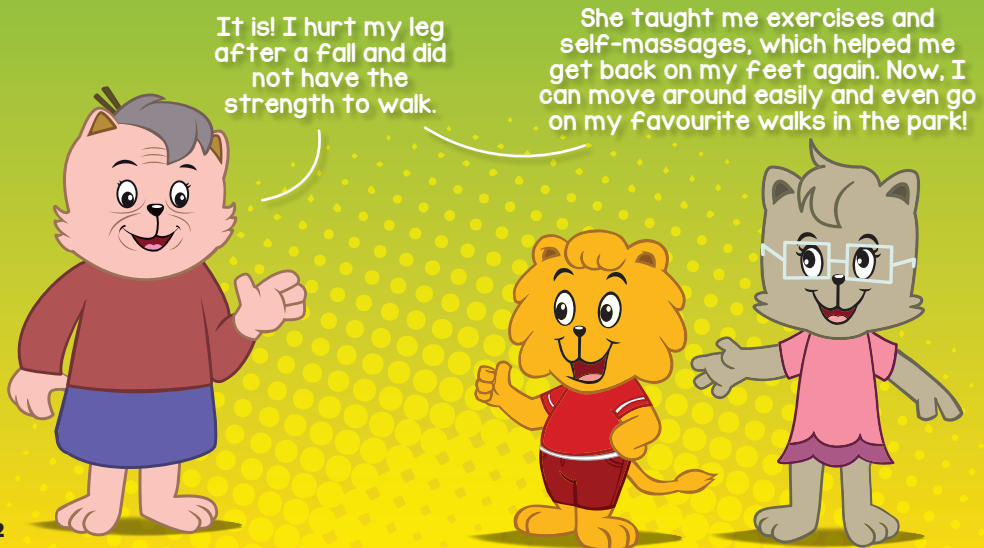
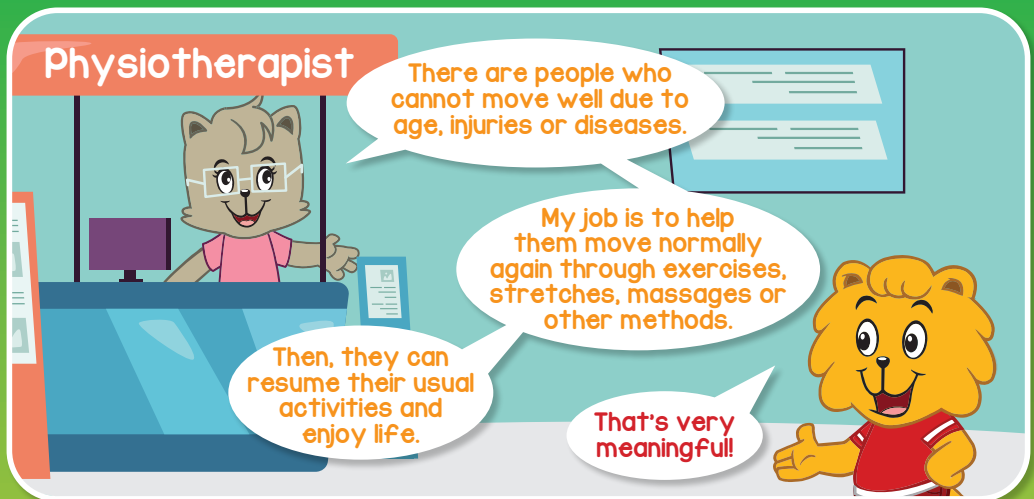
And the different
ways they
contribute to our
community!

Sounds exciting...

We might learn
something new
about occupations.

I can't wait
to go!

One week later...



Meanwhile...

Oh, wow!
Look at all these
fresh fruits and
vegetables!

Does that mean
we will always
have the freshest
fruits and
vegetables?

That's so cool.

They look delicious, don't
they? I use advanced
technology farming methods
to grow my crops, right here
in the city!

Urban Farmer

Yup!
I also grow many
local favourites,
which can be hard
to find elsewhere.

On the other
side of the hall...

Look, Tosh!
He is an App
Creator!

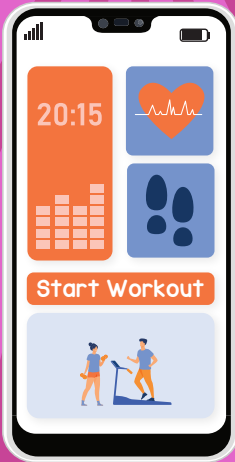
Hello!
What kind of apps
do you make?

App Creator

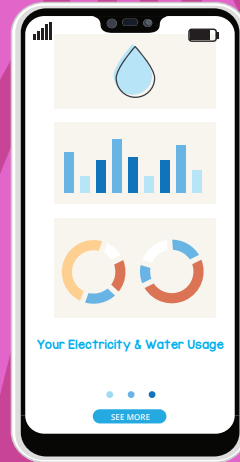
Hello there,
Cubbies.

I make mobile
apps that help people
in their daily lives.
For example...

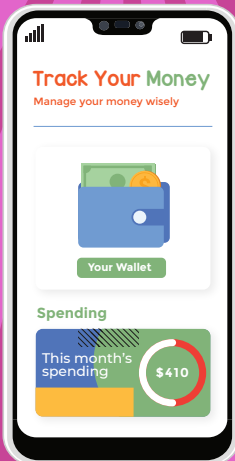
This app reminds users to exercise regularly for better health...



This one helps to reduce water and electricity wastage so we can all be more environmentally friendly...



And this one can track your spending and savings, so you can save more money!



App Creator

Amazing!
Apps are so
useful for so
many different
purposes!



Physiotherapist

App Creator

Hey, guys!

Did you all enjoy the event?

I did! I'm impressed by the different occupations and their contributions to Kindsville.

I'm grateful for all of them because they make our lives better!

It was an eye-opener. I learnt about so many jobs.

I think I found a few I might like!

That's wonderful! I hope my future job will make a positive impact too!



Family Time

MY FAMILY AT WORK



Do you know what the people around you work as? Interview someone from your family about their job! They can be your parents, aunt or uncle. Follow the steps below!

The person I am interviewing is my _____ .

What is his/her occupation about?

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**



To: _____



From: _____



Kindsville Mailbox



Write to Singa
and the Kindness Cubbies
and get a personal reply!

Singa wants to know more about your holidays! How are you going to spend your holidays in a meaningful way this year? Share your plans with Singa!

Post it by snail mail to:

**Singa and the Kindness Cubbies
Singapore Kindness Movement
61 Stamford Road
#02-01/02 Stamford Court
Singapore 178892**

New address!

You may also email to:

kindsville@kindness.sg

Singa would like to know your home address, school and class so that he can write back to you! You may write them at the back of your letter or in the email. Thank you! (Please ask your parents/guardians for permission before sending the letter or email.)





FEATURED LETTERS FROM ISSUE 3/2022

HOW DID YOU CELEBRATE NATIONAL DAY WITH YOUR FAMILY MEMBERS?

Dear Singa and the Kindness Cubbies,

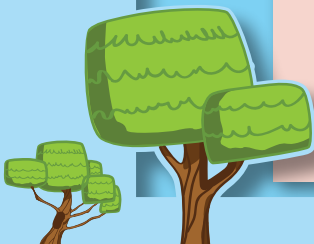
I celebrated National Day with my family by having a picnic at Bay East Garden. My family and I prepared home-made meals for the picnic. We sat on the picnic mat and watched the National Day Parade fireworks from far. I like watching fireworks as they are bright and colourful at night. I hope I can watch it again with my family!


Adalia Teo
Rosyth School, Class P4 Gratitude

Dear Singa and the Kindness Cubbies,

I am Aisyah from Wellington Primary School! My family and I hanged our National flag outside our home window. We are proud and happy to celebrate National Day together. On National Day, we will gather and watch the National Day Parade on TV. I always look forward to sing the NDP songs and feel the National Day spirit! In the evening, we will be seeing fireworks near our house at Sembawang. I hope it will be nice!

Aisyah
Wellington Primary School, Class 3 Attentiveness





Dear Singa and the Kindness Cubbies,

I celebrated National Day by decorating my house with our National flags and a banner that says "Happy National Day Singapore!". We invited our neighbours and family friends from different cultures and had a delicious feast that was prepared by my mother, father and me. My siblings turned on the TV and watched an old movie. After the movie, we said our farewells and ended the night with karaoke. What a pleasant day it was!

Maria Cristina
St Anthony's Canossian Primary School, Class 4 Prudence



Dear Singa,

I celebrated National Day with my family members at home. Weeks before the actual day, we hanged the National flag at our balcony. On National Day, we wore red and white clothes which are the same colours as our National flag! We ate steamboat while watching the National Day Parade on TV. I enjoyed singing along to the NDP songs and watching the magnificent fireworks display at the end of the show. I am proud of being a Singaporean!

Megan Lee Yu Wey
Tao Nan School, Class 3E



Family time

An initiative by
Caring SG Commuters Committee



CARING HERO ADVENTURE

25 Nov 2022 | 2 to 3pm | Online (Zoom) | For primary 1 to 4 students



Want to be a special someone with caring abilities for people around you? Join us in a 1-hour online workshop and pick up tips to be a caring hero on board buses and trains. At the end of this adventure, you will understand how you can do your part to help commuters with diverse needs through your caring acts. Suitable for Primary 1 to 4 students who are welcome to join together with your family members!

Scan the QR code or register at
go.gov.sg/2022caringhero



Kindsville stickers

Use these Cyber Singa Cubbie stickers to decorate your notebooks or stationery! Find out how you can download the online sticker pack on page 10.



GOOD VIBES



ONLY!



SHARE THE GOOD!



YOU ARE



BRAVE!

**YOU'RE A
GOOD CYBER
FRIEND!**



**LET
KINDNESS
GO VIRAL!**

KINDNESS



IS KEY!

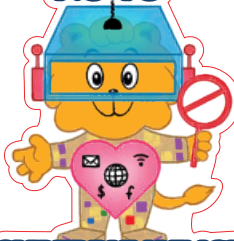


**KIND
WORDS
MATTER!**

VIRTUAL HUG!



**SAY
NO TO**



CYBERBULLYING!

Be sure to practise cyber kindness and be mindful of your words and actions online! Remember, A Kinder You, A Stronger Us!