

Kindsville Times Junior



Primary 1 and 2
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 learn 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?

Hi, Tomeo!
We are trying
a new group
workout!

Exercise is very
important! 30 minutes
of exercise every day
will make our bodies
healthy and strong.

Did you know that
there are many more
good habits to help us
stay happy and
healthy?



That's interesting!
What are they?



I know one!
Sleeping early so that
our bodies have
enough rest!



Yes! Getting at least 9 hours of sleep a day keeps us healthy, happy and helps us learn better too.



It is also healthy to sleep and wake up at the same time every day.

When we sleep well, we will have a lot of energy the next day.



Besides that, don't forget the **20-20-20 rule** to protect your eyesight!



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 I-metre rulers!



Putting away your devices at least 1 hour before bedtime can also help you sleep better.



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




I like working on my robots. I feel happy when they become stronger.



I like gardening and enjoy being outdoors.





It is also nice to have a day out with friends and have fun together.

Just like what we are doing now!

You know what else makes me happy?
Spreading kindness!

I feel happy when others are happy!



How can we spread kindness, Singa?

I always try 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.

Give Time



Give Care



It feels good to know I can make someone's day better!



Give a Hand



Give Thanks

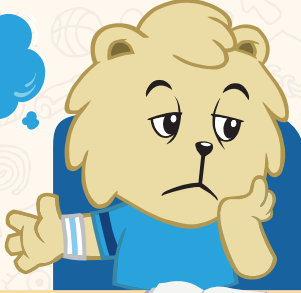


What about you?
What are some good
habits you have
that help you stay
happy and healthy?





HELP TOMEO!



Tomeo is feeling tired and sleepy in class again. Singa tells him that he should not spend too much time playing games or watching videos at home.

Can you help Tomeo with his sleepiness by completing the challenge on healthy screen time habits he can practise? Use stickers from the sticker page to complete the challenge.



HEALTHY SCREEN TIME HABITS

1

He should put away his devices at least 1 hour before



2

To protect his



he can take a break after every
20 minutes of screen time.



3

He should set aside time for other activities such
as showering, studying and



4

He should make sure
that he has at least



of sleep every day.





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



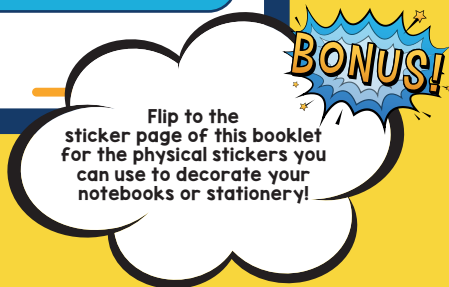
TIP FOR PARENTS/GUARDIANS:

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

CYBER SINGA STICKER PACK

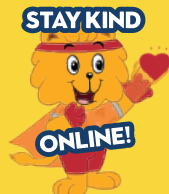
Do you remember Issue 2's Cyber Kindness contest where you were asked to share what Cyber Singa Cubbie means to you and create a slogan to promote a kinder cyberspace? We are excited to share that we have made a sticker pack out of the winning designs!

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.



Adapted from Jessica Gunasekaran's Singa design.



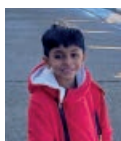
Adapted from Alyssa Yong Xin Yi's Singa design.



Adapted from Athelstin Wong's Singa design.



Adapted from Dev Padoor Arun's Singa design.



Adapted from Keira Wong's Singa design.



Adapted from Aidan Qaiser'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**

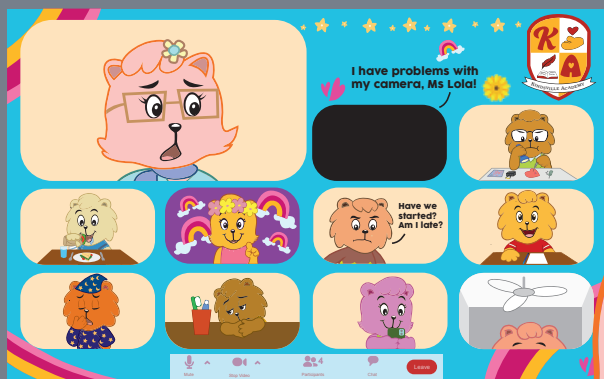


CONNECT WITH RESPECT

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.

**Season 6
Episode 2**



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



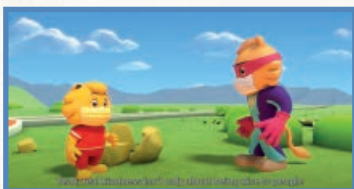
EP6

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:

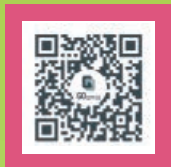
- Describe your act of caring and sharing.

- 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!

“

Nice! Hope we can make Singapore a cleaner and better place to live in!

”

Shevaun Tey Shu Rou
Geylang Methodist School
Class P2-7 (Faithfulness)

“

I agree! Can I help you next time? Thank you for helping out!

”

Emma Louise
Henry Park Primary School
Class P2 Generosity

“

It is a wonderful thing to pick up trash in the park! It keeps the environment clean. Keep it up!

”

Soumiya Nimalan Prabhu
Qifa Primary School
Class P2-G

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

Singa finds Tosh looking deep in thought.

I WONDER WHAT I COULD BE

Hi, Tosh!
What are you
thinking about?

Hi, Singa.
Our teacher asked
us what we would
like to be in the
future...

I have been
thinking about it...

I have an idea!
Let's go to the
Kindsville Occupations
Festival!

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

And the different
ways they make
Kindsville a better
place!

I can't wait
to go!

Yes. It sounds
like the perfect
place to find
some answers!

Hey, what does a
Physiotherapist
do?

Let's find
out!



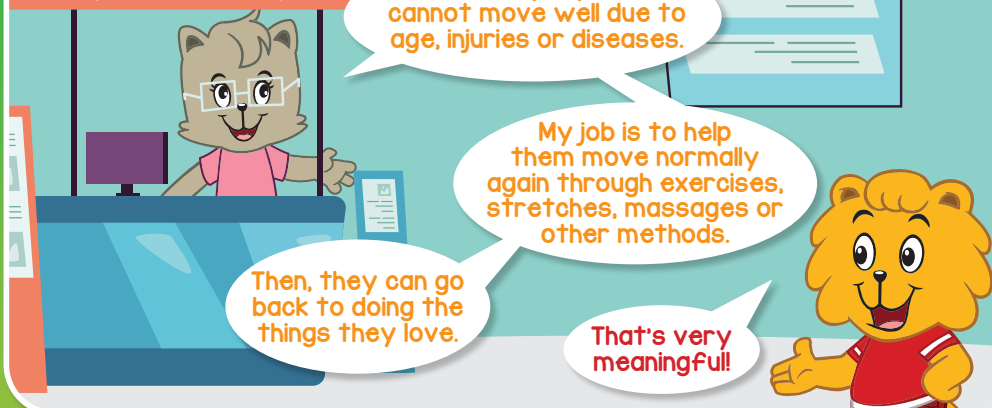
Physiotherapist

There are people who
cannot move well due to
age, injuries or diseases.

My job is to help
them move normally
again through exercises,
stretches, massages or
other methods.

Then, they can go
back to doing the
things they love.

That's very
meaningful!

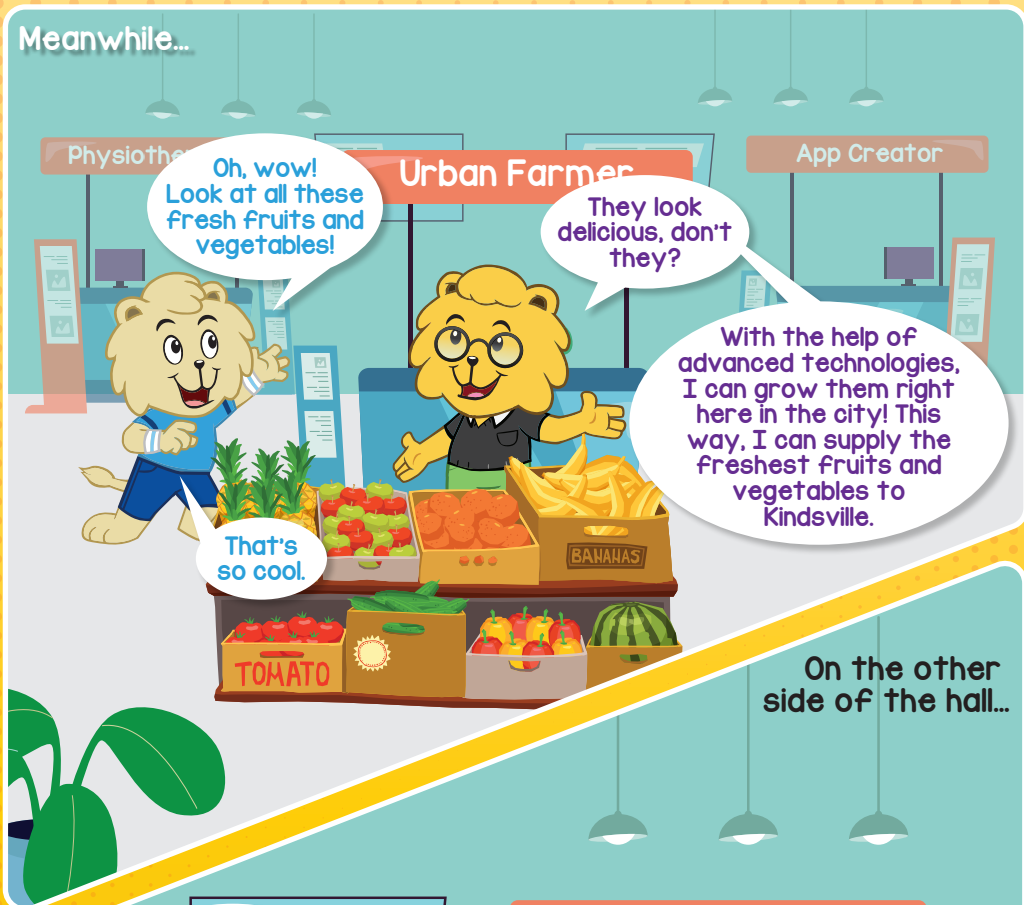


It is! I hurt my leg
after a fall and was
too weak to walk.

She taught me exercises that
helped me regain strength in my
leg. Now, I can go on my favourite
walks in the park again!



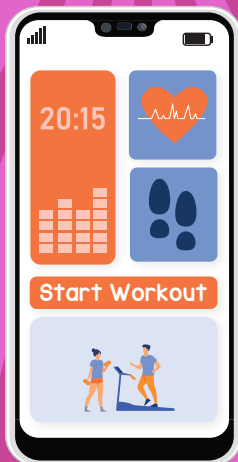
Meanwhile...



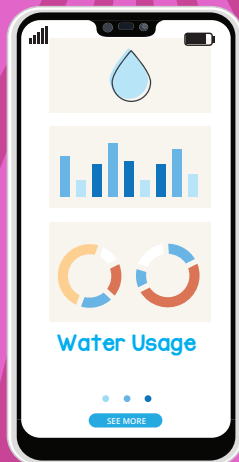
On the other side of the hall...



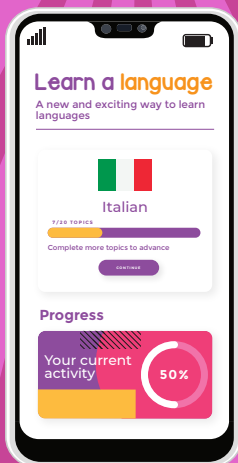
This app reminds users to exercise regularly...



This one helps reduce water wastage so we can be more environmentally friendly...



And this can even teach you a new language!



App Creator

Amazing!
Your apps are
so useful!



Physiotherapist

Hey, guys!

App Creator

Hey, Singa.
Did you enjoy
the event?

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

I'm grateful for all
of them because they
improve our lives in
different ways!

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

I think I found a
few I might like to
do in the future!

That's wonderful!
I hope my future job
can improve the lives
of others 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!

STEP 1

Choose who you want to interview.
It can be anyone in your family!

STEP 2

Tell him/her that you would like to learn more
about their job and ask these questions:

What do you
work as?

What do
you do in
your job?

How do you
contribute to the
community through
your job?



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!



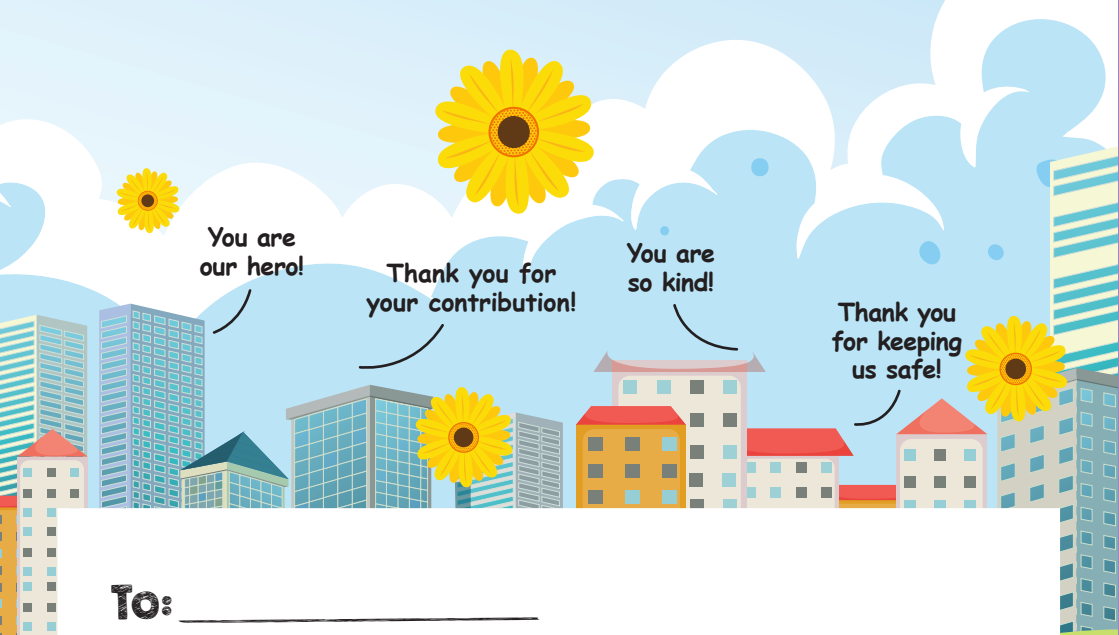
LET'S SAY THANK YOU

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**

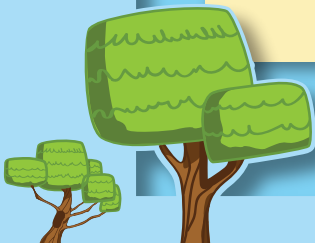
**HOW DID YOU CELEBRATE NATIONAL DAY WITH YOUR
FAMILY MEMBERS?**

Dear Singa and the Kindness Cubbies,

My family and I sat together in the living room to watch the National Day Parade on TV! I held and waved the Singapore flag while singing the NDP songs. We rushed out to the corridor to watch the jet planes fly past above our block. I covered my ears as the jet planes were so loud. We watched the fireworks at night. Lastly, we sang the National Anthem and recited the National Pledge together as a family. National Day was fun!

Happy Birthday Singapore!

Melissa Koh
Kong Hwa School, Class P1-2 (Filial)



Dear Singa,

I watched fireworks with my family during National Day. I had lots of fun!



Sameera Banu
White Sands Primary School, Class 1 Excellent

Dear Singa,

I celebrated National Day with my family by watching the National Day Parade on TV. I saw fighter planes doing their formation and the Red Lions jumping down from the helicopter. I also saw soldiers marching in their contingents. I sang the National Day songs and recited our National Pledge. Lastly, there were blasting fireworks aiming the clouds. It was the most amazing National Day ever!

Shanie Wong
South View Primary School, Class 2SF



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 stickers to complete the Cubbie Challenge on page 7-8.

eyes

9 hours

exercising



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.

THANK YOU!



STAY KIND



YOU CAN DO IT!



I'M HERE FOR YOU!



KIND WORDS MATTER!



YOU'RE DOING GREAT!



GOOD VIBES



ONLY!



**KINDNESS
ALERT!**

**SHARE THE
GOOD!**



YOU ARE



BRAVE!

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



**SAY
NO TO**



NEGATIVITY

KINDNESS



IS KEY!

**LOVE
YOUR**



COMMENT!

**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!