

Agents of Kindness

Issue

01

2023

Primary 5-6



⚡ All Ready For ⚡
★
***A Great
School Year*** ★





DEAR AGENTS OF KINDNESS,

**Welcome back to school! You are now
Agents of Kindness, as seniors to the
younger students.**

**We hope you will choose to be kind in
every opportunity that comes your way.
A simple act of kindness can have a huge
impact on someone's day. It could
make them feel loved and appreciated. If
it's within your means, don't be afraid to
help others in need because every kind act
goes a long way!**

**This school year will be filled with lots of
kindness and new adventures as you take
on greater responsibilities in your schools.**

**Let's also remember that your family,
teachers and friends will be there with you
if you need support.**

**CHEERS,
KINDNESS HEADQUARTERS**

HELLO!

BEGIN YOUR ADVENTURE ON THESE PAGES!

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MAKE
Today
GREAT

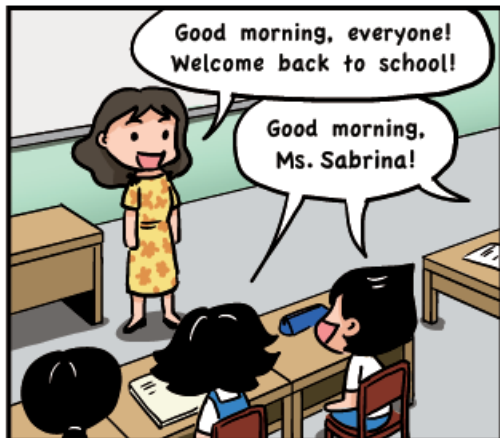


**Cool
To be
Kind**

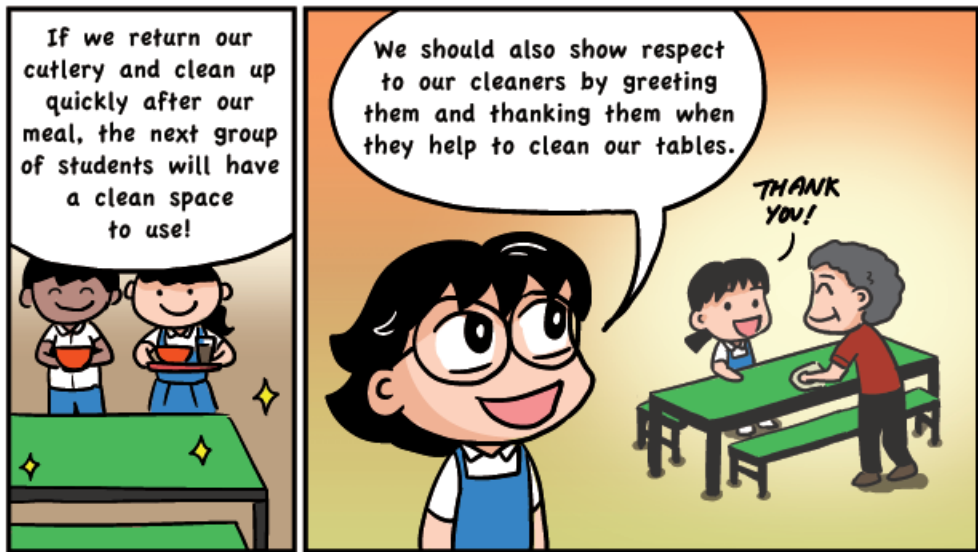
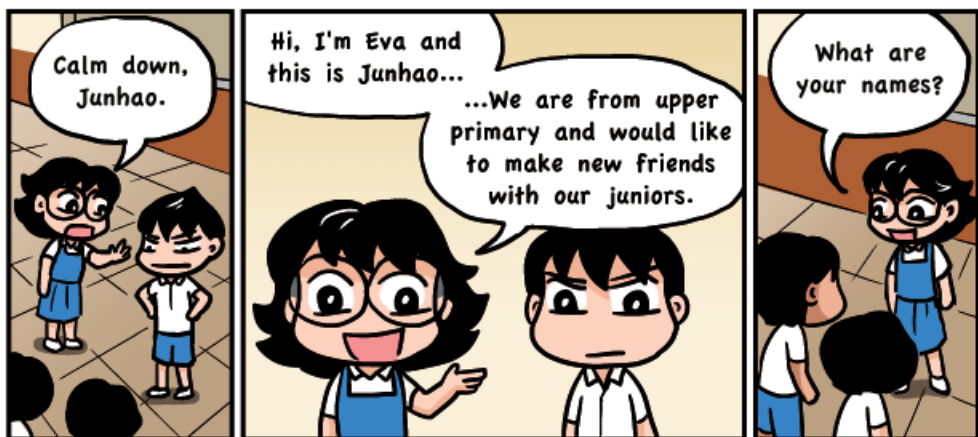


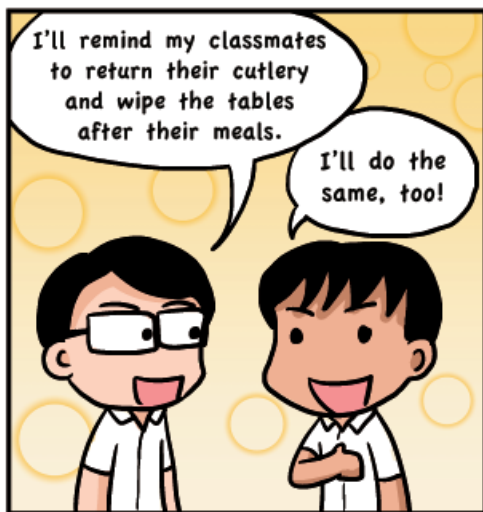
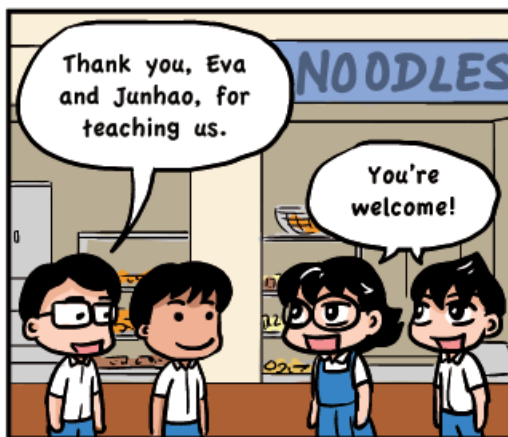
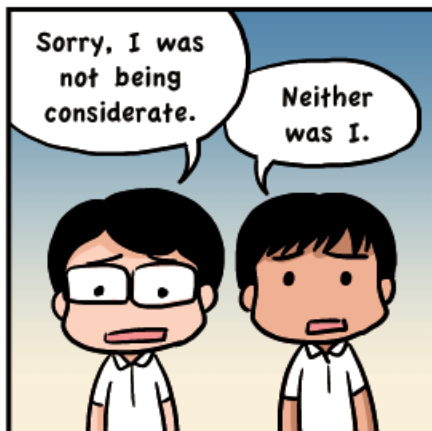
Back to School

My Everyday Responsibilities









End

QUIZ

WHAT KIND OF ENVIRONMENT CHAMPION ARE YOU?

In the activity below, circle as many cleanliness habits as you practise and find out if you are a 3R Specialist, Cleanliness Warrior or Graciousness Ambassador!

 <p>I recycle.</p>	 <p>I see a doctor when I am feeling unwell.</p>	<p>I use both sides of the paper before discarding it.</p>	 <p>I wash my hands with soap and water after using the toilet.</p>	 <p>I use my own cutlery and container for takeaways.</p>	<p>I always flush after using the toilet.</p>
 <p>I help with the wipe-down routine in class.</p>	 <p>I bring a reusable water bottle with me.</p>	<p>I cover my nose and mouth with tissue when coughing or sneezing.</p>	<p>I empty the dustbin in the classroom without being told to do so.</p>	<p>I keep the toilet clean and dry after use.</p>	 <p>If I see someone littering, I stop and ask them to bin the trash.</p>
 <p>I am not eating my greens. You shouldn't waste food!</p> <p>I reduce food waste.</p>	 <p>I wear a mask on public transport.</p>	<p>I clean up after myself after meals, leaving a clean table for the next person.</p>	 <p>I use a reusable bag.</p>	<p>I return my cutlery after meals and encourage my friends to do the same.</p>	 <p>I always bring a hand sanitiser to use when necessary.</p>

Count the number of coloured squares you have circled and find out if you are a...



3R SPECIALIST

You make a difference by helping to save the environment while keeping clean.



GRACIOUSNESS AMBASSADOR

You are a role model to your peers when you practise everyday responsibilities and encourage others to do the same. You care about the cleanliness of the environment and the people around you.



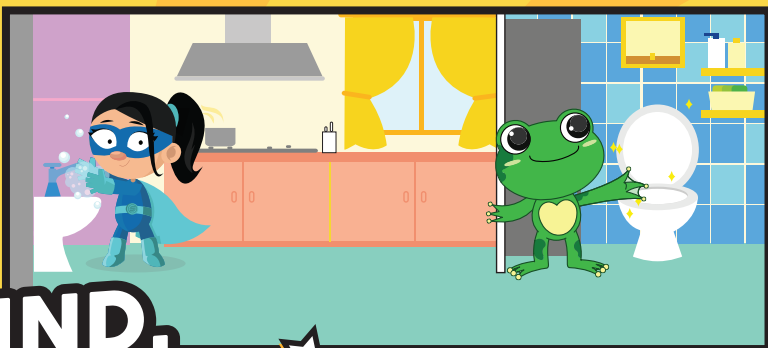
CLEANLINESS WARRIOR

You care about good personal hygiene and cleanliness. You practise good hygiene habits and understand the importance of protecting yourself and others from illnesses.

Share your quiz results! ★

Name three friends you would like to share your quiz results with. Encourage them to complete the quiz and share it with others, too!

1. _____
2. _____
3. _____



**BE KIND,
KEEP CLEAN!**

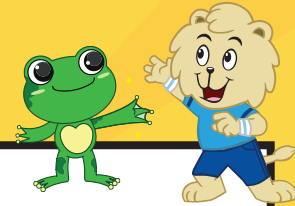


What kind of Environment Champion are you?

I'm a _____



Keeping your school clean could help to prevent viruses from spreading. As an Agent of Kindness, how do you play your part to keep the school clean and safe? Share your thoughts with your Primary 1 and 2 juniors and encourage them to be Environment Champions!



DEAR _____,



FROM: _____

BE KIND, KEEP CLEAN

How are things?

Being in Primary 5 and 6 is exciting and challenging. Your brain is developing and your body is changing. Negative thoughts could creep up on you; about your body, your grades and the surroundings. When these negative thoughts become difficult to handle, it's good to pause, take a deep breath and think about how you could be kinder and more encouraging to yourself. Try these the next time you're feeling down or when the negativity seems too much.



Instead of thinking or saying...

Try this...

1. I can't do it.



Maybe I can't do it now, but I can keep trying.

2. I give up.



I can try a different way.

3. I don't like challenges.



Challenges help me grow.

4. I always make mistakes.



I can learn from my mistakes.

5. It's too hard.



If I keep practising, it will get easier.

How would you respond to negative thoughts in a positive and encouraging manner? In addition to the examples on page 11, can you think of any of your own? Complete the challenge below by writing your own responses or choosing a statement below that best describes your thoughts.

★ If I keep practising, it will get

EASIER

I am **not alone** in this.

♥ **HELP** is all around me

✈ Don't stop believing in what is

POSSIBLE!

🧩 **I'm going to try.**

I could speak with

SOMEONE I TRUST.

Seeking help is a

GOOD START TO overcoming these challenges.

🔍 If I focus on my

STRENGTHS, there may be a

BREAK-THROUGH.

It may seem impossible now, but

👤

🔍

📓

📏

✂

👍

Negative thoughts	Kind and encouraging words I could say to myself instead
1. I am never going to complete these Maths questions.They are too difficult.	
2. If I don't win the competition, everyone will think I'm a failure.	
3. I can't make it into the secondary school of my choice. I'm just not good enough!	

Family Time



Was there a time when you saw a family member facing a challenge in their work or studies? Talk to them and ask them how they dealt with their challenges. They might just have a story that inspires and motivates you!



DEAR FRIENDS,

Thank you for participating in the Friend of Singa missions last year!

This year, Singa has planned something special for you and your peers.

The termly missions will be replaced by Project Kindness for you to plan and do in school. Your project should focus on spreading kindness and creating a positive impact on the school community.

At the beginning of the year, your teachers will nominate some students from your school to lead the project. After you've completed the project during the school year, you will be recognised as a Friend of Singa.

I am looking forward to your kindness projects. I hope you are, too!

Visit <https://fos.kindness.sg/primary> for more information.

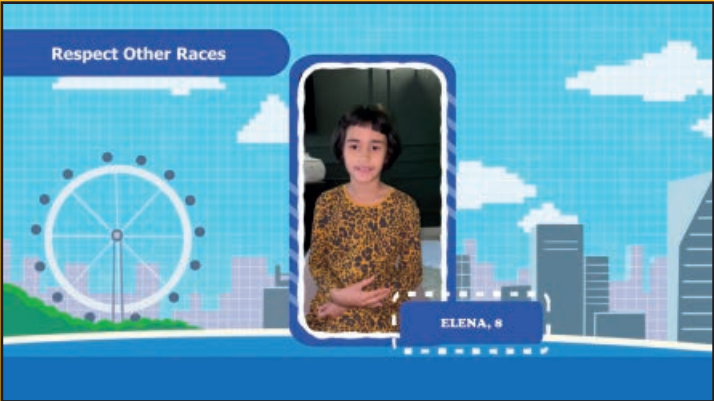
Yours truly,

Singa



THANK YOU FOR PARTICIPATING IN THE RACIAL HARMONY PROJECT!

During Racial Harmony Day last year, many students took part in the Racial Harmony Project to share with others what racial harmony meant to them. We received many meaningful videos and postcard designs. Well done, students!



Scan the QR code to view the featured videos and artworks.

