

Kindsville Times Junior

PRE-SCHOOL



singapore
kindness
movement

Issue 4/ 2022

HAPPY HOLIDAYS!



MCI (P) 065/11/2021

Visit the Kindness Cubbies at <https://kindsville.kindness.sg>

DEAR PARENTS/GUARDIANS,

Welcome to the last issue of Kindsville Times Junior for the year!

As we approach the end-of-year holidays, here are some fun activities which you can do together with your child! Learn about and even create your family's own good habits and kind acts which you can start doing this holiday!

Have an enjoyable time with your child! See you next year!

WITH BEST WISHES,
SINGA AND THE KINDNESS CUBBIES



Issue 1/2022



Issue 2/2022



Issue 3/2022



Visit
<https://kindsville.kindness.sg/read/>
to download past issues.



STAY HAPPY AND HEALTHY

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

Hi, Friends!
What are you doing?

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

Why?

Exercise is
important!

30 minutes
of exercise every
day will make our
bodies healthy
and strong.





Do you know how
we can stay happy
and healthy?

Sleep early!
We need at least
9 hours of sleep at night
to have enough energy
for the whole day!

Don't forget to
take a break from
your phone, tablet
and computer.

Especially
before
bedtime!



It will help you
sleep better and
protect your
eyesight too!

Enjoy your school
holiday with all
the things you
love to do!



I like working on my robots.

I like reading and gardening.

I like to have a day out with my family or friends.

You know what else I enjoy?
Spreading kindness!

Try it!
You will feel happy when you make others happy!

How can we spread kindness, Singa?

We can do simple acts of kindness like...

Wishing my parents a nice day...

Writing thank you notes for people around me...

Thank you for being such a good friend!

Or donating some of my books and toys to others in need!

What kind acts will you do during this school holiday?



Cubbies Tips

TOMEO'S GOOD HABITS

Did you know that having too much screen time is not good for your eyes?

Complete the sticker activity below and learn more about healthy screen time habits!

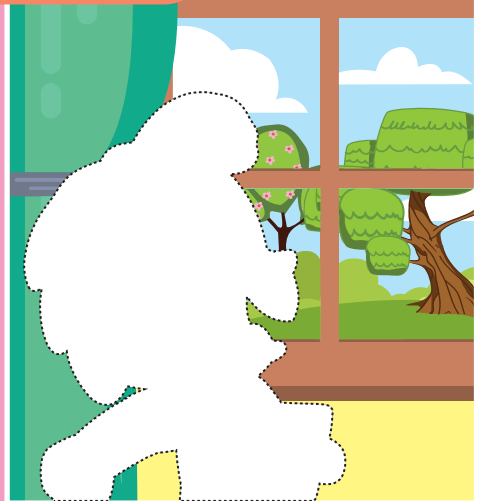


1

Put away the device at least 1 hour before bedtime.



Take breaks during screen time to protect your eyes.



2

3



Set aside time for other activities such as showering and exercising.



Get at least 9 hours of sleep every day.

4





FIND SINGA!



Singa loves to explore
the food and places
around Singapore!



How many Singas can
you find in this picture?



Artwork created by MuzArt Singapore.

MuzArt
Imagine Your Future



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?





KIND-O-METER

Have you been kind today?

- 1 Carefully tear/cut out the two discs.
- 2 Place the blue 'Today'' disc on the top of the yellow disc.
- 3 Fasten both discs to the centre using a paper fastener.



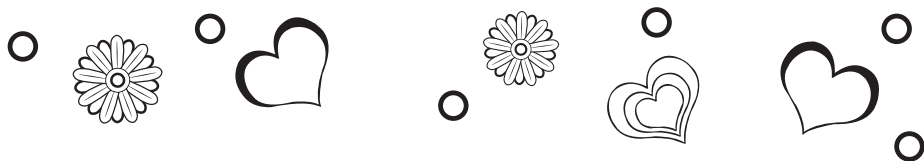
You can now turn the blue disc to show what you have achieved today!

Let's Colour!

THANK YOU!

Fill the card with colours and give it to a friend or family member whom you want to thank.



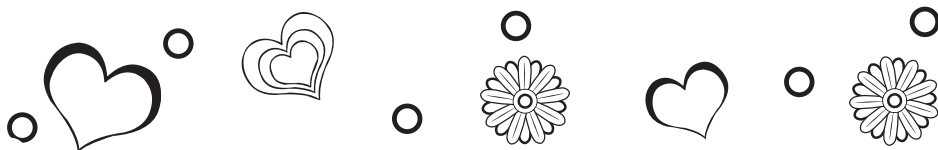


Dear

_____ ,

Thank you for

From:





FEATURED LETTERS

Dear Singa,

When my friend and I was playing with toy blocks at school, some boys knocked them down. My friend helped me build it again and I thanked her.

Lim Yu En
PCF Sparkletots Clementi, Class K2 B

Dear Singa,

I am Kaelene. I showed care and concern to my friend, Taesha when she was sick. I am happy that she is well again.

Kaelene
PCF Sparkletots, K1



Kindsville stickers







Kindsville Mailbox



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

Singa wants to know more about your holidays! Write to Singa to share how you are going to spend your holiday. You can draw as well!

Post it by snail mail to:

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

You may also email to:

kindsville@kindness.sg

Please include your name, home address, school and class so that Singa can reply your letter! Remember to ask your parents/guardian for permission before sending your letter too!



Turn to page 15 to read the featured letters!