

Agents of Kindness

Issue

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2023

Primary 5-6



singapore
kindness
movement



Dear Agents of Kindness,

We are commemorating International Friendship Day in this issue!

Did you know ASEAN member countries take turns to chair ASEAN every year? Indonesia holds the chairmanship in 2023. So, let's "travel" to Indonesia to learn more about its attractions and culture this International Friendship Day!

Bon voyage!

***Cheers,
Kindness Headquarters***

Find out more as you turn to these pages!

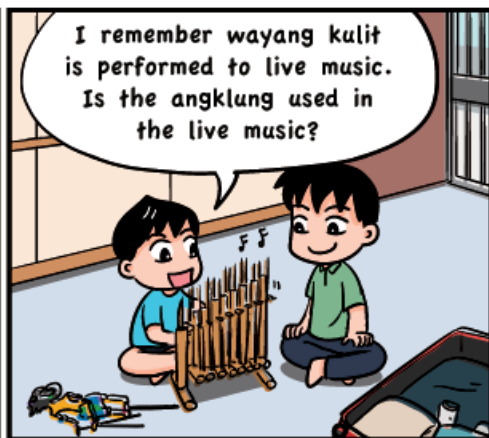
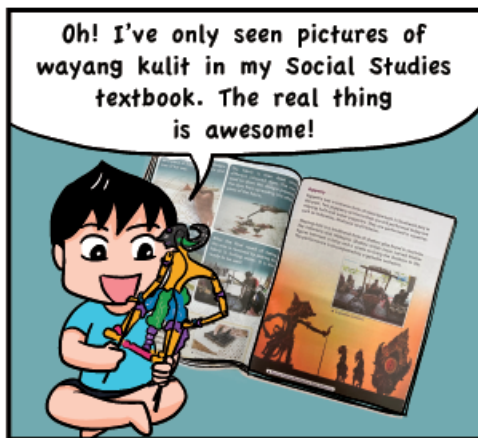
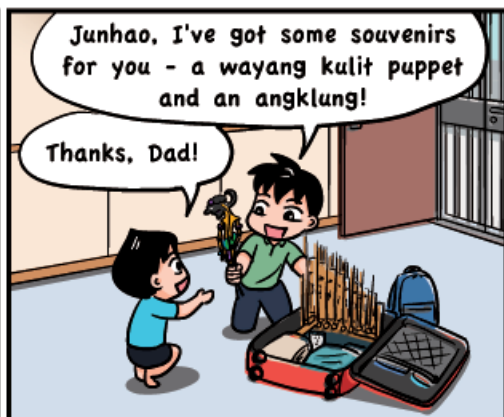
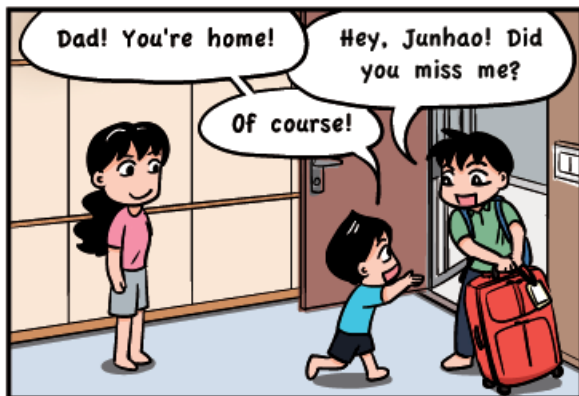
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International Friendship Day

Let's Learn About Indonesia!



The angklung is not used for wayang kulit. It is a traditional instrument played during important ceremonies like rice planting and harvest.

Each bamboo tube produces a note.

The sound is quite nice. Could you share more about Indonesia?

Sure!

Indonesia is Singapore's neighbouring country and one of the world's largest nations made up of many different islands.

I went to the island of Java, where the capital, Jakarta, is located.

I remember visiting Bali with my parents when I was younger. It's located on the east of Java.

Oh! What did you see there?

We were there in July, just in time for the International Bali Kite Festival!

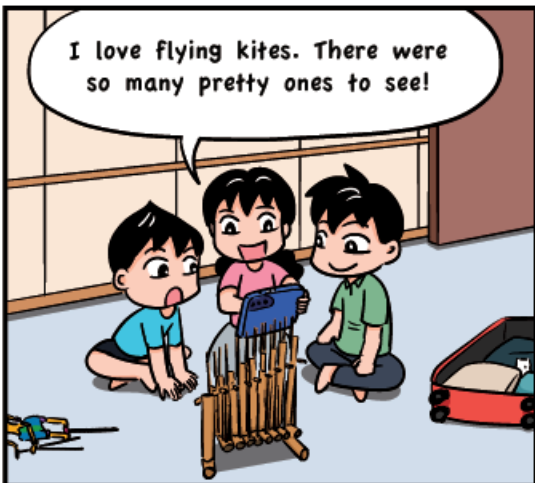
The festival marks the start of Bali's windy season and the farmers thank the gods for their good harvest.



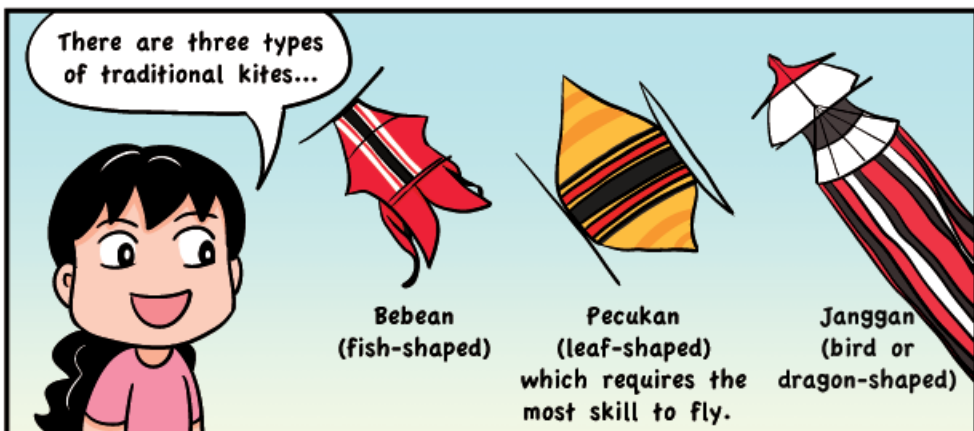
The Balinese people stand in the freshly harvested paddy fields and fly their kites.



I love flying kites. There were so many pretty ones to see!



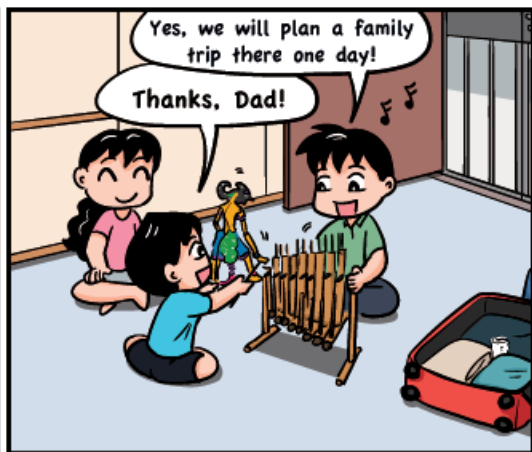
There are three types of traditional kites...



Bebean
(fish-shaped)

Pecukan
(leaf-shaped)
which requires the
most skill to fly.

Janggan
(bird or
dragon-shaped)



End

LET'S LISTEN

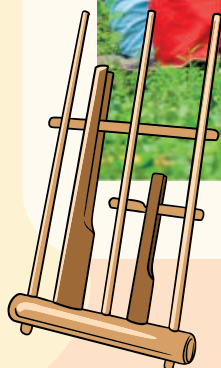
HARMONY OF SOUNDS

Do you know that playing the angklung as a group requires teamwork, respect and harmony?

The angklung is a traditional Indonesian musical instrument made of bamboo tubes attached to a frame, with each tube producing one musical note. Several players must work together to create melodies.



Scan the QR code to
watch an angklung
ensemble.



*Children in Indonesia learn to make traditional
musical instruments from bamboo.*

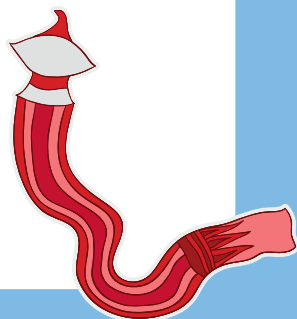
LET'S COLOUR



COLOUR AND TAKE FLIGHT



Remember the kite flying festival that Junhao's mum told him about? During the festival, you'll see a variety of kites flying in the sky. One of the most popular Indonesian traditional kites is the *bebean*, a fish-shaped kite. Fill your *bebean* kite below with colours!



FESTIVALS IN INDONESIA

Besides the kite flying festival, Indonesia has a wide variety of festivals to celebrate its strong cultural roots. Here are a few that we have discovered. Identify the correct stickers to match the festivals.

Karapan Sapi

This is a traditional cow-racing festival on the island of Madura in East Java. It is usually held in the months of July to October. Riders race with a pair of cows or bulls by standing on a wooden cart – kaleles – with a yoke that is placed on the cows' backs. The animals are decorated with ornaments, which add colour and beauty to the festival!



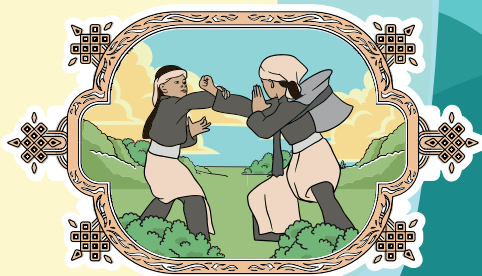
Pacu Jalur

This is a long-boat rowing race. It's very similar to the dragon boat race in Malaysia and Singapore. Each long boat has a team of 50 to 60 people. *Pacu Jalur* is the largest annual festival for the *Kuantan Singingi* district community and has been taking place every year for hundreds of years.



Pencak Silat

This is a traditional form of self-defence. It is a type of martial arts that has become popular internationally. In 2019, it was added to UNESCO's Intangible Cultural Heritage list. Indonesia organises the Pencak Silat Festival every year, and people from all over the world compete in it.



The content has been adapted from <https://issuu.com/indonesiana> vol. 12 P42-45

LET'S EXPLORE

"SAME SAME BUT DIFFERENT"

Indonesia has many things in common with her neighbours in Southeast Asia. Let's explore Indonesia's interesting culture and find out what's common!

Salad Galore

Have you tried this Indonesian dish called *gado-gado*? It is a type of salad made with lightly cooked vegetables, boiled potatoes, tofu, tempeh and hard-boiled eggs topped with savoury peanut sauce.



Gado-gado with peanut sauce



Rojak



Papaya salad

Doesn't *gado-gado* remind you of *rojak* from Singapore or a papaya salad from Thailand? *Rojak* consists of raw vegetables and fruits topped with a dark sweet sauce. Papaya salad is made with green papaya and dried shrimp or salted crab mixed with fish sauce. All three dishes taste different and are delicious!

LET'S MAKE GADO-GADO!

Try making this popular savoury Indonesian dish with your family.

YOU WILL NEED:

- Tofu puffs, tempeh and a variety of steamed vegetables such as sliced cabbage and long beans, bean sprouts and potatoes.
- Two boiled eggs. Cut into four pieces.
- Slices of cucumber and tomato
- Smooth peanut butter or freshly ground peanut butter
- A small can of coconut milk
- 1 tablespoon of sweet soy sauce
- Half a grated onion
- 1 clove of garlic, crushed
- 1/4 teaspoon sambal chili sauce (optional)
- Oil for frying
- Water
- Spoon to stir



Gado-gado

METHOD:

1. Steam the vegetables and tofu puffs.
2. While steaming the vegetables, prepare the special peanut sauce (see below).
3. Quickly toss the bean sprouts in the steamer for about a minute until the vegetables are ready.
4. Arrange the bean sprouts on a narrow platter or plate.
5. Place the vegetable, tofu puffs, tempeh and boiled egg carefully on top of the bean sprouts.
6. Pour the sauce over everything.



HOW TO MAKE PEANUT SAUCE

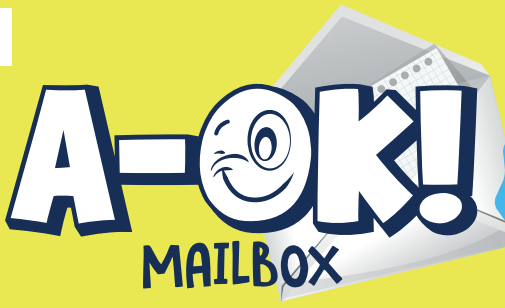
Here's how to make peanut sauce to go with *gado-gado*.

Note: Do not serve this sauce if you or any of your family members have any allergy to nuts. Instead, you can use a sweet soy sauce (commonly known as *kecap manis*).

METHOD:

1. Fry the onion and garlic in oil in a small pan.
2. Remove from heat. Add peanut butter, coconut milk, sweet soy sauce and chilli (optional).
3. Stir the ingredients together as carefully as you can. Place the pan back onto the stove, stir constantly to make sure the peanut butter does not stick to the bottom of the pan.
4. Add a bit more coconut milk or water, if the mixture becomes too thick and dry. Keep stirring until the sauce is smooth and thick.
5. Remove from heat but don't let it cool down too much before using. If it does not cool down and is hard to pour – put it quickly back on the stove and warm it up.





International Friendship Day encourages us to make new friends with people from different parts of the world. In this issue, you've learnt about the culture, food and festivals of Indonesia.

Where would you like to go and what would you like to experience if you visit Indonesia?

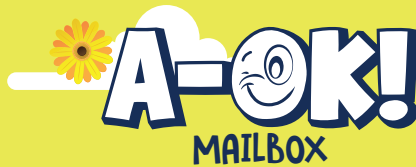
Write down your thoughts on this page or send in your response through <https://mailbox.kindness.sg>

Name: _____

School: _____ Class: _____

Home Address*: _____


*Receive a personal reply from the Kindness Headquarters when you send in your response.
(Parental consent required)



**YOU MAY ALSO TEAR OUT THIS PAGE AND
SEND IT TO US.**

**Agents of Kindness
Singapore Kindness Movement
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Singapore 178892**


Last term, some students shared their stories about how they played their part in commemorating Total Defence Day.



As an Agent of Kindness, I played my part in Total Defence by not wasting food and being more open to food choices. I encouraged my parents to buy food with the red "SG" logo on the packaging. I also shared with my family about Singapore's food security and the countries that Singapore imports food from. I am super appreciative of the people who have stepped up to help Singapore grow sustainable vegetables. I believe that Singapore will continue to increase local production from 10% to 30% by 2030!

- Katari Driya
Opera Estate Primary School, Class 6 Honesty

As an Agent of Kindness, I played my part in Total Defence by not wasting food and finishing all of it. I helped people who are in need. When I read news online, I will check if they are from a reliable source. I tried to be friendly and showed care towards my friends and teachers in school. I learnt about Singapore's history and tried to understand it. I am proud to be a Singaporean and I am also very grateful of the sacrifices that past Singaporeans have made for the new generation.



- Eryna Damia Binte Addien Wardiman
Telok Kurau Primary School, Class 5 Care

A-OK!

Stickers

Use these stickers to complete the "Festivals in Indonesia" activity on pages 9 and 10.



Use these stickers to help you remember what you have learnt about Indonesia!

