

A-OK!

Agents of Kindness

Issue

02

2023

Primary 5-6





DEAR AGENTS OF KINDNESS,

Kindness Day SG is here! Every year in May, people in Singapore celebrate kindness by sharing their stories. As we celebrate this special occasion, let's remember that every kind act makes a difference in someone's life. Be sure to show gratitude and appreciation to people around you through thoughtful acts of caring and sharing.

Don't forget to be kind to yourself, too! Choose the stickers you like from the sticker page and paste them on your personal items such as your handbook or file.

Together, we can make every day a Kindness Day!

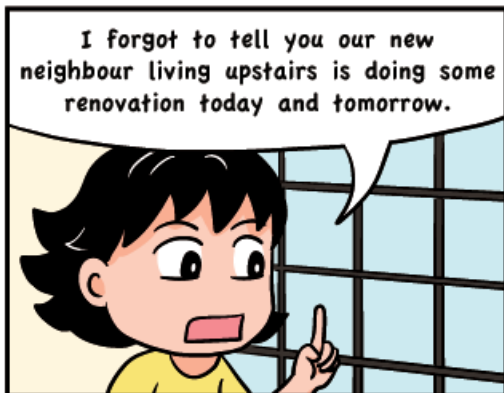
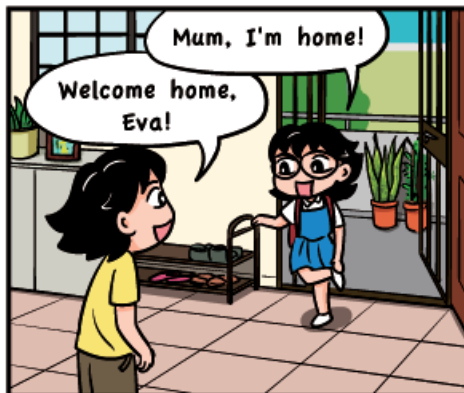


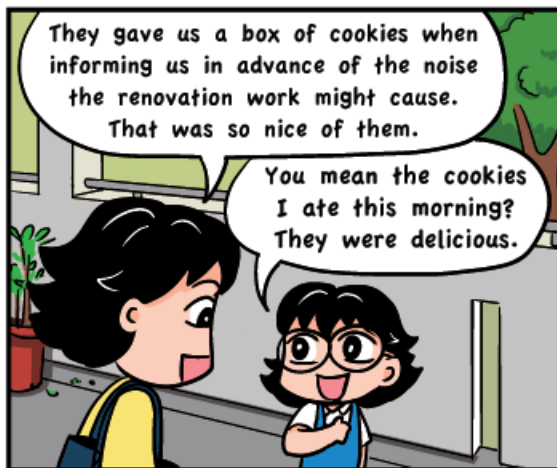
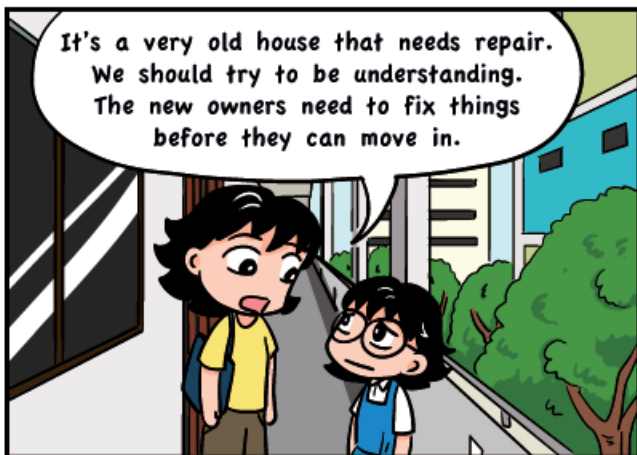
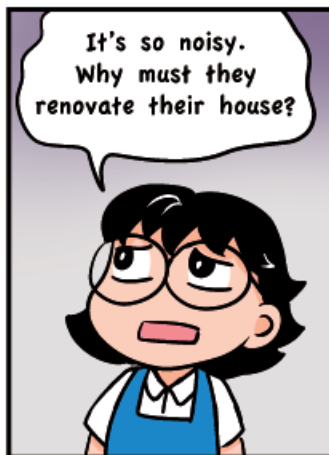
CHEERS,
Singa

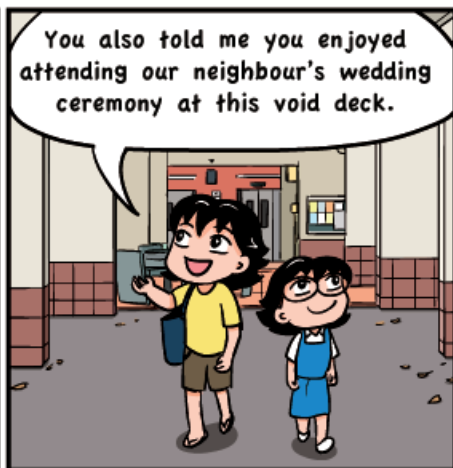
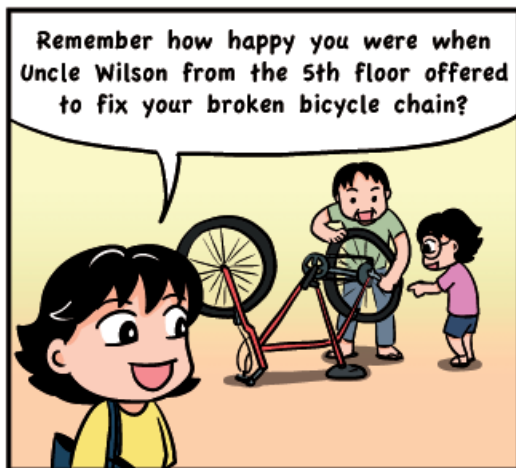
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The Kampung Spirit







I also remember Auntie Minna saying something about the kampung spirit.

What exactly is this kampung spirit, Mum?

"Kampung" is the Malay word for village. When we say "kampung spirit", we refer to the sense of community and unity that people had when they lived in villages.

People readily offered their neighbours food, help and support.

Although most of us don't live in villages anymore, the kampung spirit lives on through the kindness that neighbours show one another.

Thanks, Mum! I also want to help plan the welcome party and keep the kampung spirit alive!

End

The Kampung Spirit: Bringing Neighbours Together



Residents of Jalan Bintang Tiga at the unveiling of Singapore's first "Friendly Street".

The term "kampung spirit" describes a sense of community and unity. Do you experience this in your neighbourhood, too? What do you do to help your neighbours? Read on to learn more about the kampung spirit in Singapore's neighbourhoods!



Mervyn (right) carrying his daughter as he greets his former neighbours.

Image source: Qistina Hatta

Recognised by the Singapore Kindness Movement as a Friendly Street in 2019, Jalan Bintang Tiga is a quiet 38-unit street in Opera Estate whose residents have been supporting one another for years. They watched over one another's children, swapped family recipes and helped to receive parcels on one another's behalf. Although there had been minor disagreements, these were usually sorted out without much trouble or fuss. These acts of kindness continued through the pandemic during which the neighbours cooked and shared food among them.

Since early 2000, Friendly Street residents have organised annual street parties, except in 2020 and 2021, during the pandemic. They were finally able to have a party again in 2022 and it was a great time of fun and bonding for the residents.

Over in Whampoa, the kampung spirit is also very much alive thanks to residents like Alastair Tan who has lived in the estate since 1993. Alastair, a member of the Whampoa Residents' Committee (RC) who works regularly with other

volunteers to organise events for the residents. Together, they have organised events like block parties, excursions, carnivals and even overseas tours. When asked why he participates so actively in his neighbourhood, Alastair said: “You don’t want to walk out of the house and find miserable things happening to you.”



Alastair (second from left) at a floor party with his neighbours. Image source: Alastair Tan

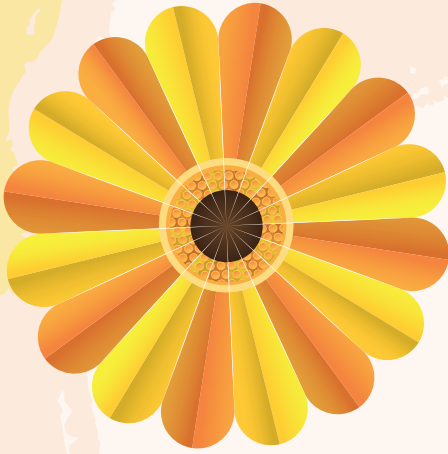
Not only does he actively volunteer with the RC, he also helps his neighbours whenever he can. In Alastair’s opinion, being a good neighbour is simple although not always easy to do. “You have to be friendly and have an open heart. If you keep to yourself, you cannot reach out to anyone.”

Through COVID-19 restrictions, Whampoa residents did not stop helping one another. They bought groceries for those who were sick at home with COVID-19 and collected the food deliveries for neighbours who were not at home.

These stories show the importance of neighbourliness. Being kind to your neighbours helps to create a neighbourhood that is caring, cohesive and safe. But having good relationships with your neighbours does not happen overnight. You have to put in the effort in getting to know them. On that note, have you greeted your neighbours today?

These two stories have been adapted from the online publication, “The Pride”, and edited for length. Visit <https://pride.kindness.sg> for more stories.

CRAFT ACTIVITY



HAPPY KINDNESS DAY!

Celebrate Kindness Day SG by giving a daisy and an appreciation card to someone you want to thank. The yellow gerbera is a symbol of appreciation that could help brighten up someone's day.

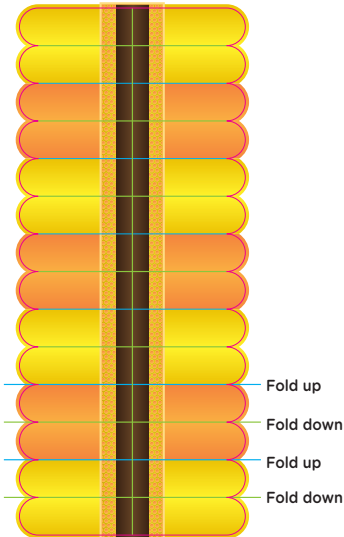
Here's how you can make an origami yellow gerbera:

1

Tear out the petals on page 11.

2

Fold along the blue and green lines to make a fan.



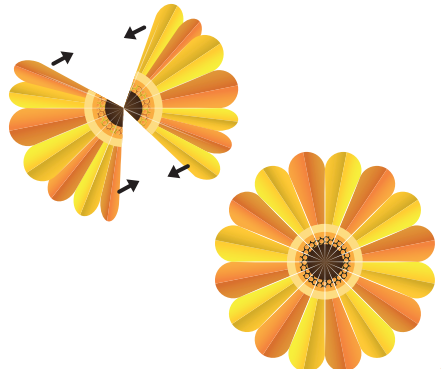
3

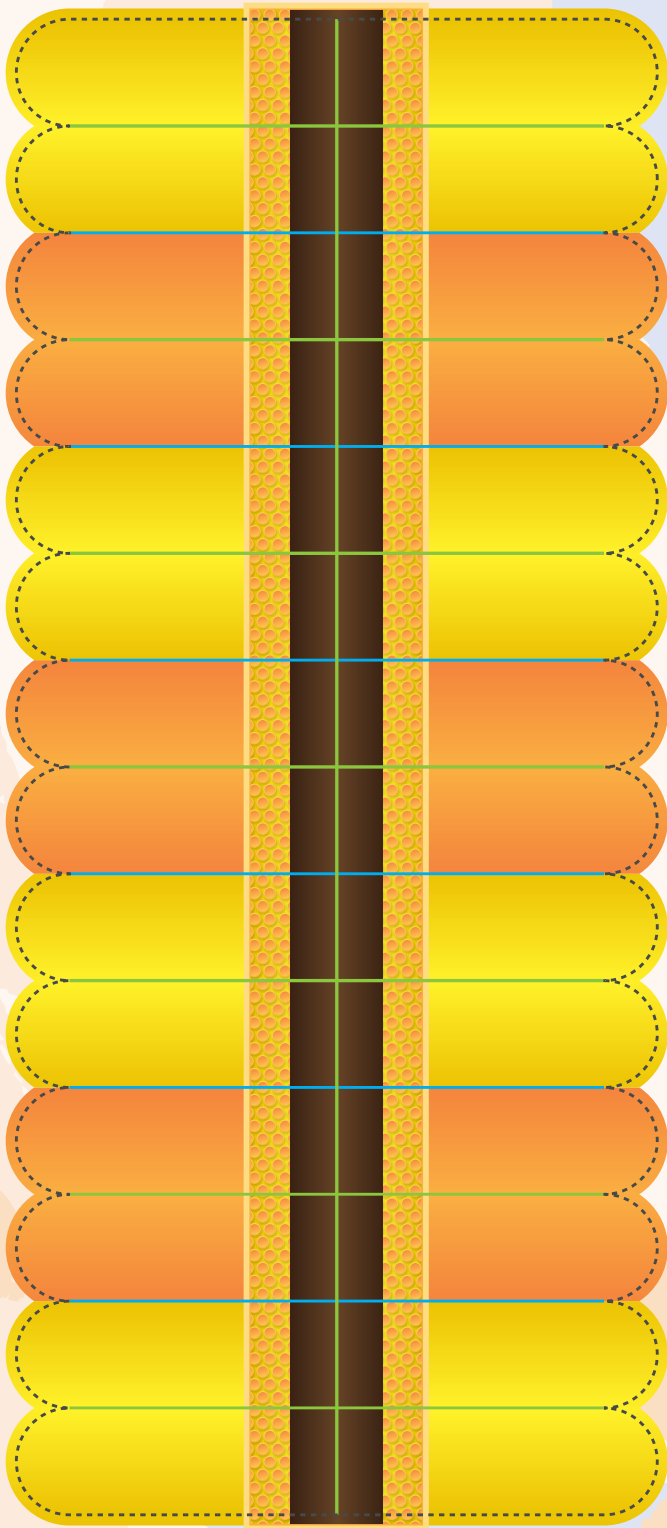
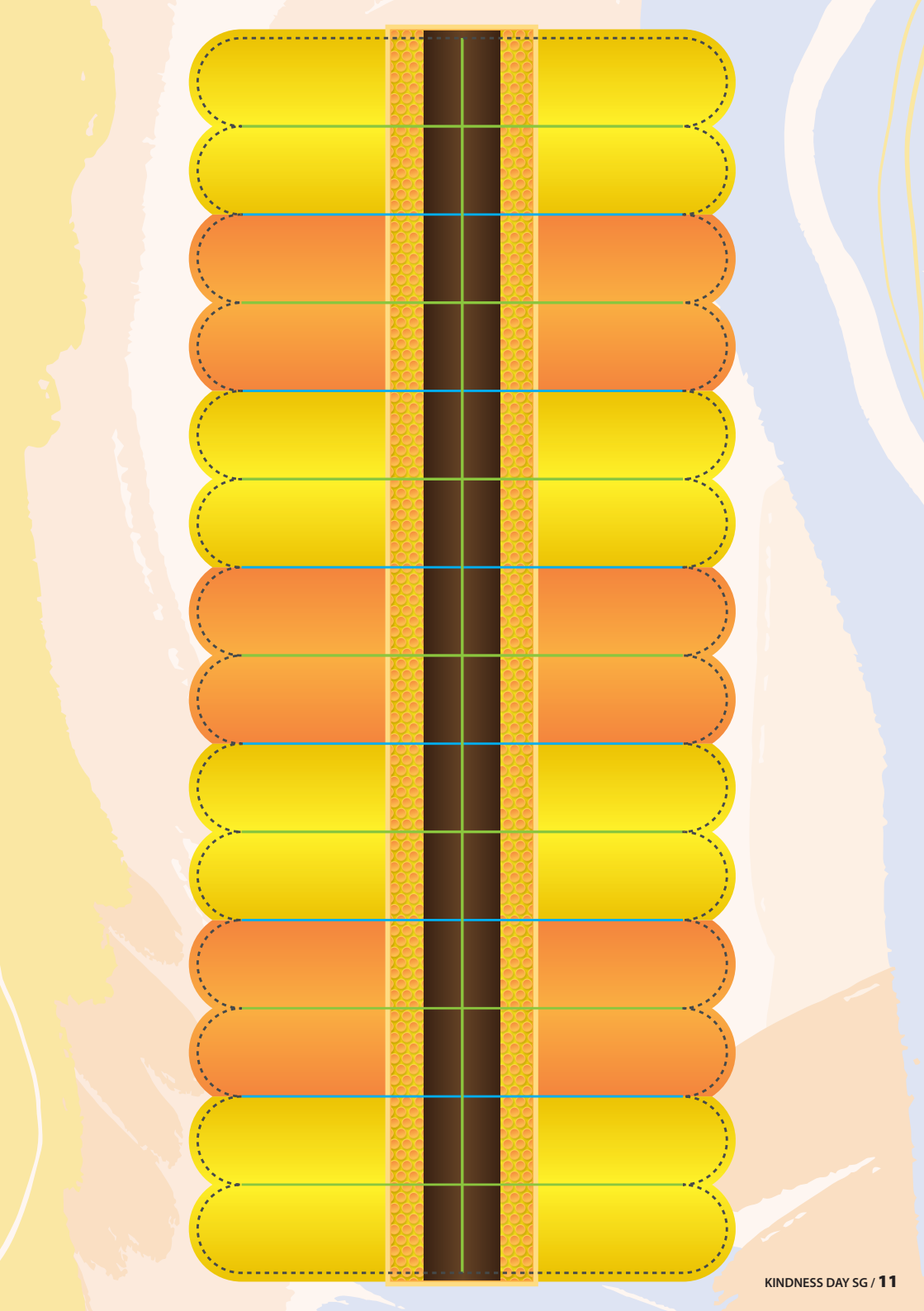
Staple the middle of the flower together.



4

Pull open all the petals and stick the ends of the petals together using double-sided tape to form a flower.





Express your appreciation with these “Thank You” card templates below.

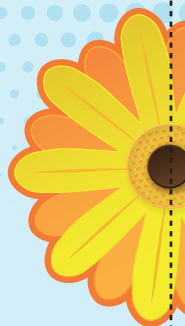


**YOU ARE!
AWESOME!**



Dear _____ ,

I am thankful for...



From: _____



Dear _____ ,



A BIG
Thank
YOU

From: _____

Let's Spread CyberKindness



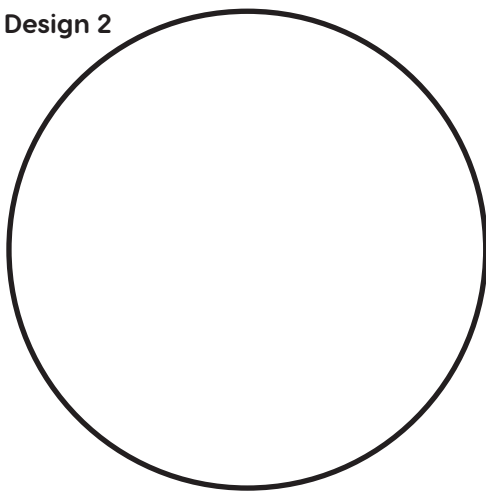
For this Kindness Day, you are invited to join Singa in promoting CyberKindness! CyberKindness is about being respectful to one another and actively doing acts of kindness in cyberspace. Let's do our part in creating a kinder and safer cyberspace.

Using Singa as the main character, design a set of 3 CyberKindness stickers within the shapes below. You may also include positive words or messages that could encourage others to practise CyberKindness!

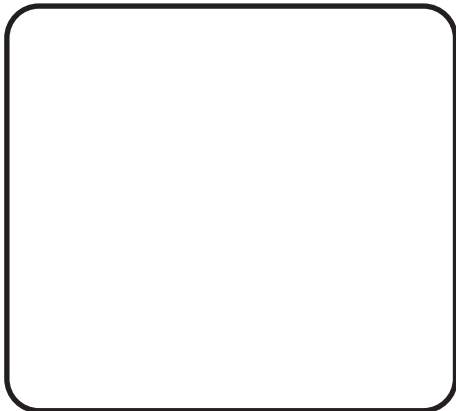
Design 1



Design 2



Design 3



Join me in spreading kindness while connecting with your family and friends online! With the help of your family members, download the Cyber Singa sticker pack and start using them!

Name: _____

School: _____

Class: _____

Parent's / Guardian's Email Address: _____

Parent's / Guardian's Contact Number: _____

Home Address: _____

☐ I agree to the collection and usage of my personal data provided in this contest form by the Singapore Kindness Movement (SKM). The personal data will only be used to administer this contest, in accordance with SKM's Data Protection Policy available at <https://www.kindness.sg/privacy-policy/>

Send us your entry via mail to the following address by **9 June 2023**.

A-OK! Contest
Singapore Kindness Movement
61 Stamford Road
#02-01/02 Stamford Court
Singapore 178892

JUDGING CRITERIA:

- ★ Relevance to the theme
- ★ Creativity

Winning entries will be featured in the next issue of A-OK!

PRIZES:

★ 1st

A limited edition NDP Singa box set, a key chain name kit and other SKM merchandise.

★ 2nd, 3rd

A key chain name kit, a "Be Greater" paper clip set and other SKM merchandise.

★ 3 consolation prizes

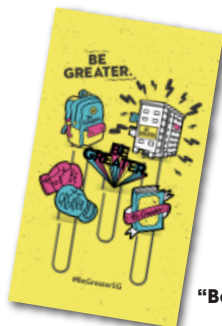
A key chain name kit, a "Be Greater" paper clip set and other SKM merchandise.

PRIZES FROM THE SINGAPORE KINDNESS MOVEMENT



Limited edition NDP
Singa Box Set
(For 1st prize)

Key Chain Name Kit



"Be Greater"
paper
clip set





Prizes are subject to availability and the Singapore Kindness Movement has the right to substitute any prize.




KINDNESS POEM


Do you know that little acts of kindness can be powerful?
Let's read a kindness poem written and illustrated by
secondary school students for Write for Kindness 2022.

The **POWER** Of Kindness

Kindness can be heard through the  NOISE
Because kindness can travel at great  LENGTHS
Kindness can speak for those without a voice.
Because kindness can give us **STRENGTH**.
Plus, it can be done by me, you or your friends.

We could give up our seat on the MRT, 
Stop the lift for the next-door aunty.
Share our food  with friends,
Give people compliments. 

We could stop to help someone who looks lost, 
Let an elderly cut queue at the kiosk,
Leave a small tip  at the counter after buying snacks,
Lend someone an extra mask. 

My dear friend, kindness helps not only the ones receiving it;
But also the one who is giving it.
You see, the more you give, the more you get;
Kindness multiplies  as it is spread.

If everyone would do these small actions
Then, our happiness  will  every day.
If we would all contribute our little portions
Then, our  Singapore would be better than today.
Because **kindness** makes us **STRONGER** than we were yesterday.



Scan the QR code to
read more kindness
poems and stories.

Written by Tanushree Dhage and
illustrated by Jayme Shaji George from
DPS International School.

A-OK!

Stickers

In celebration of Kindness Day, remember, we also need to treat ourselves with kindness. One way to do this is to speak kind and encouraging words to ourselves.

Choose the stickers you like and paste them on your personal items such as your handbook or file!

