

# A-OK!

Agents of Kindness

Issue

01

2024

Primary 5-6



singapore  
kindness  
movement  
BE GREATER>



# 40 YEARS OF **TOTAL DEFENCE** TOGETHER WE KEEP SINGAPORE STRONG





## DEAR AGENTS OF KINDNESS

Welcome back to school! All Primary 5 and Primary 6 students are considered Agents of Kindness so let's try to live up to the name and find ways to brighten someone's day and bring a smile to their face.

This issue of A-OK! contains helpful tips and exciting activities including heart-warming stories on kindness. In addition, look out for the Total Defence comics and activities from page 9 to 20 as we will be commemorating 40 years of Total Defence from 15 to 16 February this year.

We wish you a year filled with countless moments of laughter, kindness and special memories!

**CHEERS,  
KINDNESS HEADQUARTERS**



BEGIN YOUR ADVENTURE ON THESE PAGES!

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## 2 STARS AND 1 WISH

What did you do during the holidays  
that you would like to share with  
your friends?



My wish for this year is:

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## ACTIVITY TIME



Paste the stickers that show what you can do to keep the different areas clean and your feelings about it.

**My room**

How do  
I feel?

**Classroom**

How do  
I feel?

**Canteen**

How do  
I feel?

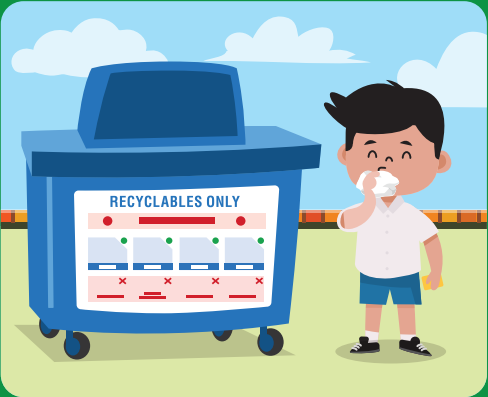
**Toilet**

How do  
I feel?



# Be Kind, Keep Clean!

Complete the comic below by filling in the speech bubbles to tell a story of what you can do to keep your school clean.



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/>

## Judging Criteria



**Relevance to the theme**



**Creativity**

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

## Prizes



**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>**

*A limited edition Singa Plush Toy, 'My Kindness To-Do List' Notepad and other SKM merchandise.*



**3 consolation prizes**

*An A4 Folder, 'My Kindness To-Do List' Notepad and other SKM merchandise.*

Send us your entry by post  
by **28 February 2024**.

### A-OK! Contest

Singapore Kindness Movement  
61 Stamford Road  
#02-01/02 Stamford Court  
Singapore 178892



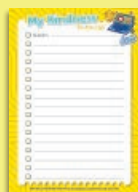
## Prizes from the Singapore Kindness Movement



Limited Edition  
Singa Plush Toy



A4 Folder



'My Kindness To-Do  
List' Notepad



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

## A-OK TIPS

# ☆ SINGA'S PASSPHRASE SAFETY CHECKLIST ☆



Did you know? Just as we take care of our physical belongings, we also need to ensure the safety of our digital devices and accounts. Let's see if we can be digital superheroes by creating strong passphrases and keeping our accounts secure!

### Use Uppercase, Lowercase, Numbers and Symbols

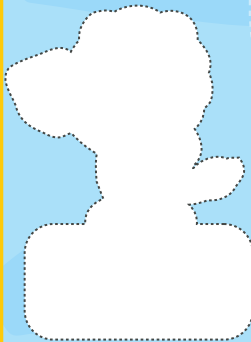
I ensure my passphrase contains uppercase and lowercase letters, numbers and symbols.



### It's not Personal!



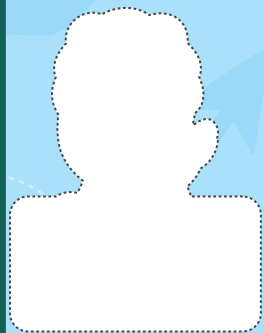
### 12 Characters



### It's a Secret!



### Stay Safe, Log Out!



## PUZZLE

# SHOWING CARE ON PUBLIC TRANSPORT

Are you a caring commuter? Let's help Singa through this maze and discover how to assist other commuters when travelling on public transport.



START

**1. BE PATIENT**



**3. OFFER A  
HELPING HAND**



**2. GIVE UP YOUR SEAT  
TO SOMEONE WHO  
NEEDS IT MORE**



**4. SAY THANK  
YOU!**

THANK  
YOU!

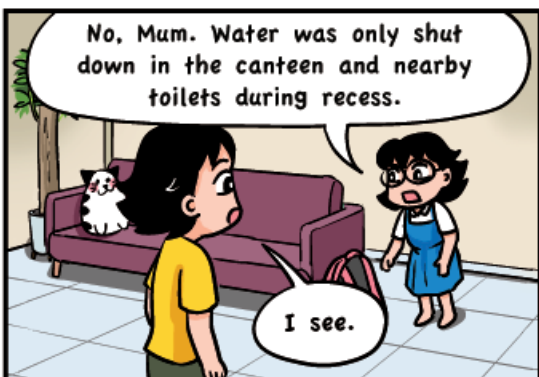


END



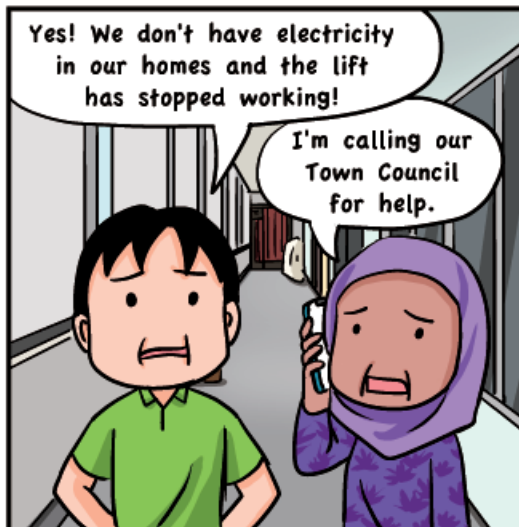
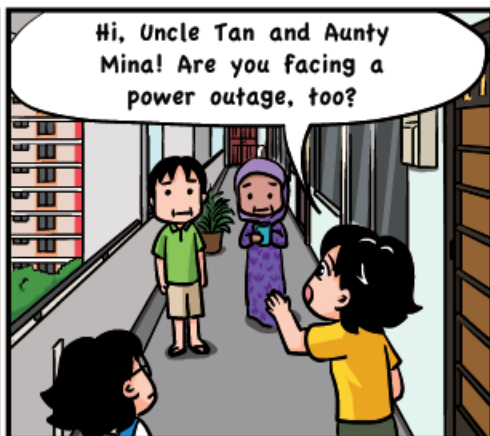
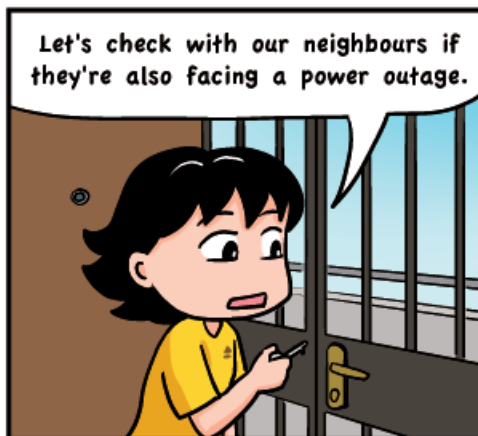
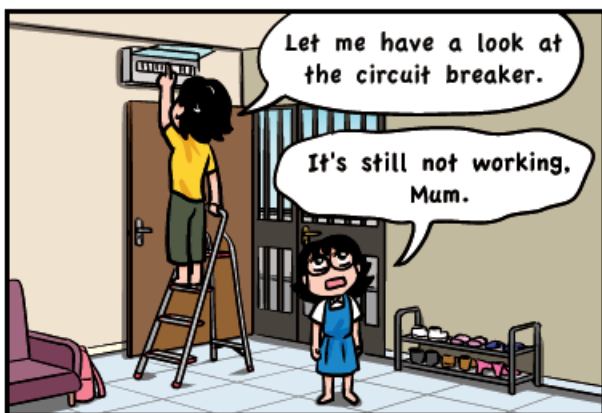
Scan the QR code to read the 'Be A Caring Commuter' booklet and discover more ways to show care for others while using public transport.

# Together We Keep Singapore Strong









Oh, dear, Eva. My plan was to order food in today because there's nothing left in the refrigerator to cook for lunch.



But it would be terrible for the delivery person to climb eight floors up if power is not restored soon.

7



Hmm... I remember we have some canned tuna in the cabinets.



Perhaps we could make tuna sandwiches with the leftover bread from this morning's breakfast?



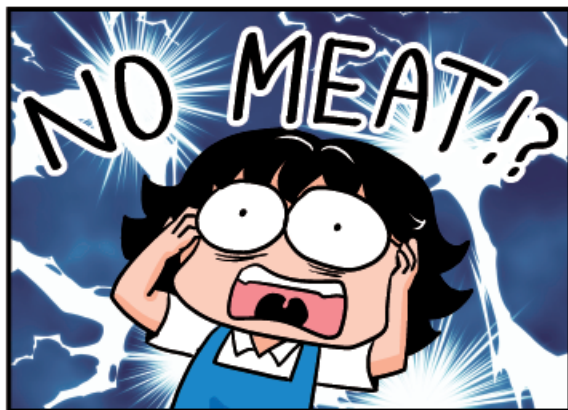
Canned food isn't tasty...

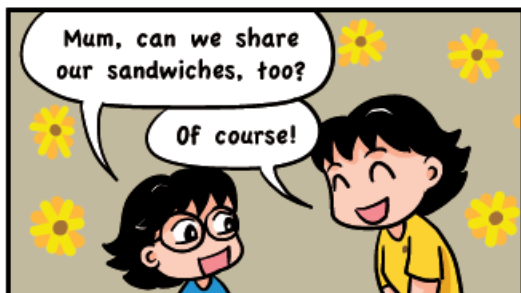
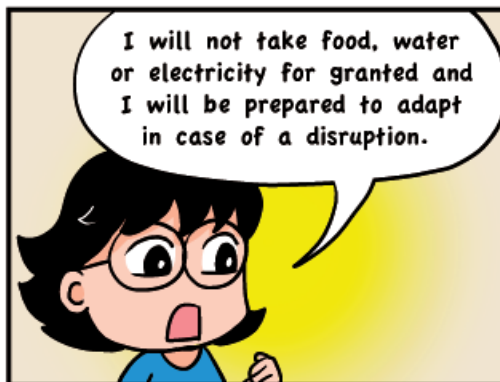


I want to eat cooked food like chicken rice...









End



How did you feel during the disruption exercise at school? Write down your thoughts and feelings in the space below or send in your response through <https://mailbox.kindness.sg>.

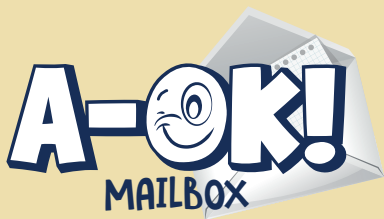


**Name:** \_\_\_\_\_

**School:** \_\_\_\_\_ **Class:** \_\_\_\_\_

**Home Address\*:** \_\_\_\_\_

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



**Share your stories and stand a chance to be featured in the next issue of A-OK!**

**Send it by snail mail to:**

**Agents of Kindness  
Singapore Kindness Movement  
61 Stamford Road  
#02-01/02 Stamford Court  
Singapore 178892**

# TOGETHER WE KEEP SINGAPORE STRONG

Disruptions can happen to us. How can we overcome disruptions in our lives? Let's complete these missions and learn how we can keep Singapore strong!

## MISSION 1

### Learn how to use water wisely

Why is water important? Put a tick on the activities that show water-saving practices.



Overwater plants.



Ensure tap is turned off while soaping hands.



Fill drinking glasses with the right amount of water needed.



Take long showers.

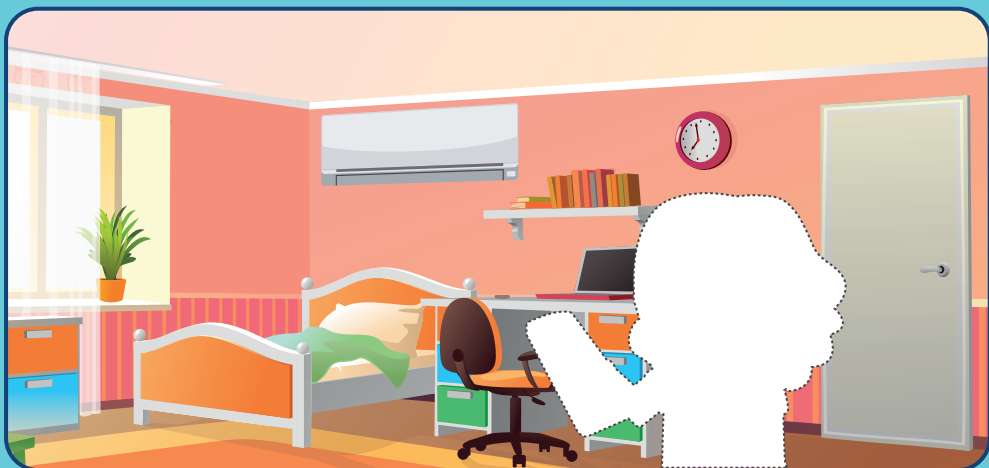
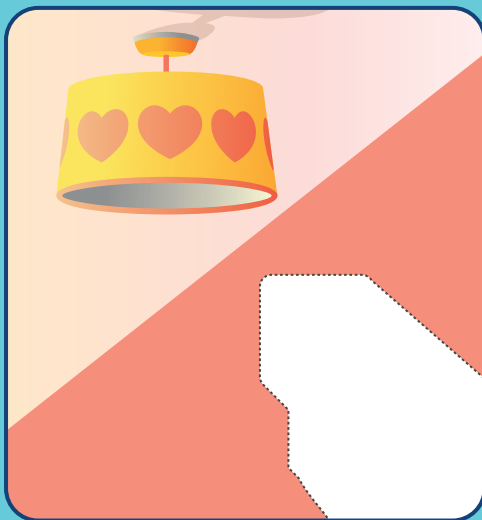


Full load when using the washing machine.

## MISSION 2

### Use power carefully

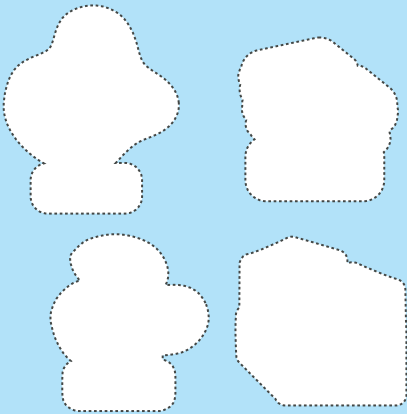
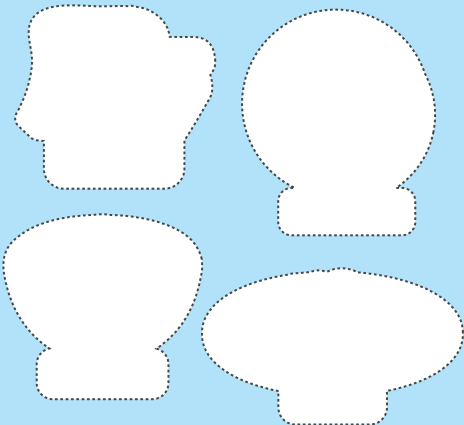
Use the stickers to show how you can use power wisely.



## MISSION 3

### Explore different food options

What happens if all supermarkets do not have anymore meat or rice?  
Use the stickers to show foods that can replace meat or rice.

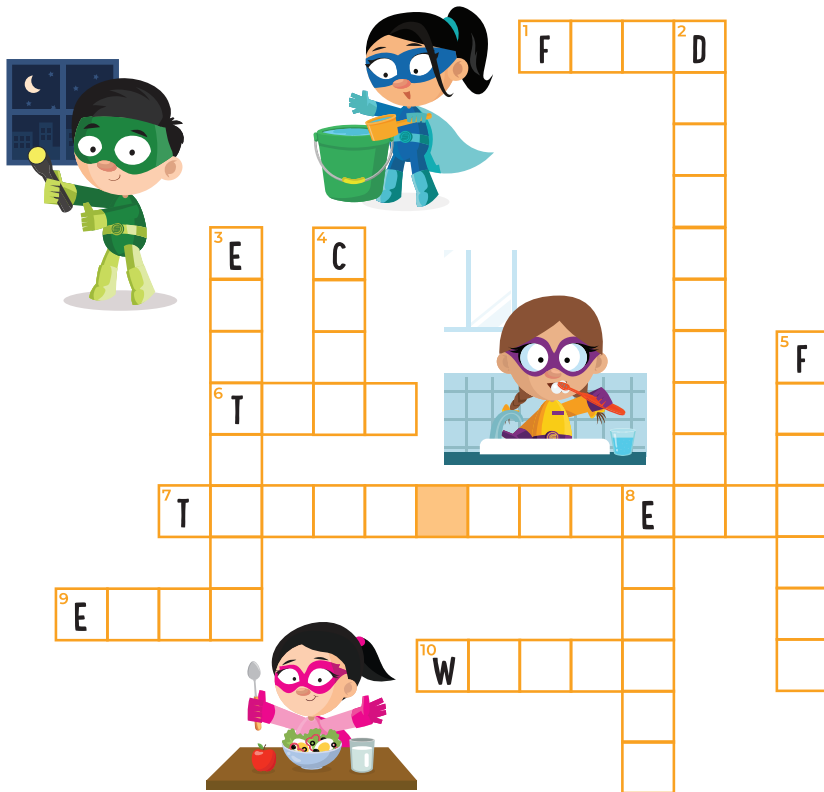
Foods that can replace meat	Foods that can replace rice
	
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

## Family Time

Exchange ideas with your family on how everyone can work together to overcome challenges during disruptions.

# SOAPER 5 CROSSWORD CHALLENGE

Take on the Total Defence Day challenge with our Soaper 5 heroes!



## ACROSS:

1. I know how to manage \_\_\_\_\_ disruptions positively.
6. I know how to use my \_\_\_\_\_ well during an energy disruption.
7. \_\_\_\_\_ Day is celebrated on 15 February every year.
9. If there is no meat, we can be open to other protein options such as \_\_\_\_\_ or cheese.
10. I can save \_\_\_\_\_ by turning off the tap when brushing my teeth.

## DOWN:

2. A \_\_\_\_\_ can happen anytime.
3. I know how to manage my \_\_\_\_\_ and thoughts with positive words.
4. Although I may be worried, I must remain \_\_\_\_\_.
5. Look out for your \_\_\_\_\_ and help them should they need it.
8. Use a torchlight if there is no \_\_\_\_\_ to power lights

Answers:  
Across: (1) Food, (6) Time, (7) Total Defence, (9) Eggs, (10) Water  
Down: (2) Disruption, (3) Emotions, (4) Calm, (5) Friends, (8) Energy





## DEAR FRIENDS,

Exciting news! We are inviting your school to participate in the “Friend of Singa” programme.

Your teachers will nominate some of you to lead a kindness project within your school. The goal of your project is to spread kindness that would make a positive impact on the school community. Once your project is completed, you will be recognised as a Kindness Ambassador.

To find out more about the programme, please visit <https://fos.kindness.sg/primary> or scan the QR code.

I’m thrilled to have your school join in and I hope you’re excited, too!

Yours truly,

*Singa*



Scan the QR code to visit website.

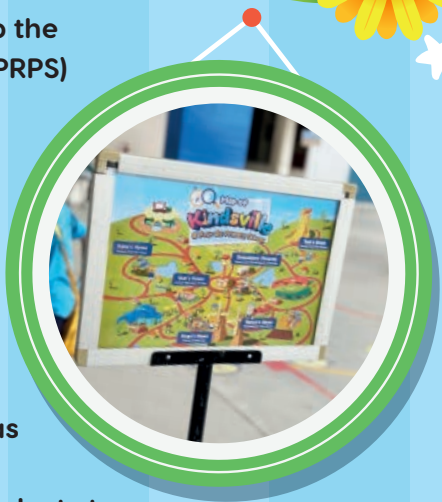


## SCHOOL OF THE YEAR

In 2024, Bedok Green Primary School will host the “Friend of Singa” sculpture for the school year! Thank you, Bedok Green Primary School, for the great work in cultivating kindness in school and in the community through your Friend of Singa project in 2023!

### *Kindsville @ Pasir Ris Primary School*

On 5 October 2023, a lively mood lit up the corridors of Pasir Ris Primary School (PRPS) as Kindsville paid the school a visit for Children's Day! Kindsville @ Pasir Ris Primary School was the first event that brought Kindsville to a school. There were several activity booths for students to choose from and they even got the chance to meet the Kindness Cubbies! Through fun-filled activities about kindness, this event was a step in building an inclusive school environment for all by encouraging students to be gracious.





To kick-start the day, students personalised their own yellow Kindsville sling bags by pasting water-based Kindness Cubbies stickers designed by their schoolmates. After this activity, students visited five booths, each named after the five Kindness Cubbies! From painting, folding paper aeroplanes for their friends, to sculpting plasticine figurines of the Cubbies, students honed their artistic talents while engaging with the theme of kindness.



The grand finale was a real treat where Singa and the Kindness Cubbies took to the stage for the K.I.N.D.N.E.S.S Dance! Jointly led by PRPS's Peer Support Leaders, the entire school united in a dance to strengthen the spirit of kindness. It was certainly a memorable Children's Day for students and staff of PRPS.



If you and your teachers have ideas for an event about spreading kindness, your school could be the next stop for Kindsville!





## Animation Series



## SINGA AND THE KINDNESS CUBBIES SEASON 6

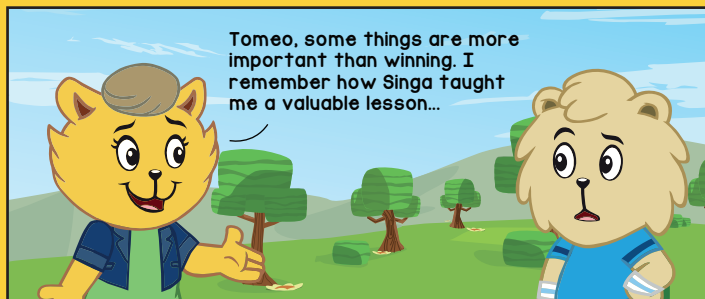
Join Singa and the Kindness Cubbies as they learn about kindness and graciousness from one another every day.

A new episode will be added every school term. Ask your parent/guardian for permission to access the episode and watch it with your family members or friends!

**New episode!**

## TRUE VICTORY

Join Singa and Kalle as they learn about teamwork and friendship in this latest episode.



Watch the episode to find out more!

Scan the QR code to watch new and past episodes:



The animation series is also available on:



## HAVE YOU WATCHED THESE EPISODES?

Season 6 Episode 6:  
The Great Foodie



Season 6 Episode 5:  
A New Friend



# A-OK!

Stickers

Welcome back to school! Choose the stickers you like and paste them on your personal items such as your handbook or file.



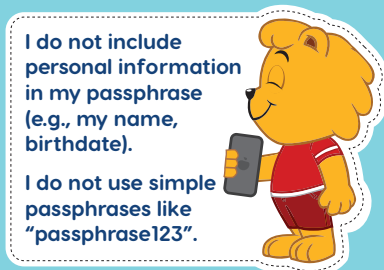
On page 15, paste a sticker that shows how you were feeling during the disruption exercise.



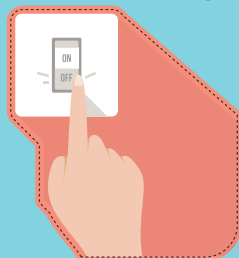
# A-OK!

Stickers

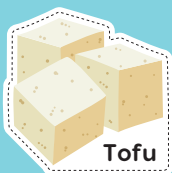
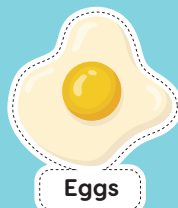
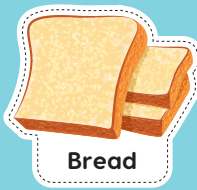
Complete “Singa’s Passphrase Safety Checklist” activity on page 7 using these stickers.



Complete “Mission 2” on page 18 using these stickers.



Complete “Mission 3” on page 19 using these stickers.

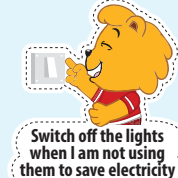




# A-OK!

Stickers

Complete “My Everyday Responsibilities” activity on page 4 using these stickers.



# No energy, water or meat? Soaper 5 tells you what to do when there are disruptions.

