

# Kindsville Times Adventures



Primary 3 and 4  
Issue 1/ 2024

The graphic for the 40th anniversary of Total Defence features a large, stylized '40' in red. To the left of the '40' is a red and white striped banner with a white crescent moon and five white stars, reminiscent of the Singaporean flag. Below the '40' is the text 'YEARS OF' in red, followed by 'TOTAL DEFENCE' in large, bold, black capital letters. At the bottom, the phrase 'TOGETHER WE KEEP SINGAPORE STRONG' is written in red capital letters.

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



# WELCOME TO Kindsville

## CONTENTS

<b>Welcome To Kindsville</b>	Page 3
<b>Activity Time</b> My Everyday Responsibilities	Page 4
<b>Contest</b> Share Your Story	Page 5
<b>Cubbies' Tips</b> Tosh's Passphrase Safety Checklist	Page 7
<b>Puzzle</b> Showing Care on Public Transport	Page 8
<b>Comics</b> Let's Play Our Part	Page 9-18
<b>Kindsville Mailbox</b> Write to Singa	Page 19
<b>Cubbies' Challenge</b> Total Defence Day Activities	Page 21-24
<b>The Kindsville Bulletin</b>	Page 25-27
<b>New Animation Episode</b> True Victory	Page 28



Welcome back to a new school year! Singa and the Kindness Cubbies are excited to see all of you again. It is going to be an exciting year filled with lots of fun, laughter and kindness! We hope that you continue to spread kindness to the people around you. Always remember that kindness starts with you.



## Get to Know Me!

Share what you would like Singa and the Kindness Cubbies to know about you.

My name is \_\_\_\_\_.

I like \_\_\_\_\_.

My favourite activity is

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Choose your favourite Cubbie stickers from the sticker page and paste them on your personal items such as handbook or file.



## Activity Time



# MY EVERYDAY RESPONSIBILITIES



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?



# CONTEST



Share with Singa an Everyday Responsibility you have practised at school. How have you helped to keep your school clean? You can draw a picture or write a story.



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 by post  
by **28 February 2024**.

**Kindsville Times 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 Kindsville Times!*

## Prizes



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

*A limited edition set of Singa and the Kindness Cubbies Plush Keychains and other SKM merchandise.*



**3 consolation prizes**

*A Singa and the Kindness Cubbies Lanyard, 'My Kindness To-Do-List' Notepad and other SKM merchandise.*

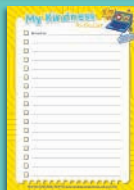
## Prizes from the Singapore Kindness Movement



*Limited edition set of Singa and the Kindness Cubbies Plush Keychains*



*Singa and the Kindness Cubbies Lanyard*



*'My Kindness To-Do List' Notepad*



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



Cubbies' Tips

# ★ TOSH'S PASSPHRASE SAFETY CHECKLIST ★



Hey, friends! I'm Tosh. I am excited to be a part of your back-to-school adventure! Paste stickers in the shapes below to find out how we can keep our passphrases secure.

## Uppercase and Lowercase Letters, Numbers and Symbols

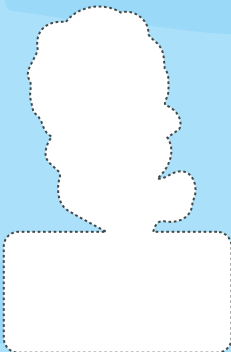
I ensure my passphrase contains uppercase and lowercase letters, numbers and symbols.



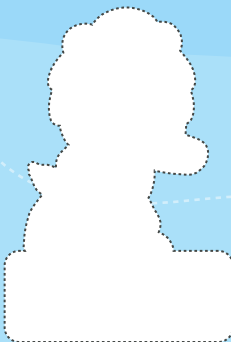
## It's not Personal!



## 12 Characters



## It's a Secret!



## Stay Safe, Log Out!





# 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

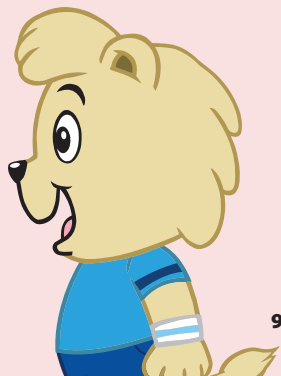


Scan the QR code to read the 'Be A Caring Commuter' booklet and discover more ways to show care for others while using public transport.

# LET'S PLAY OUR PART!



Yes, a day that reminds us to be united and resilient.





5  
That sounds difficult!



6  
Being prepared has helped us to manage emergencies like the COVID-19 pandemic.



7  
How true!

8  
But how can everyone play their part?



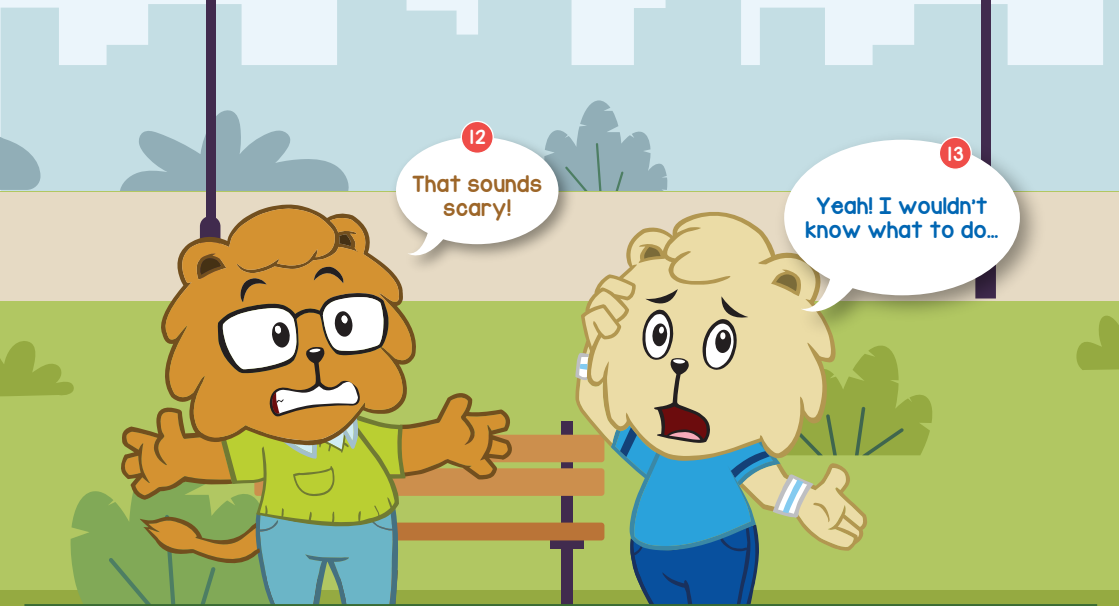
9  
There are many ways!



10  
For Total Defence Day this year, we will learn what we can do when faced with a disruption.

11  
Like disruptions to our Food, water or power..





12

That sounds scary!

13

Yeah! I wouldn't know what to do...



14

That's why schools have disruption exercises...

15

To help students learn what to do!

16

We'll take you to 3 different schools today to experience the different disruption exercises.

17

They will teach us to stay calm and adapt during disruptions!



18

Let's organise ourselves into 3 groups and visit one school each.



19

Okay. Later, we could share what we saw and learnt with one another.



20

Let's go!





At Sunshine Primary School...

## Water Disruption Exercise



21

We're learning to collect water from rationing points like this...



22

And to save water while washing our hands.



23

That's great! This means there will be enough water for everyone!



24

Thanks for helping me.

25

You're welcome!



26

It's so nice to see students helping one another and using water wisely!



27

I can't wait to share what I've seen today with my friends in Kindsville!

### At Caring Primary School...

### FOOD DISRUPTION EXERCISE

28

Have you ever thought about what you would do if there was a food disruption?

29

Hmm, I've never really thought about it...



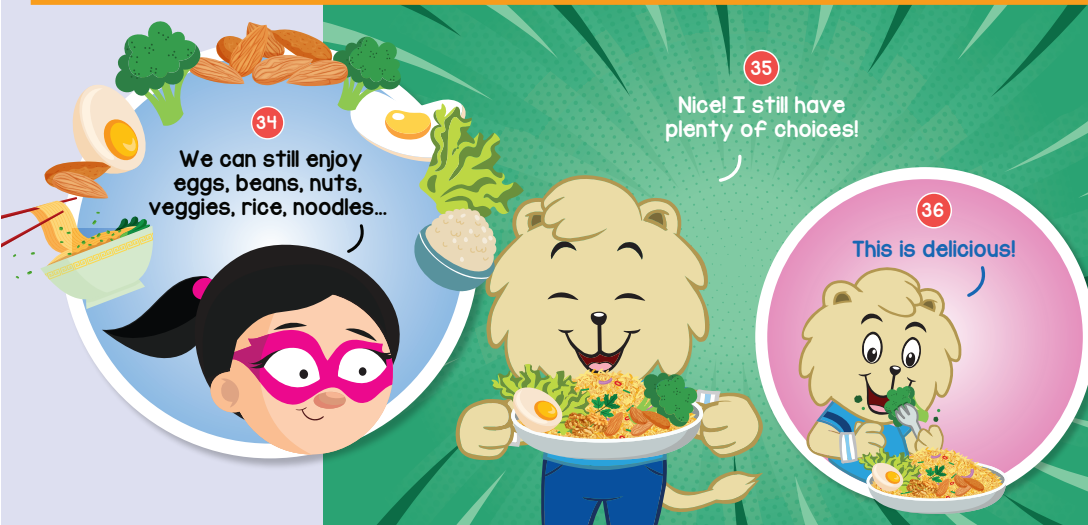
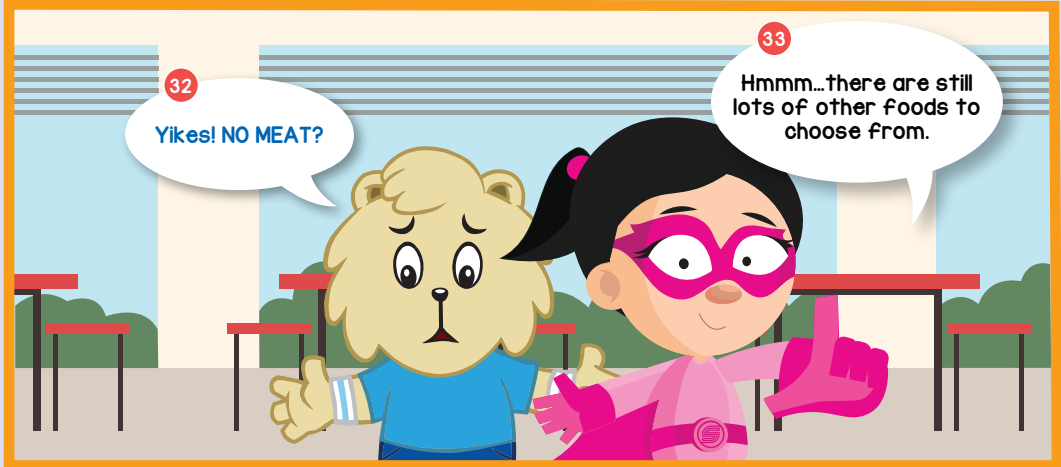
30

The canteen will not be selling any dishes which contain meat. What are we going to eat?

31

There's no chicken or fish balls?





**Suddenly... all the lights and fans stop working.**

38

What's happening?

39

It's so warm now!

40

Don't worry. The school is conducting a power disruption exercise..

41

Oh!

42

This prepares us for times when we may not have electricity.

43

It may be a little uncomfortable or inconvenient...

45

I like our positive attitude!

44

But we must stay calm.

46

I agree! If we all stay positive and do our best, we can manage the situation better!

Later that day, the Cubbies meet up in Kindsville.



Suddenly, a loud alarm is heard throughout Kindsville!



An announcement is heard...

**BREAKING  
NEWS**



52

Kindsville is experiencing an unexpected food, energy and water disruption.



**WHAT WILL THE  
CUBBIES DO?**





**How did you feel during the disruption exercise at school?  
Share your thoughts with Singa!**



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

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

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

\*Receive a personal reply from Singa when you send in your response.  
(Please ask your parent/guardian for permission before sending your letter.)



**Write to Singa and stand a chance  
to be featured in the next issue of  
Kindsville Times!**

**Send it by snail mail to:**

**Singa and the Kindness Cubbies  
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.



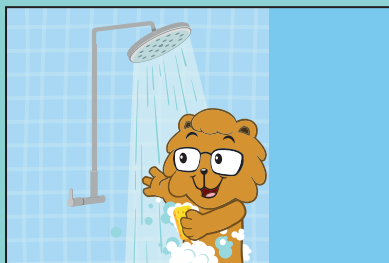
Overwater plants.



Ensure tap is turned off while soaping hands.



Fill drinking glasses with the right amount of water needed.



Take long showers.

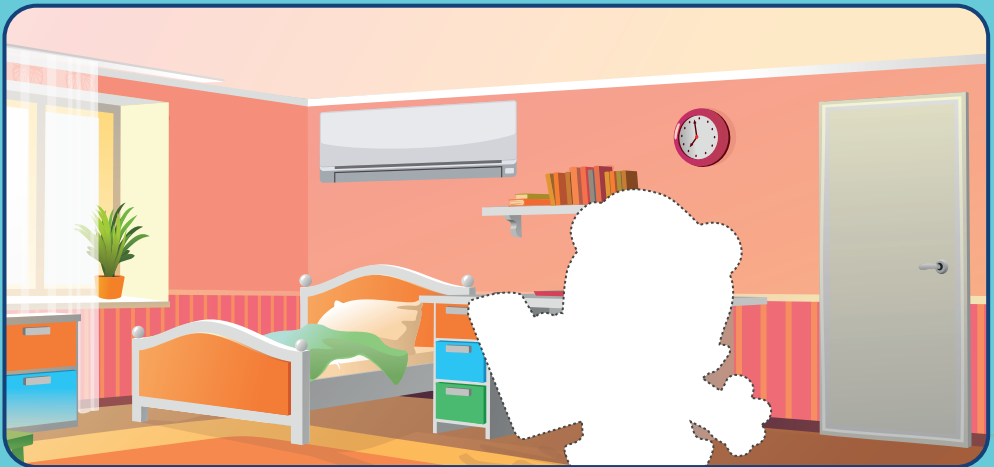
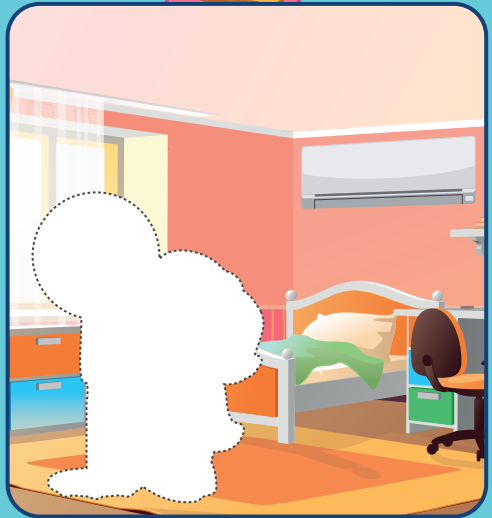
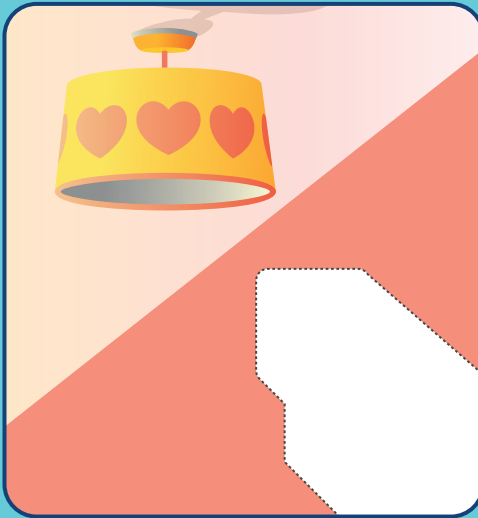


Full load when using the washing machine.

## MISSION 2

### Use power carefully

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



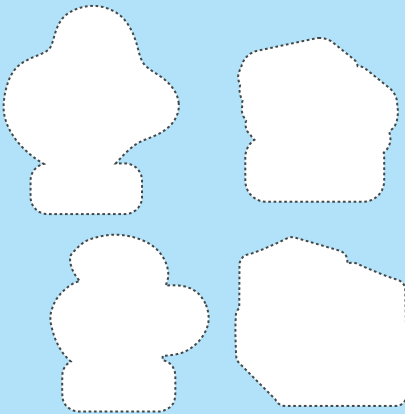
## MISSION 3

### Explore different food options

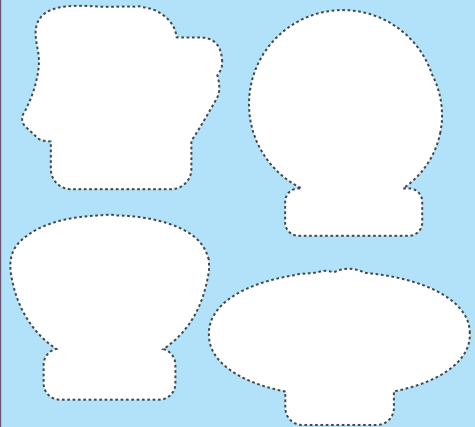
What happens when the supermarket runs out of meat or rice? Use the stickers to show foods that can replace meat or rice.



#### Foods that can replace meat



#### Foods that can replace rice



### Family Time

Discuss with your family what everyone could do during disruptions. Exchange ideas on how you would overcome challenges together.

# WHAT DO YOU NEED TO KNOW ABOUT DISRUPTIONS?

Find the words with our Soaper Heroes



P O S I T I V E S J H W  
D T U Y F E C A R E E G  
R U L W O N O G Q U L E  
H E Z A O E P W W K P C  
L U R T D R X V M N F G  
L E T E U G C A L M U T  
X X A R S Y X W B V L J  
W Y T O G E T H E R S D

**How many words  
can you find?**

Water

Care

Energy

Helpful

Food

Positive

Calm

Together





## 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

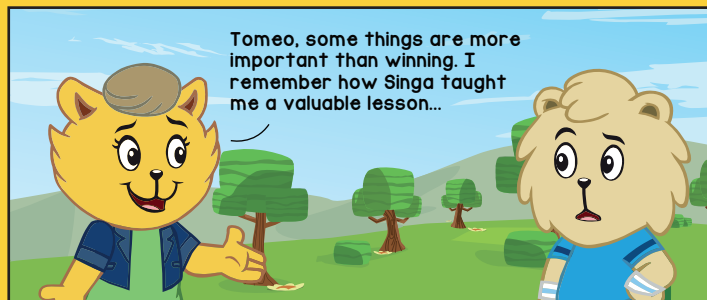
Join Singa and the Kindness Cubbies as they learn about kindness and graciousness from one another every day.

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





# Kindsville stickers

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

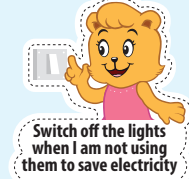
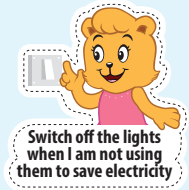


On page 19, tell Singa how you were feeling during the disruption exercise.



# Kindsville stickers

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



# Kindsville Stickers

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



I keep my passphrase secret and do not share it with others.



I ensure that my passphrase is at least 12 characters long (e.g., RIDEabikeat5!).



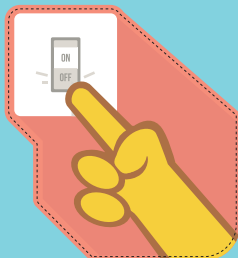
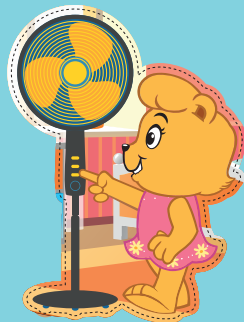
I log out of my accounts before shutting down the laptop or tablet.

I do not include personal information in my passphrase (e.g., my name, birthdate).



I do not use simple passphrases like “passphrase123”.

Complete “Mission 2” on page 22 using these stickers.



Complete “Mission 3” on page 23 using these stickers.



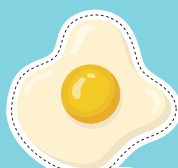
Cheese



Cereal



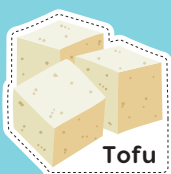
Bread



Eggs



Noodles



Tofu



Nuts



Pasta

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

