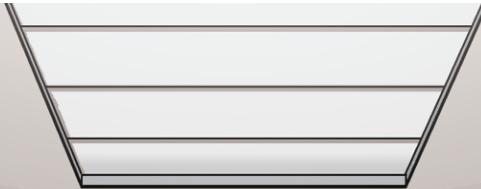


Agents of Kindness

Issue  
01  
2026  
Primary 5-6



singapore  
kindness  
movement  
BE GREATER >



**Together We Keep  
Singapore Strong**

**Total Defence**



# Hello, students! Welcome back to a new year!

As Primary 5 and 6 students, you are now Agents of Kindness. Your mission is to be kind to yourselves, your juniors and everyone in school. As seniors, you'll be leading by example, so please demonstrate kindness through your actions.

In this issue of A-OK!, you will discover fun ways to demonstrate kindness and learn some tips on how to spot phishing emails. Remember, staying safe and responsible online is part of Total Defence!

Your friend,  
**Singa** 

## Let's get started!



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## ACTIVITY TIME

# The Kindness Badge Mission



Agents of Kindness, let's make kindness a daily habit! Each badge below represents a way you can make your school a better and kinder place. Singa, our Peer Support Leader, is taking on a new role to show us how everyone can encourage others and spread kindness together.

### Instructions

1. Paste a badge sticker in each space provided.
2. Read the example of a kind act for each badge.
3. Write your own kind act under each badge.
4. Design your own kindness badge in the space given!

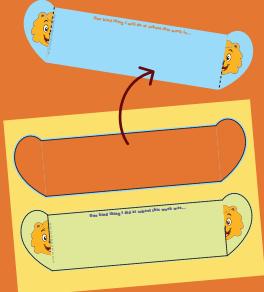
Kindness Badge	Example of kind acts	Your kind acts
	Tidy the classroom at the end of each day.	
	Treat your teachers and friends with respect. Speak up if someone is treated unkindly.	
	Include everyone in activities. Help others, like your younger schoolmates.	
	Listen to your friends when they share their problems with you. Encourage your friends when they feel down.	
	Think about others' needs. Lower your voice when people are studying or offer your seat to someone who needs it.	
<b>Design your own kindness badge</b> 		

## ACTIVITY TIME

# The Chain of Kindness

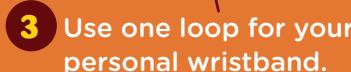
Singa wants to see how amazing your class can be when everyone wears their kindness wristbands and spreads kindness together!

### Instructions



- 1 Tear out both paper loops on the next page.

- 2 Write down one kind act you will do this week.



- 3 Use one loop for your personal wristband.



- 4 Wrap it around your wrist as a reminder to carry out your kind act.

### Class Activity

- 1 Use the other loop for your class kindness chain.
- 2 Write down one kind act that you have done this week using the green loop.
- 3 Link your strip with your classmates' to form a long kindness chain.
- 4 Hang it in your classroom to show how everyone is working together to make the school a kinder place for everyone!

**Look out for new kindness loops in the next issue to add to your class kindness chain!**



Join the two slits by sliding one into the other.

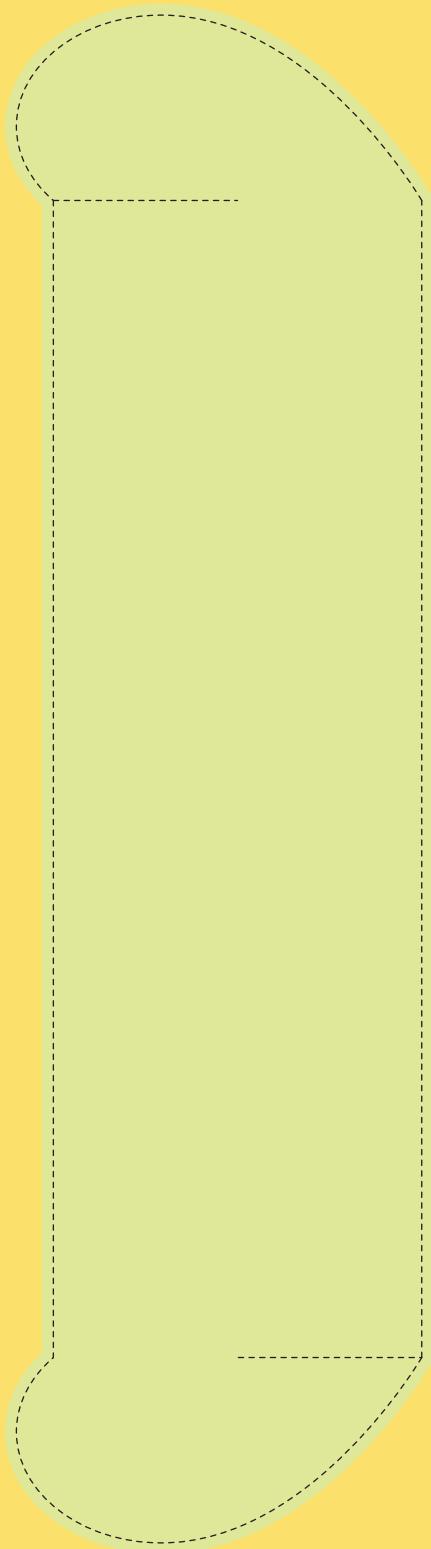
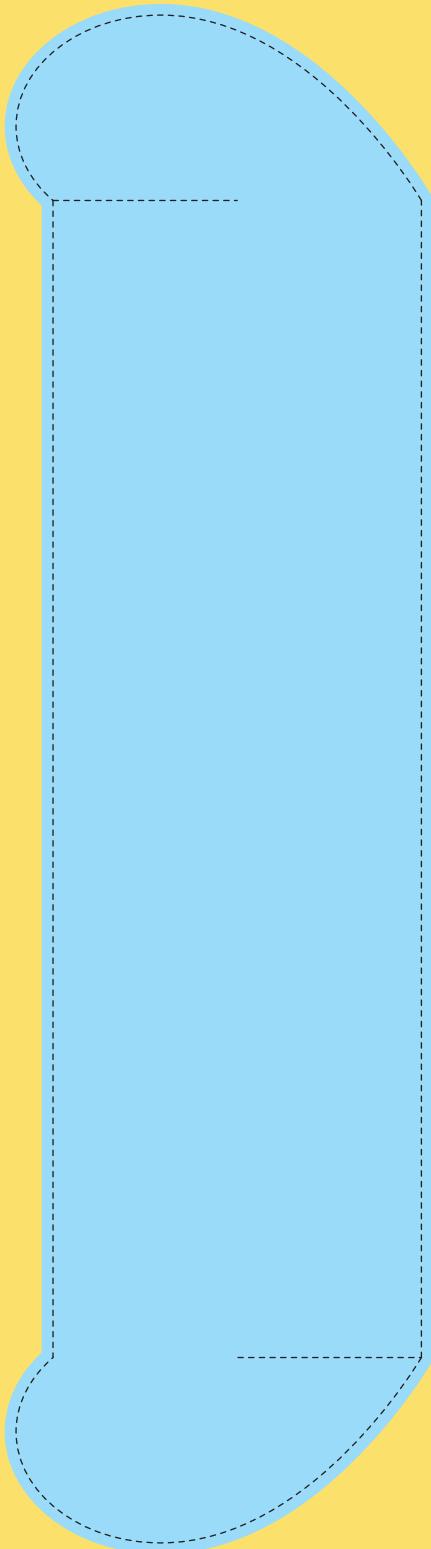


Join the two slits by sliding one into the other.

**One kind thing I did at school this week was...**

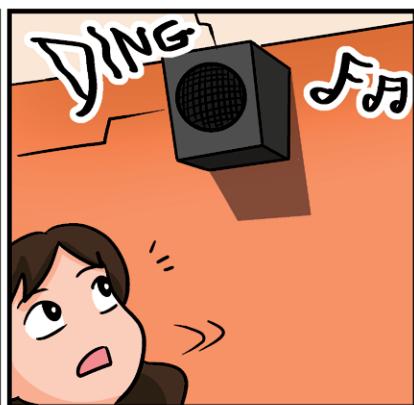
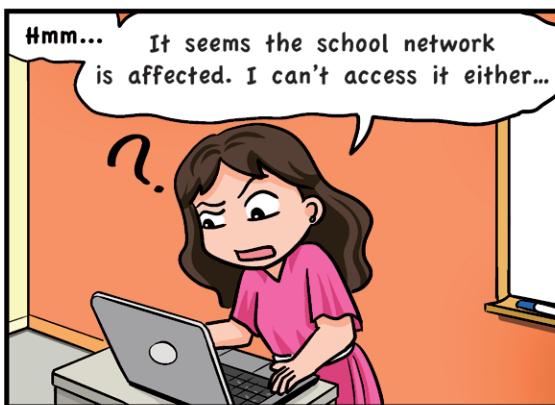
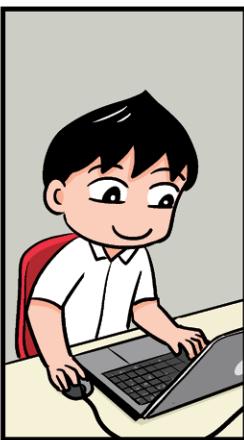
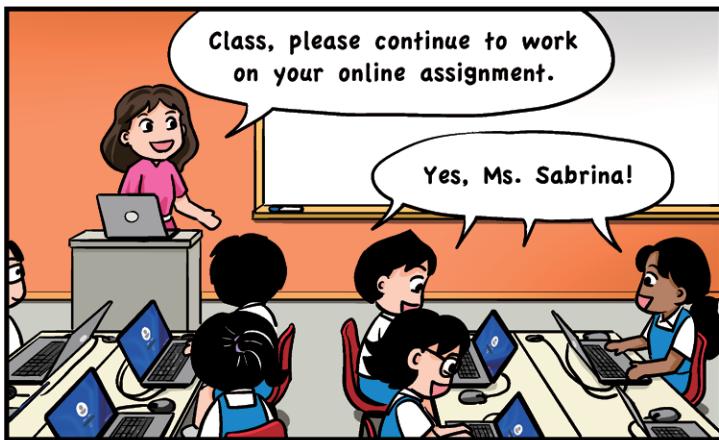
**One kind thing I will do at school this week is...**





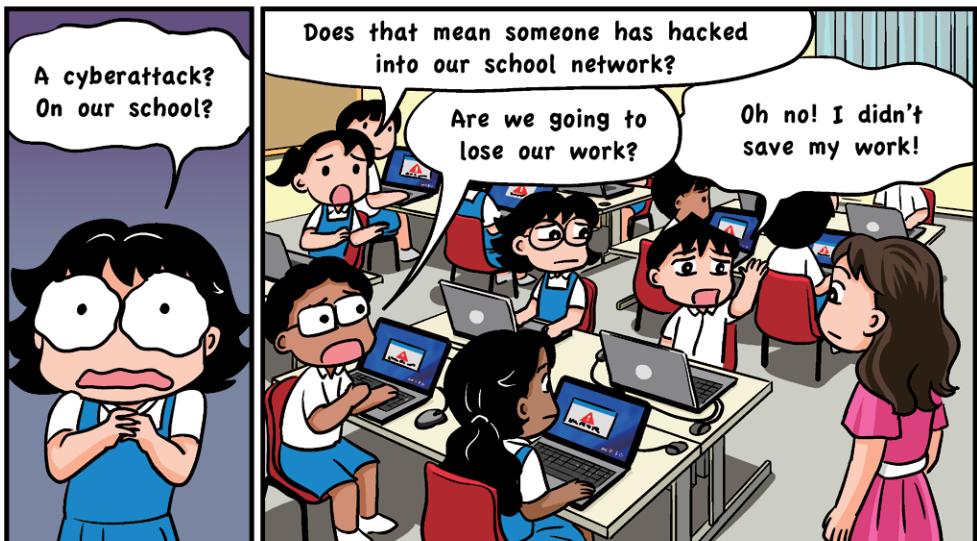
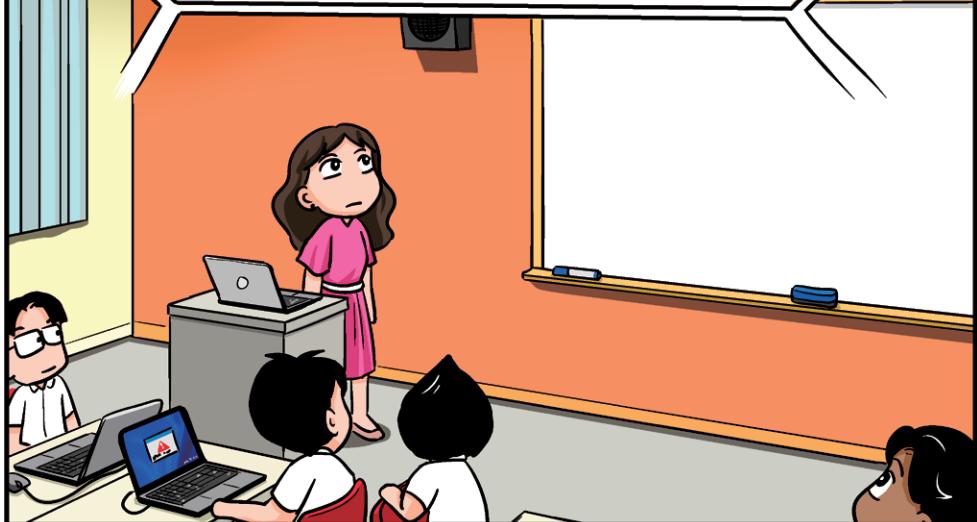


# Web Warriors vs Cyber Villains



This announcement is for all students and staff:

We have temporarily shut down the school's network access after the system detected several unauthorised attempts to access it. The school's technical team is looking into this. There will be no internet access until further notice.



Class, I understand that some of us may be feeling worried or frustrated.



But remember, when things like this happen, it's important to stay calm and support one another.

Our school's technical team is working hard to resolve the problem.



Could it be the email about getting free ice-cream? I clicked on the link in the email!

So did I! I thought it was a real email giving away free ice-cream!



Now class, calm down...



The technical team shared that some students received phishing emails this morning and clicked on links promising 'free ice cream'.

This allowed scammers to obtain their personal details and attempt to access our school system. Our school network is temporarily shut down to prevent more important data from being stolen.



Phishing happens when scammers use messages that look real to trick people into clicking on links or sharing their personal information.



Clicking on links in phishing emails can lead to malicious software, or malware, being installed on your computer and scammers can then steal your information or damage your files. That is why it is important for us to be vigilant and learn to spot signs of phishing!





## 1. Think twice before clicking on rewards or prizes.

It probably is neither good nor true.



## 2. Check carefully for mismatched details.

Look out for wrong names, suspicious email addresses or fake websites, such as [www.google.com](http://www.google.com)



## 3. Be suspicious of emails that sound urgent or threatening.

For example: "Your account will be deleted in 1 hour!  
Click here to keep your account now!"



## 4. Never share your personal information online.

This includes your name, home address, email address, date of birth, passwords or the details of the school you're in.



## 5. Be careful with emails you were not expecting to receive.

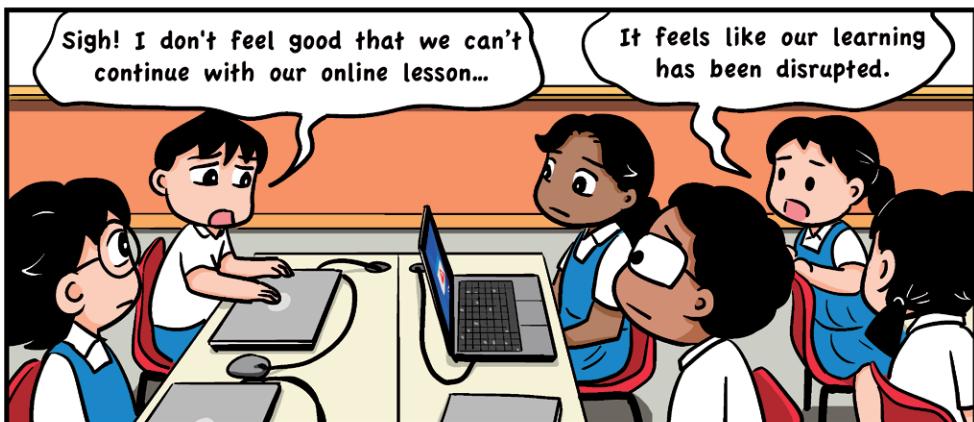
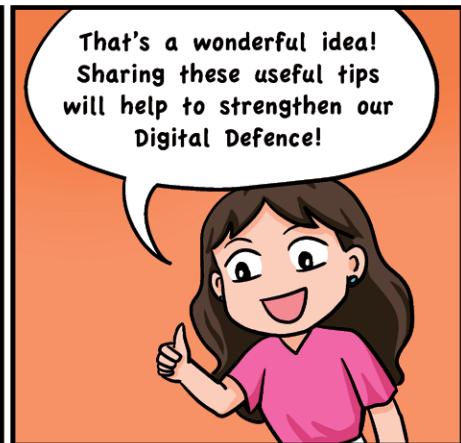
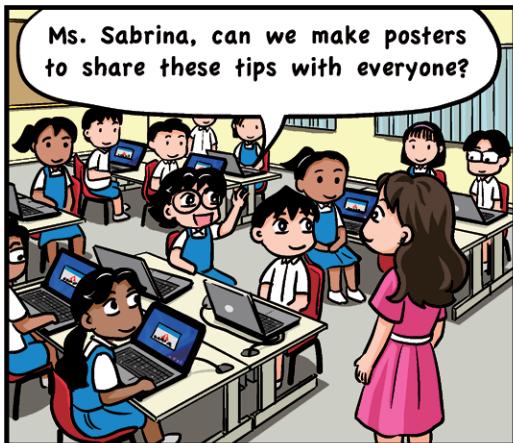
Always check with a trusted adult when you receive an unexpected email. Do not click on it.



## 6. Don't open attachments sent by strangers.

They may contain harmful malware that can damage your computer.





You know, before the internet, people learned in person and that was meaningful, too!

It does feel good to see and talk to each other face-to-face.



And be there to support one another in a time like this!

Alright then! Let's help everyone be more vigilant in spotting phishing emails! Let's strive to design the best Cyber Awareness poster!

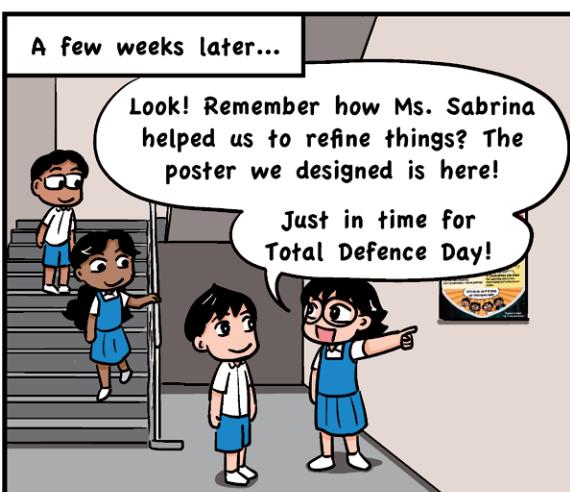


A few weeks later...

Look! Remember how Ms. Sabrina helped us to refine things? The poster we designed is here!

Just in time for Total Defence Day!

Together We Keep Singapore Stronger!



# DIGITAL DEFENCE



## 1. Keep your information safe

Don't share your passwords or personal details. Only click on links you trust.

## 2. Watch out for scams

Think before you click!  
Read the email carefully to see if it may be a phishing email.



## 3. Be kind online

Post and share responsibly.  
Don't spread rumours—spread positivity!

## 4. Check before you share

Not everything online is real.  
Ask a trusted adult when you are unsure.

Let's do our part to keep our digital space safe!



Designed by Anjali,  
Eva, Firman and Junhao

## A-OK CHALLENGE

# SOMETHING'S

# —PHISHY!



## SCAMMERS WILL TRICK YOU INTO BELIEVING SOMETHING IS TRUE...

Can you tell which one is a phishing email and identify the signs of phishing?



## WHAT YOU CAN DO



- 1 Read each scenario carefully.
- 2 Use the checklist below for each email. Tick those that describe the email.
- 3 Decide if the email is safe or unsafe.
- 4 Check the answers below to understand why some scenarios are safe and others are not.

## EMAIL 1

From: Your teacher, Mrs Tan

Subject: Class Learning Journey

Hi, everyone! Please be reminded that the class learning journey will take place this Friday. Remember to bring your water bottle and cap for the trip!

## CHECKLIST

- You do not know the sender.
- The email is unexpected.
- The message used urgent or threatening language.
- There is a suspicious link or attachment.
- It asks for your personal information.



## Safe or unsafe?



unsafe?

# SINGA'S KINDNESS TIP

Write a short note to a friend with one tip to stay safe online. For example, “Don’t click on links from strangers!” or “Don’t share your personal information with anyone online!” or “When in doubt, check with a **trusted adult**.” Helping your friends stay safe online is a kind and caring thing to do!



Unknown sender, unexpected email, urgent tone, suspicious link, promise of attractive reward, asks for personal information.

Senders who are not unexpected, such as friends or family, are more likely to be trusted. If the message is from an unexpected source, the recipient may be more likely to be suspicious and less likely to open the email.

ANSWER KEY

# FEATURED ENTRIES



Name: Amelia Tan  
School: Pei Chun Public School  
Class: P6/2 (2025)



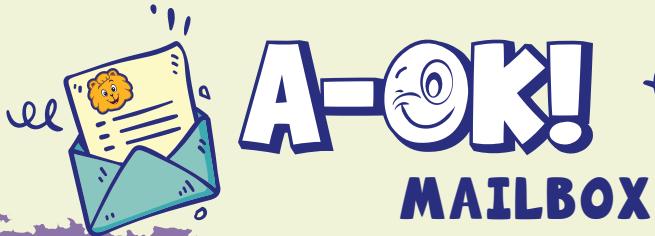
## THE A-OK CYBER WELLNESS CHALLENGE

ISSUE 4/2025

Be Kind online !



Name: Yao Leting  
School: Punggol View Primary School  
Class: 5Pearl (2025)



Be a Kindness Defender! Write or draw one kind thing you've done in school or at home.

**Share it with Singa!**



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

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

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

\*Get a reply from Singa when you write in! (Parental consent required)



I agree to the collection, use, and disclosure of my personal data provided for this activity by the Singapore Kindness Movement (SKM), in accordance with SKM's Data Protection Policy available at <https://www.kindness.sg/privacy-policy/>. I understand that my name, school and class may be published if my entry is featured in A-OK!, on SKM's social media platforms or in SKM's exhibitions and publicity materials.

## Write to Singa and stand a chance to be featured in the next A-OK!

### Online

Submit your story at  
<https://kindsvalley.kindness.sg/mailbox>

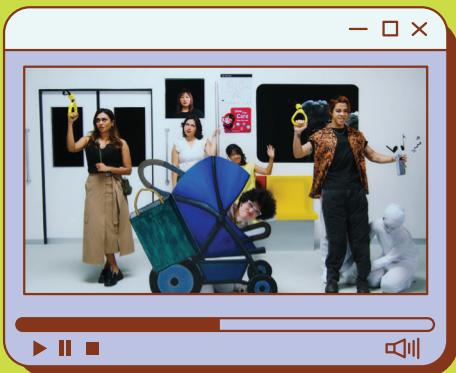
### By Mail

Agents of Kindness  
Singapore Kindness Movement  
50 Raffles Place #02-03  
Singapore Land Tower  
Singapore 048623



# Kindness Starts with Us

Being kind is something we can do every day. These short Public Service Announcement (PSA) videos show that small acts, like helping a neighbour or caring for an elderly person, are everyone's responsibility and can brighten someone's day.



Through movement and storytelling, the videos make kindness easy to understand. They remind us that we can all do better each day by showing kindness in school, at home and in our community.

## Think About It!



Look around your classroom or your home. Whose day could you make better with one thoughtful action? Kindness starts with a choice. What will you choose to do differently today?



Watch the PSA videos at  
<https://bit.ly/KindnessPSA>



**FRIENDS of  
SINGA**

*Dear Friends,*

**Exciting news, Kindness Champions!**

Your school is invited to join the Friends of Singa programme!

Some of you will be chosen by your teachers to lead a kindness project in your school. This is a fun and meaningful way to make a positive difference in your school community.

When your project is completed, you will be recognised as a Kindness Ambassador— someone who inspires others to care, help and show appreciation every day!

Want to learn more? Visit [fos.kindness.sg/primary](http://fos.kindness.sg/primary)

I can't wait to see the amazing kindness ideas from your school.

*Your friend,  
Singa*

*Talk to your  
teachers and  
sign up today!*



# A-OK!

Stickers

Use these stickers to complete the “The Kindness Badge Mission” activity on page 3.

KINDNESS  
CONNECTOR

SUPPORT  
BUDDY

RESPECTFUL  
UPSTANDER

CONSIDERATE  
CHAMPION

CLEAN-UP  
HERO

CHOOSE  
KINDNESS

You are  
Amazing!

SO  
PROUD  
OF YOU!



# A-OK!

Stickers

