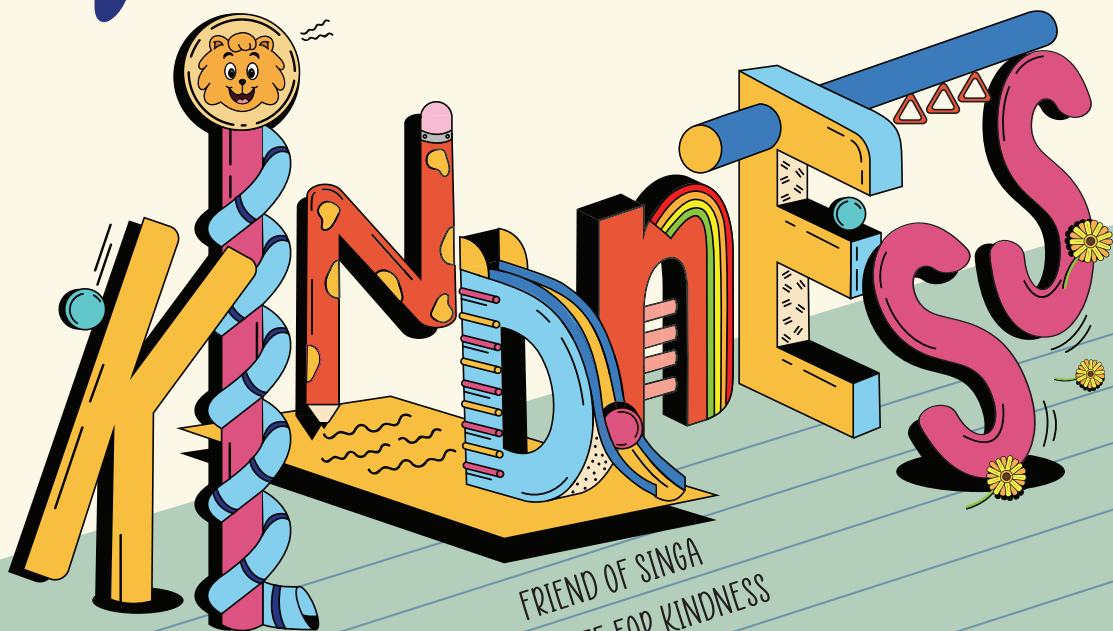


# PROGRAMME GUIDE



FRIEND OF SINGA  
WRITE FOR KINDNESS  
KINDNESS BADGE  
SEED KINDNESS JUNIOR  
AWARDS 2020

ORGANISED BY:



## SCHOOL PROGRAMMES:





BROUGHT TO YOU BY:



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Ministry of Education  
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Singapore Book Council  
Building Our Imagination



St John  
Singapore





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## About Singapore Kindness Movement

### SINGAPORE KINDNESS MOVEMENT

We believe we can find kindness in every person. That is why the Singapore Kindness Movement (SKM) wants to encourage everyone to start, show and share kindness. We aspire to inspire graciousness one kind act at a time. By sparing a thought for the people around us, we hope each of us can be greater, create a more gracious society, and make life better for you and me.

### MISSION

To help build a gracious Singapore, the Singapore Kindness Movement aims to encourage the individual to internalise courtesy, kindness and consideration. To inspire graciousness through spontaneous acts of kindness, making life more pleasant for everyone.

### OBJECTIVES OF SKM

- To encourage all singaporeans to be kind and considerate.
- To create public awareness of acts of kindness
- To influence and raise the standards of behaviour and responsibility

## CONNECT

Singapore Kindness Movement  
61 Stamford Road  
#01-08/#04-12 Stamford Court  
Singapore 178892



[kindness.sg](http://kindness.sg)

[kindsville.kindness.sg](http://kindsville.kindness.sg)

[fos.kindness.sg](http://fos.kindness.sg)



[facebook.com/kindness.sg](https://facebook.com/kindness.sg)



[@kindnessSG](https://www.instagram.com/@kindnessSG)



[youtube.com/kindnessSG](https://youtube.com/kindnessSG)

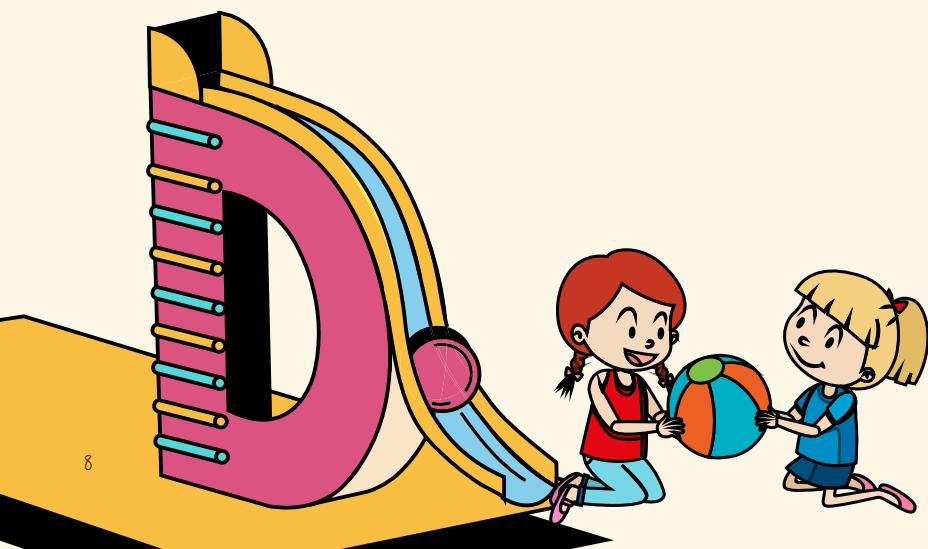
# FRIEND OF SINGA 2020

## THE FRIEND OF SINGA AWARD 2020

Introduced in 1990, the Friend of Singa (FOS) is into its 30th year as it continues to encourage the essential values of respect, social and personal responsibility, selflessness and love behind the kind acts of young and caring individuals.

Since its revamp in 2009, students from participating schools are tasked to identify issues and implement solutions to promote kindness within their school and community. It is intended that at the end of the campaign, participants will recognize the importance of their role in informing and encouraging desired behaviours; therefore, making a difference.

Building on the notion of collective kindness, the theme for FOS 2020 is "Kindness means \_\_\_\_\_".





## AN OVERVIEW OF THE FRIEND OF SINGA PROGRAMME (2009 - 2020)

1. Participating schools are invited to nominate up to nine students for this programme.
2. Upon nomination, participating students and teachers will experience a half-day workshop on design thinking and project management skills.
3. Students will then identify areas within their school where they feel social graces are lacking in.
4. Students and teachers will submit a proposal on how they would like to address their identified issues.
5. Upon approval of the proposal, students will proceed to execute their kindness campaign.
6. Student and Teachers will submit a report on their campaign.
7. Participants will be recognised as Kindness Ambassadors at the year-end Kindness Awards Ceremony.

## FEATURED CATEGORIES

The FOS programme is now based on sustained participation; schools will be awarded based on the number of years they have participated. Accordingly, featured projects are now categorised as such.

1. All-Rounded Projects
2. Inspiring Social Etiquette Initiatives
3. Appealing Murals, Designs & Craftworks
4. Heartfelt Appreciation Initiatives
5. Interesting & Unique Initiatives
6. Heart-Warming Community Service Segments
7. Interesting Social Media / Online Initiatives & Digital Content

Despite the COVID-19 pandemic in 2020, participating schools have continued to show resilience, strength and commitment in building a nation of Kindness through their respective Kindness initiatives. The projects submitted in 2020 continues to impress, most of them have been creative in their methods to achieve greater outreach and impact.

The Singapore Kindness Movement is proud to have **100** FOS schools with us in 2020 as we strive to continue to encourage and support schools in spreading kindness.

## DID YOU KNOW?

Schools that are participating for the first time will be awarded the Singa trophy. As for sustained participation, schools will receive the following badges to pin on their trophy!

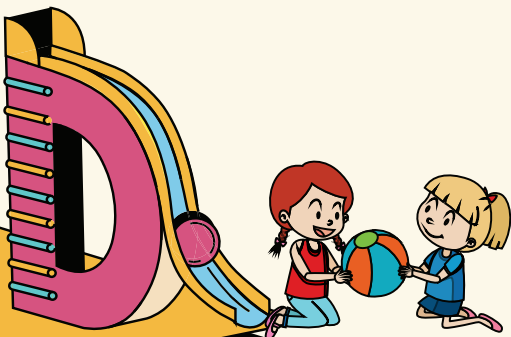




## ALL-ROUNDED PROJECTS

This category features schools that have projects consisting of detailed and well written reports, which reflects an in-depth understanding on the identified kindness issues. In addition, projects were able to address issues in a creative and engaging manner, therefore standing out from the rest.

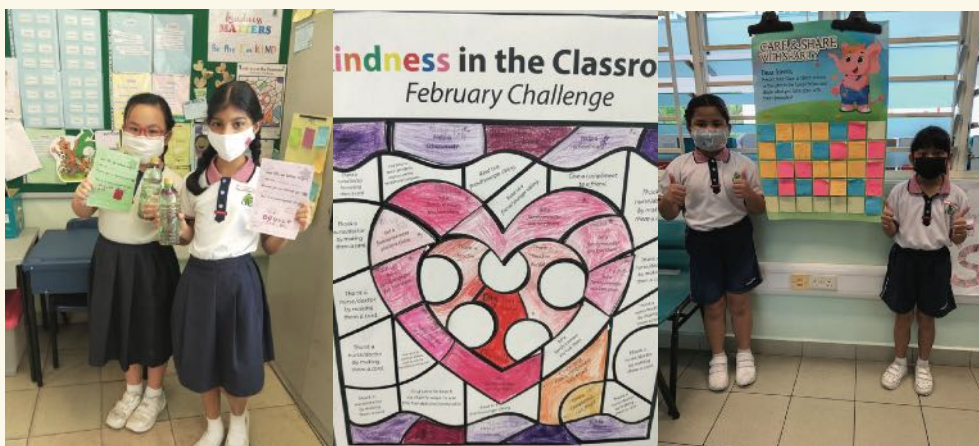
- 1 Angsana Primary School
- 2 Bedok Green Primary School
- 3 Chongzheng Primary School
- 4 Northland Primary School
- 5 Sengkang Green Primary School
- 6 Unity Primary School
- 7 West Spring Primary School
- 8 Xishan Primary School
- 9 Raffles Girls' School (Secondary)
- 10 School of Science and Technology, Singapore
- 11 MINDS - Lee Kong Chian Gardens School
- 12 Global Indian International School, PG Smart Campus, Singapore
- 13 Global Indian International School



## ALL-ROUNDED PROJECTS

# ANGSANA PRIMARY SCHOOL

## KINDNESS MEANS GOING ABOVE & BEYOND



Project Done By: Nur Haziqah Binte Haszahari, Siti Nurfatin Khan Binte Mohamed Zainol Ali Khan, Jacob Ashlin, Jean Low Hui Xin, Richard Raj Thaisiyaa Joanes, Siti Umairah Binte Azzahid, Nurul Aisyah Binte Mohamad Shahril, Tan Swee En, Tina Susan Santhosh

Students at Angsana Primary embarked on a year-long chain of kindness and goodness to spread kindness in the classroom, school and community.

Starting in the classroom, students carried out Kindness Classroom Challenges and a Kindness Lucky Draw, performing simple acts of kindness for their friends and classmates, even those they may not be so close to. It gave everyone the opportunity to show care and be inclusive.

They also commemorated special holidays like Total Defence Day, International Friendship Day, Teachers' Day, and more. Students reflected on different ways they can be kind to people from all walks of life, from teachers in their own school to healthcare workers on the frontline, from public transport workers to migrant workers in their neighbourhood. They wrote notes of thanks and made thoughtful gifts to show their appreciation.



## ALL-ROUNDED PROJECTS

# BEDOK GREEN PRIMARY SCHOOL



## KINDNESS MEANS EMPOWERMENT @ BGPS



Project Done By: Nur Shazreena Binte Mohd Saini, Muhammad Hanif Bin Raimi, Arya Unnikrishna Menon, Zheng Jia Ying, Ashlyn Yu Mei Jin, Adith Pranav Senthil Kumar, Mohammad Anaqi Bin Mohammed Zahin, Rivera Heijel Madeline Cruz

BGPS's kindness campaign aimed to promote a spirit of kindness amongst the students and staff, to nurture a strong culture of care in the school and encourage and motivate everyone to initiate kind acts.

Student ambassadors and teachers co-developed lesson plans that focused on different elements of kindness, such as Respect, Consideration and Empathy. They also designed activities to engage students on different ways to show kindness.

Everyone banded together as a school to show kindness in different ways. They held a donative drive, gathering storybooks and stationery for underprivileged students. They adopted toilets in school and created messages of 'water conservation' and 'toilet etiquette' to encourage gracious behaviour. They made a Well Wishes Mural to cheer on Primary 6 students for the upcoming PSLEs. They also gifted school cleaners and security guards with food items as a show of appreciation.

It all culminated in a Kindness Means Empowerment school display that showcased campaign artifacts and reminded everyone to spread kindness all around.

## ALL-ROUNDED PROJECTS

# CHONGZHENG PRIMARY SCHOOL



## DO YOU SPEAK #STARFISH?



Project Done By: Balaprathyush Damodharan, Fitri Nazirah Binte Razali, Hoy Cher Wei, Koh Rui Heng Braedon, Nur Alisha Binte Mohamed Ismail, Ong Yu Lin, Palani Nidhish, Rayne Ong En Ning, Tey Kai Qi Kate

Chongzheng Student Leaders formed the Chongzheng Star Team to carry out the #Speakstarfish movement within the Chongzheng school community and pre-schools.

They raised awareness of 'The STAR Habits' — Recognise, Reinforce, Reflect, Respond and Role-modelling — to help young pre-school and primary school students learn to build positive relationships.

From a campaign launch video that was screen in school and on Facebook, to posters and banners that strove to remind everyone to practice 'The Star Habits', to letters that rallied parents to support the campaign with their children, the team was able to garner lots of support for the campaign, with 1,841 pledges to practice 'The STAR Habits' in their daily lives.



## ALL-ROUNDED PROJECTS

# NORTHLAND PRIMARY SCHOOL

## ABC - APPRECIATE, BE KIND, SHOW CARE



Project Done By: Riena Aw Yu Xian, Alicia Liao Xuan Ning, Toh Valelunn, Tay Wan Tian Phylcia, Chew Chau Hng Jayne Kyle, Chua Jianning Kaelyn, Chetana Ramesh Rao, Goh Zhe Hao Ethen, Darur Mithil, Naila Khalisha Binte Mohammed Hisham, Benjamin Woo Zheng Jie, Eryelle Binte Herwan, Chan Fan Ying Beth

Students at Northland Primary School found opportunities to show appreciation, care and kindness.

FOS ambassadors set up a booth for students to write appreciation cards for frontline healthcare workers, school cleaners and security guards during recess. They also set up a similar booth where juniors could pen notes of encouragement and well wishes for their Primary 6 seniors.

To gather more kindness inspiration, ambassadors also prepared a presentation on caring for the school environment, inviting their fellow schoolmates to share ideas. Even a simple one like not providing plastic straws in school could go a long way towards protecting the environment!

For Teachers' Day, students headed online to post their notes of appreciation. They also came together to do a mass cheer for their teachers in a rousing show of their love and thanks. For Children's Day, they donated stationery items for students in need.



## ALL-ROUNDED PROJECTS

### SENGKANG GREEN PRIMARY SCHOOL

#### A CARING SKGIAN, EVEN WHILE SAFELY APART



Project Done By: Wong Zi Hao, Sharifah Nawal Binti Syed Mohammed Zaheed Al-Attas, Ledelle Fong Kay Yan, Ong Kai Xiang Carson, Nadia Zahra Binte Ovais, Syed Na'eil Bin Syed Mohammed Zaheed Al-Attas

FOS Ambassadors believed that even a small act of care, kindness, appreciation, or encouragement could uplift the spirit of an SKGian. This would be particularly meaningful after the Circuit Breaker period as students have spent two months apart and away from school.

With social distancing measures in place, the ambassadors introduced their peers to several new hand gestures that can be used to say hello and other kind things. These were modelled through pre-recorded videos that were shared with classes during morning assembly. The hand gestures showed that, in spite of social distancing, students can still express care and kindness in different ways.

Ambassadors also led the school in a show of appreciation for teachers, non-teaching staff and Primary 6 graduating students. Together with student leaders, they made Thank You card, paper origami crafts and handmade notes of thanks. These were collated into a video and art installation, functioning as impactful reminders for others to be kind and respectful.



## ALL-ROUNDED PROJECTS

### UNITY PRIMARY SCHOOL

#### KINDNESS MEANS SO MUCH!



Project Done By: Andrea Claire Sutedja, Vina Zhao, Alya Farhanah Binte Azmi, Sankara Narayanan Arjaditya, Adsool Anjali Vikrant, Aidan Goh

A little act of kindness goes a long way and can have amazing ripple effects. Hence, the FOS team roped in the entire school to meet the three objectives of their project:

- Celebrate the kindness of classmates, teachers and non-teaching staff
- Inspire others to practice kindness and graciousness whenever possible
- Raise awareness of kindness, and in turn be more appreciative of those around

Students wrote notes of appreciation for hospital staff and public transport operators; the ICT department made a meaningful video montage expressing appreciation for the frontline heroes; and the CCE department also consolidated the appreciation notes into impressive Thank You cards for the respective organisations. The project gathered strength and positivity from everyone in the school to lift the spirits of their unsung heroes during the challenging period.

## ALL-ROUNDED PROJECTS

# WEST SPRING PRIMARY SCHOOL

## MANY HEARTS, ONE BEAT



Project Done By: Alyssa Binte Azmie, Dylan Pek Jian Liang, Tengku Aiman Bin Tengku Asmawi, Lim Jie Ying Jesslyn, Wong Tian You Job, Packirisamy Pavithra, Caitlyne Ong Moon, Tan Kian Yi, Ng Zi Ning Carine

Students at West Spring Primary School wanted to be part of a caring and helpful environment. Thus, the FOS team rolled out several activities that fostered friendship and kindness, making the school a loving place for all.

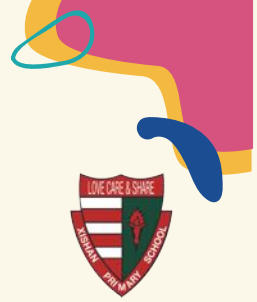
**Be the Spark** — Students dropped notes of encouragement into a SPARK box. The notes were later distributed to the school community to spread cheer and positivity.

**Mail-A-Hug** — Students crafted a paper hug gesture consisting of two paper hands attached by string. They sent their crafted hugs to their loved ones so that they feel love even from a distance.

**Cause Your Friends are My Friends** — Each Kindness Ambassador introduced two of their mutual friends to one another, hoping to build a strong and supportive network of friends.

**Kindawesome** — Students took photos of kind deeds in action and presented them in an exhibition. This highlighted kindness in school and inspired their schoolmates to perform more kind deeds too!





## ALL-ROUNDED PROJECTS

### XISHAN PRIMARY SCHOOL

### MAKE A POSITIVE CHANGE!



Project Done By: Zhuo Ziying, Lum You Jun, Yoong Jia Xuan, Lucas Ang, Ng Yean Fung, Nabil Aiman Bin Rahmat, Muhammad Muqri Bin Mohamed Asri, Kayden Lim Hong Rui, Yulina Zhuang Yingli

Through this campaign, ambassadors hoped to inspire Xishanites to exhibit kindness, strengthen friendships, and show appreciation to one another, especially amidst the COVID-19 pandemic.

They distributed Class Kindness Bingo activity posters, containing kind acts to inspire their peers. The posters were displayed at the front of each class to remind students to carry out as many kind acts as they can achieve to complete the Kindness Bingo. The class with the most kindness Bingos was crowned Class Kindness Champion!

Ambassadors also designed kindness postcards in line with the theme of 'Kindness means making a positive change'. Each student in school was given two postcards, which they can use to send messages of kindness or appreciation to their fellow Xishanites.

They also made use of Padlet, an online post-it board to share stories or poems about kindness. That way, they were able to spread the joy of kindness even in the online space!

## ALL-ROUNDED PROJECTS

# RAFFLES GIRLS' SCHOOL (SECONDARY)



RAFFLES  
GIRLS' SCHOOL

**KINDNESS IS HAVING COURAGE TO MAKE THE RIGHT CHOICE**



Project Done By: Tan Jingyu Axil, Annabel Toh, Jade Ng, Aina Afrina Binte Mohd Faizal, Tan Kuy Ann Natalie, Muthu Dharana, Shalom Hariyono Lew, Arthi Venkataramanan

Doing something kind is not always as easy as it seems. Sometimes, we have to have the courage to step out of our comfort zones and take the initiative to show kindness to others. To encourage each other to find the superhero courage to be kind, RGS decided to run Avengers-themed project activities to make kindness fun, interesting and exciting.

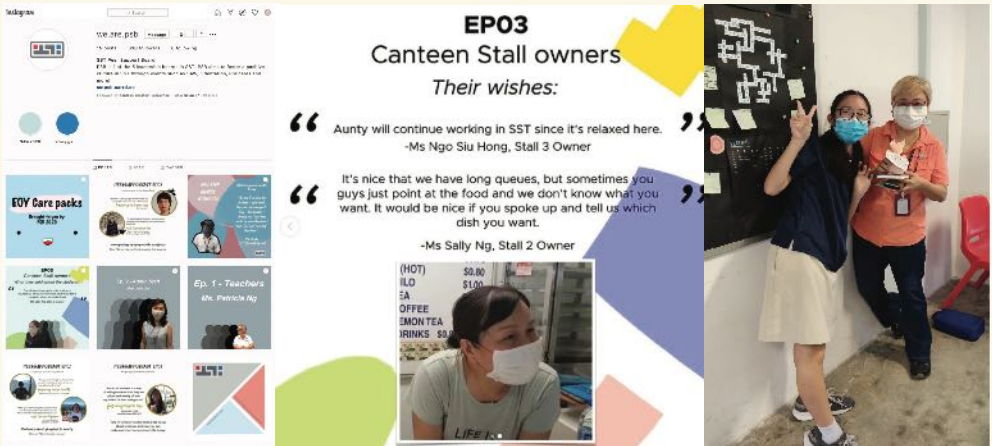
There were a total of 6 activities in total – FOS Marvel Workout, May Holiday Kindness Checklist, Wipedown Jingle Challenge, Racial Harmony Day with #SOULEYRGS, Teachers' Day Appreciation and Mental Health Strategies, Self-Care Bingo, and FOS T-shirt Sale – inspired by the 6 stones required to defeat Thanos.

The various activities encouraged students to show kindness not only to others, but to themselves as well.

## ALL-ROUNDED PROJECTS

## SCHOOL OF SCIENCE AND TECHNOLOGY, SINGAPORE

## #MISSIONAMOR



Project Done By: Owen Gamaliano Wiyana, Ashley Poh Cheng Yee, Sylvester Koh, Chloe Koh Hui Ru, Josephine Cahyadi, Lee Ren Kai Artemus, Khor Ivan, Jessen Emmanuel Handoyo, Bagavathula Sai Veda

This project aimed to connect with students in school, touch their hearts, and encourage all to practise kindness in their daily lives. Peer Support Leaders (PSLs) made Peersuppodcast, a monthly podcast that spread stories and messages of kindness, hoping to inspire others to take up the mantle of kindness as well. Tapping on the reach of social media, PSLs also posted messages of kindness on Instagram, so as to inspire their peers, their family and even alumni to perform more kind deeds. More kindness tips and messages were also played in strategic locations, like the canteen, to further raise awareness of kindness.

Other activities included "TeaWithPSB", where PSL checked on new Secondary 1 students to see if they were adjusting well to their new school, as well as "Staff Appreciation Week", where students spent all week conveying their thanks to school staff for their contributions.

## ALL-ROUNDED PROJECTS

### MINDS - LEE KONG CHIAN GARDENS SCHOOL



## KINDNESS MEANS A CARING HEART



Project Done By: Chiang Yu Xuan Scott, Chua Chee Hon, Muhd. Irfan Bin Abdul Rahman, Nur Nabilah Bte Muhd. Rizal, Tun Lin Aung, Teo Xuan He Bryan, Nur Alya Inshirah Bte Shaharudin, Paing Soe, Theodore Chay Chun Wah

Believing that one little kind act will grow into many more acts of kindness, staff and students embarked on a host of many little kind acts, hoping to inspire lots of kindness all around. Their project activities included taking the 'Singa Pledge', performing a 'Kindness Dance', recognising individual acts of kindness with Kindness Award Cards, making Care Cards to encourage those who had fallen sick, preparing tokens of appreciation for non-teaching staff, sharing kind words and deeds on a Caring Hearts Notice Board, and many, many more. The entire school definitely came together to embrace the spirit of kindness, spreading its joy beyond the school, and out into the community.



## ALL-ROUNDED PROJECTS

### GLOBAL INDIAN INTERNATIONAL SCHOOL, PG SMART CAMPUS, SINGAPORE



## RESTORING THE SOCIETY



Project Done By: Aradhana Anand PYP 4A, Pranit Mehta PYP 5A, Mohammed Ziyun CBSE 3F, Hasitanjali Madana CBSE 3G, Amishi Srivatava CBSE 4C, Kaushik Krishnan CBSE 4B, Ranveer Singh CBSE 4E, Sai Anushka Dola CBSE 5E, Reyansh Hariom Upadhyay CBSE 5E, Venus Bhalla CBSE 5F

Students showed their kind side to different groups, from the selfless nurses who toiled away during the pandemic, to friends, family, animals, community and the planet.

On Nurses Day, students wrote poems of appreciation and shared them on social media, expressing their gratitude for the hard work and sacrifices made by nurses. Students also penned messages of positivity for the activity “It’s Raining Compliments”. Each student received a card from a classmate they had not seen in a while, reinforcing the much-needed sense of friendship during a time of social distancing. Students also filled up a whole Wall of Kindness with meaningful, motivational posters on all kinds of kindness.

Last but not least, they conducted a “Joy of Giving” food donation drive for people in need. The activity brought joy to the participants, who knew that their actions would make a difference in somebody’s life.

## ALL-ROUNDED PROJECTS

# GLOBAL INDIAN INTERNATIONAL SCHOOL

## VIRTUALLY TRUE



Project Done By: Sachin Ramanathan, Diya Fathima Minhaj, Aarushsingh Pawar, Hiba Khalid, Nivedha Baladhandaudham

FOS Ambassadors conducted a series of competitions and activities that kindled kindness among the students of the school.

For the competitions, students worked on posters, photography, animations, poems and slogans, which motivated them to think deeper about kindness and practise being kind to others. The finished works were also put up on display, where they deserve to remind and inspire others to embrace the spirit of kindness as well.

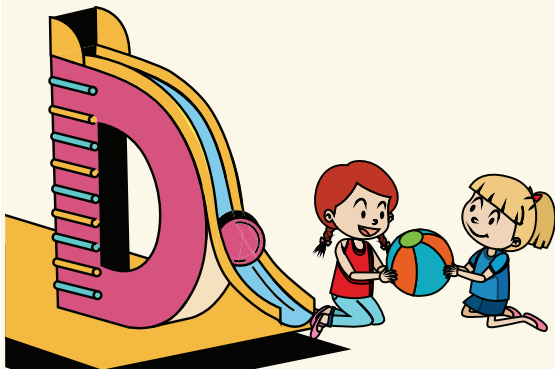
Likewise, the kindness wall and e-appreciation activities reminded students to take the initiative to say something kind or thankful. Participants could see for themselves how their words have the power to make someone else smile.



## INSPIRING SOCIAL ETIQUETTE INITIATIVES

This category features schools that have projects with a thorough focus on a social etiquette issue that inspires everyone to be responsible in making a difference.

- 15 Greenwood Primary School
- 16 Holy Innocents' Primary School
- 17 Raffles Girls' Primary School
- 18 Tampines North Primary School
- 19 Manjusri Secondary School



## INSPIRING SOCIAL ETIQUETTE INITIATIVES

### GREENWOOD PRIMARY SCHOOL

#### IT'S NICE TO BE NICE!



Project Done By: Isaac Sanjiv S/O Selva Kumar, Zoey Tang Jing Ying, Kuan Kai Xuan, Sarah Madina Binte Mohammad Zaki, Chen Guan-Yi, Muhammad Ryan Ezzanny Bin Hazli Nizam, Ryan Benny Skariah, Tricia Tey Yu Qing, Nimileswari Dinesh Kumar

FOS Ambassadors wanted to cultivate the spirit of kindness and graciousness, especially the habit of speaking respectfully to fellow students.

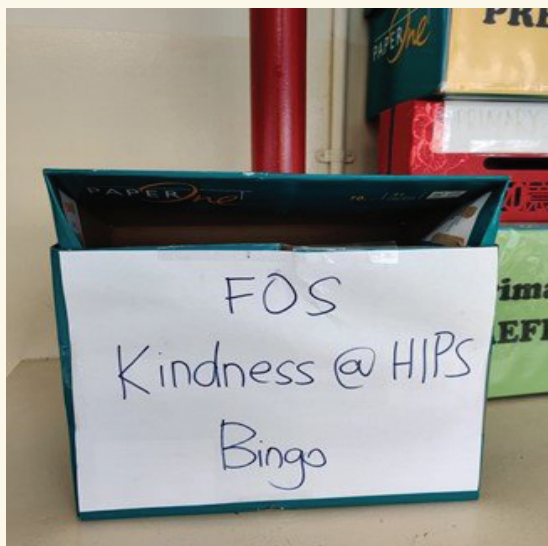
Primary 1 and 2 students completed an activity sheet on the respectful sentences to use in different scenarios. Primary 3 students created a simple comic strip that depicted characters speaking respectfully to one another. Primary 5 and 6 students had a discussion on the reasons why it is important to speak respectfully and graciously. Their work and discussion outcomes were shared on the school E-space to raise awareness and remind others to speak with kindness and respect.



## INSPIRING SOCIAL ETIQUETTE INITIATIVES

### HOLY INNOCENTS' PRIMARY SCHOOL

#### KINDNESS MEANS BEING KIND WITH YOUR WORDS



**Acts of Kindness @ HIPS**

Name: \_\_\_\_\_ ( ) Class: \_\_\_\_\_

Draw a big star over the kind acts you carried out. Once you have two lines of Bingo, drop it into the FOS Kindness box outside Staff Room. Do this by 30 October 2020!

Encourage a friend and say something kind	Cheer someone up and make them smile	Let somebody in line go first	Help someone without being asked
Draw a get well card for a classmate who has not been feeling well	Wave hi to somebody from another class	Ask your classmate how their day / weekend has been	Praise your classmate for something they did well
Help to straighten the desks or push in the chairs in the classroom	Greet an adult in the building (canteen staff, security guards, cleaners) and thank them for their hard work	Pen down words of encouragement for someone you know (Kindsville Mission)	Pick up litter in your class without being asked (Remember to wash your hand after that!)
Help somebody with their work	Write a thank you note for somebody	Offer to help your teacher with a task	Volunteer to do a classroom chore

Project Done By: Faith Emeree Ang (Wang Yutong), Chin Tze Hui Sage (Chen Cihui), Lim Shwen Flora, Nathanael Leow Joon Kiat (Liao Junjie), Darryl Wong Jun Hao, Elysia Low, Foo Qian Ning Natalie (Fu Qianning), Isaac Koey Jien Foong, Kayleen Tay Wan Yun

Due to the anonymous nature of the Internet, people are sometimes careless with their words. As students started learning and interacting more online, the FOS team decided it was the perfect time to remind and encouraging everyone to use kind words, both offline and online too.

Their project involved an SLS lesson package and interactive thinking tool questions about the impact of verbal bullying, as well as a Deck.Toy activity where students could apply what they have learnt. The team of ambassadors also designed their own Kindness Bingo, showing their schoolmates that it is easy to carry out acts of kindness in school despite safe distancing measures!

## INSPIRING SOCIAL ETIQUETTE INITIATIVES

### RAFFLES GIRLS' PRIMARY SCHOOL

#### CYBER KINDNESS IN RGPS



Project Done By: Amelia Tay Juey Oon, Avilea Poo, Cheang Su-Yinn Megan, Chong Tze Yun Janna, Christina Leow En Jie, Ciara Cheng Ee Hsuen, Luo Xindi, Ng Sher Lyn, Olivia Fu Huizhen, Samushkova Mariya, Sheo Chiong Ru, Victoria Khoo Miin-Hsuen

With the growing use of technology, the RGPS FOS team aimed to nurture a healthy and kind cyber culture in school. They introduced kindness-related activities focusing on the use of different online platforms, like Whatsapp, the SLS and other social media spaces.

The team designed some online games like the digital Kindness Jigsaw and Kindness Word Search, which had hidden kindness words, quotes and messages that inspired and reminded players to be kind online. They also developed a kindness lesson package on the SLS, which included videos and a Kindness Online Quiz to check students' understanding of the lessons.

The FOS team even roped in the Primary 5 cohort to design posters on Cyber Kindness with the aim of encouraging other students to be kind and responsible online users.

## INSPIRING SOCIAL ETIQUETTE INITIATIVES

### TAMPINES NORTH PRIMARY SCHOOL

#### DO THE RIGHT THING!



Project Done By: Kathlynn Audrey Pang, Lyvia Goh Yu Rou, Shoon Thein Maw Htun, Nur Safeenah Binte Mohamed Taib, Joyleen Xiao Jiaxuan, Nur Hayani Daneen Binte Mohamad Rusdi, Tan Xin Manasseh, Low Swee Ying

Students realised that many of their friends were not properly complying with safe management measures (SMM). Many wore their face masks and shields incorrectly, and others also failed to observe social distancing. Hence, the FOS team decided that the best way to show care and kindness would be to look after their friends' wellbeing and spread awareness of the safe management steps.

They prepared Powerpoint presentations and video explanations of SMM, focusing on the three above areas. They even created posters to educate and remind their schoolmates to carry out the measures correctly.

Their efforts paid off, as a post-project survey showed a marked improvement in the way students complied with SMM.

## INSPIRING SOCIAL ETIQUETTE INITIATIVES

### MANJUSRI SECONDARY SCHOOL



## KINDNESS MEANS TO PUT OURSELVES IN OTHERS' SHOES



Project Done By: Chong Le Jin, Estia Goh Min Xuan, Fathimathul Zahra Binte Nisar, Myori Hoo Yuan Ting, Victoria Oh Kai En, Nurul Aleeya Binte Mohd Zahrin

Feeling strongly about topics like bullying, outcasting, saying mean comments, showing disrespect to teachers and neglecting classroom cleanliness, the FOS team set out to encourage each other to show more kindness and empathy to one another. They also wanted their peers to be aware of the impact of the little things they say and do.

The team interviewed victims of unkind behaviour, sharing excerpts from the interviews so viewers can watch and understand their perspectives and feelings. Students then filled in a Kindness Resolution Card, which they made a pledge to be kind in their own ways.

The project made Manjusrians stop and think about what constitutes to kindness, and how one should learn to be more conscious about one's action, so as to correct one's unkind behaviours. The hope is that the project help make the school become a warmer and more accepting and welcoming place for everyone.



## APPEALING MURALS, DESIGNS & CRAFTWORKS

This Category features schools with projects that produces interesting visual works or craft-works to encourage kindness.

23 Bukit Panjang Primary School

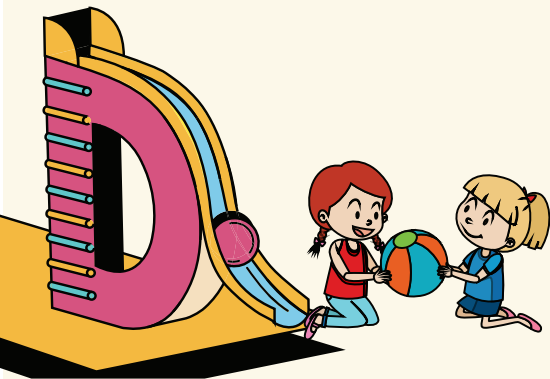
24 CHIJ Our Lady of Good Counsel

25 Haig Girls' School

26 Westwood Primary School

27 Yishun Primary School

28 NPS International School





## APPEALING MURALS, DESIGNS & CRAFTWORKS

### BUKIT PANJANG PRIMARY SCHOOL



GREET KINDLY, SMILE BRIGHTLY, THANK SINCERELY



Project Done By: Olivia Tan Si En, Ong Zheng Yang Keiz, Katelyn Lee Yan Ning, Shawn Saju John, Lee Zi Ting Celeste

Due to COVID-19, lessons had to take place online. Lessons on kindness were no exception. Kindness Ambassadors took the initiative to take kindness online, spreading awareness of kindness through online videos, recorded lessons and posters. Ambassadors also involved their fellow students in creating these kindness materials, encouraging them to come up with posters that would spread kindness in school!

The posters reminded everyone to perform simple, small acts of kindness, like holding the door or picking litter. It was a good opportunity for students to express themselves and emphasise on the importance of being kind to others.



## APPEALING MURALS, DESIGNS & CRAFTWORKS

### CHIJ OUR LADY OF GOOD COUNSEL



## SPREAD THE LOVE, SHARE THE BLESSINGS @ OLGC



Project Done By: Tasha Tabitha Yeo Lyn, Taneesha Shirin Sunil

It's all about the family spirit at OLGC, where upper primary students "adopt" their younger schoolmates as "adopted sisters" and watch over them like older siblings. To spread love and gratitude across levels and throughout the school, students folded different kinds of paper origami and penned words of encouragement for their adopted sisters.

Primary 2 and 4 students folded heart and tulip origami to encourage their Primary 6 sisters in the PSLE examinations. To reciprocate, the older students also made origami crafts for their adopted sisters to celebrate Children's Day.

## APPEALING MURALS, DESIGNS & CRAFTWORKS

### HAIG GIRLS' SCHOOL



## KINDNESS ROCKS



Project Done By: Caitlyn Tan Wen Yi, Tennessee Lim Qi En, Ashlyn Lee Sa'at, Koh Nur Humaira, Gan Jia Ling Abby, Sarah Binte Affian, Kaira Khanna, Noorul Jazmina Binti Sirajudeen, Misha Yuki Mohd Faizal, Fatima Zahra Adil

Building on their FRIENDTOPIA project from 2019, students at Haig Girls' school continued to educate their schoolmates about the important of peer support, positive words and kind communications.

Using the idea that words have weight – and the power to motivate, encourage and empower – students decorated rocks with heartening messages and shared them with friends and family. Messages could be as simple as words associated with kindness, or as inspiring as kindness quotes from famous sources. The activity was fun and engaging as it helps spread the joy and beauty of kindness to those around.



## APPEALING MURALS, DESIGNS & CRAFTWORKS

### WESTWOOD PRIMARY SCHOOL



## LIFT & RISE IN POSITIVELY WESTWOOD



Project Done By: Koh Zhi Xun, Iffah Radhiah Binte Mohd Farid, Toh Wen Xuan, Chen Yu Han Ainsley, Teo Jing Ru, Ong XinLei Shanice, Ashlyn Woo Wing Huen, Darius Tan Hong Yi

This kindness movement was all about showing kindness, care and appreciation to friends, with students of different levels carrying out different classroom activities that celebrated the spirit of kindness.

Primary 1 students designed handmade kindness cards for their friends. The cards had a pop-up umbrella effect when opened, symbolising how they will be their friend's umbrella, supporting them no matter rain or shine.

Primary 2 and 3 students wrote kindness messages for their friends and put them into their friend's buckets. The bucket filler was hung up in class until year-end as a constant reminder of how we can make each other's days by overflowing them with kindness.

Primary 4 and 5 students participated in a comic strip competition featuring stories of kindness. Selected comics were showcased during morning assembly to spread and inspire more acts of kindness.

## APPEALING MURALS, DESIGNS & CRAFTWORKS

### YISHUN PRIMARY SCHOOL



## HEARTS ON CARDS



Project Done By: Ong Jing Wen, Tabitha Shifaa Sahull Hamied, Jayden Ho Junkai, Jayshana Gunasakeran, Jerome Lim Shao An, Hariharan Senthilkumar, Chan Si Hao, Tan Jie Qi, Nursyirin Binte Nurfaizal

Using their specialty creative origami artwork, students showed their appreciation and brought joy to others.

To thank the healthcare workers in their community, they made heart-shaped cards of appreciation for the staff at Khoo Teck Puat Hospital, Yishun Polyclinic and All Saints' Home.

During National Day, they designed #SYFstronger Together cards which captured their reflections, commitments they wanted to make for the Singapore, and their appreciation for all the frontline workers in the fight against COVID-19. These cards were displayed at the school learning space as a constant reminder to be thankful for the hard work put in by others.

Not forgetting their teachers, CCA instructors and peers, students also penned words of appreciation on Teachers' Day and Children's Day. It showed them the joy of showing kindness to others, and in return, also helped them see that their actions can cultivate seeds of joy in others.

## APPEALING MURALS, DESIGNS & CRAFTWORKS

### NPS INTERNATIONAL SCHOOL

#### GRATEFUL HEARTS AND KINDNESS POSTERS



Project Done By: Neel Aniket Kulkarni, Vaiishnavee Sathish, Siya Khair, Ambalika Paul, Dhurgaa Premchand, Varun Bharadwaj, Aaryan Sashidar, Pranav Asrani, Tavish Bansal

Primary 2 and 3 students showed their appreciation for their family, friends, teachers, staff and frontline workers by writing Thank You notes on heart-shaped cards. These notes were collected and used to create a big heart mural - representing all their sentiments of gratitude. The activity helped inculcate an attitude of gratitude and graciousness among students as they become more appreciative to the people around them.

Primary 4 and 5 students created posters on how to show kindness by putting others before themselves. The posters depicted acts of kindness like helping others, cheering people up and being selfless. FOS ambassadors displayed the posters on the staircase wall, prompting passers-by to reflect more deeply on how they can promote kindness in their own little and big ways.



## HEARTFELT APPRECIATION INITIATIVES

This category features schools that have projects with the most creative and heartfelt initiatives to inculcate gratitude among and within students.

29 Casuarina Primary School

30 Compassvale Primary School

31 CHIJ Kellock

32 Catholic High School (Primary)

33 Edgefield Primary School

34 First Toa Payoh Primary School

35 Nanyang Primary School

36 New Town Primary School

37 Pioneer Primary School

38 Radin Mas Primary School

39 Springdale Primary School

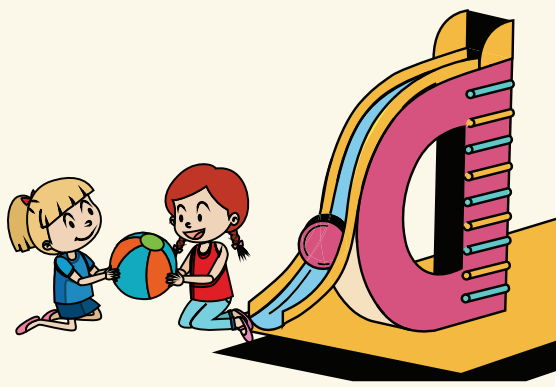
40 Woodlands Primary School

41 Crest Secondary School

42 Jurong Secondary School

43 Juying Secondary School

44 Kranji Secondary School





## HEARTFELT APPRECIATION INITIATIVES

# CASUARINA PRIMARY SCHOOL

## APPRECIATION FOR FRONTLINE MEDICAL WORKERS



The COVID-19 pandemic is one of the greatest challenges of our times, and our healthcare workers have risen up to meet the challenge. In March 2020, Casuarinans kickstarted a project to encourage and show their appreciation to these healthcare frontliners, who put their own health and safety on the line in the fight against COVID-19.

Casuarinans wrote down words of gratitude and encouragement on colourful paper petals and shaped them into beautiful craft works. A total of 46 craft pieces were created and personally presented to nearby polyclinics and neighbourhood clinics. It was an amazing show of kindness and gratitude that would spur these healthcare professionals on to combat the virus.



## HEARTFELT APPRECIATION INITIATIVES COMPASSVALE PRIMARY SCHOOL



### THANK YOU FRONTLINERS



Project Done By: Xavier Oh Zhan Hao, Sahasra Swaminathan, Brendan Tan Xian Kai, Alice Pok Yin Shuen, Diya Binte Abdul Razak, Sydney Subraraju, Tan Hui Ning Rachel, Wong Hong Han Richmond, Balireddy Vidula

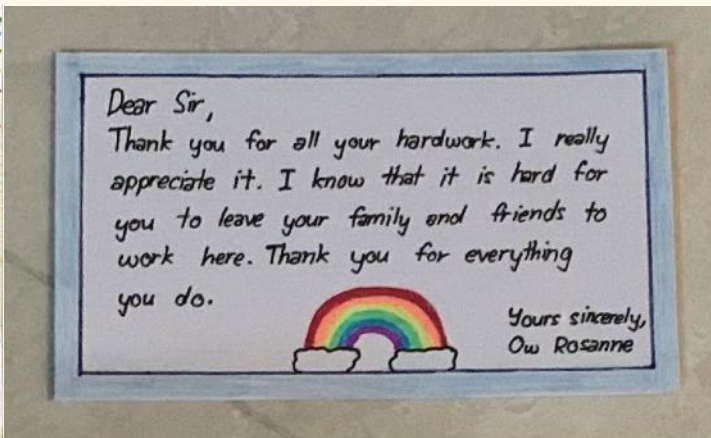
Kindness Ambassadors at Compassvale Primary School wanted to show their thanks and gratitude to underappreciated healthcare workers who were fighting to manage the COVID-19 situation. They mobilised their schoolmates to create thank you cards and hand-deliver them to the frontliners at Seng Kang General Hospital and staff from the neighbouring clinics.

They also made more thank you cards for the non-teaching staff in school, like cleaners and security personnel, who work tirelessly to keep the school a clean and safe place to learn and have fun.

## HEARTFELT APPRECIATION INITIATIVES

### CHIJ KELLOCK

#### BEING THANKFUL



Project Done By: Maria Taugeer, Gilan Tan Xin En, Chia Yu En, Catherine Lim Rui Qing, Shevaun Wong Tung, Zoe Seah Hui Xuan, Illyssa Goh Binte Hisham, Shavonne Lee Rui Ying, Nicole Ng Jing Yi

FOS Ambassadors wanted to celebrate the unsung heroes who work behind the scenes to keep Singapore safe and clean, and allow our everyday lives to run as smoothly as possible.

Primary 1 and 2 students designed personalised, finger-painted thank you cards for supermarket staff and cleaners, as well as logistics and transport providers. Primary 3 and 4 students made sunflower art pieces, which were sent to Singapore government agencies along with notes of thanks. Primary 5 and 6 students wrote letters of encouragement to migrant workers, who were having an especially hard time when the COVID-19 virus spread within some of their dormitories.

Through these activities, students became more aware of the sacrifices made by others to ensure that our daily lives stay safe and happy. With this, they have a better understanding of why it is important to show gratitude and appreciation.

## HEARTFELT APPRECIATION INITIATIVES

### CATHOLIC HIGH SCHOOL (PRIMARY)



## POSITIVE WORDS, POWERFUL RESULTS



Project Done By: Seah Alpherius Michael, Ian Lau Kor Jun (Liu Kejun), Ang Cheng Rei Jven, Ying Liqian, Yoshi Loh Yun Shu, Yann Luke Ming Bretault, Timothy Chua Ming Suang, Soon Wen Feng

Positive words have the ability to uplift spirits and put a smile on people's faces. With this in mind, the CHS Kindness Campaign planned a rap, poem and song-writing activity, which encouraged students to think of positive words and learn to use them in different situations. It was a good stepping stone for them to translate kind words into kind deeds.

They also put positive words into appreciation cards for frontline workers who put in extraordinary effort to keep their school and country safe and clean. Students also made appreciation notes for Teachers' Day, and for the administrative and other non-teaching staff in school.

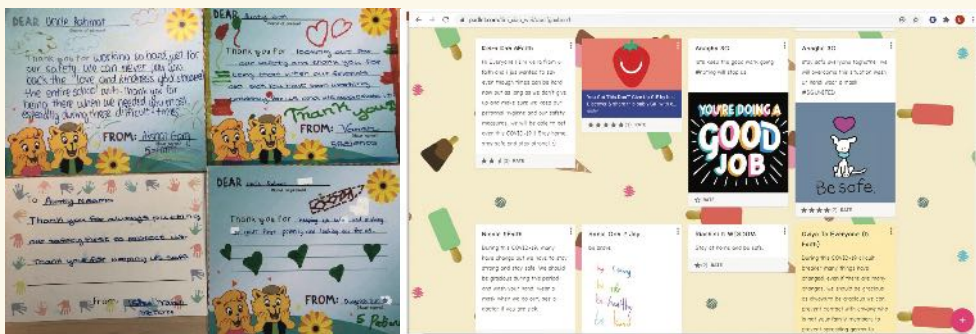
Survey results showed that 62.6% of students heard more positive words used after the campaign. That's because students became more aware about the value of using kind words, and could better choose which words to use in their daily language.

# HEARTFELT APPRECIATION INITIATIVES

## EDGEFIELD PRIMARY SCHOOL



### #EFPS CARES



Project Done By: Tan Wei Jian, Dave Tan Rui Jun, Gupta Vansh, Anne Rita, Cayden Chew, Clarabelle Choo, Bai Yuhao, Claris Xu Jia En

Students at Edgefield Primary School wanted to show their appreciation for the school's unsung, under-recognised heroes, such as school support staff, office staff and security guards. When they realised the discomfort these staff members must have experienced wearing a face mask all day, the FOS team came up with a unique way to show gratitude and make hard work a little easier on these staff members.

The FOS team provided templates for all students to design and write words of affirmation, encouragement and thanks to the non-teaching staff in school. They organised a face mask and mask extender design competition and teamed up with Makers' Space to produce the products. They also gathered ingredients for personalised goodie bags, which were hand-delivered to staff to further show their appreciation.



## HEARTFELT APPRECIATION INITIATIVES

### FIRST TOA PAYOH PRIMARY SCHOOL



## SHOWING APPRECIATION



Project Done By: Nurjannah Alysha Binte Shamsolkamal, Eiliyah Alyyuni Binte Rahmat Stiady, Roni Ruzaini Bin Mohammad Sarwani, Lucas Ng How Zun, Cynthia Chin Pui Ling, Seah Le Tong Nicole, Hazirah Haryanie Binte Rahmat, Wong Xin Yi, Noorsalizah Mahadi, Yashawine D/O Doraisamy

Students wanted to show appreciation to cleaning staff in school and frontline workers, all of whom have been working doubly hard during the pandemic.

For the school cleaners, Kindness Ambassadors designed tote bags, which would hopefully help carry some of their burdens.

For the frontline workers, the school partnered with Outram Community Hospital to gain a clearer understanding of the work done by hospital staff. This in turn allowed students to better appreciate their hard work. Students expressed their gratitude via messages of appreciation, which were collated into a mural and booklet of thanks, and presented to the hospital.





## HEARTFELT APPRECIATION INITIATIVES

### NANYANG PRIMARY SCHOOL



南洋小学  
NANYANG PRIMARY SCHOOL

## APPRECIATING OUR SECURITY OFFICERS



Project Done By: Kenji Yap Qi Jia, Darinda Lim Wei Ru, Huang Ruiyi, Ung E-Shuen (Huang Yuxuan), Hannah Juliette Lim Jingyu, Goh Ron-Wayne, Goh Ron-Hayn, Theodore Ng Zhixiang, Chang Sienna Jing Huan, Ng Han Yi

For their kindness campaign, NYPS ambassadors to celebrate and appreciate a group of under-recognised people in school – their security officers.

First, they conducted interviews with the school security officers to better understand their job demands and difficulties. This helped them gain empathy and appreciation for the officers' hard work.

Next, they produced a video highlighting the labour of love put in by the security officers as they keep the school and students safe and sound. The video was shared in the school e-magazine, Kaleidoscope, broadening its reach and allowing the video to reach more viewers.

The role-playing and dramatisation helped both filmmakers and viewers develop empathy for the officers and their hard work.

## HEARTFELT APPRECIATION INITIATIVES

### NEW TOWN PRIMARY SCHOOL



## SHOW YOU CARE WITH SIMPLE KIND GESTURES



Project Done By: Yoshioka Lili, Amber Teng Kailin, Meredith Kwa Zi Yu, Athena Chua Hong Jie, Nor Nadhirah Binte Muhammad, Branden Tan Jun Ping, Azrilandika Bin Muhammad Nizam, Aniq Aryan Bin Akmal, Campbell Claire Rajeck

It's easy to take family for granted. That's why the Kindness Ambassadors at New Town Primary School identified family members as unsung heroes. During the COVID-19 Circuit Breaker, many families had to juggle a common space for work, school and home. The ambassadors realised that parents and guardians had to put in added effort to care for students while they were staying home.

Hence, they made their project all about encouraging students to appreciate all the different types of kindness their family has shown them.

It started with an online discussion to help students recognise their family's kindness, followed by video tips on how to show appreciation. It concluded with students sharing personal photos and videos of them doing simple kind acts or showing appreciation for their family members. These photos and videos were screened during the school's Children's Day concert, inspiring even more students to be kind and grateful.



## HEARTFELT APPRECIATION INITIATIVES

### PIONEER PRIMARY SCHOOL



## KINDNESS MEANS SHOWING CARE TO PEOPLE AROUND US



Project Done By: Richelle Lim Zi Qian, Vihaan Reddy Nalla, Muhammad Ariel Mirza Bin Rusli, Then Zhi Xin, Quesha Putri Angelly Binte Johari, Raidu Naga Jayandra Kumar, Sona Saji

Kindness Ambassadors self-directed learning packages on the SLS, encouraging students to write notes of appreciation for their caregivers and migrant workers who were having a tough time during COVID-19.

Kindness Ambassadors also made PowerPoint slideshows presenting tips on how to care and be kindness. These were broadcasted monthly during morning assembly to motivate the school population to be kinder every day.

As a show of appreciation, students also wrote Thank You notes and prepared gifts for non-teaching staff in school.

Primary 2 students also received a booklet for their P2 ViA project, which taught them how they can help out with simple chores at home. This helped them gain insights on the hard work required to keep a household running. Through doing the chores, students learnt to empathise and have greater appreciation for their parents and caregivers.

## HEARTFELT APPRECIATION INITIATIVES

### RADIN MAS PRIMARY SCHOOL

#### KINDNESS IS NOT ROCKET SCIENCE!



Project Done By: Chua Si Ying Casmyn, Chow Yan Yi Clairra, Nur Quraishah Jan Binte Sahul Hameed, Tehzeeb Binte Abdul Nasir, Gwendolyn Armelle Guntur, Shanusri D/O Dhevasakayam, Ong Xuan Hui Heidi, Amalesh Skanthakumar, Matthew Lee Zhi Ren

Kindness does not need to be complicated. Even simple words and little notes have the amazing power to convey appreciation, build positive relationships and cheer others up. FOS Ambassadors co-designed videos, stories, discussions and hands-on activities, all of which taught their schoolmates how to connect with others and show appreciation to those who make a difference in their lives. The project thus also became a platform for thanking different groups of people who make their school and country a safe and comfortable place to be. This included:

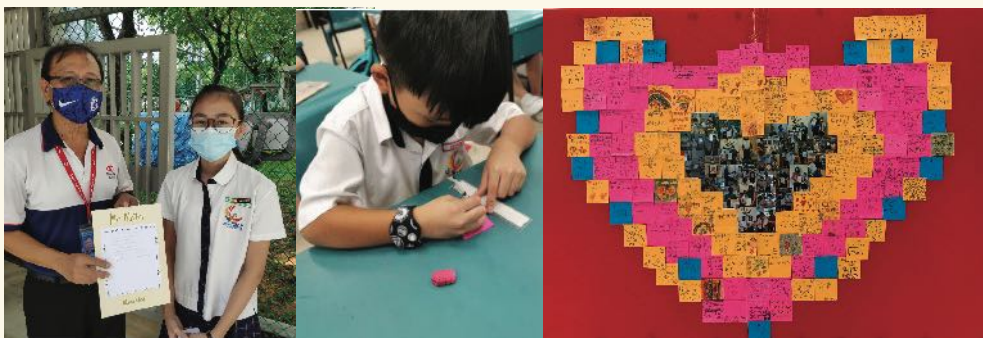
- National Servicemen who packed face masks for all households in Singapore
- Form Teachers who look after their class's education and wellbeing
- Canteen vendors who wake up early every day to prepare food and keep the canteen clean
- Operational Support Officers who ensure the school is a conducive place for learning

## HEARTFELT APPRECIATION INITIATIVES

### SPRINGDALE PRIMARY SCHOOL



## THANK YOU, NON-TEACHING STAFF!



Project Done By: Jayden Samad, Javier Wong Jun Wei, Du Xile Charlyn, Tan Le Ying Kallie, Klarisse May Phua, Ng Qi Ting, Tan Yong Jun Jayden, Jordan Ling Li Hieng, Daniel Cyril Joseph

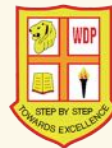
SKM ambassadors noted that non-teaching staff are often taken for granted, with many students not knowing what kind of work they do behind the scenes. They strove to raise awareness about the contributions of non-teaching staff, and get their peers to show appreciation for these contributions.

They shared a video on the unseen contributions of non-teaching staff, which allowed students to have a better understanding of their hard work. To express their heartfelt thanks, Primary 2 to 6 students penned original poems in English and their Mother Tongues. Selected poems were turned into Thank You cards, which were personally presented to the staff by the budding poets themselves. Primary 1 students were not left out either. They wrote Thank You notes, which were compiled into a large heart-shaped montage. This installation art was displayed in the canteen to raise awareness of the non-teaching staff's contributions and convey appreciation as a school.



## HEARTFELT APPRECIATION INITIATIVES

### WOODLANDS PRIMARY SCHOOL



## KINDNESS MEANS SAYING THANK YOU



Project Done By: Ooi Hui Xun, Yaseen Bin Mohideen, Tan Le Yang, Aqif Hariz, Nur Marsya Darwisyah Binte Muhammad Szami, Syaurah Alya, Yeoh Yi Pei, Giada Binte Muhammad Asy, Dinah Batrisuja Putri Roslan

The FOS ambassadors wanted to thank their school cleaners for working extra hard during the COVID-19 period. They decided to recruit their schoolmates to create personalised cards and write messages of appreciation on post-it notes. These were collected and hand-delivered to each of the school cleaners in a show of gratitude and thanks.

This process was filmed by the ambassadors, who shared the video online during the Circuit Breaker period. It reminded students to be grateful for the hard work and sacrifices made by others. After watching the video, students then wrote their own appreciation cards for the people who made a difference in their lives.



## HEARTFELT APPRECIATION INITIATIVES

### CREST SECONDARY SCHOOL

#### THANKING PEOPLE BEHIND THE SCENES



Project Done By: Raymond Lim, Chan Chun Yee, Muhammad Shahrul Bin Othman, Valfred Lee Lian Jun, Mak Guang Zhi Ernest, Ryan Phua, Ong Jia En Janelle, Sarashoben Abhisheg, Kam Xin Ying Sabrina, Yap Jun Liang Jensen

Kindness ambassadors produced an original video on kindness, rallying their schoolmates to show kindness by appreciating the people who work behind the scenes in school. This includes support staff such as cleaners, canteen vendors, security guards, and many others.

In the video, kindness ambassadors shared their views on kindness, as well as simple ways everyone can show kindness every day. They also encouraged everyone to appreciate those who work hard to ensure that the school runs smoothly each and every day.

## HEARTFELT APPRECIATION INITIATIVES

### JURONG SECONDARY SCHOOL



## PROJECT MAHALO



Project Done By: Gan Hui Xuan, Wong Si En Jovin, Khairyna Balqis Binte Suzaini, Mya Eaindray Hmu, Pandiarajan Sumathy Latheesh, Aeron Aldrich Joya Hernandez

Mahalo means “thank you” in Hawaiian. Following the theme “Kindness Means Gratitude”, Project Mahalo aimed to spread kindness in the school and community.

Through activities like Kindness Bingo, a digital canvas named “Harmony Mural”, origami gifts dubbed “Cranes for the Unseen”, gifts of delicious snacks and handwritten letters of appreciation, students displayed kindness and appreciation for the people around them. Notably, they extended their feelings of gratitude for unsung heroes like non-teaching staff in school and essential public transport workers in the community, thanking them for all their contributions.



## HEARTFELT APPRECIATION INITIATIVES

### JUYING SECONDARY SCHOOL



**JUYING**  
SECONDARY SCHOOL  
TOGETHER WE WILL SUCCEED

### DELIVERING KINDNESS



Project Done By: Siti Asyuhrah Binte Jumade, Frisya Fitriah Binte Muhammad Halim, Ng Gek Xuan, Ng Sing Yu, Nur Syahirunisa Binte Ismail, Chelsia Tan Woon Xin, Teo Xiu Ning Valerie, Faith Toh Li Xuan, Teo Hwee Zeng Vanessa, Nur Erykah Kiasatina Mohamad Halif, Kang Yan Wen, Lee Ka Ling, Lee Xin Ling, Alysa Chua Yu Xuan, Noor Syafiqah Binte Mohammed Faizal, Misha Rashanah, Chua Siang Sin

Students at Juying Secondary School wanted to deliver thanks and kindness to many different groups of people.

The first group consists of school janitors and security guards. They invited them to a lantern-making and lo-hei session during the Chinese New Year season, creating a wonderful moment of interaction and genuine appreciation.

The next group were frontline workers, such as healthcare and public transport staff at Tan Tock Seng Hospital, Jurong Polyclinic and SBS Transit. Students designed and sold gratitude cards, which other bought to write notes of thanks in. These cards were then gifted to the frontline workers as an expression of appreciation. Proceeds from the sale of cards went towards buying food items for school janitors and security guards, completing the kindness loop!

## HEARTFELT APPRECIATION INITIATIVES

### KRANJI SECONDARY SCHOOL



#### KRANJI C.A.R.E

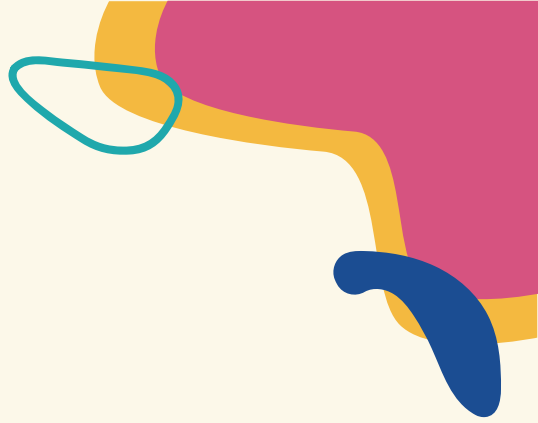


Project Done By: Roysten Keefe Kong Barn Howe, Hanshika, Meredith Boo, Yeo Khai Kiat Gabriel, Tan Yee Hwee Gabriel (Chen Yihui), Pranaav Kannaiah, Sansitha, Ria Elysha Qistina Binte Sakria, Muhammad Shah Zuffly Bin Abdullah

Standing for Considerate, Appreciative, Respectful, Empathetic, project Kranji C.A.R.E sought to empower students to keep up the kindness and gratitude.

During the two-month Home-Based Learning period, students were encouraged to show kindness to people in their homes. Weekly wellness posts on Instagram provided ideas on different things students can do to show appreciation for their family members. Example include sharing recipes for the Dalgona coffee and simple homecooked dishes, and even activities families can do together.

Upon returning to school, students also extended their thanks to non-teaching staff. They strove to better understand their daily work and pieced together a video showcasing their contributions to the health and safety of the school environment. In appreciation for all their efforts, students prepared care packs containing useful items like face masks.



## INTERESTING & UNIQUE INITIATIVES

This category features schools that have employed any unconventional or unique initiatives to inspire students to internalise and act on kindness issues.

44 Geylang Methodist School (Primary)

45 Maha Bodhi School

46 Naval Base Primary School

47 Pei Hwa Presbyterian Primary School

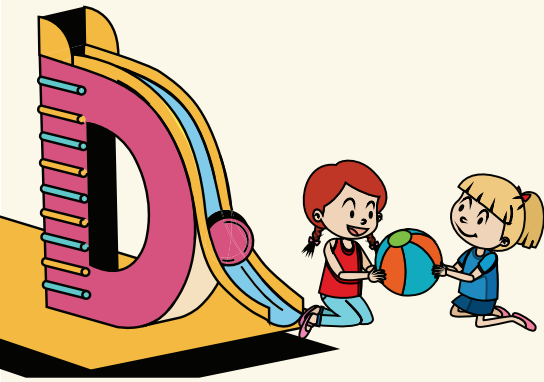
48 Princess Elizabeth Primary School

49 West Grove Primary School

50 Compassvale Secondary School

51 Tampines Secondary School

52 DPS International School





## INTERESTING & UNIQUE INITIATIVES

### GEYLANG METHODIST SCHOOL (PRIMARY)



#### CLEAN PLATE CAMPAIGN



Project Done By: Nik Raiyan Bin Mat Rizan, Jovan Wong Wei Zheng, Mohammad Shaheem, Domingo Mi Hwa Kristine Cardinal, Lee Shi Ying, Wong Yu Xuan, Barrientos Nico Miguel Bejasa, Elisa Qi Qingfeng

Everyone can play a role in caring for the environment! For the students at Geylang Methodist School (Primary), their take was a Clean Plate Campaign aimed at reducing food wastage.

Primary 1-2 completed colouring worksheets that encouraged them to be Food Heroes, while Primary 3-5 students completed Food Waste Pledge worksheets and promised to reduce food wastage. They all promised to finish their food to minimise the amount of food wasted and thrown away.

For every clean plate showed to Kindness Ambassadors after each recess break, NEA and its sponsors would match with food donations for the needy.

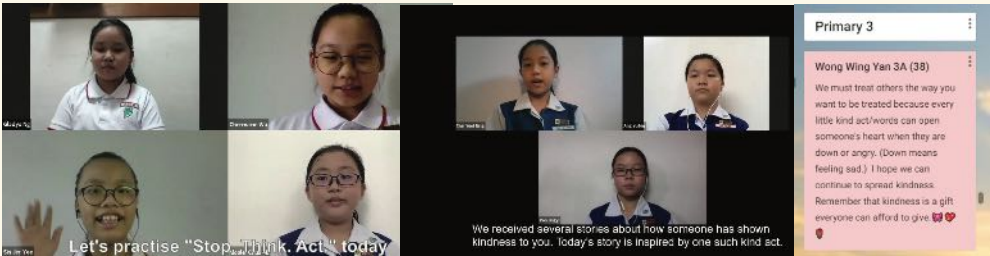




## INTERESTING & UNIQUE INITIATIVES

### MAHA BODHI SCHOOL

## KINDNESS IS A GIFT EVERYONE CAN AFFORD TO GIVE



Project Done By: Ang Yu Min, Cara Tan Wen Shuen (Chen Wenxuan), Chin Yuet Ning, Chua Jia Ying Nicole, Ng Shi Ying Gladys, Poh Jingyi, Sin Jer Yee, Yoong Yi Jia, Wu Qi Jia Chermaine

2020 has been a challenging year with lots of changes to adapt to. Hence, the team of ambassadors at Maha Bodhi School decide to encourage their schoolmates to pay attention to the needs of others, to better support one another.

Ambassadors and teacher facilitators co-designed a survey to hear from students about their fears, regrets and other emotional needs. The ambassadors then filmed and shared videos featuring selected stories with themes about "Helping Others", "Seeking Help", "Overcoming Fears" and "Appreciating Others".

After watching the videos, students offered advice and words of encouragement, showing their schoolmates that they are not alone.

## INTERESTING & UNIQUE INITIATIVES

### NAVAL BASE PRIMARY SCHOOL



## WORDS & ACTS OF KINDNESS



Project Done By: Eng Zhe Yu Geiden, Melody Lim En Qi, Nirsyam S/O Kartik, Tok Ke Xin Jaslyn, Lin Yanqing, Arina Nabila Binte, Mohamed Fazli, Amir Irfan Bin Mohamed Razali, Bong Yi Jie, Lim Seow Hui

With the theme 'Kindness Means to Spread Positivity', Navalites carried out activities to spread kindness in the school community and beyond. Examples include:

Kind Words – Navalites wrote complimentary notes to brighten their friends' days. Upper Primary students shared their words of encouragement on the online portal, Our Kindness Padlet. The kind words help boost morale and provide hope during the pandemic.

'Kindness and Courtesy' drawing contest – Students drew scenarios of people using kind words. The two best drawings from each class were displayed outside the school bookshop to remind and encourage others to be kind.

Kindness Chain – Students wrote down their kind deeds on kindness strips and used them to form a kindness chain art installation, which was displayed in each classroom.

Thanking Frontliners – They made Thank You cards for the various agencies fighting the COVID-19 pandemic.



## INTERESTING & UNIQUE INITIATIVES

# PEI HWA PRESBYTERIAN PRIMARY SCHOOL

## KINDNESS MEANS KINDNESS ALL THE TIME!



Project Done By: Diona Tan Ying Xuan, Evangeline Chng En Xin, Ang Yee Kiat Angus (Hong Yijie), Kriden Keng Jia Hao, Lee Guan De Warren, Koh Rui En Lanerryn, Abigail Loo Xin En, Ang Yue Xuan Thadine, Cheng Bing Hao Norman, Lee Yin Tong Lynette, Sin Yew Wai Aidan

With the onset of COVID-19, students were separated physically. Students had to adapt to both online learning, as well as physical safe distancing measures. This meant that interaction and thus acts of kindness might have been reduced or less visible.

The kindness team decided to focus on highlighting kind acts in school. They did so by sharing video interviews with teaching staff, non-teaching staff and a student, who talked about the different types of kindness they showed to and received from others. The sharing helped students be more aware of the unseen acts of kindness going on around them, spurring them to perform more kind deeds too!

To further encourage kindness, student leaders also designed a bookmark that listed 10 acts of kindness. Students can check off each kind act as they complete them, adding an element of fun to the acts of kindness.

## INTERESTING & UNIQUE INITIATIVES

# PRINCESS ELIZABETH PRIMARY SCHOOL



## KINDNESS MEANS SHOWING GRATITUDE



Project Done By: Teo Jia En Kaylynn, Mani Kumar Navin, Koh Jiaqi Grace (Xu Jiaqi), Lee Cheng Zhe Kaden, Gayle Ng Yu Zhen, Lim Xin Yuan Ellyse

In line with the school mission – Every Child an Engaged Learner, a Caring Citizen, and a Steadfast Leader – students took part in three projects to show gratitude as learners, citizens and leaders

As engaged learners, they contributed illustrations and stories for the iAspire e-book, sharing how they have internalised kindness and gratitude in their daily lives.

As caring citizens, they dedicated songs of appreciation and encouragement, using the universal language of music to convey their feelings. This was done through a radio programme called Say Thanks with Music by Radio PEPS 122.8.

As steadfast leaders, they also extended their thanks to the unseen and unsung heroes around them, such as the school cleaning staff. In doing so, they became more aware of their contributions to the school and learned to show more appreciation on a regular basis.



# INTERESTING & UNIQUE INITIATIVES

## WEST GROVE PRIMARY SCHOOL

**WE PROMOTE INCLUSIVENESS THROUGH OUR WORDS & ACTIONS**



Project Done By: Goh Jing Xi Sean, Kwa Zen Yang, Lai Li Ying, Ang Hui Yi, Adelpha Chee Ying Zhi, Liu Yishan, Nur Amirah Huda Binte Abdul Rahman, Angel Ng Hui En, Perambigai D/O Saravanan

West Grove Primary's FOS team ran a series of activities promoting the spirit of kindness and inclusiveness. From an appreciation board first introduced in 2019, to assembly programmes on inclusiveness, and then a scriptwriting contest, the activities all focused on accepting, appreciating, and celebrating each other's differences.

As the team gathered notes of appreciation and scripts for the contest, they also evaluated the contents based on impact, level of encouragement, and more. The most meaningful items were put up on display in the school canteen to help deepen students' understanding of inclusiveness and empathy for one another.



## INTERESTING & UNIQUE INITIATIVES

# COMPASSVALE SECONDARY SCHOOL



### NORTH STAR PROJECT GRIT



Project Done By: Vera Chng, Ong Jing Wen Gerven, Kaavin Brayden Chung S/O Lucian D, Tan Hong Yu, Lim Sim Inn, Chong En Tong Chantelle, Sia Kang Lee, Chng Jun An Jordan, Angie Lim En Qi, Kaavin Brayden Chung

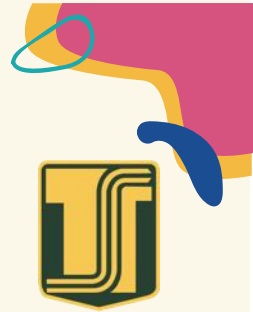
This 3-part project aims to encourage students, known fondly as North Stars, to demonstrate the school values of Graciousness, Gratitude, Respect, Responsibility, Resilience, Integrity and Teamwork.

As part of Project Encourage, they designed cards based on these prompts: 'Compliment Card', 'A few words of kindness can change someone's day' and 'Do good, feel good spread good'.

They also spread cyberwellness messages to their peers as part of Cyberwellness Quest, raising awareness of risks and offering tips to manage such risks. Cyberwellness ambassadors taught their classmates to play the online game "Cyber Wellness Quest" and made vlogs to spread the positive use of cyberspace too.

Finally, students also folded two paper cranes each, symbolising gratitude and hope. On the former, they wrote words of thanks and gave them to their loved ones. As for the latter, they were collected for display in 2021, where they will continue to bring hope and joy to North Stars.





## INTERESTING & UNIQUE INITIATIVES

### TAMPINES SECONDARY SCHOOL

#### NATURE IS OUR TREASURE. LET'S SAVE IT!



Project Done By: Erryn Alyssa Binte Shaharuddin, Herlisa Binte Ramlan, Johannizz Binte Zakir, Nur Khalisah Binte Muhammad Shahrin, Sharifah Batrisuja Binti Syed Idrus, Nur Hidayah Binte Erwan

Tampinesians strove to be environmentally friendly and socially conscious this year. They ran a series of activities to encourage and applaud students for being considerate towards their environment, surroundings, and people around them too. Examples include:

I-Care Class Awards – Green Ambassadors would conduct audits to check if classrooms are clean, tidy and conducive for study

Catch Em Right – Tampinesians “caught” performing a clean and green act would be applauded for their good efforts and intentions.

Hands-on Environment Activities – Students learned about the 6Rs (recycle, reuse, reduce, rethink, repair, refuse) as they created a product from recycled materials.

SNAPPOSTGREEN – Students took part in a photo/drawing competition based on the themes of consumerism, food wastage and positive energy, gaining a better understanding of these topics and learning good habits in the process.

The project nurtured a love for the environment in students. Hopefully, they will hold on to their good habits and continue protecting the environment!

## INTERESTING & UNIQUE INITIATIVES

# DPS INTERNATIONAL SCHOOL (SECONDARY)



## SHARING SMILES, BRINGING JOY



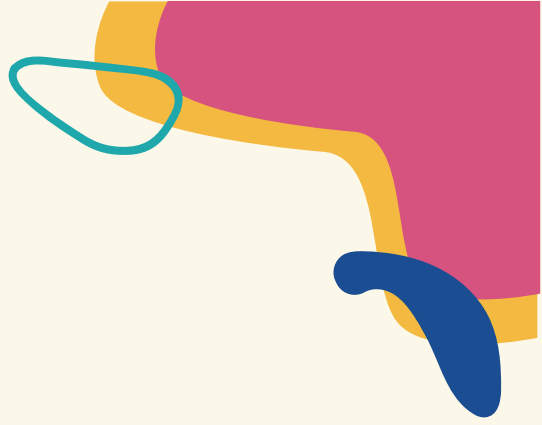
Project Done By: Parvati Preji, Arushi Vyas, Ritika Rajaram, Mirutica Rajesh Karthik, Ambarish Thopa Vijayaraghavan, Cadence Nithila Colinss David, Kaira Aga, Vandita Rangarajan, Om Naren Vinnakota

The FOS team aimed to reach out to students of various different age groups, to spread kindness, love and care regardless of age differences. Due to the then-ongoing Circuit Breaker, they had to come up with some creative ideas to do so

For kindergarteners, they prepared a "Sing the Jingle" music video with a catchy melody, teaching their young audience to be how to be hygienic. The video was played over Zoom, which the kindergartners joined with their parents.

In their own school, students also nominated their kindest classmate. Dubbed "BE THE 1 IN KIND", the nomination contest aimed to celebrate kindness and recognise those students who best embodied the spirit of kindness in their words and actions.

Via a custom-created board game, students also learned about Mahatma Gandhi and his beliefs about kindness. They not only enjoyed the game, but also started a dialogue about how kindness can help create happier communities.



## HEART-WARMING COMMUNITY SERVICE SEGMENTS

This category features schools that have gone beyond their campus to make a difference to the larger community.

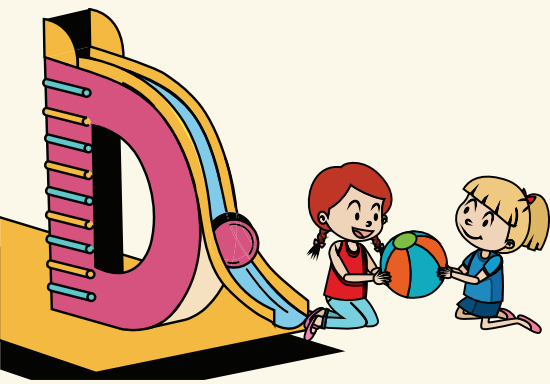
53 Innova Primary School

54 North View Primary School

55 Poi Ching School

56 Hillgrove Secondary School

57 Marsiling Secondary School



## HEART-WARMING COMMUNITY SERVICE SEGMENTS

### INNOVA PRIMARY SCHOOL

#### CARE AGENTS, PASS IT ON



Project Done By: Koh Qiao Er, Tok Kong Yew (Zhuo Kangyou), Jenavie Chua Jia En, Tu Meiqi Mary, Imam Asy Syaukani Bin Mohammad Naser, Lucas Tee Zhi Xun, Rifa Amani Evbuomwan, Elizabeth Delon Kaur, Shanyce Pang Xuan Ying

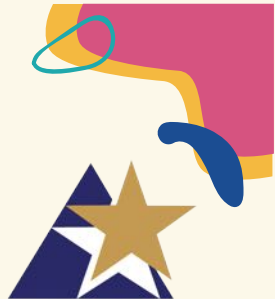
Over a period of five months, students at Innova Primary School rolled out a series of community outreach activities, extending kindness beyond their homes and school to the community around them.

Activities included a Care Pack Donation Drive for migrant workers, Kindness Poster competition, Kindness Bingo challenge, Food and Stationery Donation Drive for needy residents living near the school, and a reflection survey. These activities hoped to build empathy and encourage students to be care agents in and outside of school. It was heartening to see enthusiastic participation from the students, who were able to self-motivate and accomplish these acts of kindness.

# HEART-WARMING COMMUNITY SERVICE SEGMENTS

## NORTH VIEW PRIMARY SCHOOL

### NVPS KINDNESS MOVEMENT 2020



Project Done By: Ng Yu Hui, Loo Tze Yi, Cellyn Eng Yuiqi, Lee Wei Xin, Kang JingHaoZe, Ayesha Zahra D/O Mohammed Zubir, Esther Chee Ying, Chia Pei Qi Debbie, Muhammad Sufi Bin Riduan, Imani Kea Sutton, Akid Lutfi Bin Norazman, Cinder Tan, Jabbar Eshan Muhammad Yazid, Jap Si Xing Zoey, Bryan Ow Yi Heng, Muhammad Shafii'e Bin Muhammad

On SLS, Cyber Wellness ambassadors prepared a lesson package on being kind online and stopping fake news.

Prefects led their schoolmates as Caring Leaders in expressing their gratitude towards our unsung heroes. Students wrote their gratitude messages on Padlet. Prefects also made Thank-You cards, designed unsung heroes posters and self-recorded videos to show their appreciation.

Boys' and Girls' Brigade members showed kindness to unsung heroes and seniors through encouraging cards accompanied by #WeCareKits. Together with Cub Scouts members, they showed care for the patients diagnosed with COVID-19 through an origami crane project.

As part of the school's Values-In -Action, P1 to P6 pupils also wrote cards to thank the people around them in the midst of COVID-19.



## HEART-WARMING COMMUNITY SERVICE SEGMENTS

### POI CHING SCHOOL



## WE-CARE PACK FOR SUPPORT STAFF & ELDERLY HOMES



Project Done By: Jonas Toh An Xu, Fung Juet Yee Kaizer, Nathaniel Yeo Jie Rui, Teng Jing Cheng, Voon Ya Qi, Zachary Jiang Xin Zhao

Teaming up with the school's Parent-Support Group (PSG), the school's SKM ambassadors came up with a care package to service workers with greater exposure to the environment (such as if it they interact with many different people every day). The team put together useful items like sanitisers, wipes, coffee and milo packs and more. They hoped the items would keep the service workers safe and give them the energy to keep up the good work!

The SKM ambassadors also prepared a similar We-Care package for an old age home, with items such as sanitisers, snacks, masks and other small necessities. They hoped the gifts would keep the elderly safe and healthy in the midst of the COVID-19 outbreak.



# HEART-WARMING COMMUNITY SERVICE SEGMENTS

## HILLGROVE SECONDARY SCHOOL



### HILLGROVE KINDNESS WEEK



Project Done By: Maya Qistina Binte Roslee, Aeron Haw Cheng Kai, Ling Jun Rui, Vanessa Boo

Wanting to build a culture of kindness and care, Hillgrove Kindness Week involved various kindness activities that raised awareness about the virtue of kindness.

One activity was Gratitude Jars, where students wrote words of appreciation for their canteen vendors and security guards, thanking them for the delicious meals and safe environment.

Another activity was Kindness Posters, which students designed to convey the importance of kindness and gratitude, as well suggestions on different ways to exhibit kindness.

FOS ambassadors also organised a fortnight-long Angel-Mortal game for the entire school, including all students, teachers and non-teaching staff. This activity encouraged the spirit of sharing as “angels” performing small acts of giving and kindness for their “mortals”.

Staff and students also donated generously to families who were struggling due to COVID-19. They collected food items and daily necessities, packed them into Care Packs and distributed them to needy families and Fei Yue Family Service Centre.

## HEART-WARMING COMMUNITY SERVICE SEGMENTS

### MARSILING SECONDARY SCHOOL



## KINDNESS MEANS LOVING CARE ALWAYS



Project Done By: Lan Xuan Yang, Mohammad Elfie Armani Bin Aiman, Muhammad Haziq Bin Saini, Mohammed Irfan Bin Erwan, Owen Altamisy Bin Naharudin, Ong Yu Hong Julius, Peng Lipson

This year, the team of FOS ambassadors and Values-in-Action (VIA) Committee decided to collaborate for a school-wide project. They roped in their Secondary 2 and 3 schoolmates to help spread kindness beyond the school, to the community in Marsiling.

The whole school donated canned food, biscuits and beverages. Secondary 2 students packed them into goodie bags for the Care Corner Senior Activity Centre (SAC) at Block 16 Marsiling Lane, while the Secondary 3 students made well-wishes cards in different languages for the seniors at SAC. Students learned to show loving care in their words and actions and witnessed the joy it brought to other people in society.



## INTERESTING SOCIAL MEDIA/ ONLINE INITIATIVES/ DIGITAL CONTENT

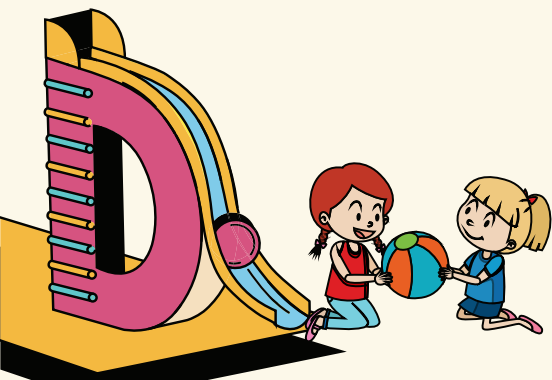
This Category features schools that have produced creative social media / online initiatives or digital content, which have enabled their campaigns to be highly successful in engaging students with kindness related topics.

58 Ahmad Ibrahim Primary School

59 CHIJ Primary (Toa Payoh)

60 Assumption English School

61 Jurong West Secondary School



## AHMAD IBRAHIM PRIMARY SCHOOL



### BE A KIND FRIEND



Project Done By: Cheng Xin Yu, Chong Jia Ern, Elvis Ong Zhen Liang, Mohamed Firhan Bin Mohamed Reduan, Muhammad Husnul Wafiq Bin Mohd Hanafi, Muhammad Nirman Zufayrie Bin Abdullah, Ang Jia Wei Shine, Tan Jing Xuan

FOS Ambassadors at Ahmad Ibrahim Primary School encouraged their schoolmates to be kind to their friends, and to show appreciation for any kindness that they receive from their friends.

Together with the teachers-in-charge, the ambassadors created a video sharing the heart-warming acts they received from friends, and what they have done for their friends. This video inspired other students to strive to show more kindness to those around them. The video sharing concluded with an origami crafting segment, where students made origami bookmarks and gifted them to friends as an act of kindness. They wrote down messages of appreciation or encouragement for each other, perfectly embodying the spirit of kindness and friendship.



## INTERESTING SOCIAL MEDIA/ ONLINE INITIATIVES/ DIGITAL CONTENT

### CHIJ PRIMARY (TOA PAYOH)



#### LOOK OUT, THINK OUT AND REACH OUT WITH LOVE AND CARE



Project Done By: Isabela Jade D Penha, Alethea Vinise Dela Paz, Duppati Mokshitha Raghni, Ong Yuxian Matilda, Mei Maria Kuah

Students walked around school to identify areas where kindness is shown, and areas where kindness may be lacking. They introduced their project with a 2-minute recorded video of how it is easy to overlook kindness, and emphasise the importance of thinking kindly all the time.

They followed up with a 9-minute PowerPoint video screening during an Ethics lesson. The video encouraged students to spread kindness using the “Look Out, Think Out and Reach Out” method. This was accompanied by a worksheet for them to share their kindness stories, and emphasise the importance of being kind.

The project capstone was the kindness board set up near the canteen. It showcased snippets of the kindness lessons and stories, and served to remind and inspire the whole school to embrace kindness in their lives.



## ASSUMPTION ENGLISH SCHOOL



### POWER OF YOUTH



Project Done By: Lee Jun Qi Jase, Ong Helena Nicole Ersando, Pena Isabelle Armie Barzaga, Cheong Shung Gar Crystal, Cassius Lowe Li Shang, Teo Shixuan Jacelyn, Yori Chia Yi, Resterio Pauline Caryl Marbella

Social media can be used for a good cause. Students saw this first hand as they took part in a social influencer contest, challenging each other to create Instagram content that helps to spread kindness or raise awareness on issues concerning youth and society. Students unleashed their creativity to touch on topics such as mental health, family violence, animal cruelty and cyberbullying. The best posts were selected and reposted on the school's official Instagram account (@aes\_manna) to further broaden their reach.

Through the contest, students gained deeper insights into the social responsibility of being a content creator and understand the importance of using social media as a tool to spread kindness and positivity.

## INTERESTING SOCIAL MEDIA/ ONLINE INITIATIVES/ DIGITAL CONTENT

### JURONG WEST SECONDARY SCHOOL



#### SEE A NEED, TAKE THE LEAD



Project Done By: Andrea Lew Wen Hui, Jesse Rajmohan, Nur Adriana Marsya, Raisa Anil Oommen, Taufik Ahmed Niloy, Koh Wenqi

FOS ambassadors took the lead to influence their peers to be kind and caring. They ran a series of virtual efforts and actions to advocate for important issues.

For their friends and schoolmates, they promoted Cyber Wellness Day via social media updates and posters, sharing tips on how to stay safe online. To support each other, they also shared study notes online, which made getting through exam stress much easier too.

For the community, they made posters for bus captains and healthcare workers, conveying their appreciation for their hard work, especially during COVID-19. They also conducted the Singapore Red Cross Society's blood donation drive, spreading awareness of the importance of blood donation and how it can save lives.

For the environment, they ran a No Plastic Initiative, Book Donative Drive, Class Cleanliness Inspection Duty and Green Sharing e-Workshop, which help promote environmental friendliness and conservation.

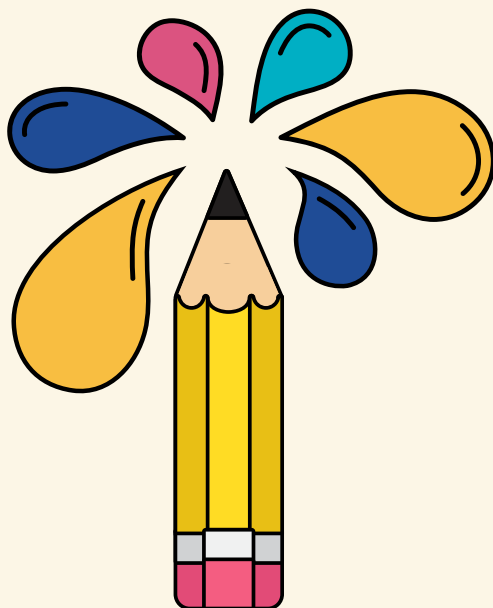
# WRITE FOR KINDNESS

## 2020

### ABOUT WRITE FOR KINDNESS

Write for Kindness is a national creative-writing and illustration competition organised by the Singapore Kindness Movement (SKM), with the Singapore Book Council as our programme partner. It is a platform for secondary, junior college, centralised institute, madrasah and international school students to promote kindness to the younger audience by creating age-appropriate and culturally relevant children's stories, through short stories, poems and illustrations.

The theme for Write for Kindness 2020 is "Bring Joy with Kindness".



## THE OBJECTIVES OF THE COMPETITION ARE TO PROMOTE:

- The value of kindness through stories and poems to pre-school children
- The importance of stories and poems as a mean to positively impact pre-school children in their character development
- Story and poetry as creative means of expressing cultural values
- Teamwork among youths who work together as a group to complete the stories, poems and illustrations
- The appreciation and development of literary arts and local literature in our society

## THE ENTRIES ARE GRADED ACCORDING TO:

- Clarity of the message
- Relevance to target audience
- Language
- Creativity and originality of ideas
- Illustration
- Usage of poetic devices & forms

## STORY-WRITING & ILLUSTRATION

### WINNER

DULWICH COLLEGE, SINGAPORE

It's Not Nice to be Alone

### 1st RUNNER UP

NATIONAL JUNIOR COLLEGE

Something Sweeter Than Treats

### 2nd RUNNER UP

DPS INTERNATIONAL SCHOOL

A Taste of Kindness

### BEST ILLUSTRATION

TAMPINES MERIDIAN JUNIOR COLLEGE

Kindness is A Superpower

### CONSOLATION

UNITY SECONDARY SCHOOL

The Kind Tales in Postipia

CHUA CHU KANG SECONDARY SCHOOL

Nala's Cookies







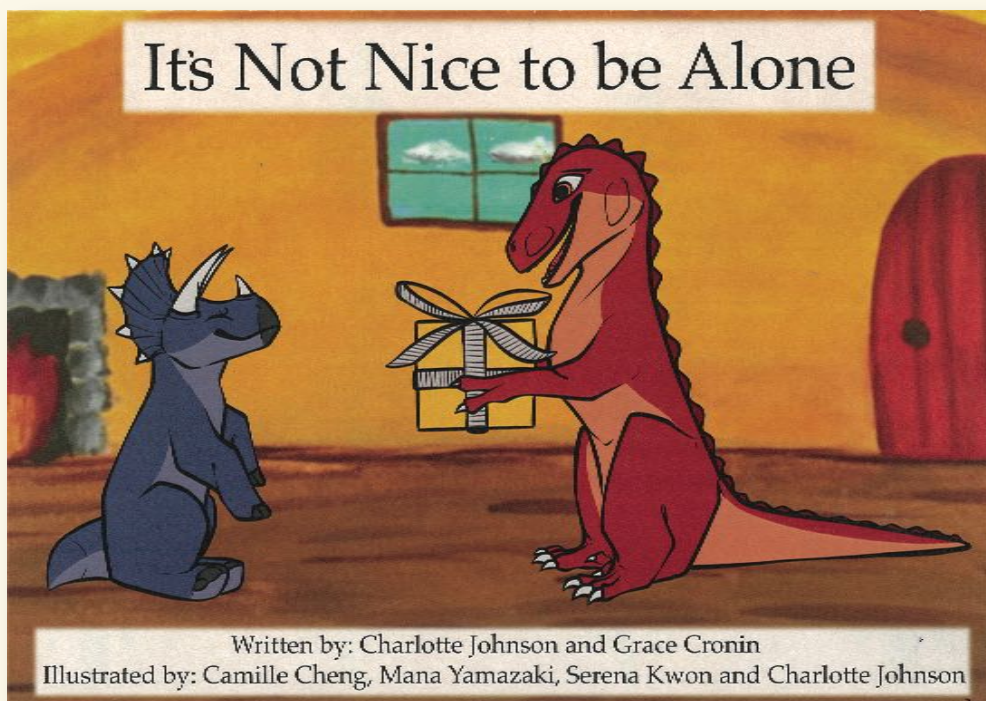
## STORY-WRITING & ILLUSTRATION



**WINNER**

**DULWICH COLLEGE, SINGAPORE**

IT'S NOT NICE TO BE ALONE



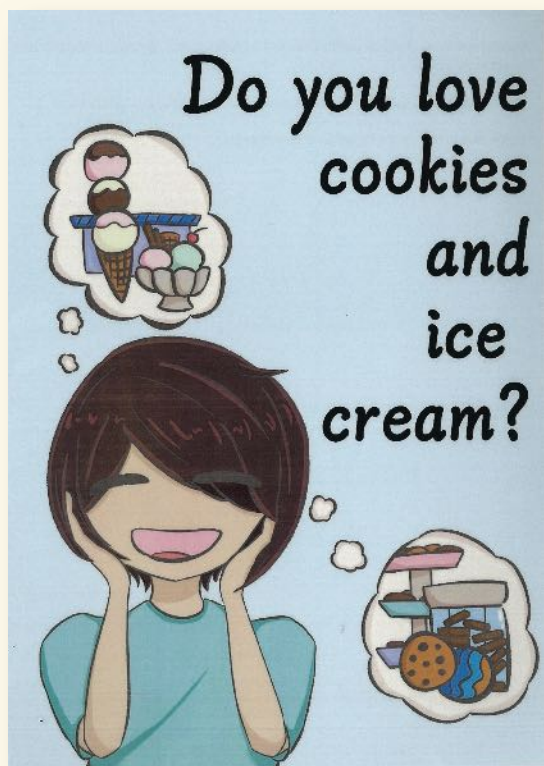
Written and Illustrated By: Charlotte Johnson, Grace Cronin, Camille Cheng, Mana Yamazaki, Serena Kwon

Meet Rex: he's the biggest, scariest dinosaur in Dinosaur Island! All the other dinosaurs avoid him because they believe he must be a very, very mean dinosaur – but could they be wrong? Join Theo, a young, sweet triceratops, who gets to know the real Rex in this sweet story of kindness, hope and the power of friendship.

## STORY-WRITING & ILLUSTRATION

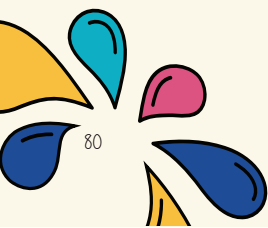


**1ST RUNNER UP**  
**NATIONAL JUNIOR COLLEGE**  
SOMETHING SWEETER THAN TREATS



Written and Illustrated By: Pang Wan Leek, Soong Yuan Qi Sophie, Tan Pei Xuan, Thania Del Radovan Lofranco, Htat Wai Wai Aung

Mr Mouse is having a bad day, but that changes when he receives a taste of kindness!  
Who is the mystery animal that helped him, and will Mr Mouse learn how to be kind too?





## STORY-WRITING & ILLUSTRATION



**2ND RUNNER UP**  
**DPS INTERNATIONAL SCHOOL**  
A TASTE OF KINDNESS



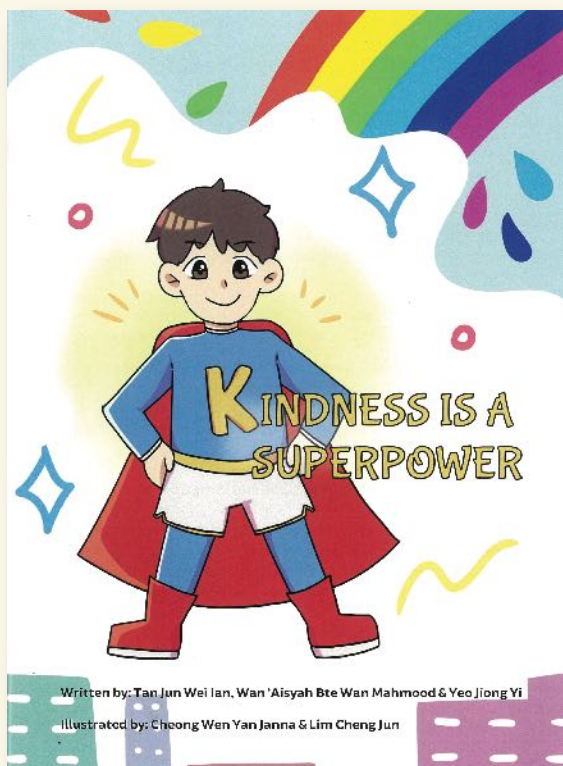
Written and Illustrated By: Rittika Mukherjee, Keerthana Saravanan, Paavas Bansal, Srijita Saha

Experience the magical charms of kindness with sweet and loving Grandma Choo and her curious grandson, Wei. Get ready to open your heart's door and share a little more as you follow along their journey, unlocking new values and learning how giving to others brings greater joy to another.

## STORY-WRITING & ILLUSTRATION



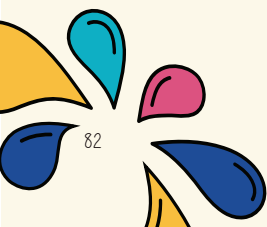
**BEST ILLUSTRATION**  
**TAMPINES MERIDIAN JUNIOR COLLEGE**  
KINDNESS IS A SUPERPOWER



Written and Illustrated By: Lim Cheng Jun, Tan Jun Wei Ian, Wan 'Aisyah Bte Wan Mahmood, Yeo Jiong Yi, Cheong Wen Yan, Janna

Daniel is a young boy who loves superheroes.

Follow him on his exciting journey to discover what being a superhero really means!





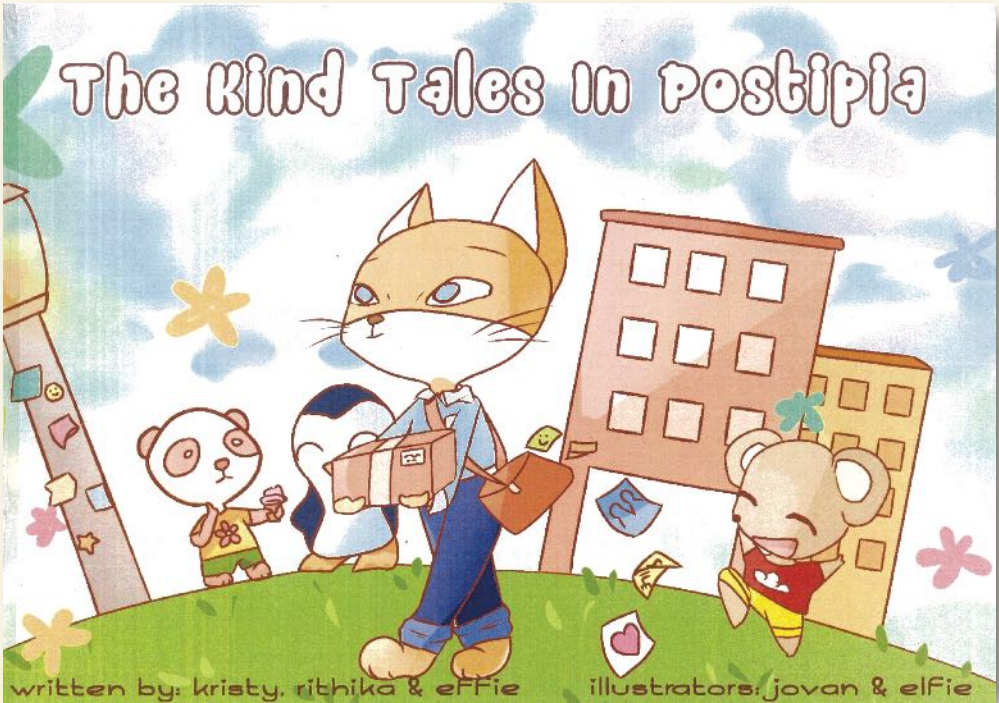


## STORY-WRITING & ILLUSTRATION



### CONSOLATION UNITY SECONDARY SCHOOL

THE KIND TALES IN POSTIPIA



Written and Illustrated By: Chua Xin Yi Kristy, Park En Qi Effie, Sudarsanam Rithika, Elfie Peh Xin Yu, Lim Jing Xiang Jovan

To postman Jasper, delivering parcels was always boring. However, when he went to Postipia, he saw something he had never seen before.

So many happy and kind residents! Follow Jasper on his adventure in finding out the happiness that kindness gives to people!



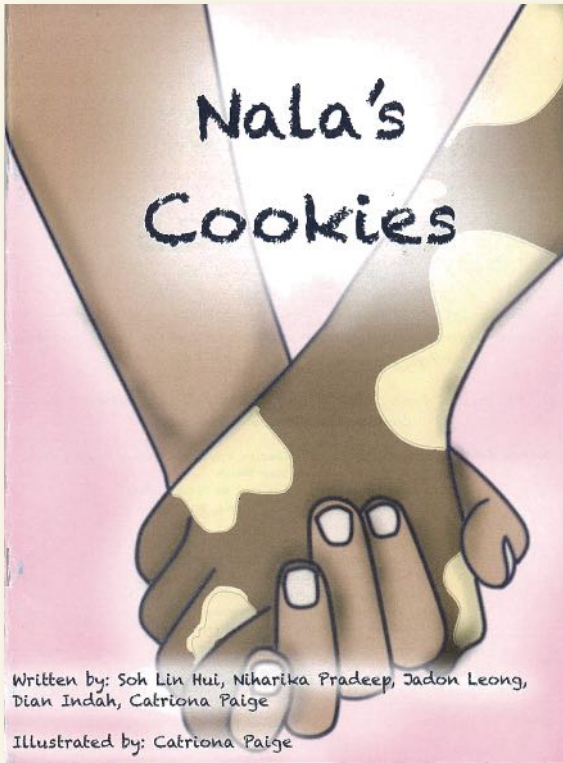
## STORY-WRITING & ILLUSTRATION



### CONSOLATION

CHUA CHU KANG SECONDARY SCHOOL

NALA'S COOKIES



Written and Illustrated By: Soh Lin Hui, Pradeep Niharika, Leong Yuan Ting Jadon, Dian Indah  
Adriana Binti Mohamad Effandy, Idefonso Catriona Paige Ponte

Nala, a six-year-old with a skin condition called 'Vitiligo', enters preschool. She found difficulties in fitting in with her classmates. Read on to find out how Maya, a fellow classmate, helped to change her life completely.



## POETRY-WRITING & ILLUSTRATION

### WINNER

OUTRAM SECONDARY SCHOOL

Sharing the Limelight

### 1st RUNNER UP

OUTRAM SECONDARY SCHOOL

Helping a Neighbour

### 2nd RUNNER UP

EAST SPRING SECONDARY SCHOOL

I Have Feelings Too

### BEST ILLUSTRATION

ZHENGHUA SECONDARY SCHOOL

The Heart of Kindness

### CONSOLATION

DULWICH COLLEGE, SINGAPORE

One Small Step



## POETRY-WRITING & ILLUSTRATION



### WINNER OUTRAM SECONDARY SCHOOL SHARING THE LIMELIGHT

**Sharing the Limelight**

The crowd cheered and applauded  
We were on our way to the final  
The atmosphere was intense  
Winning the next match was vital

Our opponents were fierce and strong  
With smashes fast as lightning  
We were in for a tough fight  
But we knew it would be exciting

It was the final and when the match commenced  
We quickly went on the offense  
But our opponents countered with bold strokes  
Our dream of being victors was going up in smoke

The score was close, our opponents were in the lead  
To overcome the deficit would be no mean feat  
The shuttlecock hit the floor, our opponents had scored again  
We played on, but our effort was in vain

And thus the match came to an end  
We had lost despite our best intent  
The result was not what we expected  
We hung our heads, feeling dejected

What happened next was out of the blue  
The winners pulled us on stage and gave us our due  
In their kind gesture to share the limelight  
They recognized that we had put up a good fight










There was some joy in knowing we had passed the test  
In the giving of our best  
It was not a sweet ending to our dream  
But we were consoled, we had lost to a better team

Written by: Jude Michael Chua, Illustrated by: Aryisha Binte Muhd Reymia  
Outram Secondary School

Written and Illustrated By: Jude Michael Chua, Aryisha Binte Muhd Reymia



**1ST RUNNER UP**  
**OUTRAM SECONDARY SCHOOL**  
HELPING A NEIGHBOUR



**Helping a Neighbour**  
Uncle Lim lived down the corridor three doors from us  
His door was always closed when we went past

Mum said his children had all grown up and moved out  
So Uncle Lim was on his own, there was no doubt

He kept to himself and seemed like a lonely man  
No one knew much about him  
Except that he once had a wife named Diane

I was a typical teenager - busy with my friends and studies  
I didn't give Uncle Lim much thought till that day when I saw him drop his groceries

I helped Uncle Lim to carry the groceries to his front door  
It was convenient as I lived on the same floor

The next day, I decided to visit Uncle Lim  
We played chess and went to the gym

We hit it off and I started spending time with him every day  
My company helped to chase Uncle Lim's gloom away

I was glad that in showing kindness to a neighbour  
I had managed to brighten the life of an elder

Outram Secondary School  
Written by: Ho Darren Mitchell Mahilum  
Illustrated by: Daniel Haqim Macdonald

Written and Illustrated By: Ho Darren Mitchell Mahilum, Daniel Haqim Macdonald

## POETRY-WRITING & ILLUSTRATION



### 2ND RUNNER UP

#### EAST SPRING SECONDARY SCHOOL

I HAVE FEELINGS TOO

## I HAVE FEELINGS TOO

"Oi" is ~~NOT~~ my name,  
Littering is not a ~~GAME~~!  
Just a ~~SMILE~~ would make my day,  
When I feel a little ~~GREY~~.

I help to keep your school ~~CLEAN~~ ~~GREEN~~.  
Working daily to make it ~~GREEN~~.  
Littering is not a ~~GAME~~.  
Being ~~KIND~~ won't bring you shame!



Just a ~~SMILE~~ would make my day,  
Even in a simple way.  
~~CLEAN~~ up after you eat,  
Or even keep your area neat!

We should treat everyone ~~the same~~,  
As being ~~KIND~~ won't bring you shame.  
It really isn't that ~~STRANGE~~?  
Why don't we help to ~~SPREAD~~ change?



Written and Illustrated by:  
Jaipreet Kaur Gill,  
Nor Elisha Shanie Binte Ibrahim

Supervised by:  
Ms. Daphne Png  
Mr. Zulhimi Awaruddin

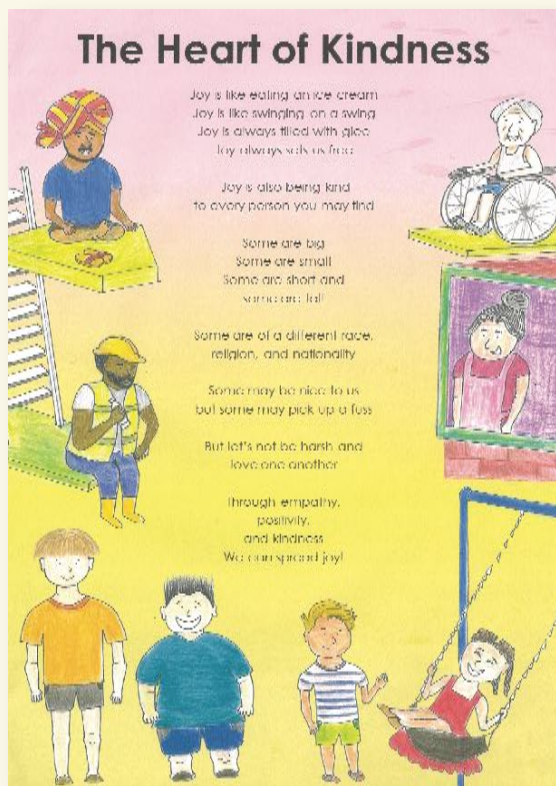
Written and Illustrated By: Jaipreet Kaur Gill, Nor Elisha Shanie Binte Ibrahim



## POETRY-WRITING & ILLUSTRATION



**BEST ILLUSTRATION**  
**ZHENGHUA SECONDARY SCHOOL**  
THE HEART OF KINDNESS



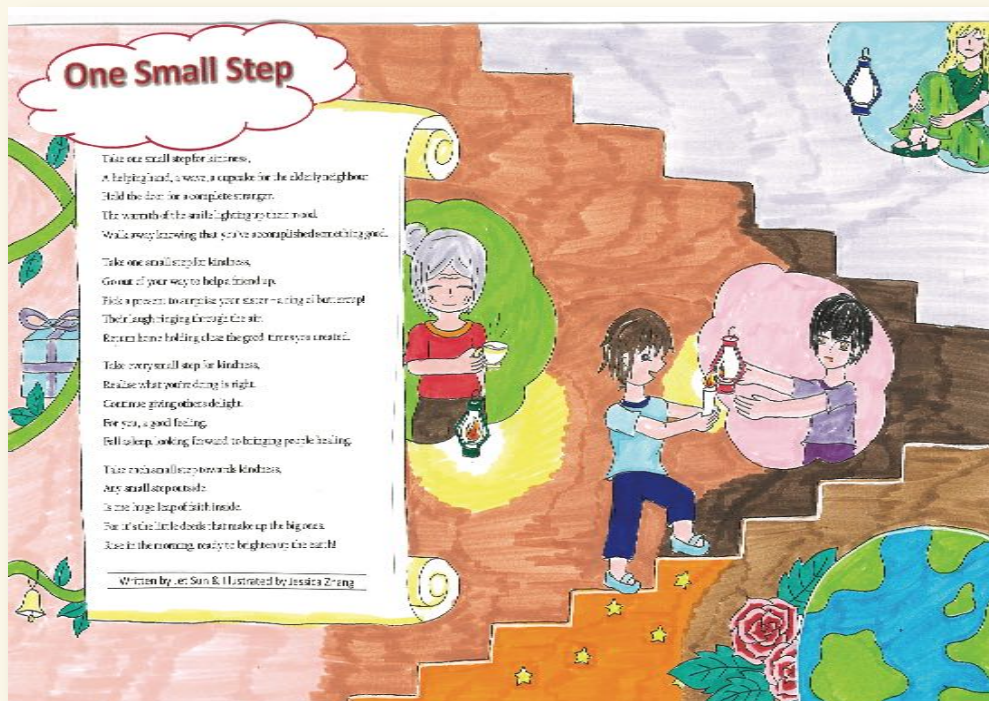
Written and Illustrated By: Goh Jie Ming Ethan, Harris Safari Bin Sumadi



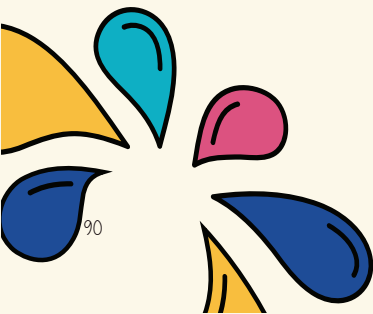
## POETRY-WRITING & ILLUSTRATION



### CONSOLATION DULWICH COLLEGE, SINGAPORE ONE SMALL STEP



Written and Illustrated By: Jet Sun, Jessica Zhang





# KINDNESS BADGE AWARD

## 2020



## ABOUT KINDNESS BADGE AWARD

The Kindness Badge Award is a mark of distinction awarded to students in Uniformed Groups who have completed tasks or projects that promote kindness and graciousness at different tiers: school, family and community. Achieving this badge identifies them as Ambassadors of Kindness. It is awarded by the Singapore Kindness Movement to students who have demonstrated their passion and commitment in fostering a gracious society.



### BRONZE

Focused on Learning, the Bronze Badge introduces students to the current state of kindness in the community through an interactive workshop.



### SILVER

Focused on Training, the Silver Badge provides an opportunity for students to carry out kindness campaigns within their school. The Silver level is optional.



### GOLD

Focused on execution, the Gold Badge is conferred when students extend the reach of their campaign to the community. Students are tasked to demonstrate how they can do their part in tackling community issues such as neighbourliness, online etiquette, anti-body shaming and local-foreigner integration. Due to social distancing measures in 2020, students' gold badge projects have taken the form of online kindness campaigns.

## OBJECTIVES OF THE KINDNESS BADGE

- To encourage Uniformed Groups to foster a positive sense of community awareness
- To spark waves of kindness in society via little projects by Uniformed Group Students
- To forge stronger camaraderie between various Uniformed Groups

## UNIFORM GROUPS PARTICIPATING IN KINDNESS BADGE AWARDS 2020



GIRL GUIDES  
SINGAPORE



NATIONAL CADET  
CORPS



St John  
Singapore  
ST. JOHN  
SINGAPORE



THE SINGAPORE  
SCOUT ASSOCIATION

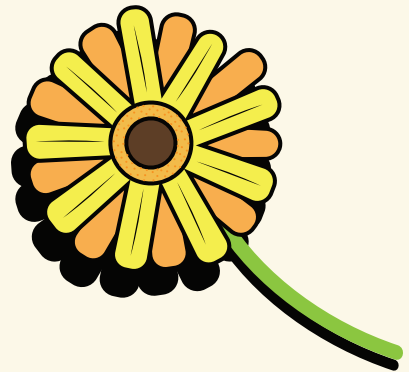
## GOLD CROSSOVER BADGE

Being kind should not only be limited to the Uniformed Group that you are in. The Gold Crossover Badge is an initiative to encourage collaboration between Girl Guides and Scouts. To qualify for this badge, a minimum of three representatives from each Uniformed Group must be involved in the project.



## FEATURED PROJECTS

- 1 Anglican High School
- 2 Anglo-Chinese School (Barker Road)
- 3 Anglo-Chinese School (Independent) - A
- 4 Anglo-Chinese School (Independent) - B
- 5 Anglo-Chinese School (Independent) - C
- 6 Anglo-Chinese School (Independent) - D
- 7 Compassvale Secondary School - Girl Guides
- 8 Compassvale Secondary School - NCC
- 9 Fuchun Secondary School
- 10 Paya Lebar Methodist Girls' Secondary School
- 11 Sengkang Secondary School - A
- 12 Sengkang Secondary School - B
- 13 Sengkang Secondary School - C
- 14 Sengkang Secondary School - D
- 15 Soaring Eagles Air Scout Wing Squadron
- 16 Swiss Cottage Secondary School - A
- 17 Swiss Cottage Secondary School - B



## FEATURED PROJECTS

### ANGLICAN HIGH SCHOOL

#### AHS CARES @ CGH



Project Done By: Lu Xue'er, Cadee, Chang Xin Yi, Nathaniel Kan, Natalie Tan Shyn Ryu

Students at Angsana Primary embarked on a year-long chain of kindness and goodness to spread kindness in the classroom, school and community.

Amidst all the uncertainty during the Covid-19 phase, the students from Girl Guides, St John Brigade and Girls' Brigade of Anglican High School took active steps to encourage the healthcare staff at Changi General Hospital. With the contribution of items from schoolmates, they packed and distributed care packages to the staff, along with handwritten appreciation cards created by the student population. The cadets hoped to spread cheer to the medical staff through this initiative, reminding them that they have the strength of a nation behind them as they toiled for long hours.



## FEATURED PROJECTS

### ANGLO-CHINESE SCHOOL (BARKER ROAD)

#### CELEBRATING CHINESE NEW YEAR WITH SENIORS

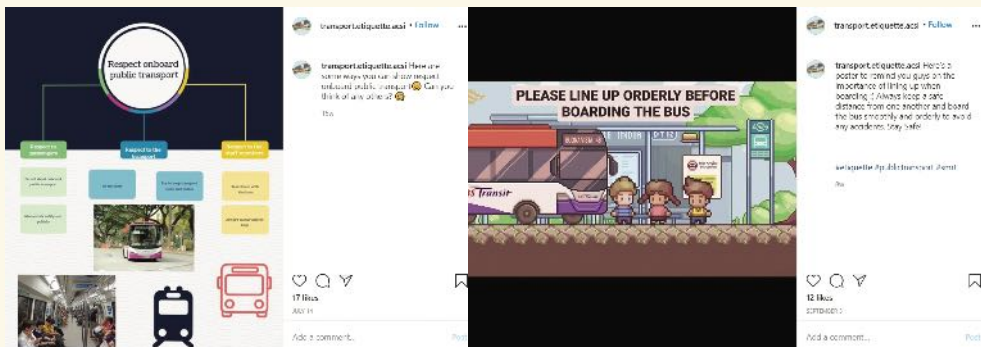


Project Done By: Chia Yi Jie, Julian, Cyrus Lexnar Ng, Ebenezer S/O Jason Vikneswaran, Jack Jonah Kirkwood, Jared Ho Keat Tuan, Jayden Choong, Loke Jian Cheng, Gabriel, Malcolm Lim Ngee Kang, Mohammed Syahmi Fida'ly Bin Mohammed Sophian, Muhammad Haireez Bin Mohd Faizel, Muhammad Nabil Syaqeer Bin Md Nizam, Nathaniel Ng Yong Teck, Swastik Mohan, Yeo Kuok Kian

Tapping on an existing partnership with Lions Befrienders, the NCC cadets of ACS (BR) organised and executed a Chinese New Year event for the seniors at Ghim Moh Senior Activity Centre in January 2020. This involved putting up temporary decorations to add to the event's atmosphere, facilitating craft and bingo activities for the elderly, serving them bento sets for lunch, and distributing care packs. The cadets' schoolmates from the Chinese Orchestra also put up a music performance for the seniors. In all, the event was an engaging one for the elderly, and the students also managed to have meaningful interactions with them through the various activities.

## FEATURED PROJECTS

# ANGLO-CHINESE SCHOOL (INDEPENDENT) - A PROMOTING A CARING COMMUTING CULTURE



Project Done By: Lim Li Yang, Kaden, Seth Ng Rui Hao, Murali Selva Muthukumaran, Zakwan Bin Rosley, Chung Yun Ho Edison, Abhishek Routray, Sathyanathan Akash, Isaiah Fun Wai Jun, Chen Zhihao, Ewan Lee En

Instagram: [@transportetiquette.acsi](https://www.instagram.com/transportetiquette.acsi/)

The NCC Air cadets of ACSI developed an Instagram campaign aimed at fostering a culture of respect and graciousness on public transport. In order to promote good etiquette among more commuters, they posted various infographics on their Instagram page with reminders to display considerate behaviours and to be especially cautious with hygiene-related issues when taking public transport, in light of the Covid-19 pandemic.

## FEATURED PROJECTS

# ANGLO-CHINESE SCHOOL (INDEPENDENT) - B ENHANCING ETIQUETTE AT HAWKER CENTRES



Project Done By: Shachah Chua Qi Jing, Lim Zhi Ying, Toh Xue Hong, Saathvik Viju-Pany, Wong Mason, Goh Yuen En Dalon, Jaedon Javier Lau, Lee Hua Feng Howard, Tan Wei Kang, Teoh Michael

Instagram: [@acupofkindnessskm](https://www.instagram.com/acupofkindnessskm)

Recognising that dining at hawker centres is an integral part of Singaporeans' lifestyle, the NCC Air cadets of ACSI set out to start a campaign to improve etiquette at hawker centres. Although they could not carry out face-to-face outreach due to social distancing measures, they still managed to post informative and interactive content on Instagram to encourage the public to return their trays, clean up after their meals and not reserve seats at hawker centres. By nudging patrons to exhibit more responsible and considerate behaviours, their campaign aimed to make Singapore's hawker culture more pleasant for all.

## FEATURED PROJECTS

# ANGLO-CHINESE SCHOOL (INDEPENDENT) - C

## TEAM UP TO CLEAN UP!



Project Done By: Ethan Chan Ee Jay, Sujesh Veeramani, Kieran James Boyd, Marc Ang, Martin Lim Zi Sheng, Puneeth Choudhary Kollu, Ragothaman Prahalad, Harish Karthick Rajkumar, Tay Kai Shin, Yeo Weytt Wern

Instagram: [@cleanneighbourhoodsg](https://www.instagram.com/cleanneighbourhoodsg)

Wanting to highlight the importance of maintaining cleanliness in public spaces, the NCC Air cadets of ACSI embarked on an Instagram campaign to spread the word about doing our part to keep our neighbourhoods clean. Despite being unable to carry out face-to-face public outreach as intended due to social distancing measures, the students conveyed their messages online through posters and catchphrases, and also posted content about environmental and social responsibility. In all, they hoped to encourage their online audience to be more respectful of cleaners and help maintain clean and conducive neighbourhoods.

## FEATURED PROJECTS

### ANGLO-CHINESE SCHOOL (INDEPENDENT) - D

#### FOSTERING ONLINE NETIQUETTE



Project Done By: Joshua Chen Kay Jian, Denzel Goo Yew Kiat, Joshua Yang Keanan, Matthew Ng Jun Han, Ryan Wang Khai En, Caleb Ling Jiaui, Chiang Yong Shing, Evan Lee Kuan Liang, Koh Gene, Palanisamy Nithinkaatesh

Instagram: @ucyberwellness

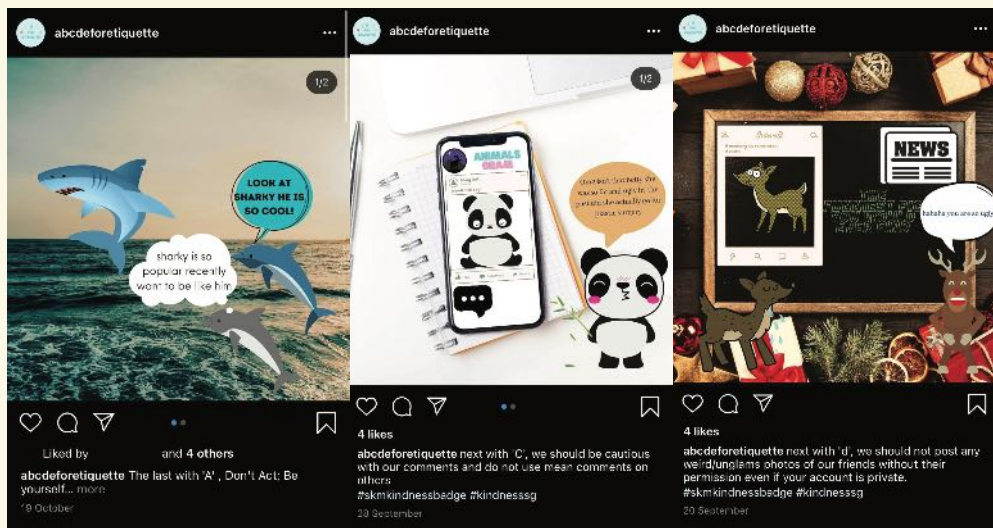
Tackling the issues of online scams and cyberbullying, the NCC Air cadets of ACSI started a campaign to educate young people on the responsible use of the Internet. They posted comics and statistics on their Instagram page, along with captions explaining online etiquette as well as the adverse effects of cyberbullying. By advocating kindness in the digital world and sharing how pleasant comments can uplift others, they hoped to foster more positive online communities through this project.

## FEATURED PROJECTS

### COMPASSVALE SECONDARY SCHOOL - GIRL GUIDES



## ABCD-E FOR ETIQUETTE



Project Done By: Linda Ng, Ang En Qi, Lee Jia Ying, Jaycie, Kelly Ng, Raenise Ong

Instagram: [@abcdeforetiquette](https://www.instagram.com/abcdeforetiquette)

To convey messages related to online etiquette, the Compassvale Guides designed and posted animal mascots on Instagram, creating short stories to illustrate the proper use of online platforms. Their content served to educate people on the importance of ensuring their safety online as well as being cautious of their comments and posts. Through their appealing designs and informative captions, the students engaged their online audience and showed that being kind in the digital space is something simple that everyone can do.



## FEATURED PROJECTS

# COMPASSVALE SECONDARY SCHOOL - NCC

## ONE SINGAPORE MOVEMENT



Project Done By: Mohd Zahir Bin Mohd Zahid, Rasyiqah Mysara, Lim Kenji, Yeo Junxi Dillon, Kannappan Naethresh, Lee Jia Le Mikel

Instagram: [@caring\\_forforeignworkers](https://www.instagram.com/caring_forforeignworkers)

Deciding to shed light on the issues of discrimination faced by migrant workers, the NCC cadets of Compassvale Secondary created an Instagram page to post content aimed at enhancing local-foreigner integration in Singapore. They shared about harmful stereotypes and some of the struggles that migrant workers are met with, and posted relevant news headlines and photos expressing their thoughts on respect and empathy. A few posts also made reference to the impact of the Covid-19 pandemic on migrant workers in Singapore, and the students shared how a little kindness goes a long way.

## FEATURED PROJECTS

### FUCHUN SECONDARY SCHOOL



## EMBRACE POTATOES



Project Done By: Oveyaa Rovinderan, Kirti Gurusamy Kaunder, Winx Wong, Gu Manting, Nur Darwisya Binte Suhaimi, S Ruthratharini, Shaheena Binte Mujibur Rahman, Jon Cyndi, Thangiah Shahana Mametis, Khuu Gia Linh, Zenia Ang Yao Xin, Nur Lydia Binte Sairi

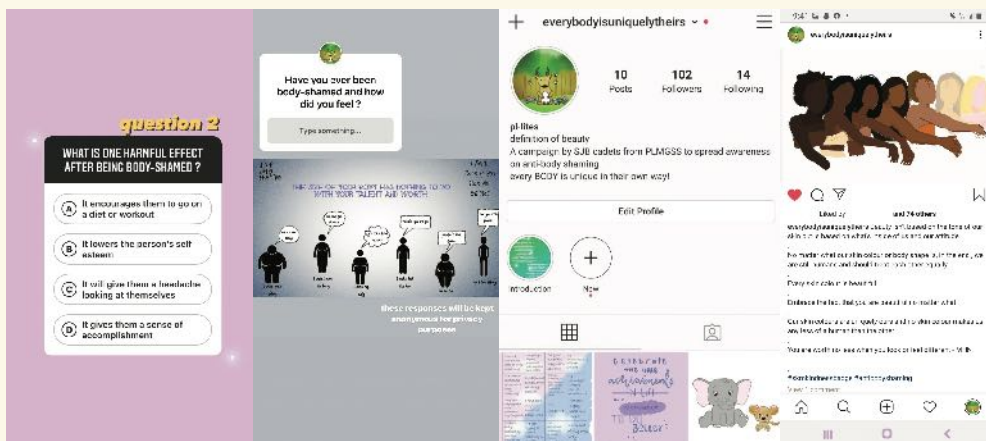
Instagram: [@embracepotatoes](https://www.instagram.com/embracepotatoes)

Choosing to use a potato as a mascot, the Guides of Fuchun Secondary initiated an Instagram campaign to encourage body positivity among their online audience. They illustrated how humans, just like potatoes, come in different shapes and sizes, and they developed a story explaining why people should treat everyone kindly regardless of how they look. The creative graphics and use of captions to guide their followers through the mascot's journey framed their efforts at addressing the issue of body-shaming.

## FEATURED PROJECTS

### PAYA LEBAR METHODIST GIRLS' SECONDARY SCHOOL

## EVERYBODY IS UNIQUE



Project Done By: Phi Koh, Chow Nixus, Low Hei Yuet Cheryl, Celeste Choy Wei Ni, Koh Jing En, Johannah, Keerthana Kalaiselvan, Amira AR Mordiffi, Priscilla Goh Sze Suan, Kandasamy Pavithra, Nurul Ain Binte Mohamad Ashik, Putri Nuur Arifah Binte Muhammad Salleh, Nuur Aaisyah Binte Ayub, N Amreen Zara

Instagram: [@everybodyisuniquelytheirs](https://www.instagram.com/everybodyisuniquelytheirs)

Deciding to promote body positivity, the St John Brigade cadets of PLMGS (Secondary) started a social media campaign to educate their followers on issues related to anti-body shaming. They designed their posts to convey that beauty comes in many shapes and sizes, and that self-acceptance is key. Through the images, quotes and quizzes posted on their Instagram page, they emphasized the importance of being non-judgemental and kind to people regardless of their outer appearance.

## FEATURED PROJECTS

# SENGKANG SECONDARY SCHOOL - A NICE-BOURLINESS



Project Done By: Oo Wei Qi, Sia Jia Xuan Deonne, Choo Yi Xuan, Adelia Lin Zhuoxin, Roshna Shan

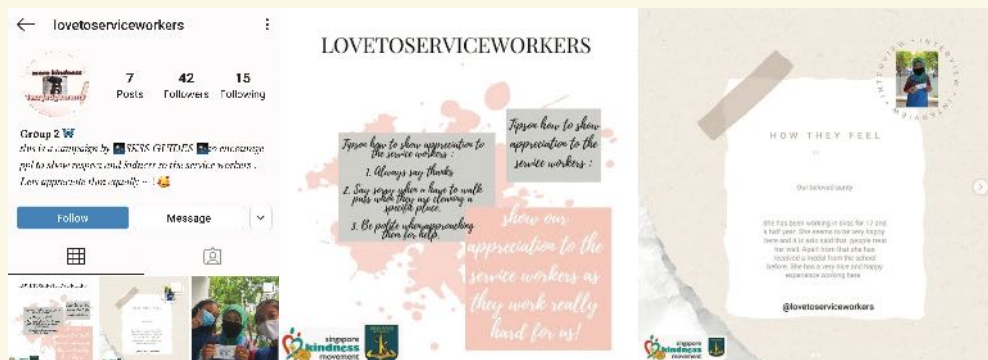
Instagram: @nicebourliness\_origami\_love

The Guides of Sengkang Secondary initiated a campaign to encourage the public to be more caring and friendly towards their neighbours in everyday life. They folded origami shapes, wrote kind messages on them and passed these on to their neighbours, hoping to bring back elements of the 'kampung spirit'. Documenting their crafts and actions on their Instagram page, the students found that a simple gesture goes a long way in making their neighbours feel appreciated and fostering greater interactions among neighbours.

## FEATURED PROJECTS

### SENGKANG SECONDARY SCHOOL - B

#### ALL EQUALLY THE SAME



Project Done By: Nur Afarissa Binte Rahim, Nur Syafiqah Binte Mohamed Ali, Nur Khalishah Binte Muhammad Noor, Zelia Chia En Hye, Divyashree D/O D Jayakumaran, Arwen Senthamil Selvan, Seah Ray En Grace, Asfiyah Fatimah Binte Aslam, Rasheeqa D/O Mohamed Shafeer Maricar

Instagram: [@lovetoserviceworkers](https://www.instagram.com/lovetoserviceworkers)

Recognising the tough jobs of employees in the service industry, especially during the pandemic, the Sengkang Secondary Guides decided to take a small step to express their gratitude to them. By giving appreciation notes and tissue packs provided by SKM to their school's support staff, they interacted with and thanked the cleaners and canteen vendors who work hard daily to ensure students' well-being. They also extended this campaign to food delivery riders. Through their posts on Instagram, the Guides also encouraged their schoolmates to show appreciation and respect to service workers to honour them for their contributions to society.

## FEATURED PROJECTS

### SENGKANG SECONDARY SCHOOL - C

## EMBRACING CONFIDENCE



Project Done By: Anagha Shuju, Toh Rui Jia, B K Maruzougkha, Valarie Tan Hui Rou

Instagram: [@sksseembracesconfidence](https://www.instagram.com/sksseembracesconfidence)

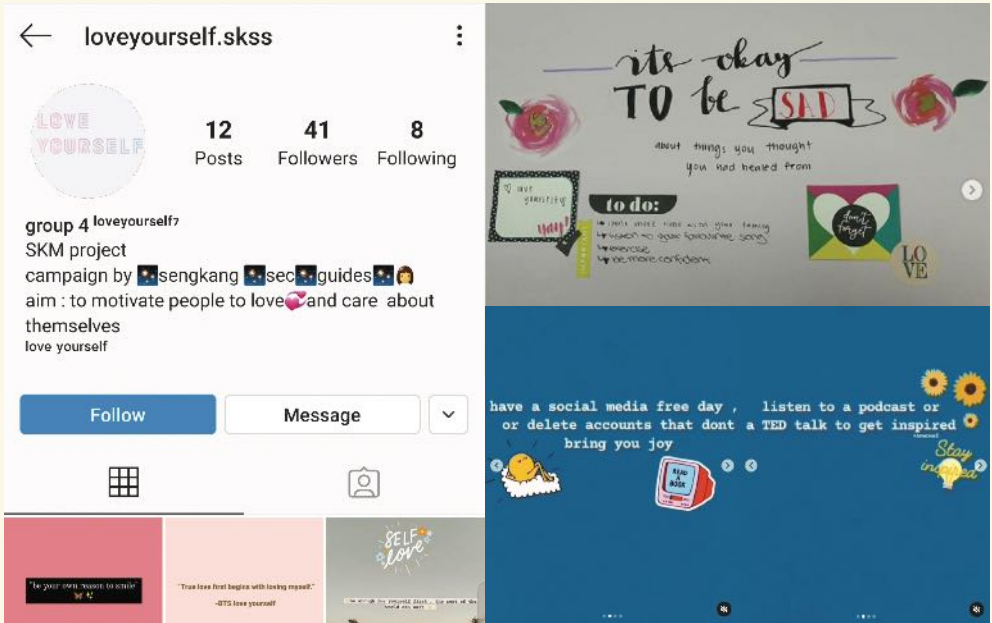
Seeing that many youths are being influenced by societal beauty standards, the Sengkang Secondary Guides embarked on an Instagram campaign to promote body positivity. Their posts included a variety of hand-drawn images and quotes about embracing different body types and developing self-confidence. Additionally, they posted responses from a few schoolmates on their thoughts about body insecurities and standards of beauty. Through their online content, the Guides hoped to create an impact on their followers by highlighting that self-love is key and that individuals should show kindness to all instead of dismissing people based on how they look.



## FEATURED PROJECTS

### SENGKANG SECONDARY SCHOOL - D

#### HAVE SELF-LOVE AND SPREAD LOVE



Project Done By: Syafiqah Adrianna Putri Binte Suzalino, Nur Hazwani Binte Herwan, Siti Nur Asyura Binte Mohsin, Zhang Yi Han, Heng Wei En

Instagram: [@loveyourselfskss](https://www.instagram.com/loveyourselfskss)

As the Guides from Sengkang Secondary felt strongly about self-care and self-love, their online campaign focused on how spreading kindness starts from showing kindness to ourselves. Their Instagram posts comprised inspiring quotes, self-care tips and reminders to show empathy to others who may be struggling with their own issues. Through these posts, they hoped to inspire their online audience to care for themselves, and also to perform random acts of kindness to bring joy to those around them in simple ways.

## FEATURED PROJECTS

# SOARING EAGLES AIR SCOUT WING SQUADRON

## BRINGING SMILES TO MIGRANT WORKERS



Project Done By: Tan Gim Yeong Gabriel Christopher, Aaron Ing Pak Kei, Darius Kam Hin Shing, Jonathan Tan Suun Eu, Olin Li Guang Carnohan, Soh Woon Kiat Patrick

The scouts from the Soaring Eagles Air Scout Wing Squadron spread cheer to migrant workers at Marina South Pier and St. John's Island by bringing them snacks from Starbucks, tapping on a partnership between Starbucks and It's Raining Raincoats, an initiative that supports migrant worker welfare in Singapore. They also shared some home-baked items and interacted with the workers to understand more about their way of life and some of the challenges they face. By documenting this experience on the Soaring Eagles Scouts' Instagram page, they hoped to promote empathy and respect towards migrant workers in Singapore.

## FEATURED PROJECTS

### SWISS COTTAGE SECONDARY SCHOOL - A

### SECURITY GUARDS: OUR FRONTLINE HEROES



Project Done By: Ng Jing Qi, Zhuang Zixian, Arvin Thanabalasingam, Lee Xin Hui Richelle, Chen Yang, Ranyanaa Baskaran, Chang Jie Lun Jeff, Udata Shiva Sankalp, John Yong Haiwen, Christopher Alexander Tirtakusuma, Md Ricqy Alif Bin Abdullah

Encouraged to show appreciation to security personnel, the NCC cadets of Swiss Cottage Secondary interviewed the security guards in their school about their roles and the challenges they faced, especially during the Covid-19 pandemic which brought about increased security measures. By rallying their schoolmates' support to write thank you cards, the cadets distributed these cards as well as care packages to security guards in school and at neighbouring shopping malls, as a token of appreciation for their hard work and contributions. The cadets documented the project on their CCA's Instagram page through a video and a series of posts, hoping that it would encourage individuals to cooperate with these unsung heroes who work hard to keep our community safe.

## FEATURED PROJECTS

### SWISS COTTAGE SECONDARY SCHOOL - B

#### DELIVERY RIDERS: THE UNSUNG HEROES



Project Done By: Ahmad Khairul Bin Mahmud, Ganesamoorthy Prathyszh, Muhammad Darwish Bin Rozali, Tan Xin Lin

With the intention to thank delivery riders for their hard work especially during the circuit breaker period, the NCC cadets of Swiss Cottage Secondary prepared care packages and appreciation cards for them. They also filmed a couple of interviews with food delivery riders to gain insights into the job and some of the challenges encountered. By presenting this video and setting up a booth in school to distribute the appreciation cards to their schoolmates, the cadets shared about their initiative's objectives and managed to spread awareness on the importance of treating delivery riders with respect.

# SEED KINDNESS FUND JUNIOR

2020

## ABOUT SEED KINDNESS FUND JUNIOR

Seed Kindness Fund Junior (SKF Jr) is a programme open only to primary school students within student care centres as it promotes the values of selflessness and love behind the kind acts of young caring individuals.

All participating centres are tasked to identify issues and implement solutions to promote kindness within their centre and community. It is intended that at the end of the campaign, participants will recognize the importance of their role in informing and encouraging desired behaviours; therefore, making a difference.

Building on the notion of collective kindness, the theme of SKFJ 2020 is  
"Kindness means \_\_\_\_\_".

## AN OVERVIEW OF THE SEED KINDNESS FUND JUNIOR PROGRAMME (2018 - 2020)

1. Participating Centres are invited to nominate up to nine students for this programme.
2. Upon nomination, participating students and teachers will experience a half-day workshop on design thinking and project management skills.
3. Students will then identify areas within their community where they feel social graces are lacking in.
4. Students and Teachers will submit a proposal on how they would like to address their identified issues.
5. Upon approval of proposal, students will proceed to execute their kindness initiatives.
6. Student and Teachers will submit a report on their kindness initiatives.
7. Participants will be recognised as Kindness Ambassadors at the year-end Kindness Awards Ceremony.

### DID YOU KNOW?

Despite the COVID-19 pandemic in 2020, participating centres have continued to show resilience, strength and commitment in building a nation of Kindness through their respective Kindness Initiatives. Most of them have been creative in their methods to achieve greater outreach and impact from their peers and families.

The Singapore Kindness Movement is proud to have **29** SKF Jr Centres with us in 2020 as we strive to continue to encourage and support centres in leading with kindness.



## ALL-ROUNDED PROJECTS

This category features centres that have projects consisting of detailed and well written reports, which reflects an in-depth understanding on the identified kindness issues. In addition, projects were able to address issues in a creative and engaging manner, therefore standing out from the rest.

- 1 YMCA Student Care Centre @ CHIJ (Kellock)
- 2 YMCA Student Care Centre @ Gan Eng Seng
- 3 YMCA Student Care Centre @ St. Anthony's Canossian
- 4 YMCA Student Care Centre @ Sengkang Green

## ALL-ROUNDED PROJECTS

### YMCA STUDENT CARE CENTRE @ CHIJ (KELLOCK)



## A GIFT OF KINDNESS



Project Done By: Anissa Zhang En Xi, Ng Qi Xian Clarice, Natalie Goh Zhi Eu, Adele Quek, Teo Rui En Megan, Mayukha Bellapukonda, Teo Zi Yi Ella, Goh Zhi Yue Caitlyn

The Kindness Ambassadors in CHIJ Kellock learnt that kindness is not just about saying polite words or helping someone out. Kindness can be expressed as a gift to brighten someone's day through love and care.

The Kindness ambassadors crafted an intricate Kindness Explosion Box, consisting of appreciation notes to various school staff who they would like to express their gratitude to. The ambassadors hoped that through promoting small acts of kindness, many more acts of kindness would develop out of them.

## ALL-ROUNDED PROJECTS

### YMCA STUDENT CARE CENTRE @ GAN ENG SENG



## CROWNING OUR UNSEEN HEROES



Project Done By: Chua Rui An, Chua Qing An, Chong Yue Xia, Ng Li Ting Selena, Kiu Hui Yin, Carissa Ng Qi En, Lim En Qi Elena, Christian Justice Ramirez Azman, Kang Jun Hong Eden

To start off, the Kindness Ambassadors attended a workshop which teaches the meaning and the importance of kindness. The Kindness Ambassadors also identified that there are a few 'Unseen Heroes' around them - their lovely teachers and, Principles, non-teaching staff in a school

In order to show appreciation to their unseen heroes, the Ambassadors took the opportunity to find out about their roles and responsibilities. They have also prepared gigantic posters with handprints and will be handing bookmarks and photo frames to the heroes!

## ALL-ROUNDED PROJECTS

### YMCA STUDENT CARE CENTRE @ ST. ANTHONY'S CANOSSIAN



## DOILIES FOR AUNTIE AND UNCLE IN MY SCHOOL



Project Done By: Cheryl Goh Zi Ying, Kelsey Kwok Ke Xin, Noor Sheera Ashika Binte Abdullah, Wong Le Qi Crischelle Wilnella, Izzah Rafiqah Nyla Binte Sariman, Hany Nuha Binte Romiwandi, Tan Shi Han Shyann, Larina Neo Yu En, Ong Shi Han Yumi

The Kindness Ambassadors from YMCA St Anthony's Canossian decided to pick up a new skill to make doilies for the aunts and uncles in their schools. These aunts and uncles in school include the cleaners, operational staff, bookshop vendors and canteen vendors.

During this exercise, the mentors showed the students on how to sew the pre-cut fabric using needles and thread. Apart from sewing the Dollies, the students made 'Thank you' Cards using art papers and other materials such as colour pencils, markers and shape cutters to show appreciation towards the aunts and uncles.

Through this exercise, the students not only picked up a new skill but they also understand the effort and patience that one must have to complete the Dollies. Thus, this enabled them to have a deeper understanding of the hard work put in by the helpers in school.



## ALL-ROUNDED PROJECTS

### YMCA STUDENT CARE CENTRE @ SENGKANG GREEN



## LET KINDNESS SHINE!



Project Done By: Glenden Li Chengjie, Chin Haouang, Cherish Teng Yue Xi, Brysen Ng Xiang Yi, Muhammad Aqil Danish Bin Mohd Hafiz, Javan Ang Yi Cheng, Keenan Wee Kwok An, Zheng Ming Xuan, Tan Sim Ngor Mitzy

The Kindness Ambassadors saw the importance of showing kindness and appreciation to our heartland heroes as they play a big part in making the school and neighbourhood a safe place. Hence, the Kindness Ambassadors from YMCA Sengkang Green aims to brighten up their day through this simple act of kindness.

The Kindness Ambassadors decided to create a sunshine surprise ball made from cardboard, crepe paper and packed it with some snacks, hand sanitizer. They also wrote inspirational messages to thank them for their hard work and pasted the messages on the sunshine surprise ball.

## APPEALING MURALS, DESIGNS & CRAFTWORKS

This category features centres that have projects with interesting designed murals, kindness boards, drawings, digital designs or craftwork activities.

5 YMCA Student Care Centre @ Chua Chu Kang

6 YMCA Student Care Centre @ Kuo Chuan

7 YMCA Student Care Centre @ Rulang

8 YMCA Student Care Centre @ St. Hilda's

9 YMCA Student Care Centre @ Springdale

10 YMCA Student Care Centre @ Tao Nan



## APPEALING MURALS, DESIGNS & CRAFTWORKS

## YMCA STUDENT CARE CENTRE @ CHUA CHU KANG



## HEARTLAND HEROES!



Project Done By: Muhammad Danial Bin Abdullah, Jeroen Ng Rui Zhe, Jerlynn Ho Jia Lin, Kazser Lin, Yuki Lim Shi En, Lim Cheng Rui, Megan Tan Bee Ying, Koh Xin Yu, Lau Li Ting

Schools are not just made up of students and teachers, there are other people who work together to maintain the cleanliness and safety of the school. The Kindness Ambassadors aims to show appreciation to the Security Guards, Operational Staff, and General Office admins for their work which are vital to the school's operations.

New Greeting Habit - Start by forming a habit of greeting everyone like they do with teachers. This makes the other staff feel more valued and not invisible.

Handmade Keychain - With the knowledge from their entrepreneurship lessons, the Ambassadors plan to hand make keychains from soft clay and key rings. This is to give the staff a constant reminder that they are appreciated.

Appreciation Assembly - An assembly anchored by the Ambassadors will be done to acknowledge the presence of the staff in the school. The staff will be called by name to collect the keychain and cards.

## APPEALING MURALS, DESIGNS & CRAFTWORKS

## YMCA STUDENT CARE CENTRE @ KUO CHUAN

## BUILDING BRIDGES AND NOT WALLS



Project Done By: Javier Ong Hao Zhe, Lee Shen Teng, Zanthé Yeo Shao Han, Letricia Lee Yan Yun, Chong Kang Xuan, Elizabeth Arabelle Lim Yan Xi

Kindness Ambassadors from YMCA Kuo Chuan have decided to reach out to the delivery heroes such as Grabfood, Foodpanda, Singpost and other delivery personals.

To show their appreciation, the Kindness Ambassadors made a goodie bag consisting of a handmade coaster, Kit Kat Bar and general message on a butterfly template. The handmade coaster has a silhouette of a person giving out his heart and butterflies signifies Hope during tough times and New beginnings. The Kindness Ambassadors indeed outdone themselves with a very thoughtful gift!

## APPEALING MURALS, DESIGNS & CRAFTWORKS

### YMCA STUDENT CARE CENTRE @ RULANG



## THE LAMP FOR THE TENDER HEARTED



Project Done By: Ayden Asyarie Bin Azmi, Li Zexu, Lian En Qi, Ada Eng, Phoebe Chia Kee Eng, Sarah Ang Zi Xuan, Villa Ng Lukas, Terry Tan Xuande, Stefan Cheng Hui Yan

Kindness is like a beacon of light that shines in the dark. To let this light shine brightly within the school, Kindness Ambassadors from YMCA Student Care Centre in Rulang Primary School brainstormed ideas to bless the cleaners in their midst. They wanted to thank the cleaners for their faithful service and dedication in maintaining the school's cleanliness, even with the added workload that they had to deal with during the pandemic.

The Kindness Ambassadors and teachers recycled glass jars and put together a glow in the dark jar that was handed out to the individual cleaners. Through this creative project, smiles were exchanged between the cleaners and the students as the ambassadors went around to distribute their gifts of appreciation.

## APPEALING MURALS, DESIGNS & CRAFTWORKS

### YMCA STUDENT CARE CENTRE @ ST. HILDA'S



**TAKING YOUR POSITIVE ENERGY AND SPREADING IT TO THE WORLD AROUND YOU**



Project Done By: Sarah Anne Loo Kah Oon, Daelyn Chua Qing Yu, Ang Jin Yu Esther, Aravind Vijendran, Ow Xuan Le, Tang Cheng En Grace

With much creativity and patience, the Kindness Ambassadors of YMCA Student Care Centre at St. Hilda worked on a collection of 3D pop up flower cards. In the midst of a global pandemic, the students wanted to acknowledge the non-teaching staff for their faithful service to the school.

The Kindness Ambassadors worked hand in hand with their teachers and a total of 127 students. Each student learnt how to piece the paper petals to form a lovely 3D pop up flower card. It was not an easy feat, but all the students learnt to lay aside the difficulties and brought the project to full bloom completion. Kindness truly blooms from within the hearts of each student. There was so much joy on their faces as they presented the 3D pop up flower cards plus an additional appreciation card to the heroes in their school... and in their hearts.



## APPEALING MURALS, DESIGNS & CRAFTWORKS

## YMCA STUDENT CARE CENTRE @ SPRINGDALE

### OUR SILENT SUPERHEROES



Project Done By: Lin Shi Hui, Tan Shi Jie, Koh Wei Shan, Lin Zhi Ren, Iman Hariz Bin Muhamad Hafiz, Gisele Toh Jia Yu, Natelie Yang Jia Hui, Nicole Yang Jia Qi

After the circuit breaker, the Kindness Ambassadors at YMCA Student Care Centre at Springdale worked with their teachers, peers, and parents to bring encouragement to the silent heroes in the school. By this, they are referring to the school cleaners and operation support officers. They initiated small acts by keeping the classrooms and toilets clean and tidy. Students also wrote appreciation notes alongside with a yellow gerbera daisy (handmade using recycled materials) for each hero.

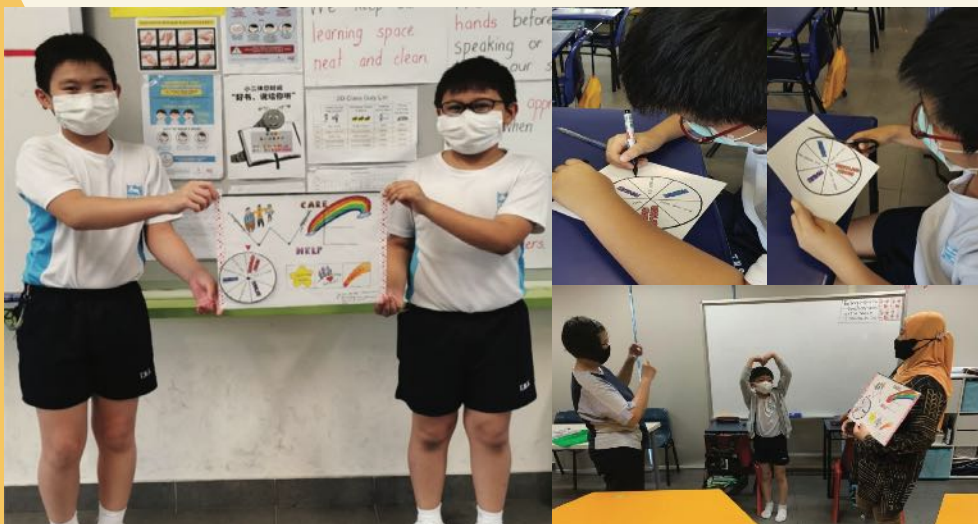
As a form of outreach beyond the school compound, the Kindness Ambassadors extended their kind acts to supermarket staff, temperature-check personnel, food delivery drivers, and hawkers. They are heroes who worked hard to serve the masses and often overlooked for their sacrifices. The students expressed their gratitude using an encouragement board. Parents, teachers and students penned down their appreciation. The students learnt the value of kindness and how to incorporate it in their daily lives.

## APPEALING MURALS, DESIGNS & CRAFTWORKS

### YMCA STUDENT CARE CENTRE @ TAO NAN



## WE CARE, WE HELP



Project Done By: Ronaldo Chang Kai Yang, Goh Jin Cheng, Louis, Heng Zi Ling, Ong Yiok Kiat, Liu Muge, Tan Zhi Hao Clinton, Tan Xuan Lin Sarah

The Kindness Ambassadors from YMCA Student Care Centre in Tao Nan Primary wanted to spread the message of kindness in a fun yet impactful way. The Kindness Team designed a board game to promote family bonding and kind acts.

The Kindness Ambassadors sat down to discuss the design content of the board game. They started by making the Kindness board game which consists of 30 task cards, the board and the handmade dice (Spinning Wheels).

The Kindness Board Game ('We care, We Help') have numerous 'acts of kindness' that allows students to practice showing kindness to one another and raising their awareness through the game. Overtime, the Kindness Ambassadors witnessed the change in their peers as they are now more motivated to show kindness.



## HEARTFELT APPRECIATIVE INITIATIVES

This category features centres that have projects consisting of creative and heartfelt initiatives to inculcate gratitude among and within students.

- 11 Big Heart Student Care @ Kheng Cheng School
- 12 YMCA Student Care Centre @ Oasis
- 13 YMCA Student Care Centre @ Punggol Waterway
- 14 YMCA Student Care Centre @ Seng kang
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- 17 YMCA Student Care Centre @ St. Stephen's
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## HEARTFELT APPRECIATIVE INITIATIVES

### BIG HEART STUDENT CARE @ KHENG CHENG SCHOOL



### KINDNESS IS FREE SO GIVE KINDNESS AWAY



Project Done By: Emily Quek Ting Hui, Yip En Yao, Tyra Asyura Bte Nor' Iskandar, Emily Koh Si Yun, Mabel Quak Mei Jia (Guo Meijia), Tee Xin Nuo Gladys, Lee Li Xinn, Reyes Tay Kien Lok, Jovan Teo Zhe Kai

In light of the pandemic, everyone is now mindful of their personal hygiene. When good hygiene is being practiced, it is an act of kindness and consideration to the people around us. The Kindness Team from Big Hearts Student Care Centre at Kheng Cheng School was motivated to raise awareness on observing personal hygiene while blessing students and non-teaching staff (security guards, cleaners and canteen vendors) within their midst. With much determination and creativity, the Kindness Team worked hand in hand with their teachers to make 40 tissue pouches – all of which were sewn individually with love.

Through this meaningful initiative, the Kindness Ambassadors learnt how valuable it is to spread love and care to the people around them. This kind act reminded their peers and non-teaching staff to stay safe during the pandemic. In return, they themselves also had a precious takeaway: that it takes only a small act of kindness to brighten up someone's day.

## HEARTFELT APPRECIATIVE INITIATIVES

### YMCA STUDENT CARE CENTRE @ OASIS



## APPRECIATING OUR HEALTHCARE WORKERS



Project Done By: Xavier Ng, Chen Zhiqi Christie, Kris Phua Ye Feng, Eak En Hui Raquel, Farisya Dania Binte Iskandar, Kayden Ong Kai Sheng, Muhammad Uzair Faheem Bin Mohammad Faizal

Due to Covid-19, it's been a tough year for everyone especially the healthcare workers and delivery drivers. The Kindness Ambassadors saw the importance of showing kindness to the healthcare workers and delivery drivers as they worked day and night to fight Covid-19. In order to show appreciation to these healthcare workers and delivery drivers, they created a thank you board using recycled materials.

Due to safety reasons, the teachers gave the boards to the healthcare workers on behalf of the students. The healthcare workers and delivery drivers were surprised to receive the handmade board and were very touched by the gestures.

Through this activity, the Kindness Ambassadors understood the importance of spreading kindness and that they should start being appreciative to the people around them. This small little gesture can go a long way.

## HEARTFELT APPRECIATIVE INITIATIVES

### YMCA STUDENT CARE CENTRE @ PUNGGOL WATERWAY



## THANKING OUR FRONTLINE HEROES



Project Done By: Lee Jay En, Sarah Tan Jing Ying, Isabelle Lim Shi Ting, Ong Qiao En, Desiree Chan Zi Shan, Law Guan Lin, Clarisse Tan Ke Xin

Many unsung heroes are working round the clock during this pandemic. To honor them, the Kindness Ambassadors from YMCA Student Care Centre at Punggol Waterway hope to share this message with their fellow peers. The Kindness Ambassadors roleplayed medical workers in the hospital and simulated a scene within the ward. 35 students got to witness the various challenges, sacrifices and responsibilities faced by the medical team.

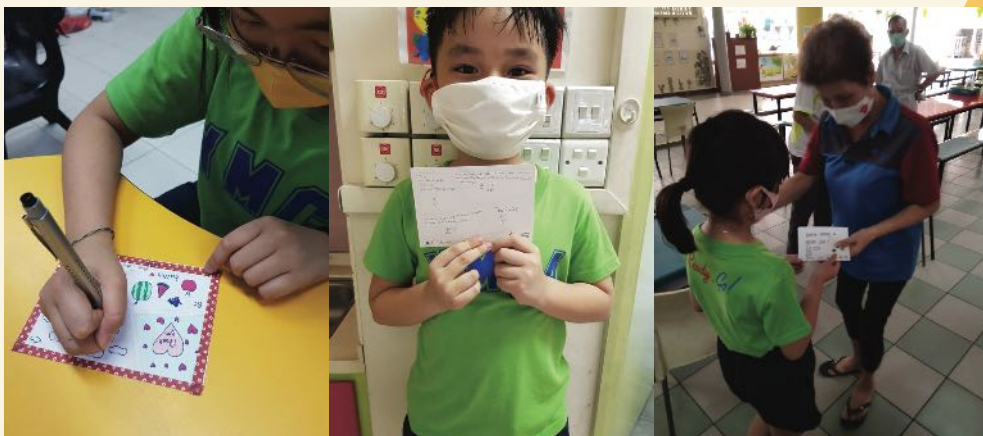
Prior to the roleplay, students prepared appreciation packs consisting of wet wipes, hand sanitizers, tissue packets and daisy flowers. Despite being unable to show kindness directly to the staff in the hospital, the students brought home an important lesson through their participation in this special activity. It will be a lifelong lesson: that they can also play a part in showing kindness and appreciation to the people around them.

## HEARTFELT APPRECIATIVE INITIATIVES

### YMCA STUDENT CARE CENTRE @ SENG KANG



## GRATITUDE



Project Done By: Yeo (Mr), Rose (Ms), Tan (Ms), Kwok Li Choo (Ms), Logeswairiy (Ms), Bidisha Mandal (Ms)

The Kindness Ambassadors from YMCA student care centre worked with the students to honour the non-teaching staff at Seng Kang Primary School. The main message revolves around showing gratitude and respect. This took place during the Wednesdays from June to August as the students will take time to pen down their heartfelt message to the canteen operators.

The Kindness Ambassadors wrote a 'Thank You' card to the canteen operators to show appreciation for preparing their food during lunch hours. They made card flowers to the school cleaners to show their gratitude for always making sure that their classrooms and school compounds are clean. The primary 1-3 cohorts used poster colours to paint greeting cards for the gardeners, dentists and school officers to brighten up their day.



## HEARTFELT APPRECIATIVE INITIATIVES

### YMCA STUDENT CARE CENTRE @ SIMEI



## FRUITS OF KINDNESS



Project Done By: Megan Tan Jing En, Reagan Tan Jing Lun, Oliver Samuel Yusuf, Chua Kai Lin, Natalie Ong Jia Xin, Ong Zi Juan Dana

Moved by the faithful service of the front liners during the pandemic, Kindness Ambassadors from YMCA Student Care at Simei made plans to bless the front line workers from Saint Andrews Community Hospital.

Despite being unable to meet the front liners personally, the Kindness Team still worked behind the scenes with their teachers and seven other students to come up with handmade 'fruit basket' paper crafts and appreciation cards. Through this, the students learned ways to express kindness and realized how such gestures can make one's day.



## HEARTFELT APPRECIATIVE INITIATIVES

### YMCA STUDENT CARE CENTRE @ ST. ANTHONY'S



## GOOD THOUGHTS, GREAT ACTIONS



Project Done By: Liang Li Wei, Chia Ho Cheng Gary, Ava Choo Xuan Ying, Koh Wen Shan Gwenda, Kelly Sim Li Tong, Luke Wong Yong Yew, Nah Tse En Gabrielle

The project aims to develop an empathy towards the cleaners. The Kindness Ambassadors saw the need to use the toilet responsibly to help keep the toilets well maintained.

After some discussion they decided to encourage kindness as a mindset. To have a kindness mindset towards the cleaners, one has to require compassion and empathy towards our cleaners.

To show their appreciation and empathy, the Kindness Ambassadors designed posters to be put up in the toilets on toilets etiquette. They also made 'thank you' cards for the cleaners, expressing their gratitude. On top of that they have also gift-wrapped a food hamper with a short note of gratitude.

## HEARTFELT APPRECIATIVE INITIATIVES YMCA STUDENT CARE CENTRE @ ST. STEPHEN'S



### SPREADING SUPPORT & POSITIVITY



Project Done By: Jayvier Lee, Danley Chew, Elijah Joel, Shayne Cheong, Daniel Joseph Almedo Sumayao, Thierry Amyza Bin Helmi

Over at YMCA Student Care Centre in St. Stephen School, the kindness ambassadors wanted to bring forth the message of determination and unity to their peers and teachers. To motivate them, the kindness ambassadors planned a movement that helped spark positivity and liveliness within the school.

For a period of 4 weeks, 10 selected students get to tour around the school compound, all dressed up in their happy and loud attires. This special movement amplified words of encouragement to their peers and teachers through cheers, slogans and songs. The students also blessed their schoolmates with personal motivational cards and posters. They pasted the posters on the walls within the school to bring forward their message of kindness.

## HEARTFELT APPRECIATIVE INITIATIVES

### YMCA STUDENT CARE CENTRE @ ST. MARGARET'S



## YOU DESERVE MANY PRAISES AND THANK YOU!



Project Done By: Leanne Goh Zhe-Li, Grace See En, Nadya Qistiana Binte Ali, Ashley Lim Rei Yi, Sin Yi En, Gwyneth Tan Xin En, Jennessa Lim En Qi

In face of this sudden pandemic, staff in supermarkets work doubly hard to meet a sudden surge in demand for household items and groceries. The kindness ambassadors from the YMCA Student Care Centre in St. Margaret Primary School wanted to honor the staff from the supermarkets located within Macpherson and Mattar

Due to social distancing measures in place, students were unable to pay them a personal visit. Hence, the kindness ambassadors did a roleplay within their centre with their schoolmates. This is to help them better appreciate the daily struggles faced by the staff on their jobs. Within the roleplay, the 'students' will personalize an appreciation card for the 'staff'. Through this roleplaying, students were able to build their confidence to show kindness and experience the joy of blessing this important group of front liners.

## HEARTFELT APPRECIATIVE INITIATIVES YMCA STUDENT CARE CENTRE @ VALOUR



### 'WE ARE THINKING OF YOU' CARE PACK



Project Done By: Rania Shanza Khan, Adam Natsuki, Emma Chu Hiu Xian

The non-teaching staff (cleaners, securities, and school officers) at Valour Primary School had been working hard since the start of the pandemic. However, many students were not aware as they spent most of their time doing Home Based Learning. Hence, the Kindness Team joined hands with their peers to make use of the opportunity to acknowledge these non-teaching staff.

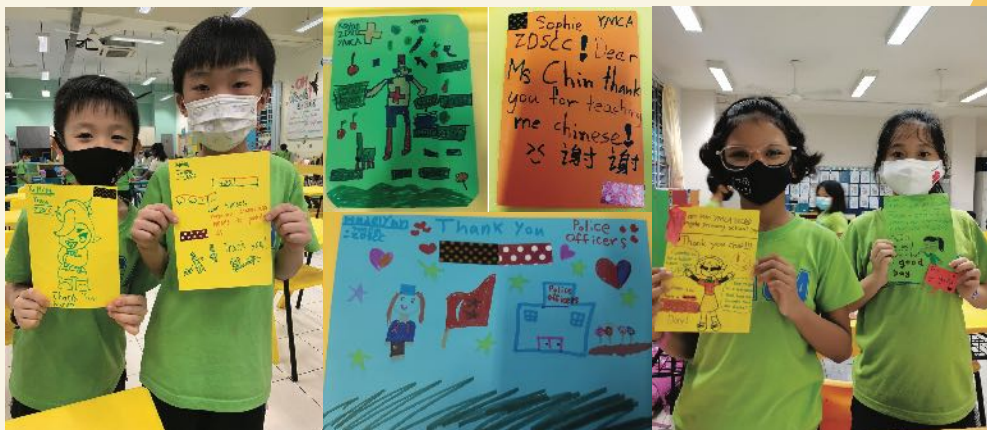
They utilized the cards given by the Seed Kindness Fund (SKF) and wrote words of appreciation on them. On top of that, students worked together to pack their 'We are thinking of you' care packages. Each package consists of items such as sanitizers, wet tissues, and face masks. With this initiative, it helped students to be more aware of the hard work and sacrifices put in by the non-teaching staff. Overall, it sparked off an appreciation and kindness filled environment within the school.



## HEARTFELT APPRECIATIVE INITIATIVES YMCA STUDENT CARE CENTRE @ ZHANGDE



### OUR FRONT-LINERS, OUR HEROES



Project Done By: Chia Wen Hui, Wu Lin Jia Joyce, Royce Ting Jie Yu, Li Shi Qi, Li Zixuan, Ng Teck Sean, Yeo Shuang Xi Jovelle, Karisse Tan Sze Ying

Kindness shared in a genuine way always warms the hearts of the receiving party. The pandemic is far from over and there are new norms to adjust to. Nonetheless, the Kindness Ambassadors at YMCA Student Care Centre from Zhangde went ahead to thank a host of front-line workers. These include the doctors, nurses, police officers, teachers, janitors, delivery drivers, and even the safe distancing ambassadors.

The Kindness Ambassadors hoped to motivate and encourage them for their hard work during this pandemic. With the help of their peers and teachers, the students collectively prepared handwritten cards that were mailed out to these front-liners (doctors and nurses mainly). For those front-liners within their reach, the students were able to pass the cards to them directly.



## HEARTFELT APPRECIATIVE INITIATIVES YMCA STUDENT CARE CENTRE @ ZHENGHUA



KINDNESS IS FREE, SPRINKLE THAT STUFF EVERYWHERE!



Project Done By: Arwin Ang, Wang Nie Yuening, Muhammad Mahir Zain Bin Mahmood, Ayden Yang, Azis Skaia Sng, Wong Le Xuan, Sem Yan Zhe, Ashera Wee Li Ying

Showing appreciation to construction workers is a special act of kindness during this pandemic. They have been the silent heroes behind many construction projects in Singapore. The Kindness Team at YMCA Student Care Centre in Zheng Hua Primary School wanted to show kindness amidst these dark times.

The team realized that the construction workers were still laboring hard to finish up the remaining construction work for the student care centre. Hence, the Kindness Team worked with their peers to create personalized handwritten mugs, appreciation cards, and prepared goodie bags for these workers. Owing to safe distancing measures in place, the students were unable to have direct interaction with the construction workers. The school representatives helped pass these gifts to the construction workers. The students still learnt a precious lesson on the joy of giving and appreciating these silent heroes in our midst.

## INSPIRING SOCIAL ETIQUETTE INITIATIVES

This category features centres that have projects with a thorough focus on a social etiquette issue that inspires everyone to be responsible in making a difference.

- 22 Big Heart Student Care @ Fuchun Primary School
- 23 YMCA Student Care Centre @ Beacon
- 24 YMCA Student Care Centre @ Canberra
- 25 YMCA Student Care Centre @ CHIJ Our Lady of Good Counsel
- 26 YMCA Student Care Centre @ De La Salle
- 27 YMCA Student Care Centre @ Greenridge
- 28 YMCA Student Care Centre @ Jurong West 1
- 29 YMCA Student Care Centre @ Jurong West 2

## INSPIRING SOCIAL ETIQUETTE INITIATIVES

### BIG HEART STUDENT CARE @ FUCHUN PRIMARY SCHOOL



## LET'S SHINE KINDNESS TOGETHER



Project Done By: Er Jun Da, Toh Qi Rui Keegan, Gwendolyn Ong Shu Qi, Varen Ng Jun Yao, Geraldine Saw Hui Min, Pang Yi Han, Gan Jing Qing, Jenny Duan Jing Yi, Nara Ting Xuan Yue

Kindness always begins with me. If everyone starts initiating small acts of kindness in their daily lives, the world will surely be a better place for us all. The Kindness Ambassadors at Big Hearts Student Care Centre in Fuchun Primary School thought likewise!

The team was very much inspired to promote the spirit of kindness with their peers. They brainstormed ideas as a team and came up with a poster that displayed the theme - 7 Kindness Acts. The Kindness Ambassadors hoped to instill acts of kindness on a daily basis. The poster had an eye-catching illustration and design which greatly captivated the attention and interest of the student cohort. Students learnt that kindness always begins from within and all it takes is just a willing heart.

## INSPIRING SOCIAL ETIQUETTE INITIATIVES YMCA STUDENT CARE CENTRE @ BEACON



### BEING NICE TO EVERYONE AROUND ME!



Project Done By: Jennifer Ong En Hui, Zhang Wei'En Edrick, Muhammad Ashry Matyn Bin Muhammad Syaiful Bahry, Chen Mei An, Yap Jun He Braysten, Sofea Rehanna Binte Mohammad, Ng Yu Xuan, Lee Yong Soon, Liu Yixin

To the students from YMCA Beacon Student Care Centre (BCC), kindness means being nice to everyone around! They took the opportunity of the project to spread awareness and increasing engagement with kind actions to the people in school. The project was split into 2 different projects:

Kindness BINGO & Mothers' Card: Each student was given a Kindness Bingo template with tasks included. Students will complete the activities to form a bingo row and their mentors will check in with their progress weekly. Mothers' Day was around the corner and the students prepared a Mothers' Day appreciation card.

Appreciation to our heartland heroes: A workshop by the SCC was done to increase awareness of their elderly workers in the school both teaching and non-teaching staff. The students showed their appreciation by preparing a goodie bag treat, including an encouragement card and items such as hand sanitizer and snacks.

## INSPIRING SOCIAL ETIQUETTE INITIATIVES YMCA STUDENT CARE CENTRE @ CANBERRA



### KINDNESS IS A GIFT. EVERYONE CAN AFFORD TO GIVE.



Project Done By: Reann Hong, Tay Jun Hean, Allecia Loh, Titus Toh, Chew Yu Hsien

The pandemic did not give the students reasons to compromise on their project to promote kindness. The project activities taught the students that kindness is not just a way of feeling but also a way of behaving.

With the lack of physical contact due to safe distancing, they included the introduction of using 'kind' words by their Word Search activities.

During the circuit breaker, there were stories of volunteers 'stepping out' to volunteer. The teachers took the opportunity to introduce volunteerism to the Kindness Ambassadors. The teachers wanted them to experience first hand what it meant to volunteer but were unable to do it because of the situation. The Kindness Ambassadors still wanted to show appreciation and created a "stressed out" relief pack to be given to volunteers who "stepped out".

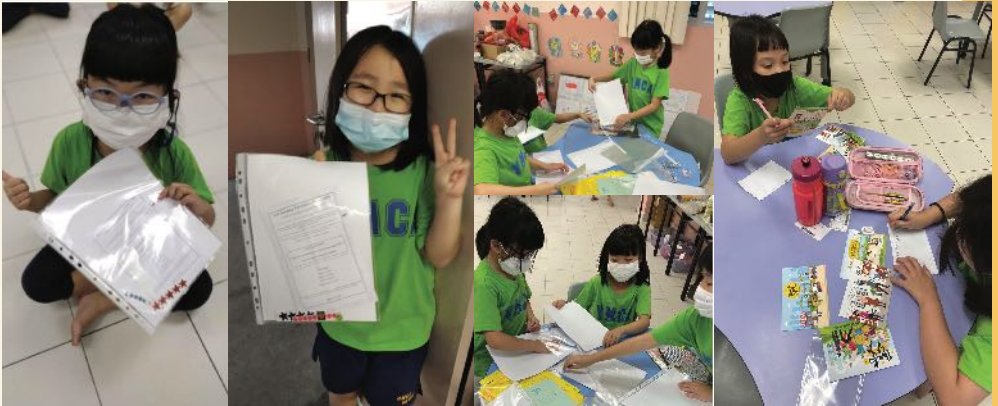


## INSPIRING SOCIAL ETIQUETTE INITIATIVES

YMCA STUDENT CARE CENTRE @ CHIJ OUR LADY OF GOOD COUNSEL



### APPRECIATING OUR HEARTLAND HEROES



Project Done By: Georgia Tay An Tong, Hiew Syuen, Rachel Chia En Min, Kensey Hoo Zih Wen, Lim En, Dayana Tang Xin Yi

The Kindness Ambassadors saw the importance of showing gratitude to their heartland cleaners who helped to keep the vicinity clean during the covid-19 period. They noticed that the cleaners worked extra hard during this pandemic to keep their school clean with more frequent cleaning

To show their gratitude, the Kindness Ambassadors made a poster and displayed it outside the students' respective homes or handed the posters to the cleaners directly.

Through this activity, the Kindness Ambassadors understood the importance to appreciate and value the hard work that the people around us put in no matter what their role is.

## INSPIRING SOCIAL ETIQUETTE INITIATIVES YMCA STUDENT CARE CENTRE @ DE LA SALLE



### THANK YOU CARD FOR NTUC STAFFS



Project Done By: Elton Yip Wen, Elizabeth Tan Yan Yu, Choo Jia Xuan Zerbal, Lee Mun Kai Nathaniel, Janelle Goh Yang Lin

During the start of the pandemic, the Kindness Ambassadors of YMCA Student Care De La Salle saw that the NTUC staff were working extra hard to restock the items on the shelves.

To show their gratitude towards them during this period, the Kindness Ambassadors brainstormed different ideas to create a thank you card for the NTUC staff. The Kindness Ambassadors were very creative and used different craft materials to create a thank you card for the staff.

Even though the Kindness Ambassadors were not allowed to pass the cards to the NTUC staff personally, they still understood the importance of showing gratitude to the people around them.

## INSPIRING SOCIAL ETIQUETTE INITIATIVES

### YMCA STUDENT CARE CENTRE @ GREENRIDGE



## KINDNESS MEANS APPRECIATING EVERY PUZZLE PIECE



Project Done By: Lee Yi Lin Elva, Ashlyn Ong Chun Loong, Lu Yue Shuan, Yao Haohan, Ang Wei Ming, Tan Shan Ning, Xenon Chew Yong Jun, Nicole Wong Si Hui, Kek Zi Qi

With everyone affected by Covid-19, everyone has to do their best to support each other. The Kindness Ambassadors saw that the support staff are doing their best to maintain the golden standard in school.

To show their support and appreciation, the Kindness Ambassadors have prepared some thank you cards on heart-shaped papers with photos at the side which will form the word Kindness. The Kindness Ambassadors also made hand sanitizers for the non-teaching staff to thank them for their hard work and their contribution to the school.

The Kindness Ambassadors saw that every personnels (IT Technicians, Canteen Vendors, Cleaners, Security Officers, Teachers) in school are like a puzzle piece. Without any one of them, the puzzle is not complete. And to them, Kindness means appreciating EVERY puzzle piece in the school!

## INSPIRING SOCIAL ETIQUETTE INITIATIVES

### YMCA STUDENT CARE CENTRE @ JURONG WEST I



## STOP TRASH LANDING ON YOU



Project Done By: Adam Tay Yu Heng, Valerie Lau Him Roo, Bryan Ang Ding Yang, Ellen Wong Qixuan, Lau Xin Yu, Cayden Ang Zhen Xuan, Justin Low, Percilia Wan Pei Xin, Wong Yew Lok

During this pandemic, it was difficult for the Kindness Ambassadors from Jurong West I Student Care Centre to raise awareness due to the communication barriers. But, this did not stop the Kindness Ambassadors from doing so. They wanted to raise an awareness about killer litters and thus started a “Signing On!” campaign.

Each of the students self-designed a meaningful petition booklet which is a product of their “Signing On!” campaign. Through this campaign the students were able to raise awareness on the seriousness of high-rise littering. Upon completion of the petition booklets, the students get signatures from their friends, family and teachers to sign on their petition.

Through this campaign, the activity enabled maximum exposure of awareness despite the mobility constraints in public during the pandemic.



## INSPIRING SOCIAL ETIQUETTE INITIATIVES

### YMCA STUDENT CARE CENTRE @ JURONG WEST 2



#### KINDNESS IN MEI



Project Done By: Ryan Tan Bin Muhammad Rihwan, Rynaee Tan Bte Muhammad Rihwan, Loh En Hui Phoebe, Alicia Tan Shi Qi, Queenie Tan, Adrianne Tan Wan Yee

During these trying times, frontline and essential service workers ranging from bus drivers to cleaners continue with their operation to ensure Singaporeans can resume their daily lives with minimum disruption.

The Kindness Ambassadors saw the importance of showing appreciation to the school's operation team. This team has been stepping up to ensure the environment is cleaned and disinfected to minimise the spread of Covid-19 situation.

To express gratitude and appreciation to the cleaners, the Kindness Ambassadors have decided to make photo frames banners using construction papers. These photo frames banners can be hung on the wall or placed on their front lockers, where they can be constantly reminded of their appreciation towards the operational teams.





