





CONTENT PAGE

Page	Content
4 5 6	 FRIEND OF SINGA 2014 About Singapore Kindness Movement School Programmes 2015
7	- About Friend of Singa 2014
8	 Introduction to Award Categories Friend of Singa Winners
9 15 25 35 45	 ★ Platinum ★ Gold ★ Silver ★ Bronze ★ Special Awards
50	WRITE FOR KINDNESS 2014
51	- About Write For Kindness 2014
53	- Write For Kindness Participating Schools
55	- Write For Kindness Winners
58	KINDNESS BADGE AWARD
59	- About Kindness Badge Award
61	- Kindness Badge Award Winners
70	FRIEND OF SINGA 2015



SINGAPORE KINDNESS MONEMENT

Kindness is in everyone. 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 to create a gracious society, and make life better for you and me.

To help build a gracious Singapore, the Singapore Kindness Movement aims to encourage the individual to internalise courtesy, kindness and consideration.

Our mission statement is: To inspire graciousness through spontaneous acts of kindness, making life more pleasant for everyone.

Objectives of SKM

MISSION

- 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

The Kindness Gallery

Old Hill Street Police Station 140 Hill Street #01-09 Singapore 179369

www.kindness.sg www.kindness.sg/kindsville

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www.facebook.com/kindness.sg

- @KindnessSG
- @KindnessSG

www.youtube.com/kindnessSG

SCHOOL PROGRAMMES 2015

Character education is at the core of Singapore Kindness Movement's school programmes. This year, we explored the concept of kindness starting with an individual in the school. For 2015, we would be extending kindness to the family and community by instilling the attitude of 'it starts with me!' in each individual to create a kinder nation.

Our school programmes range from assembly sessions, outreach projects, animation series, downloadable teaching resources and funding for kindness initiatives. For more detailed information on the programmes, please visit kindness.sg/kindsville.

Together, lets MITE kindness by:



E

Education Sector

sarah@kindness.sa

Sarah Lam

- Modelling kindness in our speech and action

- Inspiring others by example



- Empowering others to act kindly by encouraging and celebrating simple kind acts

CONTACT **Primary & Special Schools**

Faith Lee faith_lee@kindness.sg

Secondary Schools

Rachel I um rachel@kindness.sg Mr. Nur Muhammad muhammad@kindness.sa

THE FRIEND OF SINGA AWARD

The Friend of Singa (FOS) is currently in its 24th year running and it continues to promote the essential values of selflessness and love behind the kind acts of young, caring individuals

Since the revamp in 2009, all participating teams have to complete a kindness project within their school community over a 6 month period. These projects should create an impact within the school community and leave meaningful effects on the students' behaviours. To help kick start these projects, the Singapore Kindness Movement funds up to \$150 per project.

The theme for Friend of Singa 2014 is "A_____ of Kindness Starts with One Thoughtful Me!

AN OVERVIEW OF THE FRIEND OF SINGA PROGRAMME

Each school selects up to 8 students for the programme.

All participants attended a half-day workshop in February. The workshop equipped students and teachers with design thinking and project management skills.

The students then identified areas where they felt social graces were lacking in their respective schools and came up with a creative solution to address the problem. They had up to 6 months to complete the project.

NUMBER OF ENTRIES

UN FACTS!

Total Number of Schools 2014	169
Special Education Schools	+ 8
Secondary Schools	59
Primary Schools	102

WE HAVE 24 NEW SCHOOLS TAKING PART FOR THE FIRST TIME!

INTRODUCTION TO AWARD CATEGORIES

All projects are graded according to:

- Outreach and effective change in the school community
- Sustainability
- Originality
- Relevance to the theme
- Cost-efficiency

The projects are then awarded the Platinum, Gold, Silver, Bronze and Merit accolades.

There are also 4 special awards:

- Best Newcomer
- Best Originality
- Best Sustainability
- Best Agent Community Outreach

The projects submitted this year continue to impress as most of them were integrated and multi-faceted, involving various groups within the school community, including the parent support groups, to achieve greater impact and sustainability.

ABOUT FRIEND OF SINGA 2015

IT WILL BE FRIEND OF SINGA'S SILVER ANNIVERSARY!

The theme would be: "A Nation of Kindness Starts with One"

Registrations will begin in January 2015. Logon to www.kindness.sg or www.kindness.sg/kindsville for information updates!

Workshops will be held in February.



The platinum award is the most prestigious award given to schools that have achieved the gold award consistently for 3 years.

The winning schools are:

Page

10

12

13

14

Schools	
Bedok Green Primary School	
A Community of Kindness Starts with One Thoug	ghtful Me!
Beatty Secondary School	
A Wave of Kindness Starts with One Thoughtfu	ul Me!
Raffles Girls' School	
A Spark of Kindness Starts with One Thoughtfu	ul Me!
St. Margaret's Secondary School	
A Polkadot of Kindness Starts with One Though	ntful Me!
Towner Gardens School	
A Cup of Kindness Starts with One Thoughtful N	Me!



BEDOK GREEN PRIMARY SCHOOL

A COMMUNITY OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

PLATINUM

Tan Ming Han ★ Afiqah Bte Amir ★ Khoh Ellies Anne Tugado ★ Ho Yue Yi Ahmad Eiddlan B Ahmad Effendy ★ Nur Afrina Bte Mohamed Israq ★ Zainal Ariffin B Mohamad Fhami

To become a kind and gracious school, the ambassadors wanted all stakeholders in the school to play a part in initiating kindness. They then identified four elements which one could initiate, such as showing respect, consideration, empathy and appreciation.

An assembly talk was conducted to kick-start the campaign by introducing the theme through a video clip and a short quiz to facilitate greater understanding of the topic. Posters illustrating thoughtful behaviours catering to different locations were placed at the specific locations to encourage such thoughtful actions. To encourage students to reflect on the four elements, the form teacher guidance period (FTGP) was used as a platform to engage students from the different levels:

- Primary 1 & 2: Showing respect begins with me
- Primary 3 & 4: Showing consideration begins with me
- Primary 5 & 6: Showing empathy begins with me

A CANTEEN VENDOR DISPLAYING THE NOTES OF APPRECIATION FROM STUDENTS

AN EXAMPLE OF A CLASS MURAL BASED ON A COMMUNITY OF KINDNESS To emphasise on showing appreciation, students penned notes to a teacher, school mate, service provider and a non-teaching staff member on four separate heart templates. Recognising that all stakeholders play a role in propelling kindness, teachers penned appreciation notes to fellow teachers while the parent support group also wrote notes to fellow members or staff in the school. All students were also tasked to create a class mural depicting the theme using hand and foot templates. Lastly, the highlight of the campaign, "BGPS Community of Kindness Display' had Pl and 2 levels contributing the element 'respect', P3 and 4 levels with 'consideration', P5 and 6 levels with 'appreciation'. The 3D display serves as a constant reminder to the students and staff that the school community comprises of the four elements.

THE "BGPS COMMUNITY OF KINDNESS DISPLAY"





10

PLATINUM



BEATTY SECONDARY SCHOOL

A WAVE OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Chew Shaun En, Elias ★ Chua Hui Ping ★ Edward Tan Jia Liang ★ Siak Choon Kit Ryan Tan Junwei ★ Tan Jing Xue Andre ★ Shreya Sudhakar ★ Zhang Sheng Yuan

The team started their project with an aim to create a ripple effect of kindness. They were inspired by the concept of passing it forward and they believe that the effect will allow kindness to pass through the whole school including the non-teaching staff. With this idea in mind, their theme revolved around it as, "A Wave of Kindness Starts with One Thoughtful Me!"

In creating the activities for their project, the team referred closely to their theme. The activities focused more on easily replicable activities so that the people could pass the kindness on to others. Some of these activities include:

- Graciousness Media Wave An Instagram and Twitter account were created to reach out to the students. A hashtag of #akinderbeatty was also created, which went viral with many students posting pictures and posters on kindness.
- Scratch It Forward

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Each class was given an A5 card with 30 scratch-off rectangles. The class representative would start by doing a kind deed and scratch off one rectangle. The card would then be passed to another member and the cycle continues till the picture underneath

is revealed. This picture is a part of a bigger picture, and when combined with the other 32 classes, would form a grand picture!

Giving Beyond Boundaries

Students created hampers for Pertapis Senior Citizens' Fellowship Home. These hampers were personalised with individual hamper tags and, together with it coinciding with Hari Raya Aidilfitri, a Hari Raya card was specially made for the residents.

Through these activities, the students have learnt how to be more appreciative and understanding of the plight of the cleaners in school. With the hashtag still in use, it is apparent that there was indeed a wave of kindness coming from Beatty Secondary School.







RAFFLES GIRLS' SCHOOL

A SPARK OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

PLATINUM

Koh Xiao Ting Anne ★ Li Tze Yin Chelsea Yeo Zi Xin ★ Yong Wen Min

The team started with a simple yet impactful aim, which was to reignite the desire in people to do kind deeds for others. They would be reminded that it is the small acts of kindness that matters, which is in line with the theme as they liken these acts to a small spark before the fire. The ambassordors also had a myriad of activities lined up. The activities were:

- Jars Of Kindness
 The students were given star-folding papers to record
 down the kind deeds shown around them.
- A Series of Appreciation Days Each day the focus was on a particular group of people within the school. On those days, the school penned down notes of appreciation and these notes were collated onto a board to be given to them.



ORA Kindness Challenge

A challenge was issued during the Old Rafflesians' Association (ORA) family fest. People picked out a card with a kindness challenge to be completed. This dare proved that kindness knows no boundaries and it even brought people closer.

#rgsAKAD (RGS, A Kind Act a Day)
Whiteboards were placed in common areas with a kind
act written on them as the "act for the day". Students
who have done these acts would upload pictures
of it with the above hashtag, causing kindness
to permeate into cyberspace as well.

Initiating a campaign to start a series of kindness activities is not easy, but the ambassadors have done it successfully. The campaign has shown students that they are indeed the spark, and through their kind acts, the kindness fire will spread.



KINDNESS ENTERING CYBERSPACE

thank you year one who I don't know for helping me pick up the papers I dropped!) #rgsAKAD



ST. MARGARET'S SECONDARY SCHOOL

A WAVE OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Jessalin Tan Hui Yan ★ Charis Goh Hui Wen ★ Pwee Zheng Qing, Joy ★ Jaina Koo Kai Wen Janelle Koo Kai Ning ★ Nur Maisarah Yasmin Bte M M ★ Lai Yixin Claire ★ Pang Shi Qi, Calyssa

PLATINUM

The ambassadors wanted to keep things simple and effective. Their aim is to create a more considerate and caring environment in school, and show the school that kindness does not require a lot of effort. They got the idea from their uniform, and this formed their theme, "A Polkadot of Kindness starts with one thoughtful me". The students created three major activities to be implemented:

A PO.L.K.A.D.O.T. of Kindness. The polkadot is used as an acronym to signify 8 acts of kindness that the school could engage in with one act per week.

Post-its of Kindness
 Origami of Kindness
 Letter of Kindness
 Kilowatt of Kindness
 Kiowatt of Kindness
 Dice of Kindness
 Dice of Kindness
 OTD (Outfit of the day) of Kindness
 Tweet of Kindness



Care-Chat Sessions

The ambassadors shared the initiative for the week. It also allowed the team to do a follow-up of the events from the previous week.

Polka Thoughts

Hand-made cardboard cut-outs of thought bubbles were pasted around the school. These Polka Thoughts each serve as a reminder of a kind act that the students might have taken for granted, such as switching off the lights and fans as they leave the room.

The impacts of these activities were felt by the whole school. It is with the simplicity of their project that garnered such attention of the whole school body.







TOWNER GARDENS SCHOOL

A CUP OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

PLATINUM

Mohd Farid B Mohd Feroze * Muhd Nabil B Mohd Nasharudin * Syed Hussein B Zainelabdin A. * Muhammad Nur Arif Bin Muzani Mohd Shahmeer Bin Mohd Rafig * Nur Aqilah Bte Ahmad * Siti Rodhya Bte Redzwan * Chong Yi Xuan

Targeted at teaching students to be respectful by having good manners, the ambassadors implemented a series of activities to reinforce the collection of 8 golden manners and acts of kindness - the usage of 'thank you', 'please', 'sorry', 'excuse me', 'good morning', 'good afternoon', as well as values of responsibility, care and honesty.

The highlight of the campaign involved distributing a cup to every student to collect good mannered words and kindness act 'slips' that he or she had demonstrated. As encouragement, students with honesty and caring 'slips' were awarded with badges. Students with the highest number of kindness act or good manners 'slips' also got a reward.



REPRESENTATIVES FROM A CLASS PRESENTING THEIR CLASS

DOCTED TO THE SCHOO

Throughout the campaign, a total of 14 weekly assembly talks were conducted. Videos, songs, stories, role-playing or PowerPoint presentations were used to convey messages of responsibility, honesty and care. This year, students who were dressed up as the "Good Manners Minion" and the "Core Values Minion" became co-emcees with the FOS Team during the assembly talks.

A poster design competition was also organised for all classes. Each class decorated a vanguard sheet to exhibit kind acts or good manners that they had done.





BADGES AWARDED TO STUDENTS WHO COLLECTED THE MOST HONESTY AND CARING 'SLIPS' IN THEIR CUP



The gold award is presented to the top scoring 5% of the projects received.

GOLD

The winning schools are:

Page	Schools
16	Ang Mo Kio Primary School A Ripple of Kindness Starts with One Thoughtful Me!
17	Balestier Hill Primary School TASK @BHPS (Thoughts- Actions-Spread-Kindness at BHPS) A Community of Kindness Starts with One Thoughtful Me!
18	Global Indian International School, Balestier A Wave of Kindness Starts with One Thoughtful Me!
19	Punggol Green Primary School Attie(TUDE) A Bucket of Kindness Starts with One Thoughtful Me!
20	Xinmin Primary School Silence is Golden A School of Kindness Starts with One Thoughtful Me!
21	Global Indian International School, East Coast (Secondary) A Bounty of Kindness Starts with One Thoughtful Me!
22	Tanjong Katong Girls' School The Little Things A Spark of Kindness Starts With One Thoughtful Me!
23	Woodlands Secondary School A Dash of Kindness in Woodlands A Dash of Kindness Starts with One Thoughtful Me!
24	Pathlight School A Display of Kindness Starts with One Thoughtful Me!



ANG MO KIO PRIMARY SCHOOL

A RIPPLE OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Tan Xuan Tong ★ Benjamin Silver Mathew ★ Sharleen Goh Ai Jie ★ Wong Zi Ning Teo Rui Xuan Riley ★ Lee Yong Xin ★ David Anthony ★ Glenda Wong Mun Lin

GOLD

The school was first introduced to the theme through a skit and song composed by the ambassadors using tunes from the animation, Frozen, Character Matters (CM) Lesson was also used as a platform where pupils watched a video on thoughtfulness and were asked to reflect on how to be thoughtful as a class or how to be thoughtful in their daily lives. A human ripple by the 2013 and 2014 ambassadors were formed onstage to officially launch the campaign to allow students to visualise the effect a thoughtful person can have on its surroundings.

Students were exposed to acts of thoughtfulness through "Food for Thought" and "Food for Soul" where quotes and real life stories on thoughtfulness were put up in the canteen. These gave students the opportunity to ponder on the meaning, discuss with their peers and reflect on the values that the guotes and stories conveved.

KINDNESS FRIENDSHIP COUPON (KFC) FOR THE SCHOOL STAFF

Kindness Friendship Coupon KINDNESS Avenne Thank you for your amount & the Presenter a . Forgue me if show is an mala met men alur +100/1/10014



To assess the students understanding of thoughtfulness, several activities were conducted. "Pocket Journal and Storybook" had the lower primary pupils recording their daily acts of thoughtfulness for a week while upper primary students created a story on thoughtfulness. A "Kindometer" in the image of a ripple was also given to each class where it was used to measure the level of kindness in each classroom. The school staff were also engaged through the activity "Kindness Friendship Coupon (KFC) & A Tweet for Thoughtfulness" where they could write acts that they would like to do for a fellow teacher and hand the coupon to them. Should recipient like to claim for the item, they simply had to present the coupon to the giver and the recipient would write a 'Thank you' note to the giver to be displayed on the Tweet for thoughtfulness board.

A "Ripple Wall" would be drawn in Term 4 to serve as a lasting reminder that even though the campaign has ended, thoughtful acts should continue as it has a huge impact on others.





BALESTIER HILL PRIMARY SCHOOL

TASK @BHPS (THOUGHTS- ACTIONS-SPREAD-KINDNESS AT BHPS) A COMMUNITY OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

GOLD

Brandon Tay Hao Ran ★ Moe Oo Phyu Sin ★ Hashiguchi Shino ★ Muthaiah Keerthivasan Alda Almira ★ Starges Tay ★ Swetha Sri Kumaresan ★ A<u>mirul B Lailee</u>

Through a pre-survey, it was found that students were too focused on themselves and lacked initiative in showing respect and appreciation to their peers. It is hoped that with the campaign, students would be given more opportunities to be proactive in showing respect and appreciation through the school values of Love, Honour and Unity.

A pre-assembly programme introduced the campaign and its activities to the school. Students took part in "Kindness Chain Pledges" by pledging to perform kind acts, thereby taking responsibility towards their personal pledge. On "Appreciation Day", a booth was set up for students to appreciate the nonteaching staff by writing thank you notes. Activities were also customised for each level:

- Primary 1: Kindness Podcast Dedication
- Primary 2: Kindness Greeting Cards
- Primary 3: Bitstrip Kindness Comics
- Primary 4 & 5: Kindness Superstar Posters
- Primary 6: Haiku Kindness Poems

SALE OF ITEMS AT THE "KINDNESS IS CONTAGIOUS BAZAAR"



The 'Kindness is Contagious Bazaar' was held over two sessions where the ambassadors sold homemade items. Students who bought the items mentioned that they would present the items to their loved ones. Cyber-wellness was also promoted during the bazaar through games. A kindness rap was composed by the ambassadors and presented to the school during their closing presentation where the lyrics were taught to the students. Lastly, the 'Garden of Kindness' corner was set up showcasing the artefacts produced by the level activities to continuously remind the school to be proactive in showing kindness.







GLOBAL INDIAN INTERNATIONAL SCHOOL, BALESTIER (PRIMARY)

A WAVE OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

GOLD

Vishnumaya Praveen Raman ★ Manya Sharma ★ Nivedita Menon ★ Pratyush Bansal Shaivi Sheth ★ Tristan D'souza ★ Ratchumari Suhith ★ Jay Shah

Every act of kindness is like a drop in the ocean but every drop causes a ripple and eventually a huge wave. With this in mind, the ambassadors felt that the best way to start the wave of kindness is to create a ripple effect with the objective to instil in the hearts and minds of all around, the values of kindness and graciousness.

A series of activities over three months with sub-themes were customised for each student level was implemented. Special assemblies were conducted to introduce the project through special video clippings to highlight the theme.

April: A Thought of Kindness

- I am vour Buddv
- Kindness Log
- Kindness Cards
- Artwork
- Poetry Competition
- Celebrating Festivals

May: A Word of Kindness

- Magic Word Placard
- Kind Words in the Bus
- Street Play
- Poster Making Competition
- Kindness Rap and Song
- Storytelling

August: A Hand of Kindness

- Kindness Chain
- Helping our Cleaners
- Outreach Programme to hawkers in the vicinity
- Kindness Wall

Through the activities, the students learnt a very valuable lesson, that showing kindness does not take a lot of effort and small acts can go a long way.







18



PUNGGOL GREEN PRIMARY SCHOOL

ATTIE(TUDE) A BUCKET OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

GOLD

Muhammad Ilham Bin Muhammad Redha ★ Li Jinru ★ Jenibelle Ong Jenmin 🌟 Gonzales Zach Rozo Cababan ★ Qiu Caizhu Yeong Kah Choon, Roydan ★ Muhammad Aiman Aqmal Bin Abdul Rahman ★ Koay Tzu Chin Ryan

The objective of Project ATTIEtude was to enable students and teachers to understand that they are the building blocks in creating a safe, warm and caring environment for the school population. To start off, an assembly presentation was conducted to introduce the concept of being bucket fillers and to raise awareness on how choosing the right attitude and making someone's day can create a kinder environment.

The visual highlight of the campaign was the activity "Kindness Buckets" where students and teachers could fill each other's buckets by showing respect and kindness. Through this activity, students learnt to be bucket fillers by making another person happy through choosing the right attitude. By treating others well, their happiness levels will increase too.

A Kindness carnival consisting of different games themed around being bucket fillers was held as a form of celebration to all students and teachers for being bucket fillers. The games conducted were:

- Knock Em' Down
- Fishing for Kindness
- Photo Booth
- Kindness Pledge
- AsknLearn Quiz

Through all the activities held during the duration of the kindness campaign, both students and teachers are still filling each other's buckets on a daily basis. Everyone played a part in spreading the message of kindness, truly living up to the theme, "A Bucket of Kindness starts with One Thoughtful Me!"



ENTS COMPLETING THE ASKNLEARN QUIZ DURING THE KINDNESS CARNIVAL





XINMIN PRIMARY SCHOOL

SILENCE IS GOLDEN A SCHOOL OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Tan Jun Hong ★ Nacha Venkatachalam ★ Mishalini Sivakumar ★ Siti Nadhirah Joash Shalom ★ Sammi Lee Ziyun ★ Chua Yee Hao ★ Liau Jun Heng

GOLD

The ambassadors identified that the noise level during transition in between sessions were too high and would like to imbue thoughtfulness in the students when transiting so as to create a conducive environment for all to learn and play.

A 'Silence is Golden' rap was composed and made into a video showcasing acts where pupils were transiting silently in school. This catchy rap was screened during a pre-assembly talk and broadcasted on the school television system to encourage students to regulate their voices. A 'Quietest class challenge' was held where random spot checks took place on classes transiting to another location. A daisy was given to each class that transited without reminders from teachers or prefects. 'Silent Soccer' was a fundraising game where students paid 50cents and were allowed to play a game of silent soccer. It was a success and the players were asked to reflect on their experiences where many realised that they were the master of their own voices. An art competition saw many enthusiastic participants who drew moments in the school premise that would cause noise pollution. A "Wall Puzzle", funded by the silent soccer was created out of the winning art pieces and mounted onto a wall where students had to piece together the puzzle with the captions "To cultivate quietness in your speech" and "Be silent when we walk", imbuing the value of being thoughtful and keeping silent.

Students were then asked to do a post- campaign survey and the level of 'good' and 'bearable' noise was higher as compared to the pre-survey. The students have indeed learnt that silence is golden as it is a form of being thoughtful to the others around them.









GLOBAL INDÍAN INTERNATIONAL SCHOOL, EAST COAST (SECONDARY)

A BOUNTY OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Subrahmanyam Bhavani 🌟 Yaashi Khatri ★ Sri Nandini Sukumar 🌟 Vidhita Pai Sakshi Panicker ★ Tigmanshu Yadav ★ Sheryans Gupta

GOLD

The team started the project with a very simple yet admirable objective: to see the value of kindness and thoughtfulness present in the heart of every person. They covered not only the students in their school, but also the neighbouring community. This allowed the message of kindness to spread to a wider audience and start a chain reaction of positivity. The activities lined up also helped the team to achieve their kindness goal progressively as each served as a supplement to the other:

The team had 10 activities within their school and 3 outside, showing us the real meaning for a bounty of kindness. The intra-school activities include an assembly presentation to highlight the project to the school, "Kindness Sky" where the team and volunteers decorated a board based on the topic, "Say Cheese" where students can upload and share their kind deeds to inspire others.

KINDNESS BOOKMARKS (TOTAL OF 5,000) THAT WERE GIVEN OUT



Outside the school, the team created 5,000 bookmarks on kindness and these were distributed in the neighbourhood, Chung Cheng High School, and during their open house. This allowed them to hone their thinking skills and involve the community outside of their school.

Through the various activities, the students proved that kindness indeed starts with one thoughtful person. With the positive benefits rippling through the community, a bounty of kindness is definitely present in Global Indian International School (East Coast Campus).



DISTRIBUTING THE BOOKMARKS TO THE NEIGHBOURING COMMUNITY





TANJONG KATONG GIRLS' SCHOOL

THE LITTLE THINGS

A SPARK OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Tammie Lim ★ Lim Shu Yi Chloe ★ Teo Xin Qi Amanda Claire ★ Ng Zhi Ee Nicole Chong Kai Ting Katherine ★ Priyanka Yap Siew Shern ★ Wong Xiao Xuan ★ Cheng Li Ling

GOLD

The ambassadors started with a bold and challenging objective: to inspire students to participate in acts of graciousness. They set out to cover the whole student body and create a change which would motivate all TKGians to step out of their comfort zone in being kind to one another. This would create a kinder environment in the school and the effect would be felt by everyone that the students meet. Various activities were created which sought to foster and nurture this kindness spirit in everyone. These activities were:

- Project Sunshine Students were given goodie bags at the start of Term 2 to brighten up their day for the new term.
- Sparks Run

A RECIPIENT OF PROJECT ROSE

120 students signed up for the sparks run as a sub-set in the school's annual cross-country These students were given kindness dares to perform during the 3.5km run, brightening up fellow park users along the way

PROJECT WISH BOARD

3. Stor



A fund-raising by way of song dedications during their Sports Day was held where students could dedicate songs along with kind messages to their friends and teachers.

- Project Wishboard A chalkboard was installed at the school foyer where students could write kind messages and encouraging auotes for fellow schoolmates.
- Project Say It A space was set aside in the school canteen where
- students came up to say something nice to brighten up their friends' or the general school population's day
- Project Rose Up Roses were given to the unsung heroes of the schools to show their appreciation and love to them for all their hard work and effort.

Through the activities and their enthusiasm, the team managed to get the school population to participate. Just like their slogan, the team only had to provide the spark. The rest, as they say, is history.





WOODLANDS SECONDARY SCHOOL

A DASH OF KINDNESS IN WOODLANDS! A DASH OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

GOLD

Tay Qi Yang * Tan Ariane * Janelle Leong Kai Ting * Lim Wen Rui Jamie * Shoba D/O Manja Khaiyum Devanai D/O Ravichandran * Rachel Rebecca D/O Prapabathi * Nadia Tul Natasha Bte Jamaludin Nur Tanty Yana Bte Mohamed N * T Mahalashmi * Mohammad Nizam B Abdullah

The campaign started out with a noble and respectable aim, which was to build a culture of kindness and create common experiences within "Woodlanders" related to graciousness and thoughtfulness.

Ambassadors wanted to emphasise that kindness should be spontaneous. Dash could refer to a quantity or an action of impulse and it is through this impulsive reaction that they want the community to be kinder to one another. This can be seen via the activities that the team has carefully crafted. These activities include:

Friendship Week

Diversity was embraced to create a healthy and friendly culture in school through activities such as mother tongue composition writing for the topic of friendship, children storybook writing contest, comic strip contest and a classroom lesson on friendship.

• Smiles @ WDL Mural

To promote positive emotions within the school, photographs of smiling Woodlanders would be displayed artistically into a large smiley face mural.

A STUDENT PARTICIPATING IN THE ACTIVITY SKETCH YOU KIND FOR THE DASH FOR KINDNESS

- Scrapbooking Competition on Kindness @ WDL CCA groups had to submit a scrapbook entry based on the theme and the winner was chosen via votes on Instagram. The entries were also displayed at an exhibition booth for manual votes. Through this, it could be seen that many students were demonstrating and documenting their kind acts through the scrapbook.
- Dash for Kindness @ Woodlands Students participated in an amazing race for kindness with activities such as, Charades by a thoughtful you, It starts with me, Draw the beauty of kindness, Sketch you kind and Fix the puzzle.

With all the activities conducted, the team proved that they could handle the Woodlands neighbourhood by making it kinder.





PATHLIGHT SCHOOL

A DISPLAY OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Faith Teo Rui Shan ★ Yan Hekang ★ Lee Jing Sheng Joseph ★ Ethan Lak Torres Geoffrey Andres ★ Ketan Deepak Chugani ★ Chok Mathaeus

GOLD

The ambassadors ran a series of activities through Term 1 to 4 to provide guidance to students on appreciating differences in one another, riding on the school guiding principles of dignity and meaningfulness:

- Walkthrough Structure & Recycle Art Display
 Thirty-six classes decorated a recycled box each which
 was put together by the ambassadors to form the
 Pathlight School structure. Students could walkthrough
 the stipulated path within the structure for a pleasant
 visual experience. This activity got students to not
 only learn about caring for the environment, but also
 to bond within their classes and among friends. Using
 recycled materials, students also made useful items
 such as bags, key holders or musical instruments.
- Avatar Puppets & Kindness Flowers
 Students learnt about appreciating differences and
 talents through creating individual avatar puppets.
 Kindness Flowers were also put up on notice boards
 containing reflections on kindness with each flower
 representing the contribution from each class.



Talent Time

Students showcased their talents during contact time to learn about being humble despite being proficient at something. The performances inspired many students to identify their own talent for showcase.

Kindness Spinner

This game's spinner consisted of 3 phrases - "please", "thank you" and "excuse me". Students had to spin for a phrase to use for the day. Upon completion of the task, students returned to the spinner to contribute a colour coded paper into a huge container.

Gotcha Moment
 Classes shared kind acts performed and
 caught by students and teachers during weekly
 morning assemblies.







The silver award is presented to the top scoring 6% to 10% of the projects received. The winning schools are:

Page	Schools
26	Ai Tong School A Culture of Kindness Starts with One Thoughtful Me!
27	Casuarina Primary School A Considerate Act of Kindness Starts with One Thoughtful Me!
28	Edgefield Primary School The Kindness B.U.G (Benevolent; Understanding; Giving) <i>A BUG of Kindness Starts with One Thoughtful Me!</i>
29	Global Indian International School, East Coast (Primary) A Ripple of Kindness Starts with One Thoughtful Me!
30	Rivervale Primary School A S.T.A.R. of Kindness Starts with One Thoughtful Me!
31	Bishan Park Secondary School A Rainbow of Kindness Starts with One Thoughtful Me!
32	Hong Kah Secondary School A Touch of Kindness Starts with One Thoughtful Me!
33	Nanyang Girls' High School A Journey of Kindness Starts with One Thoughtful Me!
34	Lee Kong Chian Gardens School An Act of Kindness Starts with One Thoughtful Me!



Ai TONG SCHOOL

A CULTURE OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Andre Koh Eng Kiat ★ Ignatius Lim ★ Mathilda Ong Kai Ting ★ Hou Yunsi Michelle Cheryl Kwek Tze Theng ★ Tan Yeow Yong, Louis ★ Joy Chang Kit Ying ★ Ray Oh Yu Rui

SILVER

The campaign aimed at promoting and encouraging students to take the initiative in showing kindness and consideration to others and to also encourage them to show appreciation for the kindness that they have received. Through this, gratitude can be cultivated. The focus of the project was on the canteen.

During assembly, the ambassadors introduced the campaign to the school and shared their observations of behaviour in the canteen. Leveraging on the platform of International Friendship Day, the ambassadors set up a booth where pupils were able to partake in a kindness board game created by the ambassadors. Pupils also designed posters to promote kind and thoughtful behaviours in the canteen, which was put up in the canteen to serve as reminders to be thoughtful. Pupils were also tasked to ponder on the acts they have done in the canteen which could be

EXAMPLES OF PLEDGES ON WHAT THE PUPILS COULD DO TO IMPROVE ON THEIR

alan to show kindness in the co

ACTIONS IN THE CANTEEN

improved and write a pledge on how they would improve on their actions and show kindness in the canteen. To show appreciation for the kindness they have received, pupils wrote messages to thank their parents, friends, teachers or a non-teaching staff which was put up on the kindness wall. Pupils who showed acts of kindness in the canteen were approached and their pictures and act of kindness was put up on the "Wall of Fame" in the canteen as a form of commendation.

Through this campaign, pupils in Ai Tong School learnt to be more thoughtful of their behaviours in the canteen as they realised that to create an impact, it has to first start with them.



PUPILS PLAYING THE BOARD GAME CREATED BY THE AMBASSADORS



Page



CASUARINA PRIMARY SCHOOL

A CONSIDERATE ACT OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

SILVER

Alliya Insyirah Binte Kamalrudin ★ Audi Rifqi Bin Mohammed Yusri Shrivathsav Hemanthkumar Gomathy ★ Ng Li Yin, Celeste

The ambassadors observed that students often lack consideration for others. Therefore, the objectives of the campaign were to raise awareness of how being considerate could make a positive difference and to identify ways for students to show more thoughtfulness. The campaign kicked off with an assembly talk to introduce the school to the theme and activities taking place. A day every fortnight was also set to encourage students to perform considerate acts with different activities:

Post Your Kindness Out

Students were encouraged to write a letter of encouragement to anyone in school and post it in a designated letterbox. Ambassadors then helped to post the letters.

Pledge for Kindness

Students were encouraged to pledge to do an act of kindness daily by placing a thumbprint and a signature on the pledge charts in the "Kindness Zone."

 Design a Mascot Competition and Bringing the mascot to life

Students designed a kindness mascot with a short description on its significance. The winning mascot entry was brought to life and introduced to the school as *Hearty*.



Caught in the Act

Hearty was heartbroken as he has not seen students performing kind acts, so an image of sad Hearty with an outline of jigsaw pieces was placed. Students caught performing kind acts were given a piece of the puzzle to complete the broken heart.

- Treasure Hunt- To Raise the Kindness Meter Kindness balls were hidden and students had to search for them and perform the activity stated on the ball. They then had to put the ball in the Kindness Meter to fill it up.
- Initiate your own Kindness activity
 Students were encouraged to start their own kindness
 activity as a class or group. The ideas were vetted and
 approved before the students carried out the activities
 with the ambassadors' support.

Staff Appreciation

The staff were given a post card to write a note of appreciation to a fellow staff which was collected by the ambassadors and then given to the recipients on the when school reopened as a surprise.





EDGEFIELD PRIMARY SCHOOL

THE KINDNESS B.U.G (BENEVOLENT; UNDERSTANDING; GIVING) A BUG OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Melia Kek Xin Hui ★ Joey Tan Zhuo Qi ★ Sim En Qi ★ Shermaine Siow Ashley Wee Siying ★ Lee Xin Ting ★ Alya Rasyigah Bte Rudy ★ Lisa Lim Li Xuan

SILVER

Project B.U.G aimed to get students to greet the school staff and use kind words. The project was launched during an assembly session to introduce the students to the campaign's objectives and activities. Following that, for the "Class Kindness Oath," every class had to create and recite a kindness oath as a code of commitment to being kind. A "Kindness Blog" was created to provide students with a platform to reflect and share resources on kindness and how the people around them have made a positive impact on others.

Lesson packages with lesson plans and resources were also created to get teachers to leverage on teachable moments during their Values in Education lessons with a focus on student-centric activities such as discussions and reflections. Pre-assembly periods were utilised twice a week to share stories about kindness through video storytelling sessions recorded by the ambassadors. A "Kindness Passport" was also created specifically relating to being benevolent, understanding and giving. Lastly, "Kindness Week" saw students taking part in activities such as:



Kindness Rally

FOS ambassadors rallied around the canteen holding signboards to create awareness of the importance of using kind words when greeting people in the school. Students were then invited to pen down their thoughts about kindness in greeting people.

• Special Dedication Booth

Students and staff could select a song and write a message about the person who they wish to thank and dedicate the song to. The songs and messages were then played during recess during "Kindness Week."

Kindness Chain

Students could pen down their thoughts on giving and receiving kindness on two separate pieces of coloured paper and they are attached together to form a chain. This encouraged students and staff to demonstrate positive affirmation to bring about a positive culture in the school.

Through these activities, students learnt the importance of using kind words in their daily speech and greeting the staff in school.





GLOBAL INDIAN INTERNATIONAL SCHOOL, EAST COAST (PRIMARY)

A RIPPLE OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

SILVER

Saksham Mathur ★ Abhinav Sridhar ★ Kunal Basant Pratap ★ Arnaz Bavaadam Akhilesh Vadlamani ★ Adhyant Dagur ★ Mrinmayee Soman ★ Varsha Vinod

With the aim of reminding all pupils to be kind and considerate to one another and to spread kindness, the ambassadors launched their project through school assemblies, introducing the project to students through a presentation, videos and skits.

A slew of activities were then implemented:

• Greet with a Smile

On the first day of school for the pre-schoolers, the ambassadors and students distributed smiley cards and escorted the pre-schoolers to their classes. This helped the pre-schoolers feel comfortable and settle in on their first day. Students learnt that by making others' day, they felt a sense of happiness as well.

Campaigning

CELEBRATING JANITORS DURING ASSEMBLY

Ambassadors and volunteers went to all classes campaigning about the theme through short stories and skits on making someone's day. Through the campaigning, students were encouraged to be helpful and kind to the people around to bring smiles to their faces.

Kindness Week

From April to August, a week each month was dedicated to focus on a kindness activity. They were "Greet-athon week", "Compliment & Appreciation week", "B-Positive Week" and "Thanksgiving week."

Everyone Matters

During "Everyone Matters Day," together with the school-bus drivers, the non-teaching staff were appreciated with Thank you and Smiley cards. This was to show their appreciation for their hard work in ensuring the smooth operation of the school.

Celebrating Janitors

The highlight of the project was 'Celebrating Janitors' where students expressed gratitude by inviting the janitors on stage to present them with a Thank You card.

Lastly, a visual displaying a ripple of kindness containing information on how kindness can be spread, ways to show kindness and quotes on kindness was placed in a strategic location in school to serve as a reminder to the students to always make positive ripples wherever they go.





RIVERVALE PRIMARY SCHOOL

A S.T.A.R. OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

SILVER

Mabel Ng Yu Xin ★ Yeo Ee Hua, Jolin ★ Vishal Mohanty ★ Ngo Khai Jie Gui Rui Ying, Vernice ★ Per Zheng Yan, Bryant ★ Kiran S/O Kasinathan ★ Neha Biju Thantry

Through the brainstorming session, the ambassadors discovered that Riverlites had been taking things for granted and did not show enough thoughtfulness and appreciation to the people around them. Students were also bullied via social networking sites by their peers. To tackle these issues, the ambassadors held a kindness campaign to encourage students to show thoughtfulness and appreciation in school with S.T.A.R. representing 'Show Thoughtfulness and Appreciation @ Rivervale'.

The series of activities catered to different levels conducted went through the 3 steps of Head (Experience), Hand (Action) and Heart (Advocacy):

- Primary 1: Thoughtfulness Recipe -Finding the meaning of Thoughtfulness
- Primary 2: The Art of Kindness Learning of Kindness and Thoughtfulness
- Primary 3: Uncle/Auntie, Thank you! -Showing Appreciation
- Primary 4: Singapore Kindness Story -Leading to show Kindness
- Primary 5: My Kindness Story Creating and leading to show Kindness



- Primary 6: Anti-cyber bullying Postcard Design -Creating and leading to show Kindness
- Primary 1 6: Save My World Global Concerns and Kindness Week @ Rivervale

Entries from the activities were then compiled into an e-book for all students to view at their own time.

From the campaign, Rivervale Primary definitely conveyed a very clear message - with one small action they make, they can be a STAR of kindness and make a big difference in others' lives.









BISHAN PARK SECONDARY SCHOOL

A RAINBOW OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Mathuri D/O Kadirchelvan ★ Mohammed Iman Mirza B Mohd J ★ Cheryl Lim Yi Xuan ★ Tan Shi Shi Moe Wathan Tun ★ Wee Shu Yuan ★ Andrew Wu Kai En ★ Sim Way Yin Claudia ★ Ian Chia Chern Yi

SILVER

The team started their project by looking at a rainbow for inspiration. With individual colours easily seen, the team believes that they can bring out one aspect of kindness in the school body. As everyone works together in doing kindness deeds for those around them, the colours will come together and form a beautiful rainbow. Just like how it brings joy and inspiration after the rain.

The ambassadors wanted to include the parents in this campaign so during the schools' Parent Teacher Meeting, close to 400 water bottles were tagged with kind words and distributed to parents. A booth was also set up for students and parents alike to write kind messages to one another.

Rainbow Kindness Zone
 The school was divided into various zones based

on the colours of the rainbow. At each zone, students were encouraged to exhibit the acts of kindness pertaining to the value designated to the zone.

Words of Kindness

A card competition was organised for the school, being a friendly inter-class competition. The team chose a few designs submitted to replicate and disseminate to the school. These cards were then used by the students to write kind notes to one another during the pre-exam periods of high stress.



Caught-In-Action (CIA)

Planned scenarios which might require help from others or a kind-hearted person to offer assistance was carried out and recorded. For the people who did step up and help out, the team rewarded them during a presentation.

Similar to the development of a rainbow, the team worked tirelessly before they achieved success in their project. Their target of including the parents is really admirable and a feat looked up to by many. Indeed, the school has shown to be a more vibrant and kinder place for all.







HONG KAH SECONDARY SCHOOL

A TOUCH OF KINDNESS STARTS WITH ONE THOUGHTFUL MEI

SILVER

Archana Ambily Rajendran A ★ Nur Khairun Nisa Bte Abdul Rais ★ Nur Yufelia Faizureyn Bte Z Subash Pillai S/O Mogan ★ Rachel Lim Min Qi ★ Chen Yun ★ Neo Xin Ying ★ Daniel Ebenezer Thomas

A series of games created with an element of graciousness were carried out during "Shining Hearts" such as Bingo, Act-It-Out, and Puzzle. Being kind at school will be beneficial for everyone and it will also make a better environment that the school body will look forward to everyday. The ambassadors believe that kindness will reach in deep to the people, thus, the basis of the theme.

For their activities, they went for ideas that made others feel good. The team wanted people to feel the benefits for themselves and, in turn, carry on the kind acts for others. These activities include:

"Free Smiles" and "Thank You Cards" with smiley cut-outs were given to others as a selfless act to make others' day. Thank You Cards were small tokens of appreciation given to others and this was given together with the school's entry into the Singapore Book of Records during their 20th anniversary celebration.

A series of games carried out during "Shining Hearts" such as Bingo, Act-It-Out, and Puzzle were created with an element of graciousness. After the games were played, there was a debrief session where the participants and game-masters would discuss how they felt and how kindness is important in their daily life.

Handmade Bookmarks were made with kindness quotes, pictures, or personal stories to act as a reminder for the people to be gracious to one another. Half of the bookmarks were given out in school, whereas the other half were given in collaboration with Jurong West Public Library to reach out to the community.

These activities, together with their Wall of Kindness in the notice boards of classrooms, created a spread of kindness within the school. With it permeating the community, kindness is sure to be around when people enter into their school. Definitely, the school body has been touched and inspired by the team's efforts in this project.









NANYANG GIRLS' HIGH SCHOOL

A JOURNEY OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Cao Yu Qing, Anna ★ Christel Lim Shi-Rui ★ Neo Siao Eng, Kym ★ Vivien Chua Wen Yian Patricia Tan Jia Ling ★ Tan Jiayi ★ Kelly-Ann Lee Jia Ying ★ Chiam Hui Ling, Sherlene

SILVER

The aim of the campaign is rather simple, yet it impacts the school on a greater scale. The objective is to create a kinder environment in school for all by creating a student body which takes initiative in being kind rather than being a bystander.

The team created activities which include:

• Kindness to Staff

Students shadowed the support staff to gain a better understanding of their daily duties. They also played some sports and games to develop a closer relationship with them. After which, a booth was set up to pen down words of appreciation and gratitude towards the non-teaching staff.

Broadcast of Kindness: Say Something Kind! A megaphone was placed outside the canteen, with the words 'Say Something Kind'. This was done to encourage spontaneity among the students and elevate what the students do daily to a larger scale

• Kindness Confessions

A Facebook page was set up to upload and recognise the kind things people do for one another which often go unnoticed.





Being only part of the activities line-up, these activities slowly built up the character of the students and teachers alike. All of those involved in the activities have benefitted by understanding kindness first hand. Though some might say a journey consists of a thousand steps, Nanyang Girls' High has definitely conquered it.



SAYING SOMETHING KIND VIA A MEGAPHONE DURING BROADCAST OF KINDNESS





LEE KONG CHIAN GARDENS SCHOOL

AN ACT OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Benedict Gabriel Chong Guo Hong ★ Ivan Tay Jia Tian ★ Yap Yi Da ★ Norizam Bin Noordin Mohd Tarek Hasan ★ Cai Chen Xi, Allan ★ Lok Hui Xuan ★ Aishabee Bharkathullah

SILVER

With the aim of creating a greater awareness of being kind among students and teachers, and ultimately a kinder community. Lee Kong Chian Gardens School themed their project "An Act of Kindness Starts with One Thoughtful Me!" Students were constantly reminded and encouraged to be kind to one another through the following activities:

- Posters and Chalk Wall
 Ambassadors created posters with simple words
 of kindness like 'try your best' and 'thank you' to ensure
 students were able to read them. Kind words were also
 written on the school's chalk wall.
- Kindness Cards
 The ambassadors made kindness cards with kindness
 quotes on them to distribute around the school
- Presentation Slides A presentation on simple kind words was done.

Kindness 'Bricks'
Following the presentation, every student and teacher
were given two pieces of paper in the shape of bricks
for them to write down kind words they wanted
to say to their friends but were too shy to do so.
Teachers were also encouraged to write kind notes
to their students.



The Great Wall of Kindness

The ambassadors created a great wall at the back of the hall as a space for everyone to put up their kindness bricks. This symbolized a joint effort from everyone in school to help create a great wall full of kindness notes.

• Kindness King and Queen

At the end of the project, the 'Kindness King' and 'Kindness Queen' were crowned. These were students who have consistently and selflessly displayed kind acts. This aimed to affirm students for their acts of kindness, encourage continuity and other students to follow these role models.

KINDNESS POSTERS THAT WERE DECORATED AND PLACED AROUND THE SCHOOL





The bronze award is presented to the top scoring 11% to 15% of the projects received. The winning schools are:





Page

37

39

15

Canossian School Kindness and Graciousness A School of Kindness Starts with One Thoughtful Me!



ANDERSON PRIMARY SCHOOL

ANDERSON KINDNESS MOVEMENT A CLASSROOM OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Chen Yunxi, Wynsey ★ Eqsha P Nair ★ Tok Wei Qi ★ Mohammed Izzul Putra Riviinyaa Moorthy ★ Balamurugan Nethren ★ Goh Hwi Min Millie ★ Low Yee Yin Nicole

BRONZE

With the belief that kindness starts from a spark created by individuals like us, Anderson Primary School started with the end goal in mind of creating a warmer society and to educate the future generation. The project kicked off with a short video presentation during the morning assembly to share upcoming activities for the campaign. The activities were:

- The Gift of Thought During this activity in the classroom, the aim was to encourage students to get to know each other better and to live in harmony regardless of their race or religion.
- The Wall of Thought Students were to reflect on why kindness is important and the impact that it could have on society.
- A Word of Thought During this weeklong activity, students were to write nice and thoughtful notes to their classmates who have helped them in one way or another. This left many students with smiles on their faces.



An Environment of Thought To enable students to take ownership of their classrooms and school, students were all required to participate in classroom cleaning. In addition, students were given seeds to grow. With care, the seeds sprouted into seedlings.

Shared Thought

After all the activities and reflection, students were encouraged to give their feedback or practice what they learnt by writing short notes and placing them along the corridors of classrooms.

Thoughts for Our Community With much of the activities being targeted at the classrooms, the ambassadors wanted the classes to come together to do a kind deed for the needy families. Students brought food items to donate for a good cause.





HOLY INNOCENTS' PRIMARY SCHOOL

FRIEND OF SINGA (FOS) IN ACTION A HEART OF KINDNESS STARTS WITH ONE THOUGHTFUL MEI

BRONZE

Janna Wong Wen Ning ★ Gwyneth Poh ★ Chelsea Chen Jing Wen ★ Tan Wei Yee Ashlyn Janelle Teo Xi En ★ Chua Zhi Qun ★ Gerald Ong Yu Ren ★ Chua Joon Kang, Ivan

The ambassadors believes that everyone has a heart of kindness, therefore project FOS in Action aims to create an environment of kindness, instilling kindness as a norm in pupils' life through play. The campaign was introduced to the school through an assembly talk and the ambassadors worked on a bi-monthly newsletter "The Singa Times" to inculcate kindness and graciousness through short stories written by pupils, real-life scenarios and quizzes. A "Kindness Playground" was set up as an anchor to promote kindness from the heart. Students were given a "We love kindness playground" card to collect stamps as they took part in the games. The games were:

• The Wheel of Kindness

Students would take turns to spin the kindness wheel and do a short reflection on the genre of kindness that it lands on.

Kindness Mission Card

Students are encouraged to spread the kindness in school and at home. Once the students have accomplished the tasks on the card, they were able to redeem for a kindness badge.

STRUDENTS CROSSING THE "RIVER CROCOOLLE"

• Fishing for Deeds

Students had to work in groups to match the pictures of kindness and graciousness to the sentences on the board.

Angel of Rings

Students were given 6 rings to toss on a bottle. Each bottle contained a note and once the students had thrown it over the bottle, they had to explain, act or answer the task or question on the bottle.

River Crocodile

Students had to jump on grey cardboards representing stones across the river. They were to cross the river by choosing the right path with stones containing positive words within a time limit.

Through this, students learnt and internalised the values of thoughtfulness and that kindness does indeed start from the heart.







NEW TOWN PRIMARY SCHOOL

NTPS BOOK OF KINDNESS

BRONZE

A BOOK OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

De Souza Leslie Ethan ★ Lim Jia Xuan Valerie ★ Phoebe Lim Ke Wei ★ Puteri Nur Humaira Bte M Y Nur Ayuni Binte Abdul Rahim ★ Sumi Koh Reei Shi ★ Xavier Wong Wei Jie ★ Saajid Ahamed

Observations showed that pupils in school lacked the awareness of how to be thoughtful to one another, and seldom carry out acts of care and concern. There were also issues of pupils not being able to understand the cultural practices of other races which resulted in name calling. As such, the school implemented a series of activities to create awareness, capture moments of thoughtfulness, and to promote social cohesion and harmony within the school.



- Angelic Devil Skits
- A little thought goes a long way -P1 to P6 inter-class competition
 - * P1 P2

Complete a sentence. Pupils were to complete the sentence, "If I had 5 minutes, I would _______ A little thought goes a long way."This got the students thinking of little acts of kindness that they could do.

- P3 P4
 Origami gifts creation. Pupils would make origami creations to show their appreciation to the non-teaching staff
- P5 P6 Write a story or take photos of beautiful moments. Pupils were given a choice of writing stories or capturing beautiful moments. This allowed them to understand the value of thoughtfulness and its application in life.
- It's the thought that counts: Exposure to different cultures

At the end of the project, all entries were collated onto a standing board to form the NTPS Book of Kindness. Through this project, students were definitely more conscious of how they could be more thoughtful to one another:





38



YISHUN PRIMARY SCHOOL

A LEARNING COMMUNITY OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

BRONZE

Jamie Lim Jiale ★ Ezra Eilhan B Khalid ★ Ruben Maathai ★ Diyana Zurya Bte Yakob Nur Farah Bte Nor Azhar ★ Crystal Lim Hui Jing ★ Chen Wendi ★ Pavithra D/O Vinodkumar

The campaign focused on the school as a learning community whereby all stakeholders of the school are on a continuous learning journey on kindness. The campaign started off with an introduction to the theme and campaign to the school community. Specific activities were targeted at the different levels and stakeholders in the school to implement the learning process. The activities were:

- Primary 1 & 2: Pledge of Kindness
 Pupils pledged to keep a lookout for peers who were
 found to be alone during recess and to invite them
 to join them for recess or at the games corner.
- Primary 3 & 4: Seeds of Kindness
 Pupils learnt to show gratitude to the non-teaching
 staff of the school by writing appreciation notes
 to them. Each pupil also planted `seeds of kindness'
 in the school garden and were tasked to look after
 the growth of the plant.
- Primary 5 & 6: Bank of Kindness Pupils wrote 'love cheques' to show their appreciation to friends, teachers or staff in the school
- Staff: Ambassadors of Kindness As teachers were the ambassadors of kindness, they led by example by writing encouragements and compliments for the other staff in the school.
- Parent Support Group (PSG): Angels of Kindness Together with the ambassadors, the PSG held a bazaar in the school in conjunction with Mother's day to help raise funds for the needy in the school.

Through these activities, the students learnt to be inclusive, that they were responsible for showing love and care for kindness to grow, and that riches is not only quantified by money, but rather love, compassion and gratitude.









XINGHUA PRIMARY SCHOOL

A RIPPLE OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

BRONZE

Karunamoorthy Jahan Srisainath ★ Sin Jing Na ★ Sharini D/O Manickavasagam ★ Yip Ruo Xuan Chloe Nur Ratna Binte Muhammad Fazli ★ Montoya Danylle Hanz Mendoza ★ Mathias Lim Xin Shen ★ Sanam Limbu

The ambassadors observed that while an increasing number of students were being more caring towards others; those who have received kindness would not do the same for others or show appreciation. Therefore, the focus of the campaign was to create a 'pass it on' culture. The framework of Know-Act-Reflect (KAR) was used during the campaign.

Know: Assembly talks were carried out to launch the campaign by introducing the theme, and activity timeline for the campaign. A video "Xinghua in Noose" was screened, displaying common unkind acts in school. The students were prompted to reflect on the acts and its impacts. The video also showed how the problem could be rectified.

Act: Level activities provided students with incentives to actively do more kind acts in their daily lives and to pass the good deed on.

Primary 1 & 2

A bingo activity sheet was given to students to bring home, whereby parents or guardians would have to acknowledge if the students perfromed kind acts. This ensures that the acts of kindness are incorporated into the students' daily lives at an impressionable age.



Primary 3 & 4

Student's had to write a short story on how their friend has been kind to them and paste it onto the 'Wall of Praise and Thank You."

 Primary 5 & 6 Students were reminded of the theme and had

a discussion on the kind acts which they had personally encountered. A guided reflection was facilitated by the teacher on their feelings and opinions and the students were tasked to write a short story on what was discussed.

Reflect: A presentation was made to the school whereby the school community got to recap and reflect on the objectives of the activities implemented. Through the activities, the students learnt that kindness grows, and that it has to start with them.







FUHUA SECONDARY SCHOOL

A POCKET OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Phyo Ei Nyein Thu ★ See Stefanie ★ Ernest Lim Teng Feng ★ Lim Bing Enn Wendy Lim Pau Jin ★ Muhammad Rishi Nur Ashraff ★ Chen Kai Lin ★ Wong Jia Mian

BRONZE

The team started the project with a discussion to highlight the issues that they identified within the school community. This allowed them to better assess the situation and draft a proper project to address it. From the discussion, they created their objectives for their project: to create awareness about the lack of social graces, to encourage students to constantly carry with them a 'pocket' (heart) of kindness, and to spread joy and promote a culture of graciousness within the school. Their theme, 'A Pocket of Kindness starts with one thoughtful me' comes from the character Doraemon who has a magic pocket which contains everything.

In "Who's Your Doraemon?" each student was randomly assigned a classmate and they had to carry out kind acts for whoever it was, secretly. At the end of 3 weeks, they revealed their identities along with a "Doraemon Kindness Pocket" which allowed them to prepare something nice for the person upon the reveal.



The next activity is "Gotcha Doraemon!" where cameras were hidden while the team members enacted scenarios which required help from nearby students. For those who helped out, they were given a small token as encouragement and some were interviewed. As for those who took a step back, the team members also seeked permission for an interview to better understand their perspective.

Lastly, "Fuhua Kindness Day" was conducted to showcase the team's efforts. The team had different booths which showcased their projects, as well as fringe activities with gifts to show their appreciation towards their friends and teachers. The students undoubtedly enjoyed themselves and the project has created a kinder environment for everyone to savour in.







GAN ENG SENG SCHOOL

THINK ORANGE!

A WORD OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Ong Xue Ann, Sarah ★ Dinesh Naidu S/O J R G ★ Ng Ka Yee, Chloe ★ Hui Yu Cong Durrah Nur Fasihah Bte Alam N ★ Lim Yan Yu ★ Hein Htet Aung ★ Darius Lee Jing Rui

With an aim to instil kindness, respect, and understanding among the students and staff, the ambassadors also collaborated the kindness campaign with the Racial Harmony Day celebration. The theme reflects the activities that the team has come up with to encourage kindness in the school.

Forming up activities for this, the team started with "Letters of Kindness." Each letter of the alphabet was presented to the school, which represented an act or a thought that highlighted graciousness for others. Teachers and students would explain in brief how these letters, with their kindness message, resonated with them. To respect another culture, and create a society of culturallygracious individuals, the school started on a 4-year cycle for their Racial Harmony Day celebration. This year, the school put the spotlight on the Indian culture and they had the "Eat With Your Hand" activity. The school was treated to a feasting experience while the team and volunteers from the Boys and Girls Brigade helped to guide the students and teachers on the culture and proper dining etiquette using their hands.

Helping to build up the school body holistically was the greater picture that the team tackled. The whole school was treated to a new culture and historical lessons which made them more culturally sensitive and gracious of the varied society that Singapore enjoys. It might have started with something as simple as a word, but indeed, kindness has transmitted to the entire school.







ST. ANTHONY'S CANOSSIAN SECONDARY SCHOOL

LOVE CARRIER A HEART OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

BRONZE

Chow Yi-Ning Cabrini 🛨 Jolyn Chong Lin Jing 🛨 Tan Gek Chuan Stephanie Felicia Ananda Singgih ★ Karlene Chan ★ Lee Zhi Qing ★ Sheryl Ho ★ Tiffany Yeo Jia Ling

The ambassadors took on the task of creating a new value of appreciation in the school. They aimed to inculcate kindness into the school community and this should impact everyone, including the support staff. Their objectives also include showing appreciation for the kind acts done for them, no matter how small the act may be.

The team came up with two activities. The first activity, "Memory Box," serves to appreciate the non-teaching staff of the school. Each class was given a recycled box to decorate, and they were each assigned one member of the support staff. Some interviewed the member and together, they learnt to appreciate the support staff for the work that they do to ensure that the school's operations run smoothly.

MEMORY BOX DECORATION



CONTENTS OF THE MEMORY BOX FOR THE SUPPORT STAF





Not only did both activities highlight the kindness and positivity found in the school, the students were also constantly reminded by having photographs of kindness greeting them daily. Students appreciated the small acts of kindness around them and it was obvious that they also understood the 'behind-the-scenes' work that goes into running a school. With this change to a positive perspective, the team has achieved their objectives.





CANOSSIAN SCHOOL

KINDNESS AND GRACIOUSNESS

BRONZE

A SCHOOL OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Waing Waing ★ Germaine Loh Jia Min ★ Chermaine Loh ★ Mabel Ng Li Zhen Khairunnisa Bte Ahmad Subhi ★ Isabel Lim Jiayi ★ Vivian Lim Qiu Tong ★ Vivian Voo

To inspire students to speak kindly and act in a aracious manner. Canossian School ran a series of activities to bring out the kinder side of students. The activities got students to learn to be kind and gracious naturally in authentic situations in a fun way:

 Canossian Kindness Board Game Students learnt to speak kindly and politely in situations likely to arise within the school premises. Played with a dice, students move their tokens and must respond appropriately with the kind and courteous words to the questions or situations stated on the cards they pick up in the game.

A POSTER DESIGNED BY THE STUDENTS ON RESPECTING THE FLOED



- Assembly Talk A school staff gave a talk on kindness and the various ways to show kindness. A video clip depicting acts of kindness was also screened.
- Canvas Bag & Poster Design Primary 3 students came together to design a canvas bag and created posters relating to kindness.

STUDENTS GATHERING TO DESIGN POSTERS ON KINDNESS







WOODLANDS PRIMARY SCHOOL

LIVE EVERY MOMENT A MOMENT OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Carmen Cheng Ruo Yan ★ Ang Wei Jie ★ Lim Jia Xian Ryan ★ Bartake Ruhe ★ Tay Jia Xuan Muhamed Rashidie B Muhamed R ★ Lai Jo Meng, Dexter ★ Nur Qaisara Bte Jamat

The ambassadors wanted to see the school as a gracious community therefore "Live Every Moment" was created to remind Woodlanders that moments of kindness should not be taken for granted. An assembly session was used to introduce the campaign and the activities to the students. The activities were:

- A Momento for You
 Flowers made out of ice-cream sticks were given
 to pupils seen doing an act of kindness as a pre-launch
 for the campaign.
 - Kindness at Recess 2 activities were conducted. Pupils were given post-it notes to anyone in the school for "You've got Mail" and it was pinned up in the school. For "Kindness Race," pupils were given a checklist of acts of kindness that they had to complete.
- This is Our Moment Song The traditional courtesy song was given a makeover and was taught to the pupils. This ensures that the message of kindness would stay in their minds.

FLOWER SHAPED MOMENTOS GIVEN OUT TO PUPILS CAUGHT BEING KIND IN "A MOMENTO FOR YOU"



- Moments of Kindness Tagline Contest As a post-exam activity, pupils were encouraged to use their creativity to create a tagline that encourages acts of kindness.
- Live in the Moment Photo Booth A photo booth 'captured' the moments to be displayed as photos of the month throughout the year.
- Moment of Magic
 As a closing to the campaign, ambassadors
 conceptualised a video montage to showcase all activities
 conducted to the school community.

After the campaign, Woodlanders are more aware of the acts of kindness performed by others and themselves. After all, by living every moment, pupils will be able to appreciate these acts of kindness.





Page

Schools

46

BEST ORIGINALITY Woodlands Primary School Live Every Moment A Moment of Kindness Starts with One Thoughtful Me!

SPECIAL AWARDS



BEST NEWCOMER Frontier Primary School Kindness Wave at Frontier Primary School A Wave of Kindness Starts with One Thoughtful Me!

48

BEST SUSTAINABILITY Christ Church Secondary School A Touch of Kindness Starts with One Thoughtful Me!

49

BEST AGENT COMMUNITY OUTREACH Si Ling Secondary School Secret Agents of Si Ling Secondary School Missions of Kindness Starts with One Thoughtful Me!

45

4

BEST NEWCOMER

BEST SUSTAINABILITY

FRONTIER PRIMARY SCHOOL

KINDNESS WAVE AT FRONTIER PRIMARY SCHOOL A WAVE OF KINDNESS STARTS WITH ONE THOUGHTFUL ME! Nor Syabil Bin Surahman ★ Chee Li Yi Cheryl ★ Charlene Goh Rui En Mah Yue Ying ★ Seow Kai Ying ★ Dayna Ikshan

As the pioneering batch of ambassadors in Frontier, they wanted to pioneer the value of kindness and thoughtfulness in the school, therefore the "Kindness Wave 2014" was created. The Kindness Wave aimed to create a wave of kindness through ripples of kind natured activities.

Pre-assembly programmes were used as a regular communication platform to introduce the campaign and its activities. A self-made "Thoughtful Video" was broadcasted to show students how easy it was to be thoughtful in a school environment. The school also showed their commitment to being kind with a "Thoughtful Pledge." Level activities were conducted to further enhance the students' understanding of being thoughtful. They were:

- Primary 1: Thoughtful Wristband Students were tasked to design a wristband template with the quote "Lend a helping hand to all." The art teachers also helped the students to understand the meaning of the quote.
- Primary 2: My Thoughtful Wristband
 To set the students thinking on how they could
 be thoughtful, they had to customise a wristband
 by completing the statement, "I could be thoughtful
 by _ _ _ _ _ ..."
- Primary 3: Let's Be Thoughtful Poster Competition Students were tasked to design a poster on how they could contribute to make the school a kind and thoughtful environment for all.

The "Thoughtful Tree" was introduced as a conclusion to the campaign. Students and teachers penned down how they could be kind and thoughtful individuals. Those ideas were placed on the tree in the canteen to serve as a visual reminder for students to learn and adopt the desired habits shared.



STUDENTS WRITING IDEAS ON HOW THEY CAN BE KIND AND



A STUDENT WITH HIS LEAF CONTAINING KIND AND THOUGHTFUL ACTS FOR THE "THOUGHTFUL TREE"





CHRIST CHURCH SECONDARY SCHOOL

A TOUCH OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

Muhamed Faizal B Rasudin ★ Celeste Tan Swan Hwee ★ Valerie Chee Ziwei ★ Chris Jan Gil Cortez Shireen Bte A J Aziz Zakir ★ Mariessa Masturina Bte M N ★ Nur Afiqah Bte Juraimi ★ Chan Xin Yi

The objectives of the campaign were to raise awareness on being kind and gracious in the school community and to encourage the community to actively perform those values. To raise awareness of the campaign and the need to be kind and gracious, a flash mob was carried out during the morning silent reading period. The flash mob has been a constant feature in Christ Church Secondary's campaign for Friend of Singa. A slideshow with motivational messages and videos were also broadcasted daily on the televisions around school.

To encourage all to be involved in showing kindness and thoughtfulness, a booth was set up for students to pledge to be kind. A photo booth was set up convey the message that kindness is fun and to encourage students to constantly be kind. Gratitude cards were contributed to the "Gratitude Wall" by the school community where they had to think of something that they were grateful for. To encourage students to internalise the meaning of the theme and being thoughtful, a column in the school newsletter was set aside for students and teachers to reflect on what being kind and thoughtful meant and how they could make a difference with a touch of kindness. During the busy exam period, bananas were given out with motivational messages to help teachers and students cope with stress and to brighten up their day.

Through these yearly activities, students are encouraged to show their gratitude, care and concern for others. A single kind touch or gesture can make a whole lot of difference to someone else who may need it.







BEST AGENT COMMUNITY OUTREACH



SI LING SECONDARY SCHOOL

SECRET AGENTS OF SI LING SECONDARY SCHOOL MISSIONS OF KINDNESS STARTS WITH ONE THOUGHTFUL ME!

Lee Shirley ★ Mohammad Dinie B Ilyas ★ Fadhlur Rahman Khan B Farid K ★ Chung Guo Zhang Kok Jia Ming ★ Boo Xue Qing ★ Nur Fateha Bte Muhamad ★ Wong Qiao Yi

The Friend of Singa Secret Agent Project is a new initiative where it aimed to engage the secondary school students in creating changes outside the school community. The project was carried over a period of 6 months with 6 secret missions disseminated to schools every month before the start of the new mission. A total of 41 postings were made. The missions were:

- Mission #1 Public Transport
- Mission #2 Cleanliness
- Mission #3 Family
- Mission #4 Cyberspace
- Mission #5 Integration of Foreigners
- Mission #6 Neighbourliness





Students had to do acts pertaining to the designated mission for the month. With the conclusion of each mission, the team with the highest number of ikes, comments and shares would be the secret agent for the month. After all 6 missions were completed, the team with the highest number outreach for a specific mission would be the awarded the Best Agent Community Outreach Award.

Team Si Ling has garnered the highest outreach with a total of 149 likes, comments and shares for their post for Mission #5, Integration of foreigners. Si Ling students went out into the community to show their gratitude to the foreign workers for their hard work in keeping the area clean. The team also took the time to find out more about the workers and their lives here in Singapore.

Through this, the foreign workers felt appreciated for their effort and through their outreach on social media, this has definitely touched the lives of many.

About Write For Kindness

Write For Kindness is a national story-writing competition organised by the Singapore Kindness Movement (SKM), in collaboration with the School of Humanities & Social Sciences, Temasek Polytechnic. It is a platform for secondary school students to promote kindness to pre-schoolers by creating age-appropriate & culturally relevant children's stories through creative writing & illustrations.

OBJECTIVES OF THE COMPETITION

- Promote the value of kindness through stories which focuses on the theme 'An Ocean of Kindness Starts With One Brave Me'
- Encourage story-writing as a creative means of expressing cultural values
- Support the use of stories as a means to positively impact pre-schoolers in their character development

ENTRIES GRADED ACCORDING TO:

- i. Clarity of the Message (30%)
- Relevance to the theme "An Ocean of Kindness Starts With One Brave Me"
- ii. Relevance to target audience (30%)
- Suitability for age group 4-6 years old; appropriate length of story
- iii. Language (20%)

- Grammar, spelling, sentence structure

- iv. Creativity/Originality of Ideas (20%)
- Concept creatively presented
- New/Unique ideas in story
- Appropriate use of materials to enhance story

ABOUT TEMASEK POLYTECHNIC DIPLOMA IN EARLY CHILDHOOD EDUCATION

The three year full time Diploma in Early Childhood Studies offered by Temasek Polytechnic's School of Humanities & Social Sciences is designed to equip students with vital knowledge, practical skills and positive attitudes necessary to become competent early childhood professionals in diverse children - related fields. The course provides a broad-based understanding of the principles and practices of early childhood care and education. In addition, it emphasises a strong grounding in psychology, cross-cultural perspectives and early years character education.

Students are offered unique learning and research experiences at the first experimental kindergarten in Singapore, PLAY@TP, within the grounds of the polytechnic. They are also given the opportunity to connect with the World Organisation for Early Childhood Education (OMEP) through the OMEP Student Chapter on TP Campus for involvement with early childhood care and education service projects beyond the polytechnic campus.

"AN OCEAN OF KINDNESS STARTS WITH ONE BRAVE ME"

THEME FOR

NRITE FOR KINDNESS 2014

LIST OF PARTICIPATING SCHOOLS WINNING SCHOOLS

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BEDOK VIEW SECONDARY SCHOOL

FIRST PRIZE

Cat, Dog and Mouse in the House

JURONG SECONDARY SCHOOL

Axol the Hero

NANYANG GIRLS' HIGH SCHOOL

Kindness Underwater

THIRD PRIZE

LIST OF PARTICIPATING SCHOOLS

MERIT AWARD

- Tanjong Katong Girls' School We're Neighbours After All
- Orchid Park Secondary School
 Mrs Grumpy Plump'in and Mr Skinny Binny
 A Tiny Wave of Kindness
- Outram Secondary School A New Life
- Clementi Woods Secondary School Stanley the Snail
- Changkat Changi Secondary School An Ocean of Kindness
- Gan Eng Seng School
 Bobo's Adventure
 My Neighbours and I
- Hua Yi Secondary School Andy and the Unicorn The Grumpy Old Man
- Choa Chu Kang Secondary School
 The Talking Animals
 The Cat & Rise
 An Enemy, A Friend
 Kind Crystal

- Nanyang Girls' High School Adventure in Pizzaland
- Henderson Secondary School Susi and the Old Man The Lonely Frog
- Northland Secondary School Magic in the Forest
- Woodlands Secondary School The Power of Neighbours
- Si Ling Secondary School
 The Magical Seeds
- Woodgrove Secondary School Aeroland
 Danny the Basketball Player
 The Beanstalk
- Springfield Secondary School The Bean the Monkey and the Seagull Toothless the Tiger Who Live in the Cave? Neighbour Force The Adventures of Jane Kindness Kitties Three Best Friends

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BEDOK VIEW SECONDARY SCHOOL

CAT, DOG AND MOUSE IN THE HOUSE

FIRST PRIZE

Joey Neo Yu Xin ★ Tan Jun Ning ★ Chan Jia Jing Nicholas _____Tay Yong Khin ★ M Mohanaruby

In this story, Dog helped Cat, Cat helped Mouse, and Cat and Mouse helped Dog. So we can learn that..."An ocean of kindness starts with one brave me!"





JURONG SECONDARY SCHOOL

Lim Zhe Hong, Jovian ★ Tay Sing Ning Kaylynn Muhd Dinie Azrie Bin Johari ★ Loo Yi Tian

SECOND PRIZE

Axol is a salamander that other fishes avoid in the deep blue sea. One day, Bobby, a young and playful fish, accidentally falls into the Mariana Trench. Luckily, Axol saves him. After the incident, the fishes learnt a huge lesson. Surely, kindness brings not only people, but the fishes living near the Mariana Trench a long way!





57

NANYANG GIRLS' HIGH SCHOOL

KINDNESS UNDERWATER

THIRD PRIZE

Wong Zi Yi ★ Rachel Goh Sze Jen ★ Kek Siew Qi Chan Hui Ping ★ Lim Yi Hui

Ben is a selfish neighbour. One day, he went underwater after opening a seashell at the beach. Will the sea creatures' kindness touch him or will he continue being selfish?



ABOUT KINDNESS BADGE AMARD 2014

The Kindness Badge is a mark of distinction awarded to students in Uniformed Groups who have completed tasks or projects that promote kindness and graciousness amongst their peers, within their schools, and to their families and communities. Achieving this badge identifies them as Ambassadors of Kindness. It is awarded by the Singapore Kindness Movement to deserving students who have demonstrated their passion and commitment to fostering a gracious society.

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 the uniformed groups
- To forge stronger camaraderie between the various uniformed groups



GOLD CROSSOVER BADGE

Being kind does not limit itself only within the uniformed group that you are in. The Crossover scheme is initiated to encourage collaboration between the uniformed groups of Singapore.





BEDOK SOUTH SECONDARY SCHOOL

GOLD

Quek Min Hui, Tricia Tan Qiu Wen Nur Shakila Bte Arshad Carissa Lee May Kwan Vicky Lin Wei Kie Gerald Lin Junhan Clifford Tay Jing Rong Martin Wang Liang Sen

PROJECT TRAYFORMERS

The team from Project Trayformers aimed to promote graciousness among Singaporeans by keeping the shared dining environment clean and pleasant for customers. Looking around them, the team decided to tackle this issue because they felt that Singaporeans could do better in being more socially responsible and having more empathy for others. The simple act of returning trays would also benefit the cleaners in common eating areas who are mainly elderly folk or people with special needs.

The team sent their proposal for a Project Trayformers booth to Food Junction in Century Square, and the management readily agreed. The team went around and urged the public to sign their pledges to return their trays at shared dining spaces. Many of the patrons were supportive of the team's efforts and were in turn rewarded with a small token of sweets prepared by the team. At the end of the day, the team garnered 357 pledges for their cause. The team believed that working together as a team from both the Girl Guides and Scouts allowed them to better spread kindness within the community. The team was also highly motivated by the amount of encouragement during the event day of the project. Members of the public were supportive of their cause and in being kinder to the service staff as a whole.

Being gracious doesn't have to be something big and demanding; a simple act to help the people around us is sufficient to make Singapore a kinder nation.







Page

Schools



Bedok South Secondary School Project Trayformers

GOLD



Edgefield Secondary School Project Scatter Kindness



Hougang Secondary School Project Sunshine



66

67

68

69

HQ Team Project Smiles

New Town Secondary School Pioneers of Care!

Queenstown Secondary School Kindness in the Neighbourhood

River Valley High School Gift of Kindness

Swiss Cottage Secondary School Kindness on the Move





EDGEFIELD SECONDARY SCHOOL

Koh Tze Xuan Roxana Yeo Xi Wen Chung Yi Xuan Joleen Muhammad Nabil Hakeem Neo Jun Wee Leshawn Yeo Yi An Low Ji Woon Bryan



HOUGANG SECONDARY SCHOOL

GOLD

Siow Chun Wei Ling Choon Siang Chon Wei Cheng Tay Jia Li Jamie Jamie Tan Ying Xuan Lim Jia Yi

PROJECT SCATTER KINDNESS

The team from Edgefield Secondary school decided to try a fresh take on promoting neighbourliness. Their aim was to promote interaction between the neighbours of a block in Punggol and appreciate their neighbours by way of kind words to one another. Doing this was rather difficult, but the team from Project Scatter Kindness had taken up the challenge and succeeded.

The team used an innovative idea: using helium balloons to deliver the messages between the apartments. This way, it is both striking to the residents and can also be tied to the door should a resident not be present in their house. It also allows the residents to skip the first step, as most of them are shy and do not wish to make the first move in saying a kind word to their neighbour. Lessons learnt were received by both the students as well as the residents of the housing block. The students learnt the importance of being friendly and more open to their neighbours. As stated by Nabil from the team, "Interaction between neighbours will develop harmony among them and thus, they are less likely to quarrel with each other".

With about half of the units in the block actively participating in the activity. Project Scatter Kindness is one of the few projects that tries to bring the neighbours of an area together.

Sometimes, a simple kind word or phrase is enough to brighten up someone's day. Let us all be more proactive and create a lasting, healthy, and happy relationship with our neighbours!

PROJECT SUNSHINE

Project Sunshine started out with a simple aim of tending to the elderly. The team felt that the elderly of the country could use with a bit more attention and the team could also learn a thing or two from organising an event for them. Getting to know the elderly would also allow the team to better improve their communication skills with the elders and, in turn, allow them to foster a better relationship with their own grandparents.

The team created an event that took place on Tuesday evenings for the elderly residents of the area. The session included some activities such as singing and simple games for the elderly to bond over. Publicity was done by way of door-to-door promotion, as well as posters and flyers to the residences. During the event itself, the elderly folks were enjoying themselves and the students also learnt new things and how to better understand the seniors. Through carrying out the sessions and going around garnering people for the sessions, the team has learnt a myriad of life lessons. The collaborative effort from both Girl Guides and Scouts in the group has allowed them to leverage on each others' strengths. They also experienced first-hand, the gratitude that the elderly residents had when they saw the smiles and heard the laughter during their sessions. They were also prepared when the participants brought over their children and had games which were suitable for all ages.

Doing good deeds and being kind to the elderly does not equate to a large-scale event. We can all be nicer to our elders by helping them out with their daily tasks or even a small sincere smile.







HQ TEAM

Vivian Lee Lee Hong Yee Sarah Foo Paulo Furtado Nicolas Teo Lin Junhao Tan Jun Hao





NEW TOWN SECONDARY SCHOOL

GOLD

Lee Wei Ling, Melissa Kong Shi Ya Celine Tay Ru Hui Ram Shekar S/O Kuna Shekar Lim Rong Zachary Lim

PROJECT SMILES

Often times, it is the things that we overlook in our daily lives that impact those around us the most. The team from HQ thought about what could be done to make Singapore a kinder place, with a greater sense of appreciation for others. Their project aimed to encourage the public to appreciate the dedication and effort done by cleaners, specifically those working in the hawker centres.

The team carried out the event near to the Kovan hawker centre, where they were accessible to the patrons. Small cards were given to members of the public around hawker centres for them to write their notes of appreciation to the cleaners. These notes were collated into an Appreciation Jar which will motivate and encourage the cleaners on duty. Smiley face stickers and badges were also given out to the public. These could also be given to the hawkers who have provided them with service as a personal token of appreciation as well. These served as a reminder that smiling can be a form of appreciation. Without the badges and stickers, or even money, we can all be more appreciative by a simple smile or a word of gratitude to the hawker staffs.

Being kinder or simply nicer to those around us can be infectious. If we can inculcate these values into the young of our society, we will be heading in the right direction as a nation. Let's start by saying a sincere 'Thank You' to those who serve us at public spaces!

PIONEERS OF CARE!

Looking deep into societal issues, the team from New Town Secondary chose to be more appreciative of their elders. The senior citizens of the country helped to mould the country into what she is today, and it is only right for us to take better care of them. Pioneers of Care! was created with the aim to be kind towards others and show gratitude towards the pioneers of our nation.

The team drafted various activities to be conducted at the nursing home. These activities included a dialogue session, a short performance, and some interactive games with the residents. The team divided themselves into groups to better utilize the manpower as they could reach out to more of the residents in the home. During their time at the nursing home, the students were enthusiastic and proceeded to provide an enjoyable time to all those present. They had volunteers as well and everyone made the event a better one by providing a listening ear or even to provide some laughter and a smile to their faces. On the whole, everyone benefitted greatly from the experience. The students were very much enlightened by the process and many expressed interest to visit the nursing home again after this event.

In our society, not everyone is privileged or even blessed with family units that are strong and supportive. There are those who fall through the cracks and are left alone. It is our duty, as those who are able and willing, to provide them that little glimmer of hope and happiness. Sometimes, a simple act of listening can go a long way to impact the lives of our elders in a positive light.







GOLD





QUEENSTOWN SECONDARY SCHOOL

Yee Rongmin Teh Jin Yan Valerie Goh Erwin Foo Chiw Jiayi Brendan Cheong He Jiali Caleb Tan Rachel Wong Austin Jeremy Ankitha Rajaram Duncan Goh



RIVER VALLEY HIGH SCHOOL

Janice Kok Jea Nyeo Yi Lei Eilace Steffi Tan Xin Min Thaddaeus Tan Jian Quan Ng Wei Zhi, Ernest Phoe Chuan Yi, Benny

KINDNESS IN THE NEIGHBOURHOOD

The team at Queenstown Secondary School aimed to reach out to the low income families who live nearby in Strathmore Avenue. With the close partnership the team has with Econ Health & Wellness Centre (Queenstown), the team supplied helping hands to do a cleanup of the premises as well as interacting and teaching simple craft to the families. Doing these acts of kindness will not only teach the students about community before self, but it will also improve the resident's perceptions of students as being more civic-minded.

Kindness in the Neighbourhood proved to be a wonderful example of a student led project, with a joint team from both Girl Guides and Scouts. The team planned for the execution from start to finish. The logistics, actual purchase, and the division of manpower were all planned by the team. The team went to the houses of the elderly citizens and they helped out with cleaning the households. The team divided themselves into two teams, one for cleaning the housing units and the other was to interact with the elderly residents. The cleaning group helped out by scrubbing, sweeping, and mopping the units while the interacting group taught the residents the art of origami in folding paper flowers, cranes, and hearts.

The team have gained valuable experience and a deep sense of satisfaction in carrying out the project. Looking at the smiles from the residents and making their day is something that money cannot buy, and should be something we all strive for.

GIFT OF KINDNESS

The team at River Valley High do not believe that there is a lack of empathy among Singaporeans; rather, the society lacks the responsiveness and courage that is required to be a kinder society. They believe that kindness is in everyone, and from this, drafted their aim and objective. The team aimed to encourage Singaporeans to be kinder by raising their awareness on the effects of receiving kindness, and how easy it is to share the joy.

The Gift of Kindness team used a three-pronged approach in passing the message to the public; they had notes for the public to write encouraging words to spread kindness, goodie packs to be distributed, and coupons for the public to pass to others around them. The coupons entitled the person to a goodie pack as well, so it had a "pass-it-forward" effect and allowed the public to be braver in being kind to others.

Though they were the ones championing the objective to be kind to others around them, the team also learnt a great deal from the public's participation. For example, one of the quotes left on their Post-It notes read, "Kindness is everything but insignificant". The team felt really heartened by such notes and the smiles that they've received from the passerbys' who were both participative and encouraging.

Being kind to others does not require the bravery of a lion, but it just needs us to be a little bit more courageous. So let us step up and be kind to the people around us. Or, at the very least, let's just smile and say a kind word or two to brighten someone's day!



HELPING TO CLEAN THE PREMISE OF THE ELDERLY RESIDENTS







SWISS COTTAGE SECONDARY SCHOOL

 Alycia Ng Yan Zhi
 Chia Yu Qi

 Chen Wan Wen Jolene
 Jaye Yeo

 Siti Sarah Bte Anhar
 Lau Yew Ching

 Erickin Guo Chen Xi
 Thum Sau Kuan

 Melvin Chan Yi Lung
 Joel Ang Tze Jian

 Qucinta Ardilah Bte Roslan
 Svaida Adlina Bte Selamat



Everyday, we spent quite a significant amount of time commuting. Be it to work, school, or even for leisure, we undoubtedly rub shoulders with others en route to our destination. The team from Swiss Cottage Secondary School looked into this for inspiration. They believe that we could all be kinder to one another while we take the public transport. The team aimed to rekindle small acts of kindness on public transport and to bring about a greater awareness in showing appreciation to those who actually carrry out these gracious deeds.

The team set up a booth during their open house, which attracted the presence of the community. This allowed them a greater outreach in spreading kindness while commuting. The team also managed to gather a significant number of pledges from both the visitors and the staff and students of Swiss Cottage Secondary to commit to showing kindness on public transport. The public who pledged focused on several kind acts, such as moving to the rear of the bus, giving up their seats to those who needed it more, and even sharing an umbrella with another person.

Supporters of the cause received a button badge which was specially designed by the team. The idea of the badge is to pass it on to someone who did a kind deed. Kindness in itself does not have to be rewarded; intrinsically kindness is already a gift to the doer. Doing these deeds for others should come from us, and the community will be a better one for all. Wouldn't it be magical if we encounter kindness daily while we travel? Let's do our part and join in with Kindness on the Move!

SELF-MADE POSTER BY THE TEAM FROM KINDNESS

A little kindness towards a more Gracious Society







IT IS FRIEND OF SINGA'S (FOS) SILVER ANNIVERSARY!

The past 25 years have seen students making positive waves in society whether impacting an individual, or group of people within their school or community.

1990-2008

Schools nominated students who have performed kind acts in the school or society and the students are recognised for their kind act at the awards ceremony.

2009-2014

Schools nominate 8 students to be ambassadors of kindness within their schools These students then create and execute a kindness project within the school on the kindness issue(s) that they wish to highlight or address.

CALLING FOR PAST WINNERS!!!

If you were a winner or know of any past winners from FOS 1990-2014, we would like to get in touch with you!

We are interested in knowing more about where you are now and what you have been doing since receiving the award.

> Drop us a note at *Kindness@Kindness.sg* and we will be in contact.