

# A-OK!

Agents of Kindness

Issue

02

2026

Primary 5-6

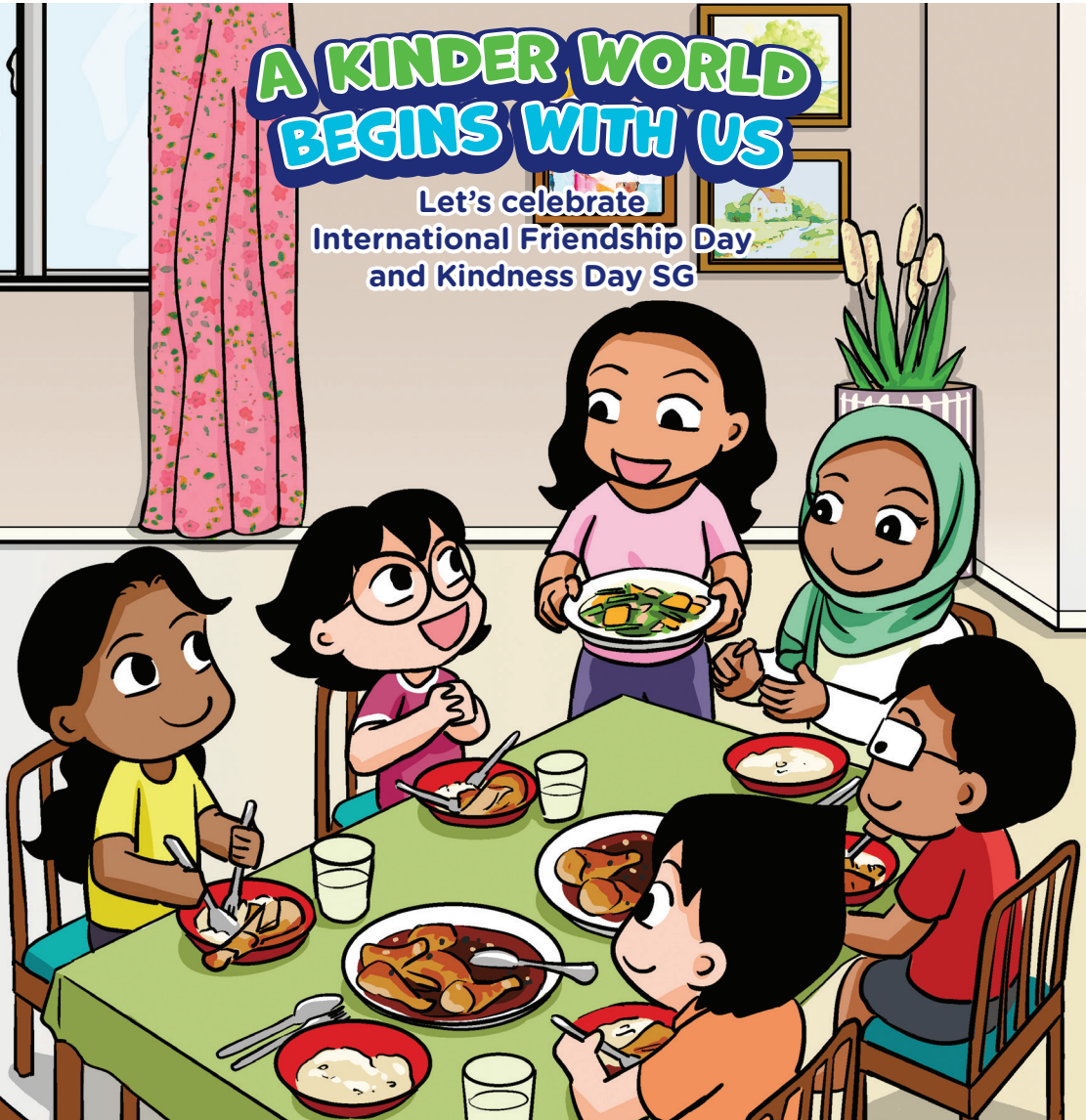


singapore  
kindness  
movement

BE GREATER >

## A KINDER WORLD BEGINS WITH US

Let's celebrate  
International Friendship Day  
and Kindness Day SG



# Dear friends,

Did you know that Singapore is part of a group of countries in Southeast Asia called ASEAN (Association of Southeast Asian Nations)? One of our friendly neighbours is the Philippines!

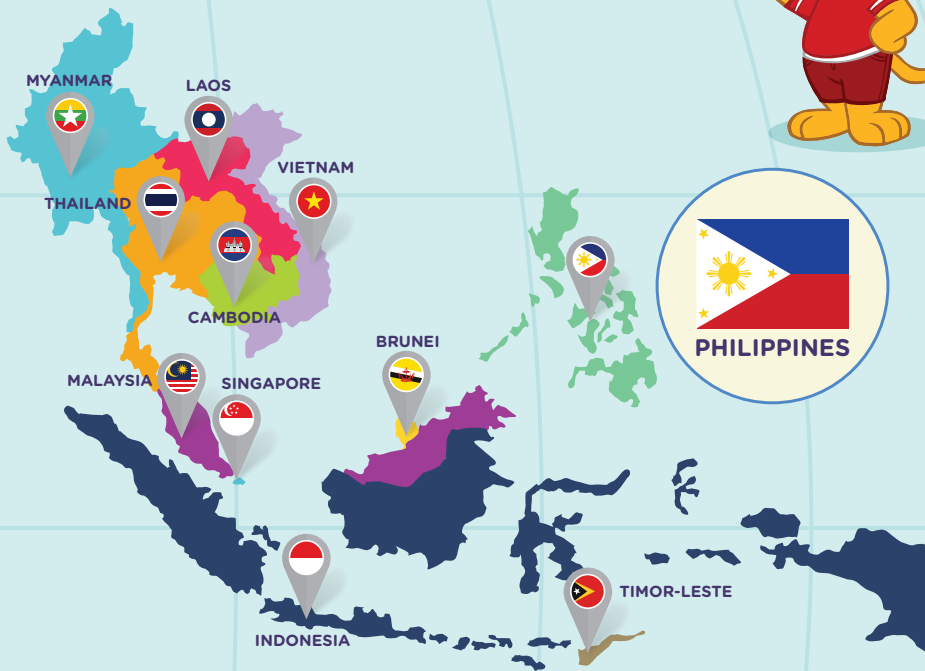
Think of ASEAN as a big team in which everyone helps one another with things like trade, cultural activities and even sports! The SEA Games, a multi-sports event for all 11 Southeast Asian countries, is held every two years and each nation takes turns to host it.

The countries in ASEAN look out for one another. Just like how friends in school support one another, ASEAN countries like Singapore and the Philippines work together to keep our region peaceful and help each other during tough times, such as after a natural disaster. This unity means we can learn from each other's cultures, enjoy each other's food and festivals, and travel easily between countries. This spirit of cooperation becomes even more meaningful when we celebrate Kindness Day SG, an occasion that reminds us to be kind and gracious to everyone around us.

Your friend,  
Singa 



In this issue, you'll learn more about the Philippines and the strong friendship we share with them.



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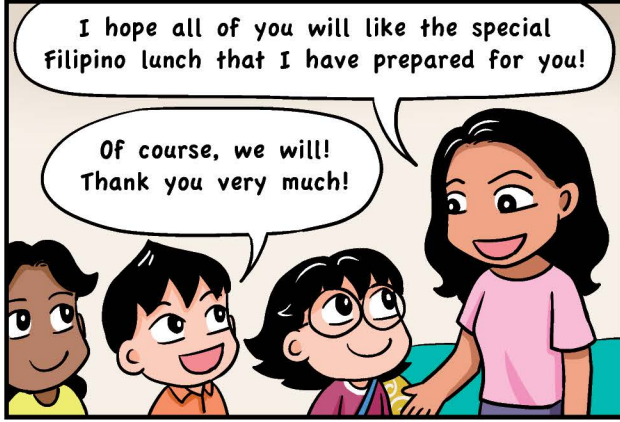
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# Friendship Across Borders





Oh, it is a long story!



We attended the ASEAN Youth Volunteer Programme. This was before all of you were born!

That's right! Each ASEAN country was represented by a team of members and we worked on projects and presentations.



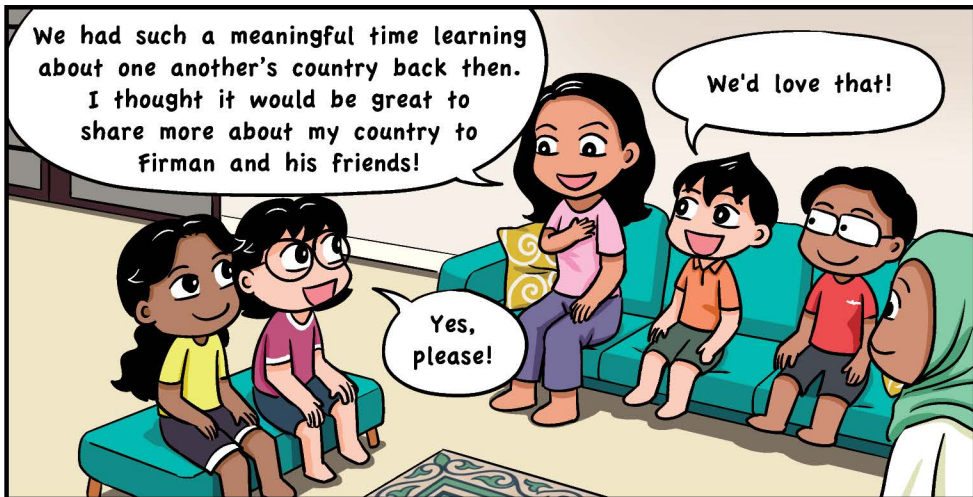
Speaking about ASEAN...

I read the news about Timor-Leste becoming the 11th member of ASEAN.



That's right, Eva!

It's good to be updated on current affairs!



We had such a meaningful time learning about one another's country back then. I thought it would be great to share more about my country to Firman and his friends!

Yes, please!

We'd love that!

Let me tell you more about my beautiful Philippines with these postcards...

The Philippines is made up of more than 7,000 islands and its capital is Manila.

So many islands!

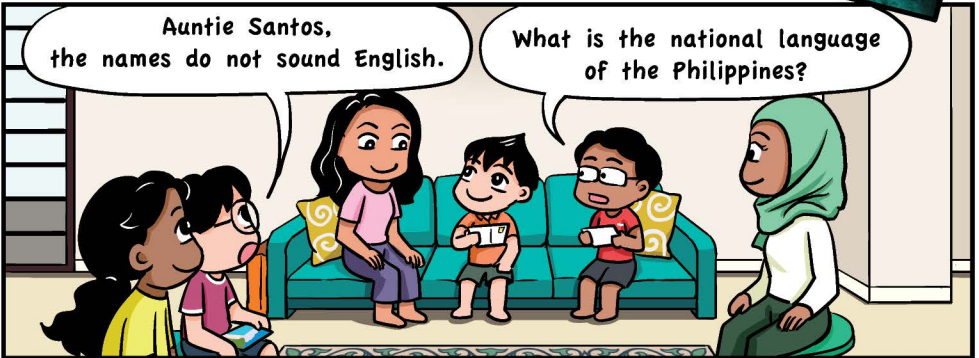
This is why we have some of the most beautiful white sandy beaches in the world like Boracay and Palawan.

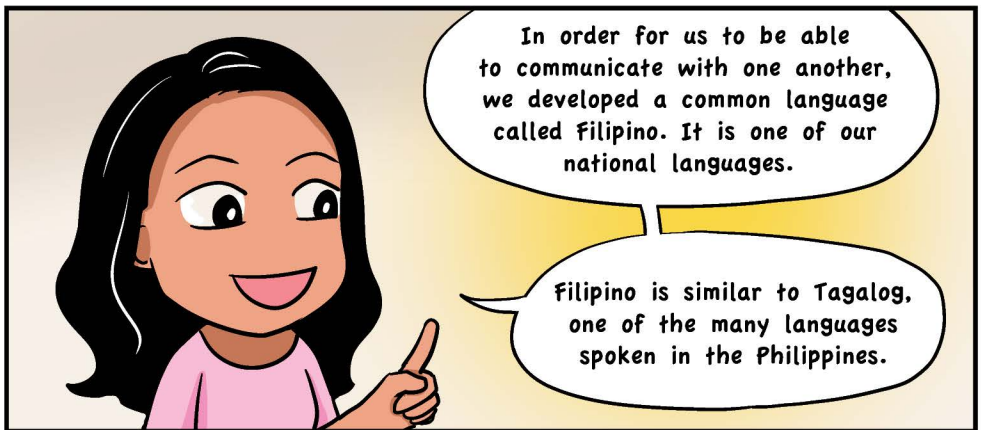
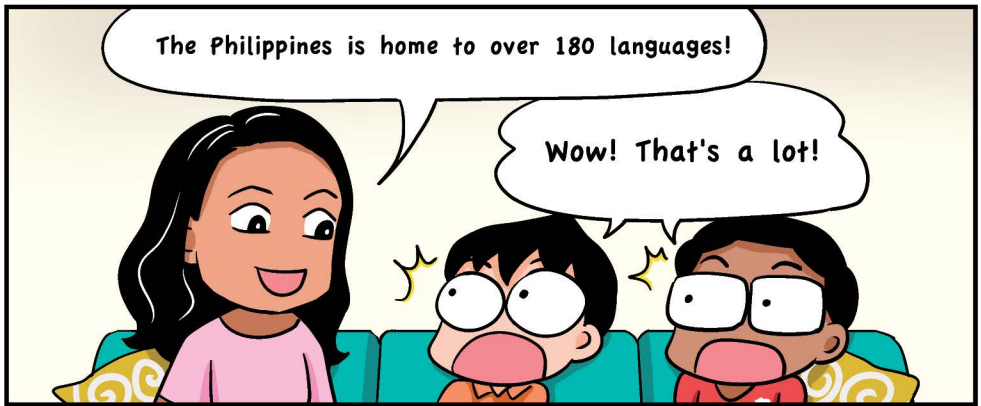
They look beautiful!

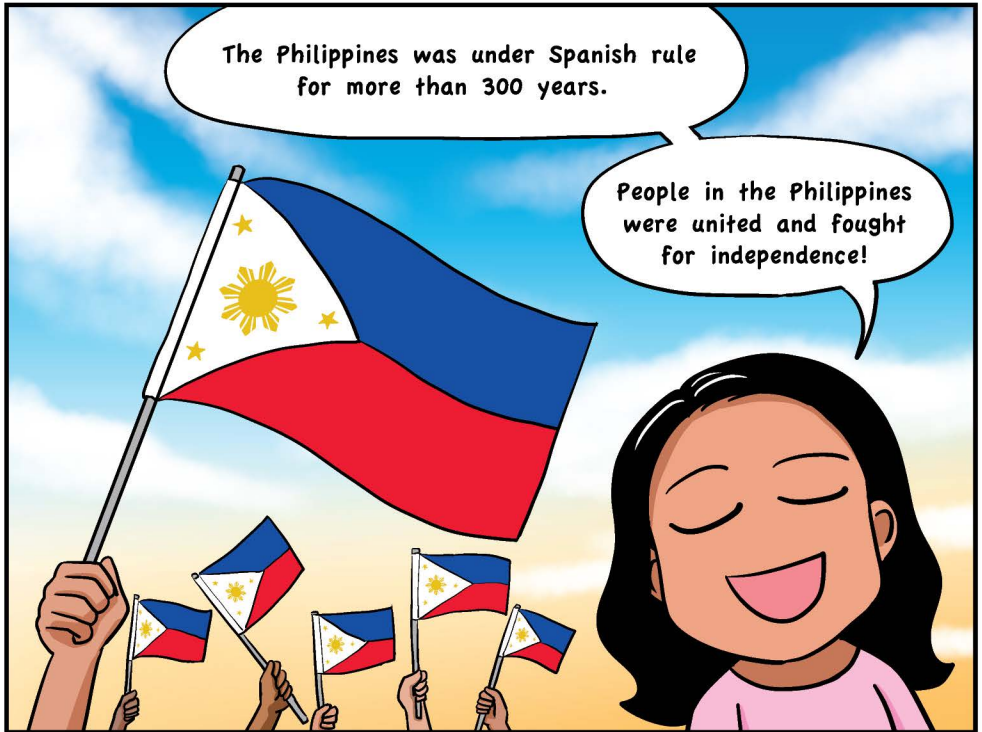


Auntie Santos, the names do not sound English.

What is the national language of the Philippines?







The Philippines was under Spanish rule for more than 300 years.

People in the Philippines were united and fought for independence!



They must have cared a lot for their country.

Yes, indeed!

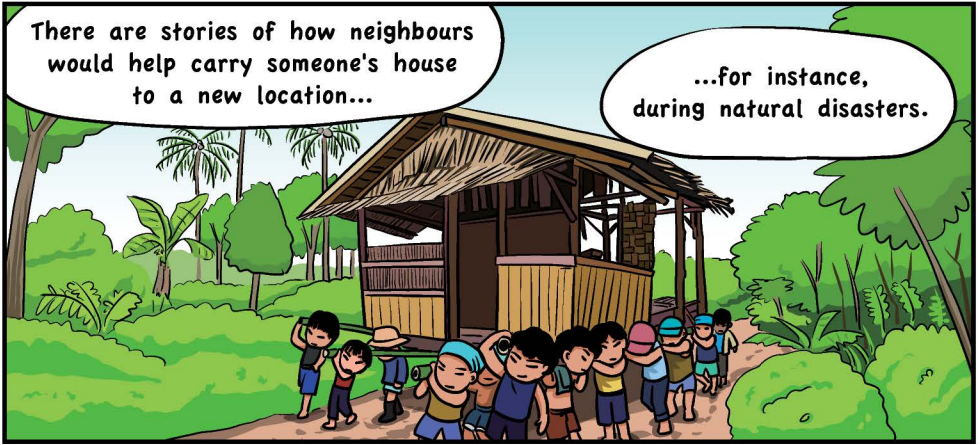


We show our love for our country when we help one another. This spirit is called Bayanihan.

Bayanihan?

There are stories of how neighbours would help carry someone's house to a new location...

...for instance, during natural disasters.



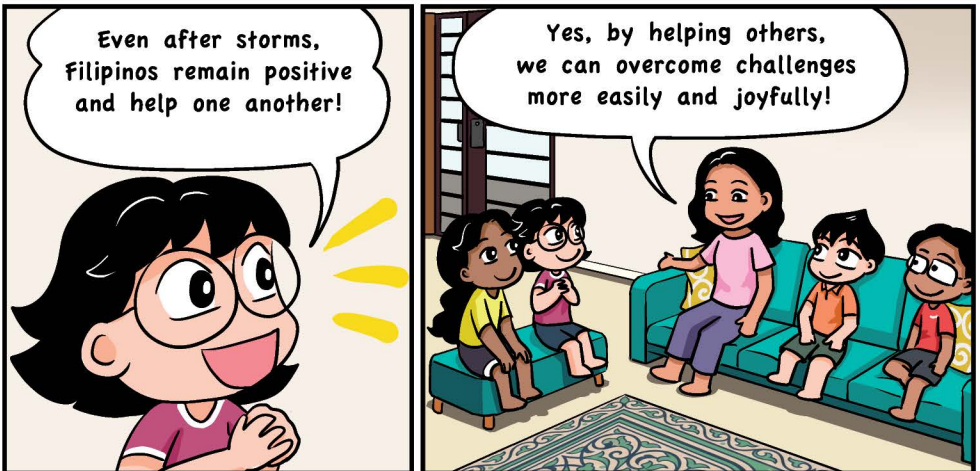
The Philippines gets more than 20 typhoons a year.

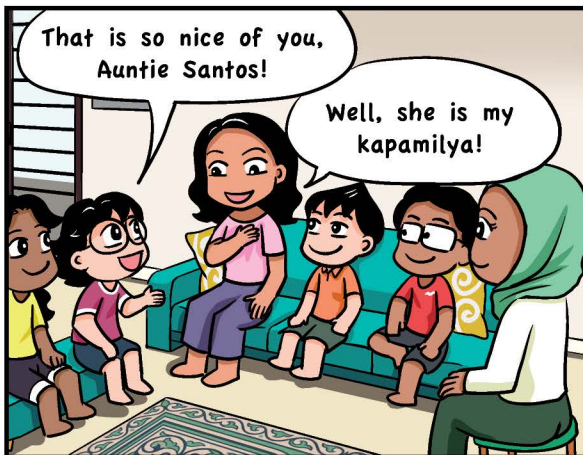
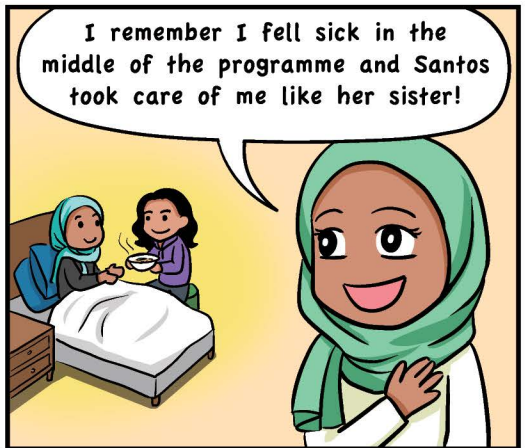
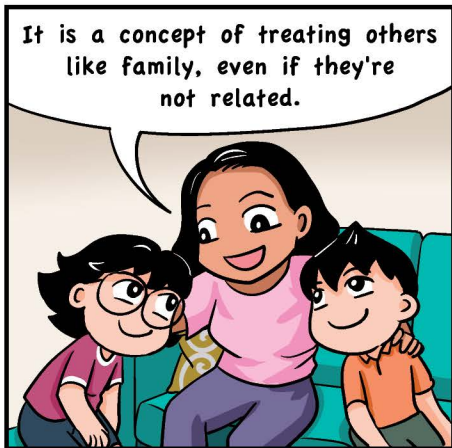
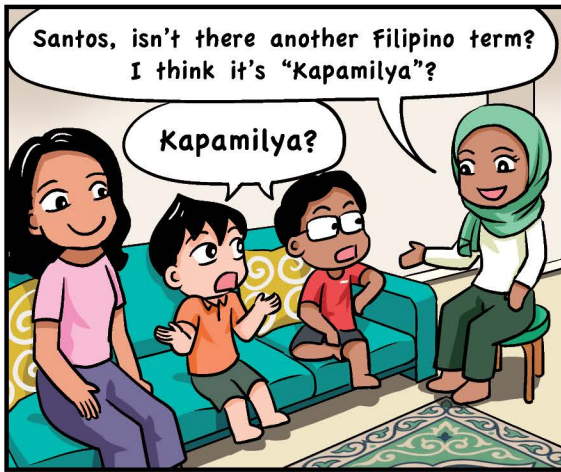
After the typhoons, Filipinos work together to rebuild villages and take care of those who've lost their homes.

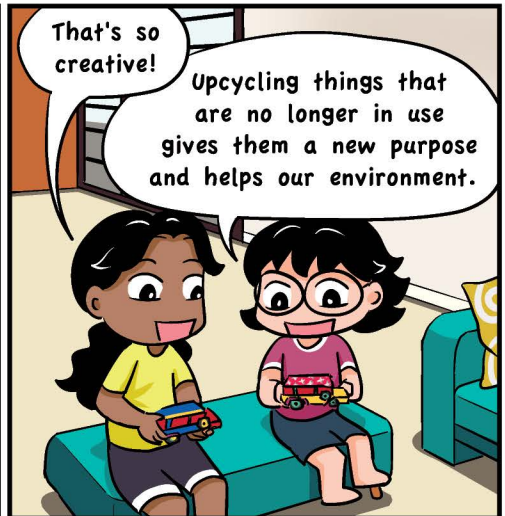
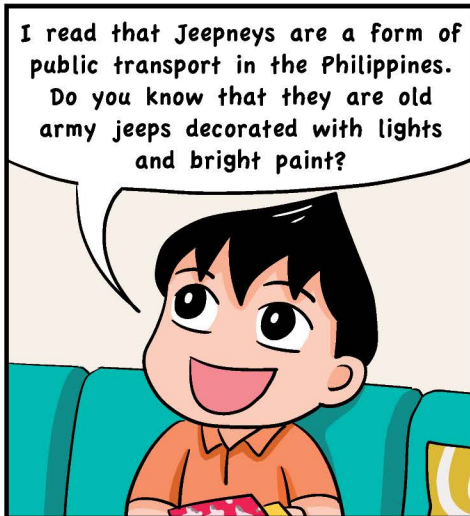
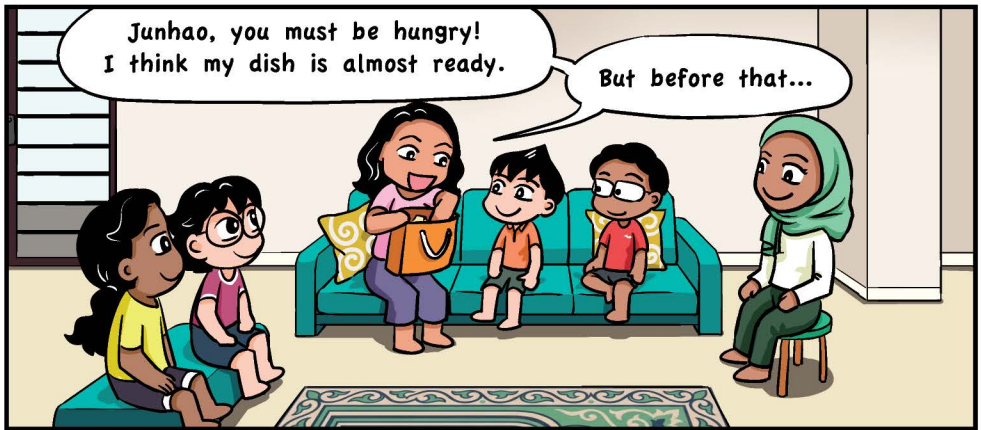


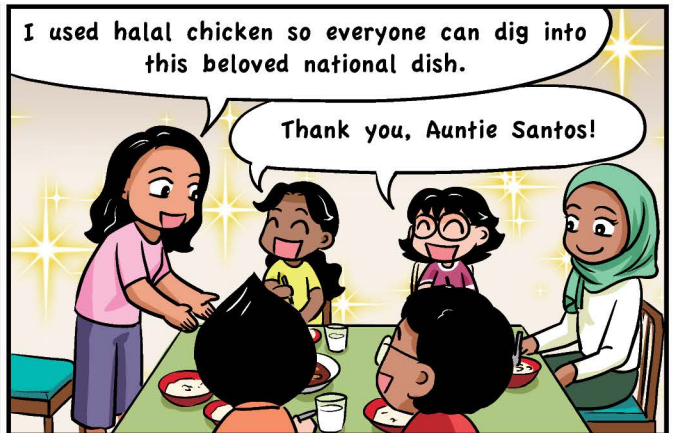
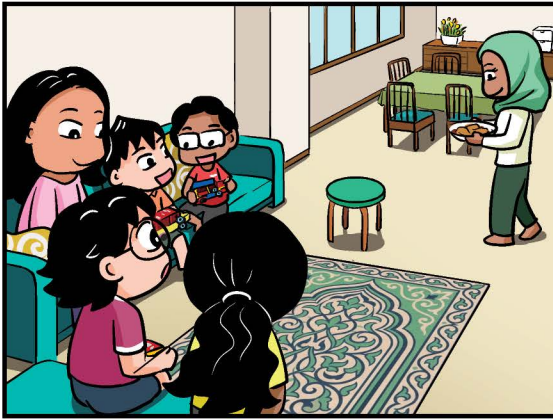
Even after storms, Filipinos remain positive and help one another!

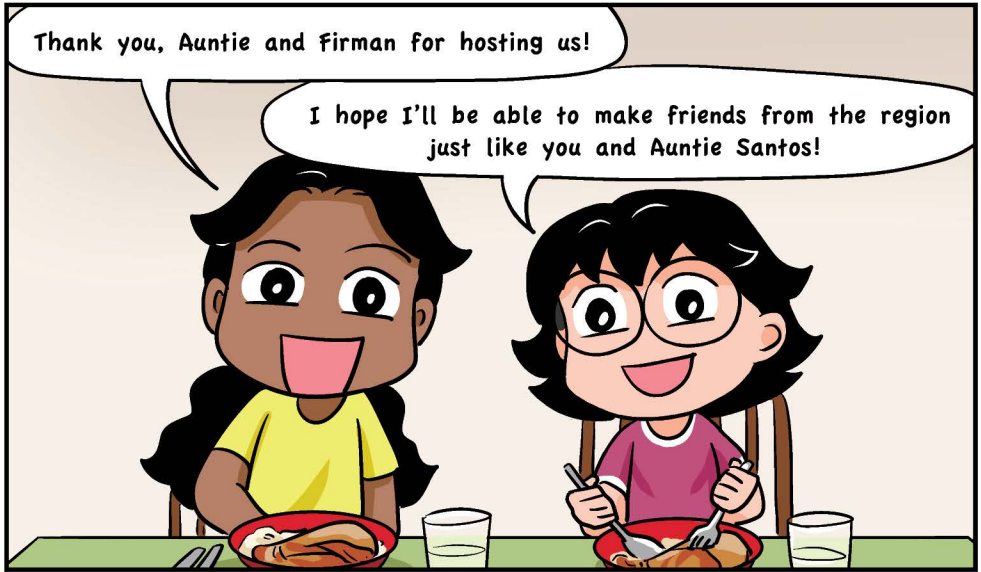
Yes, by helping others, we can overcome challenges more easily and joyfully!











End

# THE IFUGAO RICE TERRACES

The Ifugao Rice Terraces, carved into the mountains of the Philippines, are a remarkable achievement of ancient engineering and community spirit. Their creation was not a swift project but a legacy built over countless generations, stretching back nearly two thousand years.

The Ifugao people knew the mountaintop forests, called *muyong*, were the heart of everything. They protected these trees, which acted like a giant sponge, capturing rainwater and releasing it slowly into the springs below.



From there, the work of shaping the mountains relied entirely on cooperation. Using basic tools, communities would come together to build massive stone retaining walls, fitting each rock by hand to hold back the soil. This practice of shared labour, known as *baddang*, meant that no single family had to undertake the impossible task alone. When a new terrace was needed, another wall was built just below the last, gradually descending the slopes like steps.

But building the terraces was only half of the story. Maintaining the network of canals that carried water to every single field required constant care. Knowledge of how to maintain the terraces, and how and when to plant rice was passed down through stories and teachings, binding the young to the wisdom of their elders.



# HELPING HANDS ACROSS ASEAN

In the comic, you learnt about how “Bayanihan” in the Philippines is about neighbours working together to help one another. Across ASEAN, many communities share this same spirit of teamwork, care and looking out for one another.



Neighbours step in to help families in need, such as rebuilding a house after a storm, carrying heavy items together or supporting each other during difficult times.



Communities work side by side to keep shared spaces clean, fix playgrounds or public facilities and solve problems that affect everyone.



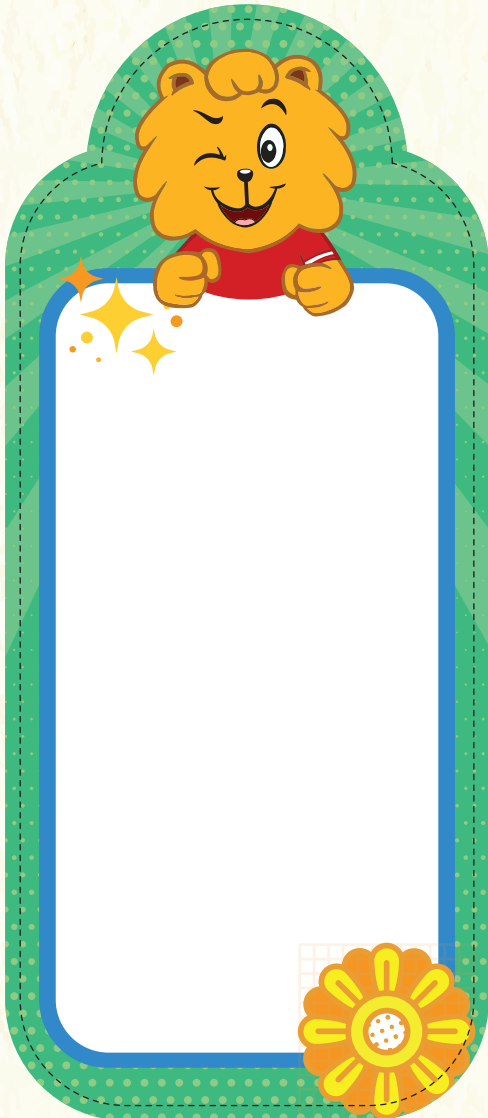
Neighbours care for and support each other in everyday life, just like in the traditional kampung. This can include helping someone carry groceries, cheering on friends, sharing food or joining in community activities.





# Helping Each Other The ASEAN Way

On the bookmark below, write a short note to a classmate to share what you have learnt about how people in various countries help one another. Include a kind message or offer to help your classmate with something.



Here are some examples:



Hi, Afiq. I learnt that many ASEAN countries value helping one another. If you ever need someone to team up with for class projects, I'm happy to work with you.





Hello, Minh. Reading about Gotong-Royong made me think about working as a team. If you want someone to practise basketball with you during recess, I can join you!



Hi, Kai Wen. Learning about Kampung Spirit reminded me that small acts of kindness matter. If you ever need help with your homework, I'm here.



**I can help you with this question.**



Dear \_\_\_\_\_,

From: \_\_\_\_\_



# A-OK! MAILBOX



**What is one kind thing you did for a friend from another country?**  
Tell Singa what happened and how it made you and your friend feel.

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

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

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

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

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

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

**Online**

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

**By Mail**

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



# Featured Letters

Issue 1 / 2026

Last term, some students shared stories and drawings about being Kindness Defenders by showing the kind things they did in school and at home to care for others.

Today at recess, I noticed that a friend had forgotten their snack. I had a big red apple in my bag, so I decided to share it with them. Seeing them smile made me feel really happy inside.

I believe that even a small gesture like sharing a snack can turn someone's day around. Being kind does not always have to be a grand gesture. Sometimes, the simplest acts are the most meaningful because they come from the heart.

**Name: Liam**

**School: Nan Hua Primary School**

**Class: P6 Care**



I had just come out of the toilet when I saw my teacher walking towards my class carrying 26 report books. They looked very heavy, so I quickly helped her carry them. I felt happy because I was able to help her.

**Name: Qasdina Bte Dzul Azhar**

**School: Sengkang Green Primary School**

**Class: 6 Caring**



# Kindness Day SG

Kindness Day SG, which falls on 22 May 2026, is a special day dedicated to celebrating kindness and graciousness in our community. It is an opportunity to express our gratitude to the people who care for us, support us, and brighten our days.

**Being kind makes everyone happy!**



## Send a 3D “Thank You” Card!

Think of someone you want to thank. It could be a family member who looks after you, a teacher who helps you or a friend who cheers you up.

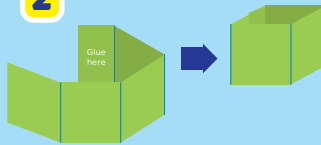
Create a 3D pop-up card and surprise them with your message.

1



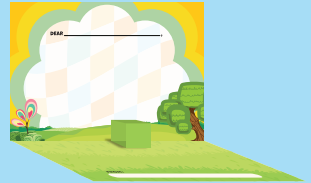
Tear out the card on page 23 and fold it in half.

2



Tear out the rectangle tab on page 25 and fold along the blue lines.

3



Glue the tab inside the card. It should form a square shape when the card stands.

4



Tear out the “Thank You” picture on page 25.

5



Glue the picture onto the star on the card.

6



Write your message and give the card to the person you want to thank. You can also use the Singa wheel on page 25 for ideas.

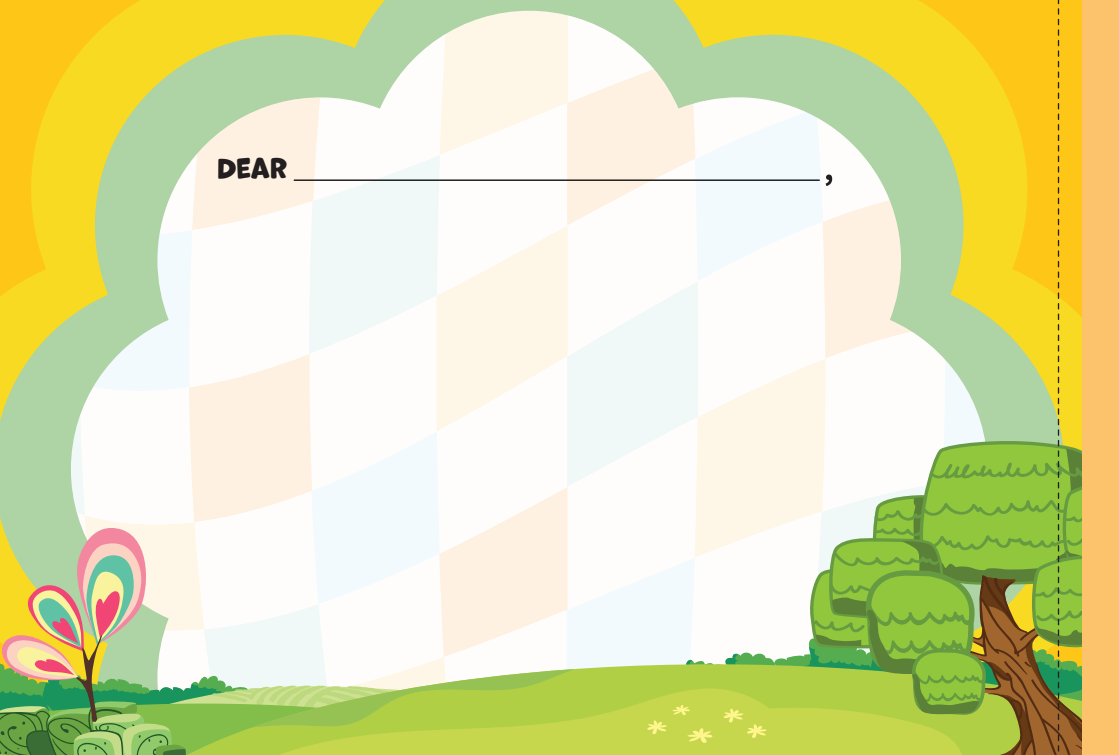
YOUR KINDNESS  
MEANS SO MUCH

Kindness  
Days



singapore  
kindness  
movement  
BE GREATER >

DEAR \_\_\_\_\_,



FROM:

\_\_\_\_\_

Glue here





## ACTIVITY TIME

# The Chain of Kindness

continues!

Let's keep the kindness going. Add these new strips to your class kindness chain and see how it grows with every kind act.

### Instructions



- 1 Write one kind act you did this week on the strip.



- 2 Link it to your class kindness chain.



- 3 Hang it up to show how many kind acts your class has done. Every small act makes a big difference!

Join the two slits by sliding one into the other.

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



## Share with us!

Teachers and students, we'd love to see your classroom kindness chain! Take a photo and share it with us at [primary@kindness.sg](mailto:primary@kindness.sg). If your whole school joins in, Singa would be very pleased and might even visit your school to see your kindness chains!



Visit [kindsville.kindness.sg/activities](https://kindsville.kindness.sg/activities) to download more kindness loops.



# A-OK!

Stickers

Use these stickers to remember what you learnt from the comic on pages 4-13.

