

Agents of Kindness

Issue

01

2026

Primary 5-6



singapore
kindness
movement
BE GREATER>



Hello, students!

Welcome back to a new year!

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

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



Your friend,
Singa



Let's get started!



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ACTIVITY TIME

The Kindness Badge Mission



Instructions

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

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

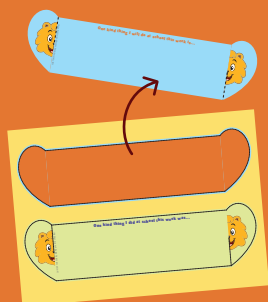
Kindness Badge	Example of kind acts	Your kind acts
	Tidy the classroom at the end of each day.	
	Treat your teachers and friends with respect. Speak up if someone is treated unkindly.	
	Include everyone in activities. Help others, like your younger schoolmates.	
	Listen to your friends when they share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

The Chain of Kindness

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



Instructions



1 Tear out both paper loops on the next page.



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



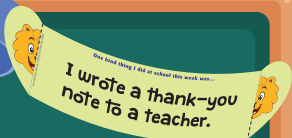
3 Use one loop for your personal wristband.



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

Class Activity

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



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



Join the two slits by sliding one into the other.

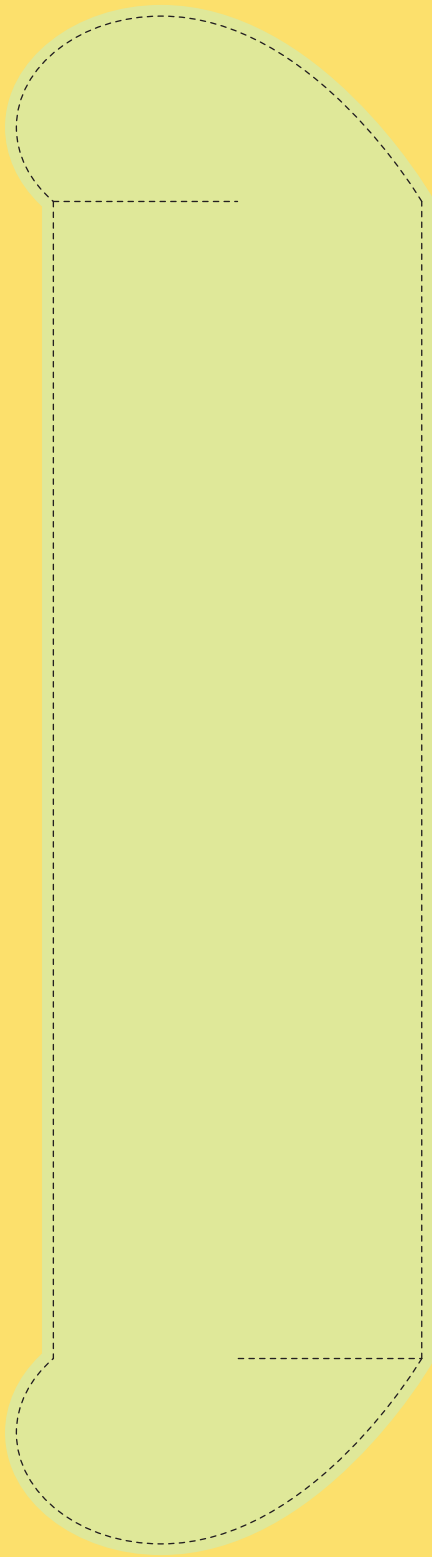
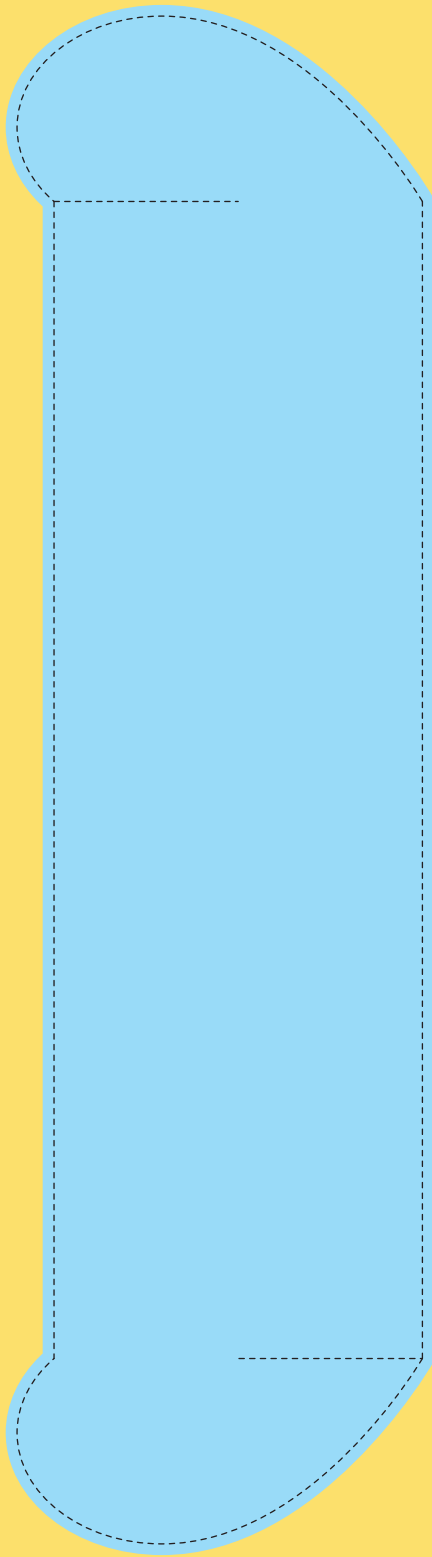
One kind thing I did at school this week was...



Join the two slits by sliding one into the other.

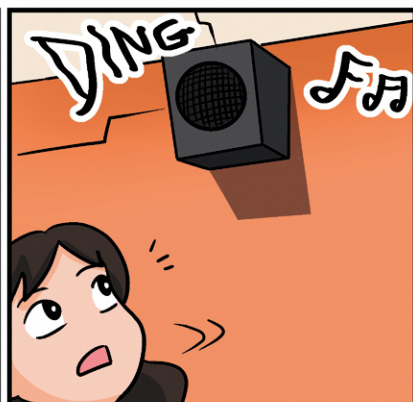
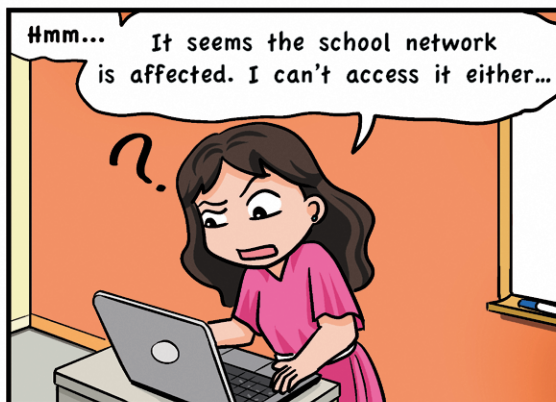
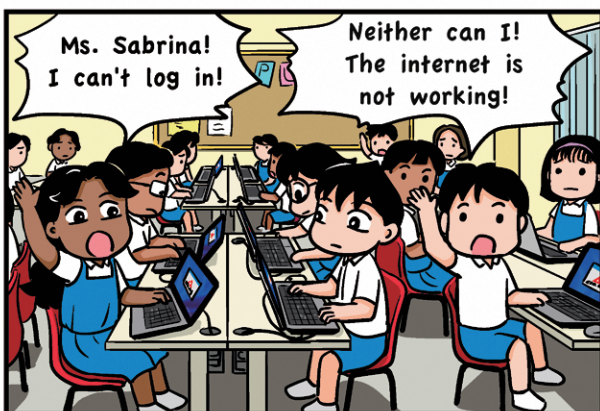
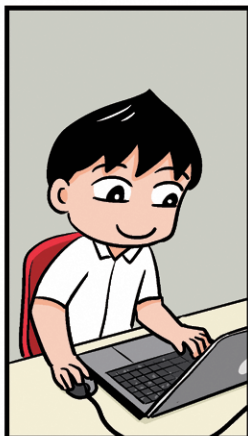
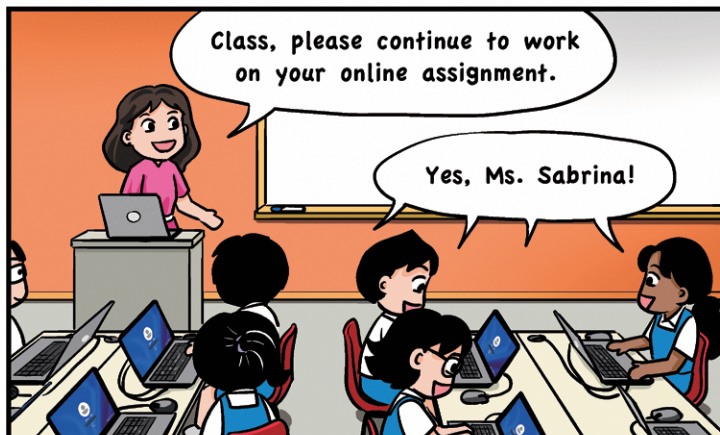
One kind thing I will do at school this week is...





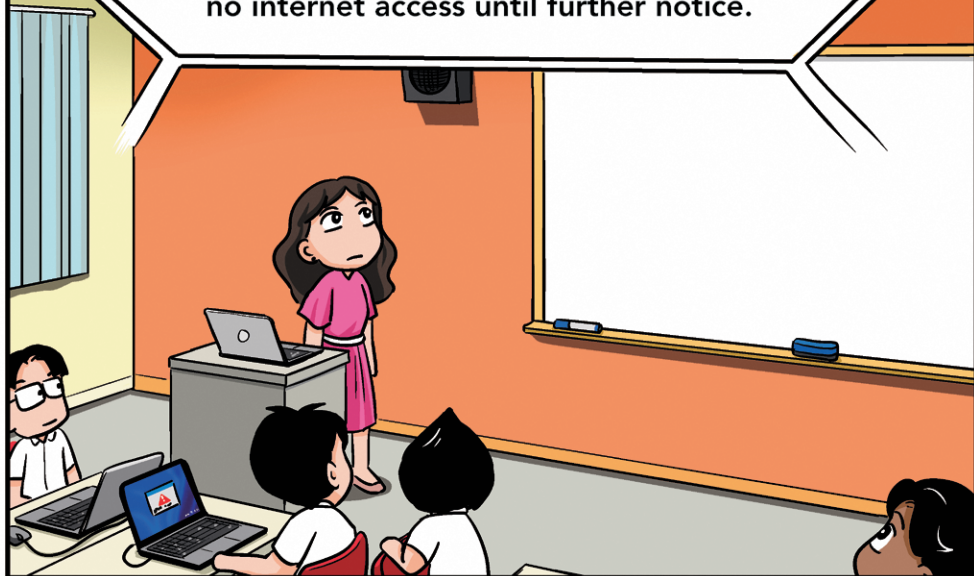


Web Warriors vs Cyber Villains



This announcement is for all students and staff:

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



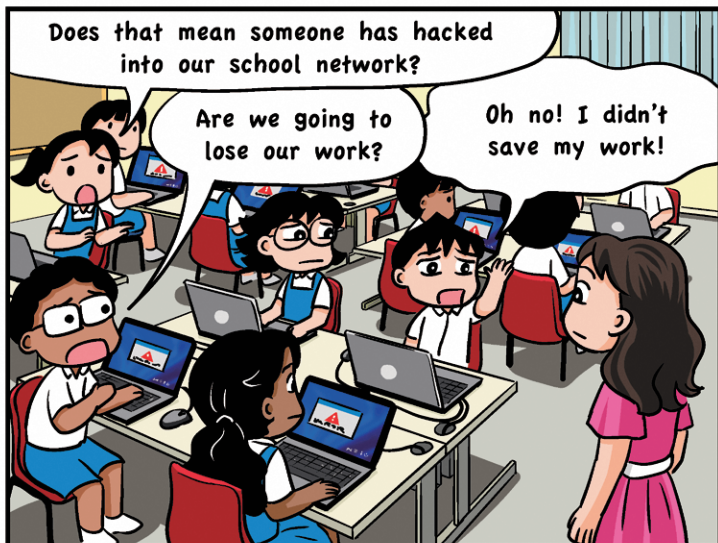
A cyberattack?
On our school?

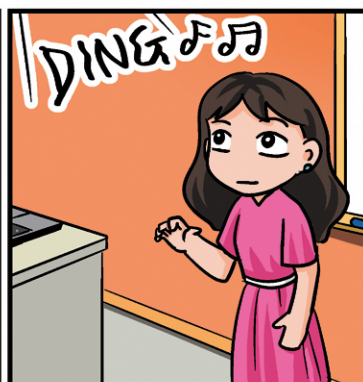
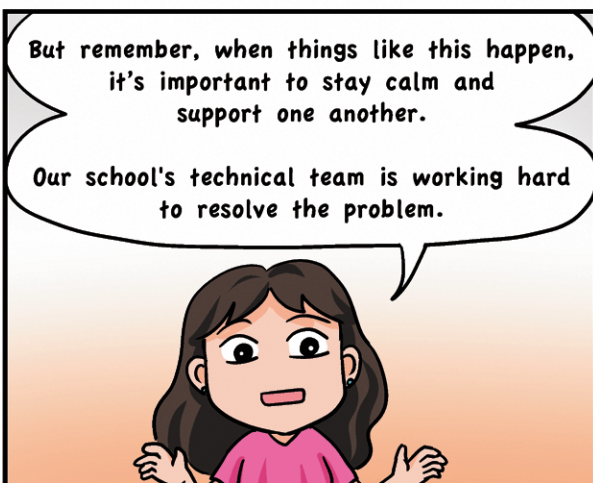


Does that mean someone has hacked
into our school network?

Are we going to
lose our work?

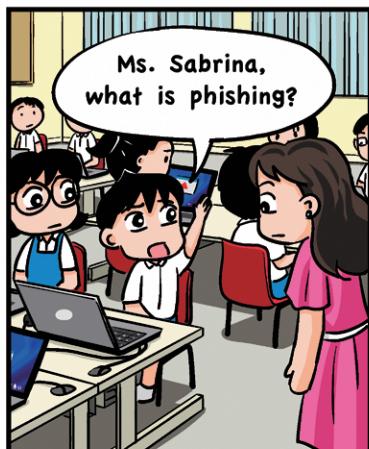
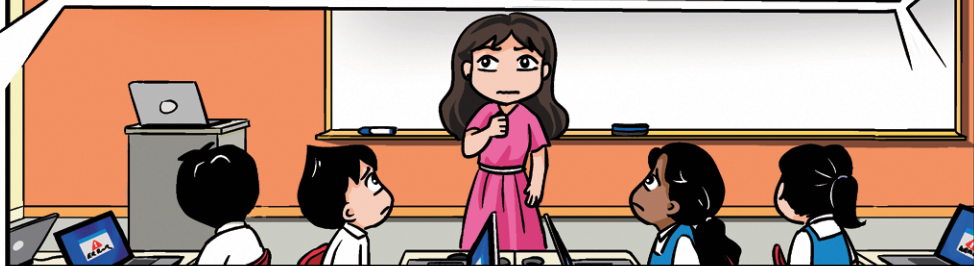
Oh no! I didn't
save my work!





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

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



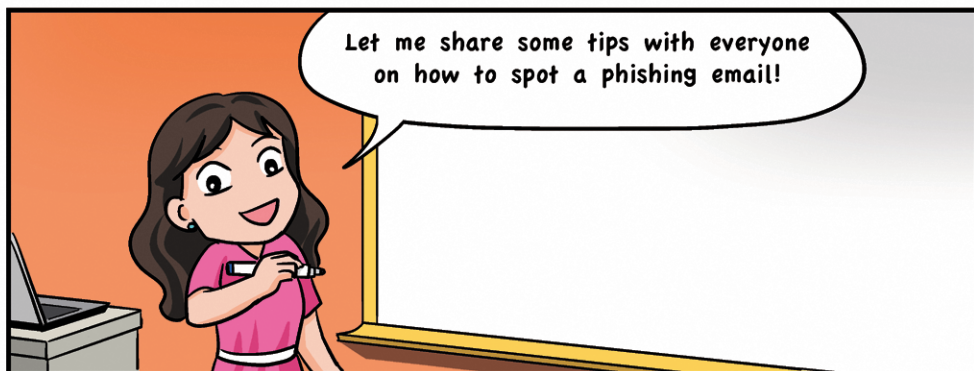
Phishing happens when scammers use messages that look real to trick people into clicking on links or sharing their personal information.



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



When we stay alert, we can protect ourselves, family and friends against such cyber threats. Plus, we're doing our part for Singapore's Digital Defence!



1. Think twice before clicking on rewards or prizes.

It probably is neither good nor true.



2. Check carefully for mismatched details.

Look out for wrong names, suspicious email addresses or fake websites, such as www.google.com



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

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



4. Never share your personal information online.

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



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

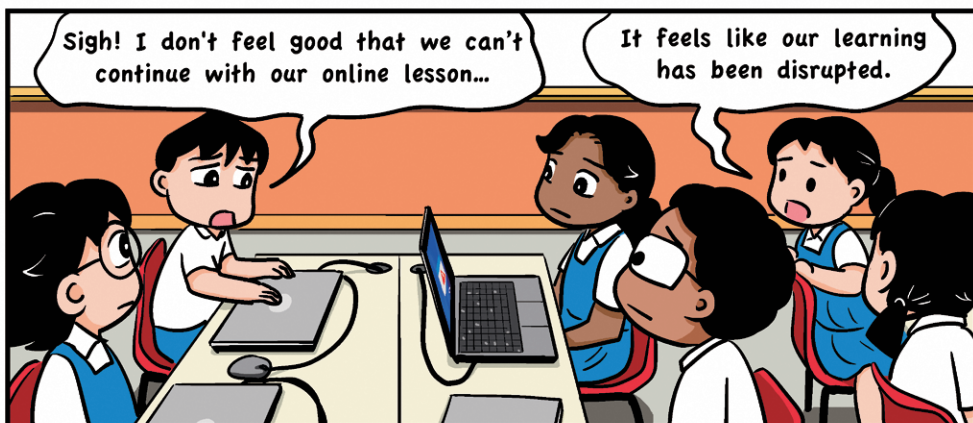
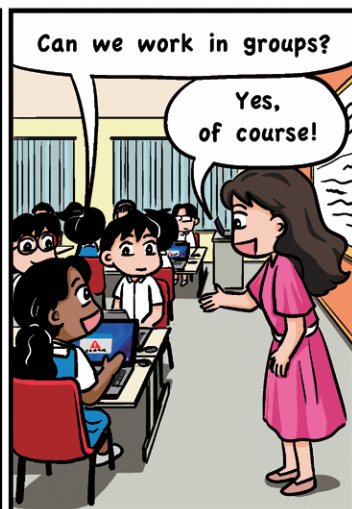
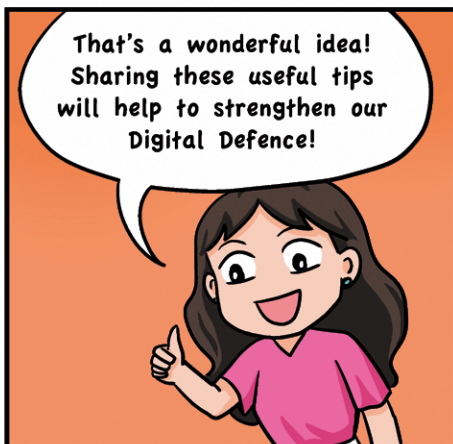
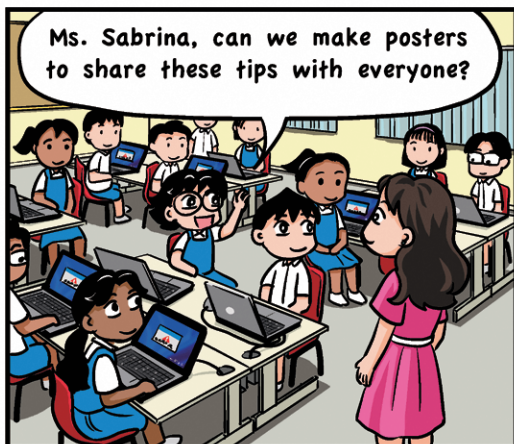
Always check with a trusted adult when you receive an unexpected email. Do not click on it.

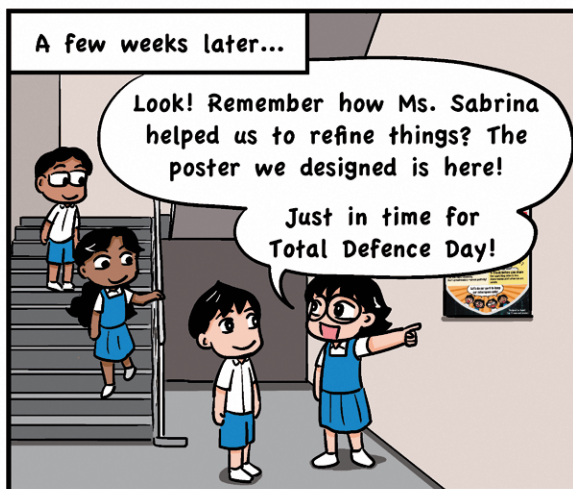
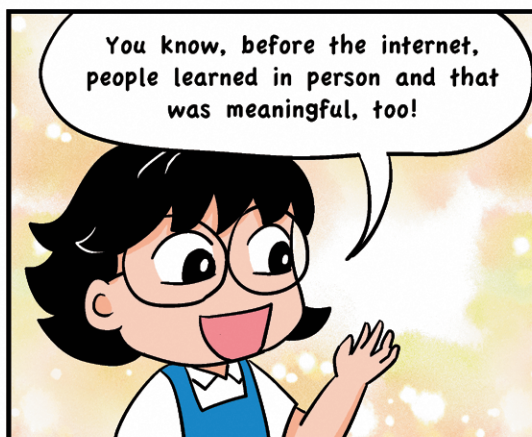


6. Don't open attachments sent by strangers.

They may contain harmful malware that can damage your computer.







DIGITAL DEFENCE



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



2. Watch out for scams
Think before you click!
Read the email carefully to see if it may be a phishing email.



3. Be kind online
Post and share responsibly.
Don't spread rumours—spread positivity!



4. Check before you share
Not everything online is real.
Ask a trusted adult when you are unsure.

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



Designed by Anjali,
Eva, Firman and Junhao

End

A-OK CHALLENGE

SOMETHING'S

PHISHY!

SCAMMERS WILL TRICK YOU INTO BELIEVING SOMETHING IS TRUE..

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



WHAT YOU CAN DO

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

EMAIL 1

From: Your teacher, Mrs Tan

Subject: Class Learning Journey

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

CHECKLIST

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



Safe or



unsafe?

EMAIL 2

From: LuckyDraw@contest.com

Subject: You won a free mystery box!

GREAT NEWS!

You've won a \$5 bookshop voucher from our school lucky draw. Click this link to fill in your details and get your prize now!

CHECKLIST

- ☐ The sender is not familiar to you.
- ☐ The email is unexpected.
- ☐ The message used urgent or threatening language.
- ☐ There is a suspicious link or attachment.
- ☐ It asks for your personal information.



Safe or



unsafe?



SINGA'S KINDNESS TIP

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

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

Email 2 - Unsafe

Sender is familiar, email is not unexpected, there is no urgent/threatening language in the email, message is clear, there is no suspicious links in the email and no personal information has been requested.

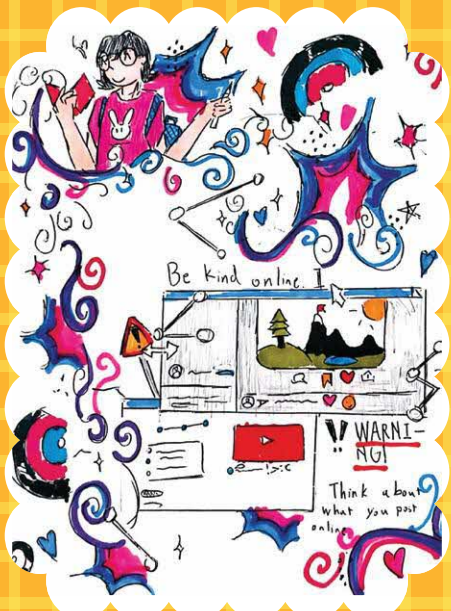
Email 1 - Safe

ANSWER KEY

FEATURED ENTRIES

THE A-OK CYBER WELLNESS CHALLENGE

ISSUE 4/2025



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



Be Kind online!



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



A-OK! MAILBOX



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

Share it with Singa!



Name: _____

School: _____ Class: _____

Home Address*: _____

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



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

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

Online

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

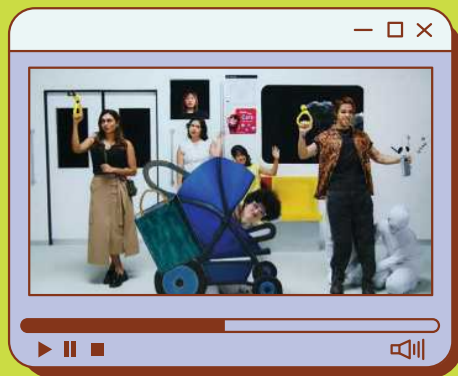
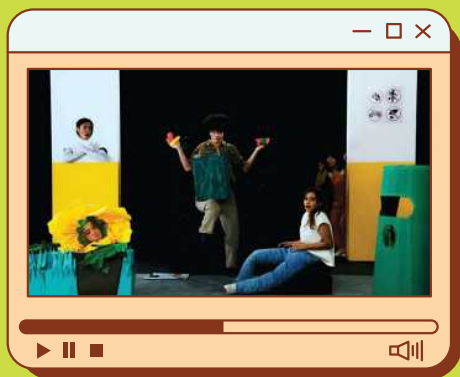
By Mail

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



Kindness Starts with Us

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



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

Think About It!



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



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



Dear Friends,

Exciting news, Kindness Champions!

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

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

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

Want to learn more? Visit fos.kindness.sg/primary

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

*Your friend,
Singa*

Talk to your
teachers and
sign up today!



A-OK!

Stickers

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



A-OK!

Stickers

