

HEALTHY NUGGETS FOR A HAPPY CHILD





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Preface

Healthy Nuggets for a Happy Child aims to be a publication for our children and by them. It provides a platform to reflect children's voices amidst adult recommendations of bite-size tips to help children manage daily challenges in the domains of self, home and school.

Through the publication, we hope to develop the children's **social and emotional competencies** i.e. recognise and manage their emotions, develop care and concern for others, make responsible decisions, establish positive relationships, as well as to build up effective coping skills.

We also hope that the publication can be an additional resource for **teachers** in the classroom to seize upon incidental teachable moments or for further extension of learning during structured programmes such as Form Teacher's Guidance Period (FTGP).

May the publication also serve as a useful resource for **parents** to extend learning at home as they journey with their children and guide their young in the self-exploratory and self-discovery process.



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2011

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Foreword

Children growing up today face tremendous obstacles that can be more challenging than ever. Pressures on children come from a variety of sources, such as study stress, family and peer relationships. These pressing issues in their formative years present an unpredictable world to our children that threaten to rob them of their hope and short-change their potential. As we look towards the future, it is important to help our children model the appropriate attitude and qualities so that they are prepared for the potential challenges ahead of them.

This publication will help to build a foundation for resilience, possibilities and happiness in a child and hopefully raise and shape a generation of connected and confident children. This easy-to-read self-help book will help our children manage their thoughts and emotions, build their inner resilience and move confidently into the future. I would like to affirm the good work of the school counsellors in putting together this publication in a simple language that explains hard concepts in a friendly way. I also wish to commend the contributions of our cluster primary school pupils in sharing their experiences through the wonderful illustrations in the publication.

To our young charges, read on and know that you are not alone. Have a go and practise these positive nuggets of self-care. You can be the Happy You if you want to and all of you should aspire and be motivated to live a happy life always!

Mr William Pushpam
NI Cluster Superintendent
Schools Division
Ministry of Education



Healthy Nuggets For A Happy Child



Dear Children,

Healthy Nuggets for a Happy Child is specially written and compiled for you. As the title suggests, it contains nuggets of bite-size ideas about issues that are relevant and close to your heart; they are easy to understand and most ready for you to take away and apply in your everyday living.

Check out some of these tips which will help you discover more about yourself as you learn to talk about and explore your feelings, be confident and embrace everyday challenges with an open mind and a positive spirit. If you have found the information to be helpful, you may even want to share the **Healthy Nuggets** with your family and your friends from other schools.

More importantly, we hope that the **Healthy Nuggets** will help you to be happy and healthy.

With love,

The N1 Cluster Primary School Counsellors

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About Me

Who am I?

Hey Children, how much do you know about yourself? If you have to introduce yourself to others, what will you say about you?

Check this out to find out WHO YOU ARE:

- What's your name?
- How old are you?
- Who's there in your family?
- How do you spend your free time?
- What are your hobbies / interests?
- What are some of your wishes / dreams? Name three of them.
- How will you describe yourself? Think of three adjectives...
- What are some of the things that you are good at / not so good at?
- What are some of your fears?
- What do you like / not like about yourself?
- How are you feeling today? Do you feel this way most of the time?

Did answering some of those questions get you thinking about knowing yourself better?



The Confident Me

What about Me?

When you look into the mirror, what do you see in your reflection? What do you think of yourself? How do you feel about yourself? What do you like / not like about yourself?

Your **self-esteem** is what you make of it!

Self-esteem is about:

- How you **think** and **feel** about yourself (E.g. loving yourself and accepting who you are)
- How you **value** yourself and knowing what you can **achieve**

Self-esteem is **not**:

- Boasting about how super you are or
- Thinking that you are perfect

It is more about knowing that you are **unique** (special), you are important; worthy to be loved and accepted by others.



Why is self-esteem important?



It is important to have a **positive** self-esteem because:

1. You know you are being **loved and accepted** for who you are.
2. You have a **"can-do"** attitude; you are confident to try new things and learn from your mistakes.
3. You set **realistic goals** and you are proud of what you can achieve.
4. You have **good relationships** with the people around you. You enjoy being with your family and friends.
5. You are able to make **good choices** and **wise decisions**. You do not follow blindly what others are doing. For example, you stand firm and do not fall prey to peer pressure.



How can I build a positive self-esteem?

1. Know what you are good at

Be it roller-blading, sketching, having a good memory of places and directions, solving riddles and the list goes on. Take note of your **strong points and success**. Invite your family, teachers and friends to add on to this list. You may be amazed at the dozens of things what others think you are good at.

2. Say one positive thing about yourself everyday

Give yourself **a pat on the back** everyday by saying at least one positive thing about you. Be specific about it. For example:

- *I help my mum put away the dirty laundry in the washing machine without her asking me.*
- *My friends say that I have a great sense of humour. They enjoy being with me. I cheer them up and bring laughter to my friends.*

3. Love and accept yourself for who you are

There are things that you can work on and strive for improvement. For example, paying more attention in class to better your grades; putting in more hours in the pool to improve your swimming strokes. On the other hand, there are things about yourself that you cannot change. For example, your skin colour, height and shoe size. **Love every bit of you** and putting these parts about you together makes a **special and unique** you!

Remember

You have a part to play in building your self-esteem. You can **decide** how you think and feel about yourself. **You have a choice** and it is within **your control**. When you have a positive self-esteem, the more you are resilient (being strong and happy). You are worth a lot. In fact, you are **priceless**.



I'm Feeling...



Seeing red, feeling grrr
Feeling sad, feeling blue?
Feelings come, feelings change,
they're always on the go
Do you let your feelings show?
Hey, how do you know?
Scared, sad, mad and not too glad?
Nah, it's not that bad.
Not to worry,
Tell somebody...
Yeah!



Hey Children,

What do you think of the above poem? Ever felt like you're riding on an emotional roller-coaster? That means, one moment, you feel like you're soaring high into the big, blue sky and the next, you feel that you are out of control and spiralling all the way down into a bottomless pit.

Wheeeeee

Our feelings are how we behave to the happenings around us. We use words to help us describe our feelings.

For example, sad, scared, mad (angry), glad. As the events around us are constantly changing, our feelings change too.

It is natural to laugh when you feel happy. It is okay to cry when you feel sad. **It is important to know how you are feeling and why you are feeling that way.** Sometimes, It may not be easy to understand your feelings.

Feelings are not permanent, feelings change. **The better we know about our feelings, the more we know about ourselves.**

It is also important that we learn to express our feelings in ways that are helpful to us and others.



What do some children say about their feelings?

When this child feels **happy**, it helps her experience other positive feelings too:

Hilarious

Awesome

Positive

Pleasure

Yuletide



Another child explores the **different faces of feelings** in his drawings:



Sad



Scared/Fear



Stress



Angry



Embarrassed

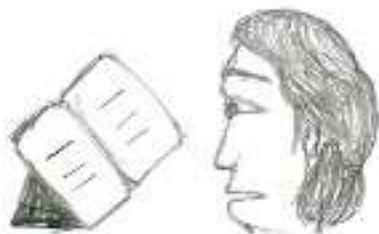


This child uses the **initials** of her name to express her different feelings:



This child compares her feelings to having a great time **reading a good book**:

Feeling
Excited,
Ecstatic,
Lively and
Interested in a
Novel that makes us
Grin



How Are You Feeling Today?

Knowing how you feel helps you to learn more about yourself. You are **in charge**. You can keep your feelings from going out of control.

Have a go and match each word with the suitable feeling.
(Turn to the centre page for the stickers.)



Angry



Shocked



Hurt



Contented



Shy



Victorious



Tearful



Playful



Confident



Managing and taking charge of my feelings

Some children are not easily affected by their feelings. Others may react very strongly to some things that happen around them. Fret not. You'll be learning how to **keep your cool** and prevent your feelings from reaching boiling point.

These are some ways to help you manage and take charge of your feelings:

Talk to someone



Write about how you feel. E.g. in your journal



Play a musical instrument



Listen to your favourite music



Read a book



Doodle or draw



Get some exercise. Play a game or take up a sport.



Think positive!

I'm going to give it a try...
I can do it!
I can ask someone for help...



Sometimes, crying helps...



It is okay to cry. Crying is one way to express your feelings. But, crying all the time will not help in managing your feelings. Instead, **calm down** by taking a few deep breaths. When you are ready, go and **talk to someone you trust** such as your parents, teachers, or the school counsellor.



What some children say about managing their feelings:

I talk to my **mother** when I am not happy. She tells me how to manage my feelings.



The **school counsellor** is someone we can talk to. She encourages us and gives us helping tips.



When I feel sad, I will strum the guitar and play my favourite song.



When I'm sad, I play soccer with my friend. I feel better after playing.



Remember

Take time to listen to your feelings and know how you feel. **Talk and work it out.** The better you become at managing and taking charge of your feelings, the more you will feel good and healthy. You will love yourself and enjoy being who you are.



My Family My Home

Hey children,

how do you like this drawing by an 8-year-old of her family? They sure look like one big happy family, don't they? Besides Dad and Mum, she enjoys the company of her three siblings too.

Wow~

Have you heard what the acronym **FAMILY** stands for? Some people say it means **F**ather **A**nd **M**other, **I** **L**ove **Y**ou. I am sure your parents love you dearly too.

In this nugget, you are going to learn about how you and your family can get along well with each other to build a strong and close relationship.



GETTING ALONG WITH MY PARENTS

Your parents love and care for you since you were a little baby and they want the best for you. They are the most important people in your life. You may not like the rules they have set for you but these are necessary to protect you until you are ready and mature to make responsible decisions on your own. Sometimes, you may feel that they do not understand you and this may affect your relationship with your parents.

Here are some **tips** on how you can get along better with your parents:

1. **Talk it out: Share with your parents**

Your parents care about you. They are interested to know how you are getting on.

Start off by talking to your parents about **everyday things**. For example, there is a new stall at your school canteen which serves your favourite spaghetti and how you drool as you wait in line to tuck into the yummy dish. Or there is a new CCA in school – The Magic Club and you're thinking about giving it a try at the auditions.

The more you talk to your parents, the closer and stronger you grow in your relationship with them. Talk to your parents in a calm voice. Yelling and saying angry words do not help. They block communication and can hurt relationships. Your parents are more likely to listen to you when you learn to ask instead of demanding what you want.

2. Hear them out: It's a two-way communication

When you respect your parents, you value their opinions and will hear them out. If you disagree with them, tell them what you think and how you feel. Be willing to **hear** their side of the story.

Remember

Your parents also need to be heard and understood by you.



3. Honesty is the best policy

Honesty is the key to earn your parents' **trust**. When you are honest, you tell the truth and you don't hide.

Remember

Actions speak louder than words. Do not make empty promises. If you are honest and responsible, it will be easier for your parents to hear you out, trust that you are sensible and can be depended on to make responsible decisions. Earning their trust, it will be easier for them to give you more freedom and as you grow older.



GETTING ALONG WITH MY SIBLINGS

Your siblings take your things without your permission. Yipes!

Your parents ask you to give in to your younger siblings because you are the older one. Humph...

Your older sibling tells you what to do and demands, for example, to have more time on the computer. Grrr...

You have a new baby brother / sister in the family. Suddenly, everyone's attention is on the new member. You feel left out and sort of jealous. Sob...

Does any one of the above-mentioned sound familiar to you? *Phew!* You are not alone.

Sibling rivalry is common. Siblings compete amongst themselves; they fight for things ranging from toys to getting their parents' attention and time. But, it is important to get along with your siblings because they will always be a part of your family; they are your **friends forever**. Read on for tips to keep peace and harmony in your family.

Tips for managing sibling rivalry:

1. **Taming the green-eyed monster in you.** Yes, watch your feelings. You are probably trying to compete for a place in your family. You feel jealous as you compare yourself with your siblings.

Think again: Instead of focusing on what you DO NOT have or who you ARE NOT, concentrate on what you DO have or who you ARE and excel in your strengths. You do not have to be excellent at the same things your siblings are good at. Each of you has different talents.

You are special and unique in your own ways. You don't have to always come in first in your family. Celebrate and enjoy the success of your siblings too. Be happy and contented.

- 2. Playing favourites?** Your parents cannot treat you and your siblings equally because all of you are different. Your parents will probably treat each of you **fairly rather than equally**.

For example, an older sibling may be given more responsibilities (e.g. helping with household chores) and privileges (e.g. catching a movie with friends) because of his age. A younger sibling is more dependent and needs more time and care from the parents (e.g. feeding, bathing, etc.)

The next time you complain that your older sibling gets more freedom than you, remember that your turn will come. You will get more freedom as you grow older, especially when you are more responsible and trustworthy.

Ask for "Only Me Time" with your parents. For example, an uninterrupted 10 to 15-minute **alone time** for you to talk it out, hear them out and work it out with your parents. Practise the tips that you have learnt in the previous chapter about getting along well with your parents.

Visit the following website to hear what other children say about sibling rivalry: <http://pbskids.org/itsmylife/index.html>*

When my parents are not talking

When the marriage of some parents fail, they may decide to go separate ways, they get a divorce and end their marriage. Their children may be shocked as they have not expected their parents to split up. They may also feel sad, scared, confused, angry, or have other feelings.

Some children have **mixed feelings** about their parents' divorce. They feel sad. At the same time, they may feel guilty that they are relieved for some peace in the family as they do not have to see or hear more fights between the parents.

Three important points to know:

- 1. Forever Dad and Mum.** When dads and mums divorce, they end their relationship as husband and wife to each other. Divorce is between them. Being away from one parent and not staying together under the same roof does not change the fact that **dads and mums will always remain as their parents**. They still love their children very much.
- 2. Stop the blame game.** Some children fault themselves for their parents' divorce. They blame it on their poor grades or bad behaviours at school. There are different reasons why dads and mums decide to divorce. It is important to know that **children do not cause divorce**. Remember: Even if the parents argue about their children, they are still not the cause of the parents' divorce.

- 3. Stop fixing divorce.** Some children think that their parents will get back together if they try very hard to behave themselves or get good grades at school. It will probably make their parents happy but that does not mean they will get back together. Doing the opposite will not work either. Some children think that by misbehaving, their parents will have to get together to talk about these problems. Remember: Children do not cause divorce in the first place.

Children of divorced parents are not alone.

There are **community resources** to lend a listening ear and a helping hand:



"Rainbows... from Hurt, through Healing, to Hope."

- 1. RAINBOWS** is a peer support programme for children and adults who have experienced death, divorce, separation and abandonment. Some schools offer the RAINBOWS programme. Check it out with your school counsellor.
- 2.** Alternatively, the children may also ask their parents to contact HELP Family Service Centre at the following site for information and help: <http://www.helpfsc.org.sg/Prognserw/RAINBOW.htm>*

When I'm alone at home

Have you ever watched the movie, "Home Alone"? A young boy was sent to bed in the attic as a punishment for playing nasty pranks on his brother. The next morning and to his horror, he found that he had been accidentally left behind while

his family went on a vacation. He had mixed feelings about being alone at home. At first, he was happy as he had the whole house to himself. At times, he was just plain bored. Sometime shortly, he was lonely and missed his family dearly. Then he became afraid as he had to deal with two burglars who broke into his house. Well, do you have similar feelings too when you are home alone?

Safety guidelines when you are alone at home:

Different families have different rules for their children. Are the following guidelines similar to yours at home?

- Inform your parents of your whereabouts.
- Know who to call. Keep a list of important emergency numbers. E.g. contacts of parents and grandparents, school's contacts, etc.
- Rules for self-discipline. Discuss with your parents over rules regarding the use of the TV and computer.
- Friends are not your family members. Check with your parents if friends are allowed to come over and if so, how many and for how long? And what are the activities you can do with your friends at home?
- Go over safety rules for the use of the kitchen with your mum. It is a good idea to practise what you would do in a real emergency.
- Keep all doors and windows locked.



- It is not a good idea to tell someone that you are home alone. Role-play with your parents what you can say or do if the phone rings or if someone knocks at the door.
- If you return home and the door is open, or a window is smashed, don't even peek inside. Instead, call your parents or approach a trusted neighbour for help.

A suggested schedule when you are alone at home:

Once your parents have decided on the safety guidelines, you may find it helpful to plan a schedule with your parents. That way, you will know what is expected of you each day when you are home alone. A schedule might look like this:

3:30pm - 3.40pm	Call Mum or Dad
3:40pm - 4.00pm	Have a shower and a snack
4:00pm - 5.00pm	Do homework
5.00pm - 6.00pm	FREE Time!
6.00pm - 6.15pm	Set the table for dinner
6.15pm - 7.00pm	Have dinner with family



Managing My Time

Homework, CCA, remedial class, enrichment lessons, tuition, update blog, watch TV, chat with friends, sleep... *Whoosh*... So much to fit into a single day! Do you ever feel like you can never have enough time to do all the things that you have to do and want to do?

- Have-to-do are things that have to be done i.e. our responsibilities
- Want-to-do are things that we enjoy doing



Have to Do	Want to Do
<ul style="list-style-type: none"> • Personal hygiene • Eating well and getting enough sleep • Studies and homework • Family chores. E.g. making your bed, helping with the dishes 	<ul style="list-style-type: none"> • Hobbies and Interests • "Me" Time and time with family and friends

Learn more about how to manage your time by completing a crossword puzzle. Have fun and go to: www.pbs.org/timemanagement*

How else to spend my time wisely?

Try the following tips and see how your home alone time can be meaningful:

- Read a book or magazine
- Pick up a hobby. E.g. baking, origami, play a musical instrument, grow a plant
- Ask your parent if you can learn to be responsible by keeping a pet – hamster, turtle, fish, etc.
- Spend time outdoors. E.g. learn a new sport such as cycling, swimming, etc.

Be cyber smart and cyber safe

When you are home alone and spending time online, here are a few simple but important guidelines to keep you safe in cyber world:

1. **Choose your online friends wisely.** Making friends online are not the same as making friends in real life. Do not agree to meet an online friend in person or provide personal information about yourself without checking

with your parents. It is dangerous because some people pretend to be kids online but are actually mean adults.

- 2. Keep your password secret and safe.** Do not share your password with anybody because if someone can sign in as you, you have no control over what they do or say. To keep people from guessing your password, do not pick something easy like your pet's name or your favourite celebrity. To create a super secret password, pick two words and add a number to it. For example, *luckybear7*. Do change your password every few months.
- 3. Visit only safe sites.** Ask your parents and teachers to guide you to the suitable sites for you. Many sites allow you to play games and have fun without asking you to create an account. If you need an account and password, check with your parents first.
- 4. Report bad or strange online behaviour.** Some people use a screen name to hide their identities to bully others in cyber space. They either do it for fun or they may do it out of anger. It is mean and hurtful to cyber bully. Tell your parents or teachers right away if someone makes you feel uncomfortable.

Visit the following sites and you can play interactive quizzes while learning more about cyber safety:

<http://www.planetcrush.org/newsletter/index.htm>*

www.cybersmart.gov.au*

www.e-learningforkids.org/Courses/EN/SIU_Kids/index.html*



When I'm in school...

Recess

Friendship

Homework Fun

Knowledge Play



Stickers

HOW ARE YOU
FEELING TODAY?





Stickers

Healthy
NUGGETS
For a HAPPY child



My Friends and I



Getting along with my friends

How are you getting along with
your friends?

Having difficulty in making friends?

Feeling lonely or rejected because
your friend says, "I don't want to
friend you."?

Read on for **tips** about
making friends and keeping
that treasured friendship going
strong and steady.

What are friends for?

Friends are like **gems**. They come in different colours and sizes. They can have different interests and talents. They may come from different cultures and celebrate different festivals.



Friends are people you can share your **feelings** with. They are there with you when you feel happy and when you feel down. Friends laugh and cry with you.

When you are sad, friends **cheer you up** by comforting and supporting you. They can also **calm you down** when you are upset or angry.

No man is an island. That means we depend on one another. Everyone needs a friend. Friends bring warmth and joy to us. They enrich our lives.

How do I choose my friends?



Hear what some children say about the **qualities** that they look for in a good friend:

- A good friend is **honest** and will not lie.
- A good friend is a **loyal** friend.
- A good friend can keep secrets. He will not betray those who trust him.
- A good friend is **kind and respectful**. He does not hurt others by being mean, rude or insulting.
- A good friend gives **good advice** that will not get me into trouble with my parents, my school and with the law.
- A good friend **encourages** me when I am feeling down.
- A good friend **believes in me**.
- Choose friends who do not have harmful behaviours like smoking, stealing, etc.

How do I make friends?

Some children are quiet and shy. They may find it hard to take the first steps to make friends. Other children who are talkative and outgoing may also have difficulty to make friends.

Listen to what some children say about their **efforts in making friends**:

I ask other children if they want to play catching, basketball or other games.



I bring my Beyblades and ask if anyone wants to play with them. I share my book with my



friend if he forgets to bring his book. I also lend my friends stationery like eraser or sharpener.



I enjoy talking to my friends. I also help them with their school work when they have problems with their homework.



What others say:

I comfort my friends when they are scared or sad.

When I need help, I pluck up my courage to ask. Then, we start talking and become good friends.

What can I talk to my friends about?

I like to sing and act. I talk to my friends about games and television programmes. For example, my audition for Okto Channel's *One Minute of Fame*.



I want to know more about my friends so I ask them about their families.

Remember

You can think about the things that you want to talk to your friends. Start off by talking about something you have in common. Otherwise, talking about the different hobbies, interests, talents that you have are good ways to start off a conversation too. Give it a try! The sky's the limit. You can talk about everything under the sun.



How do we stay as friends?

Having friends is great. How do you keep your friendship going strong and steady?

Some **challenges** to maintaining friendship are:

1. When my friend says "No" to me or disagrees with me:

When a friend says "No" to you, it may not mean that he dislikes you or he is being nasty. **Talk** to your friend to find out more so that you can understand the situation better. Similarly, if he disagrees with you, both of you probably have different ways of thinking about the same issue but he is not rejecting you as a person.

2. When I need to say "No" to my friend:

- Tell your friend politely that you will reply to him later. Take time to think through your reply.
- Be polite and firm when you say, "No". For example, "I'm sorry I cannot lend you my pencil." Explain your reason if possible. For example, "This is my only pencil and I need to use it now."



Offer your friend an option, if possible. For example, "Would you like to borrow a pencil from Sam? He has extras to spare."

3. When my friend wants his way and I want mine:

You and your friend may have different ways of seeing the same issue and therefore you may have different ways of doing the same thing. For small matters, you may let your friend have his way or you can play the game of "scissors, paper, stone" to decide who gets his way.

However, if the matter is very important to both of you, it is helpful to do the following:

- i. Listen to each side without interrupting or making judgment
- ii. Think of possible solutions which meet the needs of both sides
- iii. Think carefully about each solution
- iv. Select and carry out the best solution
- v. Check if the solution works and switch to another solution if needed

4. When I feel hurt and disappointed with my friend:

Sometimes, you may find that your normally nice friend is difficult to get along. Your friend may say nasty things to you or sulk and refuse to talk to you. Being ignored by your friend can feel worse than being shouted at. Can your friend be upset about something which happened earlier? Can he be offended by something you said or did without you knowing it?



What can I do?

- Talk to your friend. It will help you understand his behaviours towards you. It also helps both of you to clear any misunderstanding.
- Share with your friend about how you feel. For example, you feel sad, hurt, disappointed, etc.

Bully-proof me?

You have probably heard about what bullying is and may have seen the ugly behaviours of bullying. Read on to understand more about bullying and what you can do to be **bully-proof**.



What is bullying?

Bullying is when someone **repeatedly** does something or says things to **hurt** or cause **distress** to another person. Bullying can cause a lot of harm.



What are the different types of bullying?

1. **Verbal bullying** is about saying unkind words to hurt another person. For example:

- Name calling
- Mocking
- Making vulgar remarks
- Using threats



2. **Physical bullying** is about harming another person's body or destroying his belongings. For example:

- Hitting, kicking, shoving
- Extortion
- Throwing of things; hiding or damaging another's belongings



3. **Social bullying** is about isolating a person from a social group. For example:

- Telling others not to be his friend
- Excluding him from group work, play and social gathering e.g. parties
- Ignoring him on purpose
- Spreading rumours about him



What can I do if I'm bullied?

Here are some children's ideas about helping themselves to be bully-proof.

I will make sure I am not alone with the bully. I move around the school with my friends.



I will make sure that I am near an **adult** to get protection. For example, I will sit near the driver if the bully is in the same school bus as me.

I will **avoid** the bully. I know where he is during recess. I will not go and sit at that table.

When someone is rude to me, I **ignore** him and walk away.

I will tell the bully to **"stop it"**. I warn him that I will tell my teacher if he continues.

I prefer to tell my best friend and we **think** of how to solve the problem together.

I will **tell** my teacher, parents or the school counsellor.



More tips on how to be bully-proof:

1. **Keep your cool and walk away.** Do not retaliate (do something bad in return). It is natural for you to get angry and want to get back at the bully. However, you will only make matters worse if you end up in a fight, hurting yourself or the bully.

2. Suffer no more in silence

Speak up and **tell an adult** you can trust e.g. your parents, teachers or the school counsellor. If the bullying takes place within a school, these trusted adults can work together to think of a plan to keep you safe.

Remember

Every child has the right to feel safe, be respected and happy.

**3. Be an effective bystander**

You watch your classmate being bullied. You are scared to help because the bully might come after you. If you do nothing but stand and watch, you are sending a message that you agree with the bully's behaviours and that bullying is OK. You can certainly help by **reporting the incident** to an adult near by. You are not confronting the bully directly. The **adult** will take over from there.



4. Be a friend to the victim

Bullies usually target people who are alone. You can invite the victim to join your group of friends so that he will not be alone. You can also keep him company by walking with him to the bus stop.

Remember

The bully needs help to stop his bullying behaviours too.





If you have encountered any of the above-mentioned, you have been **cyber bullied**.

What is Cyber Bullying?

Cyber Bullying is about causing intentional and repeated harm to another person or group of people through the use of the internet, mobile phones or other electronic devices. (http://www.bullyfreecampaign.sg/cyber_bullying/)*



What if I'm being cyber bullied?

Some children say...

I will **ignore** the emails, messages, or postings that use hurtful language.

I will not forward the messages to others. I will ignore them.

I will show the offensive messages to the **adults** I trust - my parents, teachers or the school counsellor. They can help to block communication from the cyber bully.



Check out the website posted by the **Singapore Children Society's Bully-Free Campaign** on more ways to prevent and stop cyber bullying: http://www.bullyfreecampaign.sg/cyber_bullying/*

Learning my ABC, Managing my Homework

I would do anything except my homework...

So much homework, but so little time...

Why can't I do homework and watch TV at the same time?

Help! My homework's piling up... Homework makes me puke!

Does any of the above sound like you? If so, you are not alone. Here are some **tips** to have your homework done so that you can get on with your play and fun:

1. Instead of procrastinating, which means to delay doing your homework or putting it off, draw up a **schedule**. Set aside time each day to do your homework as well as time for rest and play. After a long day in school, it is tiring to plunge into your homework straight away. Take a nap or have a shower so that you can be refreshed.
2. Remember to take **short breaks** between doing your homework. For example, take a 5 or 10-minute break after every 30 minutes or 45 minutes. It is also easier to do your homework in sections rather than slog through the entire pile over a long stretch of time. For example, try completing the multiple-choice questions and take a break before moving on to the short-answer questions.



3. Do your homework at the **same place** everyday. When your body gets used to doing homework at the same place everyday, you have developed a **good habit** of doing homework regularly. It becomes an automatic daily **routine**. You no longer need repeated reminders from your parents and teachers.
4. Select a **quiet** area with no distractions such as the television, the computer or your bed. It is difficult to concentrate when you watch TV and do your homework at the same time. The more you focus, the easier it is for you to complete your homework.
5. Ask for **help** when you don't understand how to do your homework. Your teachers are most happy to explain to you so that the task becomes clearer and homework does not become a chore for you. Alternatively, check with your parents, ask an older sibling at home or call a friend who is good in the subject.
6. Homework does not go away even if you choose to ignore it, hide it under your bed or stuff it in your cupboard. The more you procrastinate, the more your homework piles up. Before long, you have a mountain to climb and that will make it really hard for you to clear your homework.
7. Face your homework and embrace (accept) it. Adopt a **positive attitude**. Homework helps you to know what you have learnt in class. It also helps your teachers know what and how they can teach in the next lesson so that you can know more and learn better.
8. The **best thing** about homework is when it gets done; you have this sense of achievement. YES! Such a satisfied and wonderful feeling: *Wow-wee*... And off you go to your well-deserved fun and play.



Learning my ABC, Managing my STRESS

Negative
Thoughts?

Do you have **most** of the **symptoms** listed below? If so, you are probably feeling worried and nervous about something. In other words, you are feeling **stressed**.

Having
Nightmares?

Dizzy?

Filful sleep?

Ringing, buzzing
or popping sound?

Tense
Muscles?

Dry mouth/
grinding of teeth?

Butterflies
in the
stomach?

Feeling
breathless?

Diarrhoea or
constipation?

Racing heart
beat?

Wobbly
legs?

Sweating
a lot?

Trembling?



Is Stress Good or Bad?

Stress is good when it **motivates** you to work hard and give off your best to achieve your goals. For example, it is your turn to do a show-and-tell in class, worrying about it will probably motivate you to practise before the mirror. As the saying goes, "practice makes perfect". In the same way, if you worry about an upcoming test or exam, you are likely to revise your studies to prepare for it.

Stress is bad when it becomes too much for you to handle and it affects your everyday life. For example, when some children are stressed, they may not eat and / or sleep well, they may even fall ill. Some children become very nervous and worried and they are unable to turn up for school.

Some tips to cope with exam stress...

1. Know what to expect

- Be familiar with the **format** of your exam paper. For example, the types of questions such as multiple choice questions, short-answer questions, fill-in-the-blanks, essay writing, etc. Must you answer all questions or do you have a choice?
- Know the **duration** (length of time) of the exam paper and plan your time carefully to complete all questions.



2. Set realistic goals that you are able to achieve

- Discuss with your **teachers and parents** about setting targets for your various subjects. Let's say you want to improve your scores for one subject that you have been doing poorly e.g. 40%. You may want to set your initial target at 50% instead of 70% right away. It is important that you can see yourself progressing and doing well and to have a taste of achievement and success. Being too ambitious and setting unrealistic goals may make you frustrated and give up along the way.

3. Plan a schedule for your studies

- **Balance** your schedule of studies with time to rest, relax and play.
- Revise your work **regularly** and start preparing for your exam **early**.

4. Be healthy

- **Exercise** and have a **balanced diet**. When you exercise, your brain releases a chemical, endorphin, which helps you feel relaxed. **Ah...**
- It is important to have enough **sleep**. There is a proverb that says: Early to bed and early to rise, makes a man healthy, wealthy and wise.



5. Practise relaxation exercises

- **Deep breathing:** Put your hands on your belly. Take a deep breath through your nose slowly, and hold, 1, 2, 3, 4. Now, breathe out through your mouth slowly, *whooooooooosh*. Repeat five times.

Note: Your belly will rise as you breathe in deeply and become flatter when you breathe out through your mouth.

- **Muscle relaxation:** This exercise works by tensing and then releasing your muscles to help you relax. For more information, check it out with your **school counsellor**.

6. Sunny-side up:

- Staying **positive** and **happy** is key to coping with stress. There's always another way of looking at things. Every cloud has a silver lining. If I fail a class test, it's not the end of the world. Failure is the mother of success. I learn from my mistakes, I pick myself up and I move on from there.



Help!

Why seek help?

How to?

Thinking aloud,
Reasoning it out...
Ready and Steady,
I can overcome!



Excuse me, are you The school Counsellor?

Who is a school counsellor?

Apart from your parents and school teachers, a school counsellor is another trusted adult who you can talk to and turn to for help. School counsellors are trained to listen to children and help them with their problems. However, school counsellors are not magicians who wave a magical wand and your problems disappear into thin air. They will help you cope with your problems appropriately and handle the difficult situation positively.



How is the school counsellor going to help me?



The school counsellor can **help** you by:

- **Listening** to your problems that you may have with your family, friends and teachers
- **Guiding** you to think of possible solutions to your problems
- Listening to your feelings and helping you manage your behaviours. E.g. You were angry. You lost your temper in class and shouted at your classmates and teacher.
- Giving you **tips** on overcoming difficulties in your studies (e.g. I don't want to do homework, it makes me sick).
- Managing **time** and coping with **stress**
- Ensuring that you feel **safe and secure**

How do I see the school counsellor?

Each school has its own arrangement of its students seeing the school counsellor. If you wish to speak with the school counsellor, you may want to:

- Make an **appointment** directly at the counselling room with your school counsellor. Knock on the door and ask politely. Leave a note if the school counsellor is not in.
- Check with your **teacher** how you may see the school counsellor.
- Visit your **school's website**. Check if there is a contact number or an email address to reach the school counsellor.

Do I have to tell my parents and/or teachers that I'm seeing the school counsellor?

Your conversation with the school counsellor is private and **confidential** (secret). However, there are times that the school counsellor may need to talk to your parents and/or teachers so that they can work together as a team to give the best support to you. They want to ensure that you are safe and not at-risk of any harm.

Will other children know that I'm seeing the school counsellor?

School counsellors do not go around telling other people what you have told them. What you say in the counselling room remains between you and the school counsellor. Unless the school counsellor thinks that you or someone else may be in danger or is at risk of being harmed, then they will inform only those people who need to know e.g. your parents and/or teachers to **ensure your safety**.

I'm troubled. But, I'm not good at talking. I don't know what to say to the school counsellor...

Don't worry about knowing **exactly** what to say in the counselling sessions. You can always express yourself through drawings, writings, and imaginative play. School counsellors are trained to help you think about your thinking, listen to your feelings and assess how these thoughts and feelings are affecting your behaviours. They will also help you to be **relaxed** during the counselling sessions.

Help- Beyond School

You are feeling down and troubled. No one's at home and you hope that someone can hear you out. Don't fret... Help is only a tinkle away.



Dial the **Tinkle Friend Helpline*** for primary school children @ 1-800-2-744-788. It is **free!** You can call on weekdays from 9:30am to 11:30am and 2:30pm to 5:00pm. Your call will be answered by warm and friendly adults who are trained to listen to children in need. They will guide you to think through your problems so that you can come up with solutions to help yourself.

If you are between 9 to 12 years old, you may have received through your school, a Tinkle Friend Newsletter – **Buzz***. This newsletter is published every four months. Buzz gives helpful tips to children such as getting ready for a new school year, managing time and stress when exams are round the corner, saying "no" to bullying at school, making friends as well as handling misunderstandings or disagreements with other people.

If you and your schoolmates have not received a copy of Buzz, you may want to check it out with your **school counsellor**.



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