

Besides being role models themselves, parents seeking a good influence on their children can look to our nation's most iconic mascot, Singa the Courtesy Lion. Singa was created in 1982 to educate the public on courtesy, graciousness and kindness. Today, he resides in Kindsville with five other Kindness Cubbies. Parents, educators and children can check out their fun and interactive website at <http://kindness.sg/kindville> to learn more about different character values and the importance of having positive

attitudes. The Kindsville Times Junior, a free newsletter for pre-schoolers, comes with simple activities, fun comics and tips to engage your children.

Ms Esther Lim, who leads the Education Team at the Singapore Kindness Movement, believes that inculcating values should be fun, and the early years are important in laying the foundation for good character development. Here, she shares her top three tips for parents and educators to develop values such as kindness in their children.

**There's no better way than to lead by example when it comes to imparting positive values to children, says the Singapore Kindness Movement.**

# ACTS OF Kindness



## #1 VALUES ARE BEST CAUGHT THAN TAUGHT

Children learn by observing and imitating their parents' attitudes and behaviour. Make a conscious effort to practise kindness, and your children will follow.

## #2 SET HEALTHY LIMITS

Set clear and firm boundaries to teach children what is socially acceptable and appreciated. These help children regulate and manage their behaviours.

## #3 EVERY MOMENT IS A TEACHING MOMENT

Create everyday opportunities for your children to practise kindness and use the five magic phrases — 'Thank you', 'You're welcome', 'Please', 'Sorry' and 'Excuse me'. Acknowledge and affirm your children when they do it right! ♥

## Win A SPECIAL PRIZE, COURTESY OF SINGA AND THE KINDNESS CUBBIES!

**1 X TOP PRIZE**  
Two big story books, a Kindsville Activity Pack, a set of colour pencils, a magic words poster, a card game and badges.

**3 X CONSOLATION PRIZES**  
A Kindsville Activity Pack, a set of colour pencils, a magic words poster and badges.

**ACCORDING TO THE SINGAPORE KINDNESS MOVEMENT, WHAT ARE THE FIVE MAGIC PHRASES THAT SHOULD BE TAUGHT TO CHILDREN FROM AN EARLY AGE?**

Please visit

<https://www.ecda.gov.sg/growatbeanstalk/Pages/Survey.aspx?itemId=17>

to submit your answer and enter the contest by 31 May 2016.



Grow@Beanstalk website is full of practical articles and inspiring stories for parents and educators. Visit [www.growatbeanstalk.sg](http://www.growatbeanstalk.sg) for more!

With our mobile app, APParent in SG, look forward to new parenting tips every week through a push notification. Available in App Store and Google Play.

Beanstalk is now available on Facebook! 'Like' our Facebook page at [www.facebook.com/BeanstalkSingapore/](http://www.facebook.com/BeanstalkSingapore/).

# labour of LOVE

**Dad, help your child make this pretty and tasty snack for Mum on Mother's Day (8 May).**

There is no better day than Mother's Day for dad and child to whip up something special for mum. Putting this 'heart' sushi together takes a little bit of patience, but the end result

is a smile on mum's face. This will definitely be worth the effort. Making this together is great for father-child bonding, and will make everyone appreciate the role mothers play even more. ♥

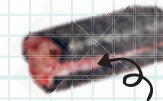
### FOLLOW THESE STEPS



1 Shape 100g pink rice into a 10cm long cylinder.



2 Wrap with 2/3 sheet of seaweed and use the sushi mat to shape the roll into a triangular shape.



3 Make a shallow cut on one side of the roll using a knife.

4 Fold the 1/8 sheet of seaweed lengthwise in half and place it into the cut space to define the heart shape.

5 Fill the gap with 15g white rice.



6 Spread 90g white rice on the joint sheet of seaweed, leaving a 5cm gap at each end.

7 Place the heart-shaped roll on the rice, cut-side down.



8 Start rolling up the roll. Use the remaining white rice to fill any gaps before closing the roll.

9 Cut the roll into 4 pieces.



## OPT FOR A HEALTHIER CHOICE

Swap white rice for whole grains that are rich in fibre, vitamins, minerals and various phytochemicals beneficial for a child's growth and development.

For this recipe, the Health Promotion Board recommends using red cargo rice to form the heart, and brown rice for the rest of the sushi. To find out more about the benefits of whole grains, visit [www.hpb.gov.sg/HOPortal/health-article/6360](http://www.hpb.gov.sg/HOPortal/health-article/6360).

This recipe is taken and adapted from *Kawaii Deco Sushi*, available at all major bookstores.



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### WHAT YOU NEED

- 1 sheet (19cm x 9.5cm) + 1/3 sheet of seaweed, joined
- 1 x 2/3 sheet of seaweed
- 1 x 1/8 sheet of seaweed
- 125g white sushi rice
- 100g pink sushi rice (85g white sushi rice + 15g pink fish floss/sakura denbu)

### USE THESE TOOLS

- Digital kitchen weighing scale
- Bamboo mat
- Kitchen knife (adult's help required)

MAKES 4 PIECES

DIFFICULTY LEVEL

