

The Best of You

Introduction Deck for Schools

Why are we doing this?

We want to inspire more appreciation, gratitude,
and compassion.

These are the key ingredients to happiness.

And what better place to start spreading these values
than in a school?

We want to inspire appreciation.

Appreciation for the people in your life.

Appreciation for the experiences you have had.

Even appreciation for yourself!

How?

Simply tell us a story about how someone, or something, brought out the best of you.

Share your story and inspire others.

As a teacher or student,
your story matters.

Every story has the power to make an impact
on the world.

More importantly, every story can persuade someone to reconsider and overcome common and often cruel stereotypes of various marginalised communities.

These stories allow us to see people and appreciate them as who they are, to appreciate them for our shared humanity.

After all, appreciation knows no boundaries.

Here are some of the stories that we have received.

Some of them are
by educators like yourself.

Derrick Hoi

"When my cousins and I were young, you gave us free tuition weekly to help us in Math even though you were also swamped with your work when you were a teacher at Raffles Girls' Secondary School. You brought us out for movies, allowed us sleepovers at your place, taught us to fix jigsaw puzzles and bought us gifts on our birthdays and Christmas. You gave me advice about teaching as a career and when I took teaching as a career, you guided me during my practicum."

A principal at Swiss Cottage, Derrick takes this chance to thank his aunt, who manages to be a pillar of strength for the family while grooming the next generation as a secondary school teacher.



Patrick

"By then, all my friends had been expelled. I was the only one left. Mrs. Steve, my school's discipline mistress, wanted to speak with me. So I did. And what she said lives with me till today. "I see a spark in you - don't throw that away. I love you like a son.""

Growing up, Patrick rarely heard a word of affection from his family. But love often comes in the most unexpected ways. In Patrick's case, love came from an unlikely figure, his school's discipline mistress. And it's changed his life for the better.



<http://www.the-best-of-you.com/patrick>

Siti Rahayu

"I want one of my kids in Chow Kit to become a future leader."

Siti's the co-founder of Buku Jalanan Chow Kit, an NGO that provides education to undocumented children living on the streets of Chow Kit. And that's one of her dreams.



Dian Athirah Binte Alias

"It was heartbreaking up till now to see and realise how much my family has been there for me, because I was blinded by chasing what I really want to do instead of being thankful for what I have. They taught me true love and sacrifice."

Dian Athirah was a rebellious child who went against her parents until an accident changed her.



Andrew Chong

"Our message to you, fellow reader, is to be appreciative of the people around you, of the things you have. Cherish the bonds you hold and be thankful for the little things in life. Despite his disabilities, Zhi Yaow has never once seen the glass half empty. He has only ever lived a life of love and care. He finds his happiness in the happiness of others, especially his family..."

What does Andrew have to learn from his brother with Down Syndrome?
One word: Happiness.



Rashan Nair

"I don't need to write a big essay to describe him but the understanding between us is much better than nothing. I can conclude this, no matter what's block us from being together we will fight and be together forever and ever. I hope the god will never separate us for any reason and I know I will never have a friend like him in my life. So all I want is my friendship to last long until end of the breath. Life has no blessing like a prudent friend."

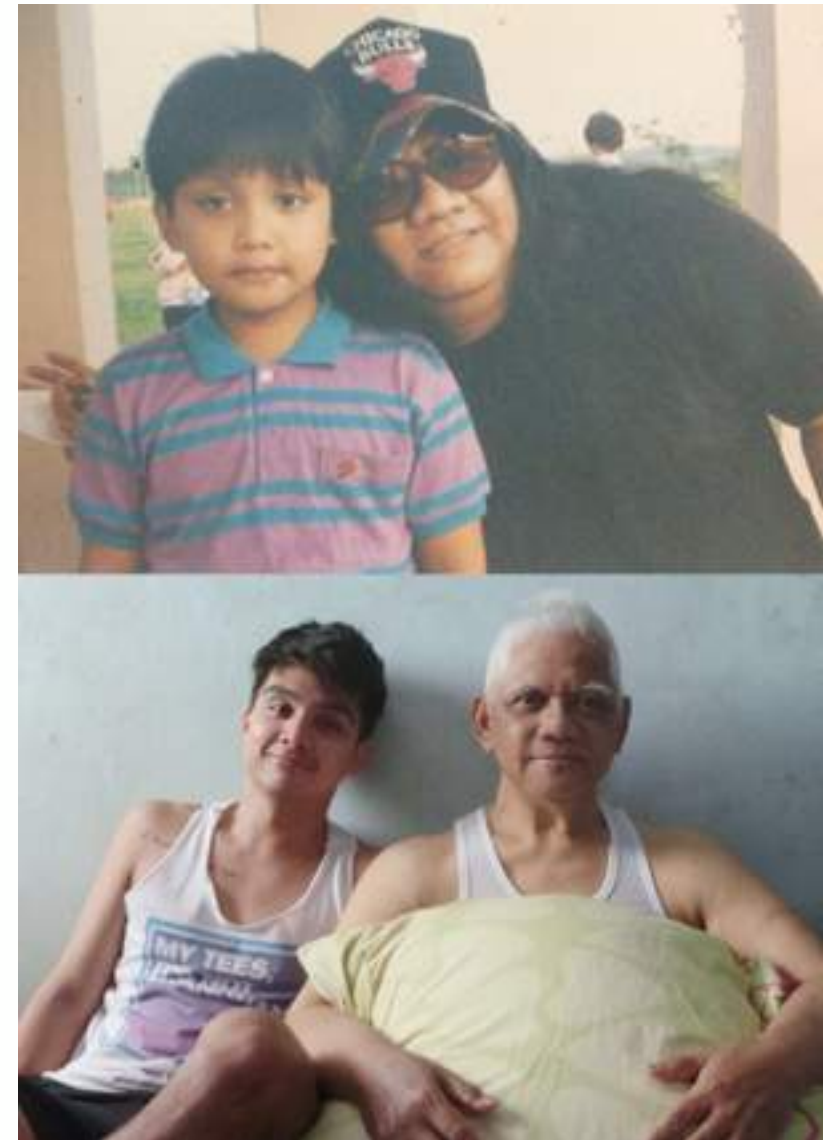
How often do we see young guys express their appreciation for their peers? Rashan certainly doesn't mind in this heartfelt tribute to his friend.



Ricardo

"I became deaf at 3 years old after a high fever. I was watching TV, and I set the volume really high. My auntie called me, "Ricky, Ricky, Ricky, stop the volume!" But I couldn't hear anything, and then I got a high fever. So they brought me to see the doctor, and the doctor said that I was deaf. My dad was shocked, worried and hurt. He said, "Why, God, my Son is mute." He really didn't know what to do... but he never gave up, no matter what, he still loved me and fought to help me have a comfortable life."

Here's the story of the dad who never once stopped believing in his child - even when the child couldn't hear a word he says. This child later grew up to be part of Redeafination, Singapore's Deaf Dance Crew.



More stories are available to browse at
www.the-best-of-you.com

and our Facebook page
www.facebook.com/JuliesTheBestOfYou

Some background information about
The Best of You:

It started in 2014 as a social initiative
funded by Julie's.

Yes, the biscuits manufacturer!

What does this have to do with selling biscuits, you may ask.

It does not have to.

“The Best of You” is just an attitude that has served them well, especially during tough times.

And they want nothing more than for the rest of society to hopefully benefit from it too.

No Julie's logo, no "brand awareness",
nothing like that will appear in your school.

The Best of You is all about spreading the
message of appreciation.

And it seems that the public is very responsive to it so far.

Last year, we went into the campuses of several
Primary and Secondary schools.

We had 2 separate drama to cater to the primary students and secondary students respectively.

Both primary and secondary school students enjoyed themselves tremendously and were very responsive to the drama and the movement.



8:16

THE
BEST
OF
YOU

















Of course, not to forget the postcards we have collected from the students. Many submitted their stories to us.

Here are some interesting and colourful postcards we would like to share with you.

"NO MATTER WHERE YOU ARE!
 NO MATTER WHERE YOU GO!
 NO MATTER WHO YOU
 ARE, JUST BE THE BEST OF YOU!"

HOW TO
 FIND THAT
 RAINBOW!

1) DO NOT COMPARE WHO YOU ARE. DOING THIS IS VERY UNKIND.

2) JUST BE YOURSELF.

3) DON'T STOP DREAMING! DON'T STOP IF YOU'RE PLANNING ON SOMETHING. YOU WILL LOSE ALL HOPE!

4) FINALLY, BE THE BEST OF YOU! PIECE YOURSELF UP. DO YOUR BEST! CHASE YOUR DREAMS. BE KIND! BE THE BEST OF YOU!

I'M SMARTER THAN YOU!

DO NOT COMPARE WHO YOU ARE. DOING THIS IS VERY UNKIND.

Acting smart or cool doesn't make you the BOSS! It WILL LOSE YOUR FRIENDSHIP!

FOLLOW
 THAT
 RAINBOW
 - MARLEE
 KUAN
 JEW

THE
 BEST
 OF
 YOU

Name FARHAN H.

Class 4RPS

School BEDOK GREEN
PRIMARY
SCHOOL

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By submitting your postcard to the Movement, it is an act of agreement to permit the usage of the content written or drawn in this postcard for use on any of the Movement's promotional platforms.

Dear gillian,

Thanks so much for helping me overcome my fear. When I was bullied in Primary School and people insulted me you stood by me, ~~and~~ when I ~~resorted to~~ went through depression for one year you were the one that pulled me back to the light. Thanks for sticking by me through my hardship, for being the shoulder I cried on, for being my pillar of ~~strong~~ support. ~~never~~ ~~forget~~ ~~forget~~ Thank you for making me into a confident person I am today. Thank you for never giving up on me. ♡

your sincerely,
Aditi shanker



THE
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OF
YOU

Name Aditi shanker

Class IN1

School BukitView
Secondary
School.

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谢谢林老师,

在我小学时陪着我成长。在我小学岁月的点点滴滴里,无数次地帮助我,对我永不放弃。

在我无助地时候,您为我提供了援助。
在我寂寞地时候,您都是陪着我

每当我在我人生中最低落地时候,您都对我不离不弃。

还记得当时我参与了演讲比赛,在准备的过程中,被压力打倒了。您却一直在我身边,鼓励着我,让我最终有充足的准备。

虽然我没赢得比赛,但这经历,与您对我的信心,让我成长了不少。

因此,我想说:林老师,谢谢您!

叶日翰

6 Gentleness '14

公教华小

THE
BEST
OF
YOU

Name Yap Ming Han
叶日翰

Class 211

School Hwa Chong
Institution

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World is big, but with you,
It's enough for me.

Although having me will increase
your financial burden and bring
troubles. You still brought me
down to earth despite your difficulties.
~~set~~ I Thank you for being with me
for my very first word, a first step
and my journey to my adulthood
I cannot thank you enough for
just being with me

-Mami-



THE
BEST
OF
YOU

Name Vanessa Lee

Class 5A1

School Peirce Secondary
School.

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Thank you...



THE
BEST
OF
YOU

Thank you to all who have helped me in one way or another in my life-long journey ♥ My friends, family, teachers or even strangers who have unknowingly impacted me in a good way. The Best of Me, brought out by many awesome individuals ♥

感恩, gratitude

Cheers,
Enika Ng ☺

Name Enika Ng En Xi

Class 3E4.

School Swiss Cottage
Secondary School

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Thank you Mum, for everything in the world. You are my everything. You are the only one ~~which~~ who understands my problems.

You are my everything, my teacher, police, dinosaur, mother, Best friend so yeah. Love you.



THE
BEST
OF
YOU

Name Vigyata Rai

Class IE3

School Guangyang
Secondary
School.

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I LOVE

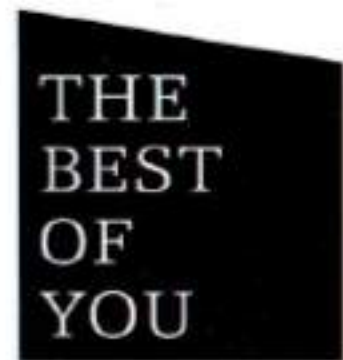


ALL

OF

YOU!

Always
be



Name Caitlin Lam

Class 4 Faith

School CHIJ
Our Lady Queen
of Peace

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Dear friends/families,

thanks for always being there for me
through the tough times and making
the effort just to hear my laughter.

Even with the slightest efforts being put
in has been appreciated. Thanks for
always tolerating my nonsense and
for always loving the realst me

despite my worst sides and horrendous
behaviours. Much love for all of
you angels ♡

THE
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OF
YOU

Name Lindy

Class 2/2

School Assumption
English
School

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Manufacturing Sdn Bhd.

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the Movement's promotional platforms.

Selected postcards were exhibited in our mini exhibitions and also the Marina Square exhibition.





THE BEST OF YOU 2015

WHO IS THE BEST OF YOU?

This special 2015 is a special question.
You, one of us, will send a letter to thank about it. And that
is what The Best of You is about. Sending your messages to
and have time to take stock of our accomplishments and
rejoice in our lives. In asking this question, we want to share
you in celebrating the extraordinary, the experiences and
the people that have brought you this far in life.
Awarded in 2015, this character is provided by articles to
our 5th anniversary and experiences. There are many
of life. There are articles that speak of courage, hope, love,
compassion and more of our experiences.
When people shared their stories, some were more inspired
and some were more inspired by their words.
As the spirit of celebrating each other's stories
and the freedom to share them in this celebration.
While these stories, we were proud to share and share
them. We hope that in doing so, these stories will go on to
inspire and light up others.
By sharing your story, you could give others something to
live and learn from. We are about the Best of You.





And here are some photos of our Marina Square exhibition.















the year I was 15 in class and I'd moved in
and that's how I was an instant love and trouble

very much and "they're not after" as they
I'd just been living with my step brother because
like case of his. But problems with the new wife
and I found out he became a parent to
around around then I came to know that the
at about, and then being a young girl responsible
for much for me I became angry, depressed
at words being there.

school but had this endless circle of me
of different religions but nothing I had consumed
going to school because for the New Testament
anything. He just gave it to me. And when I read
of what I was looking for I asked, about how my

going to my classroom. It was my mother. The years
to her I was angry and resentful. Mostly I broke

broken her. She was so devoted that I could
a heart and a full soul. She consumed me
at there might be many people like us who have
experiences. If they only learned what I had learned
about my life is spreading the word.

ing to my mother after that, and that's when I found
and just. She had been forced into marriage when
I was to go to school, around 10 years. I have
known her until I died the day.

the years back. But the new 17, married and have
in a very busy person. It could take years another
year along the road. Despite the my friend that
at night like the day. There.

Patrick Ng, Singapore









THE
BEST
OF
YOU

Food Court (Level 4)





I hope you enjoyed this presentation.

If you have any more questions, let us know.

Gemia Foo

12 Feet Deep

(The Best of You's school engagement partner)

9798 8549

or

Celine Tan

[kloo]

(The Best of You's organising and creative partner)

6298 1257