

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.

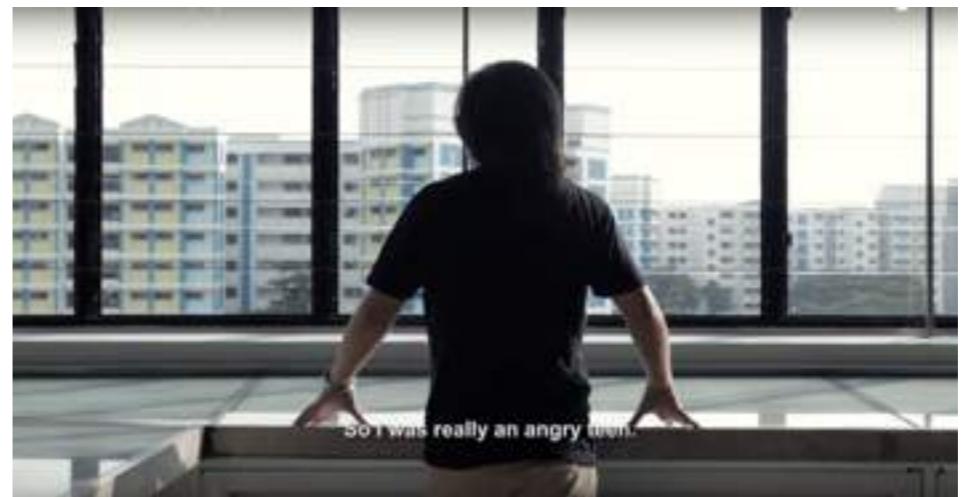


Patrick

"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.



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."

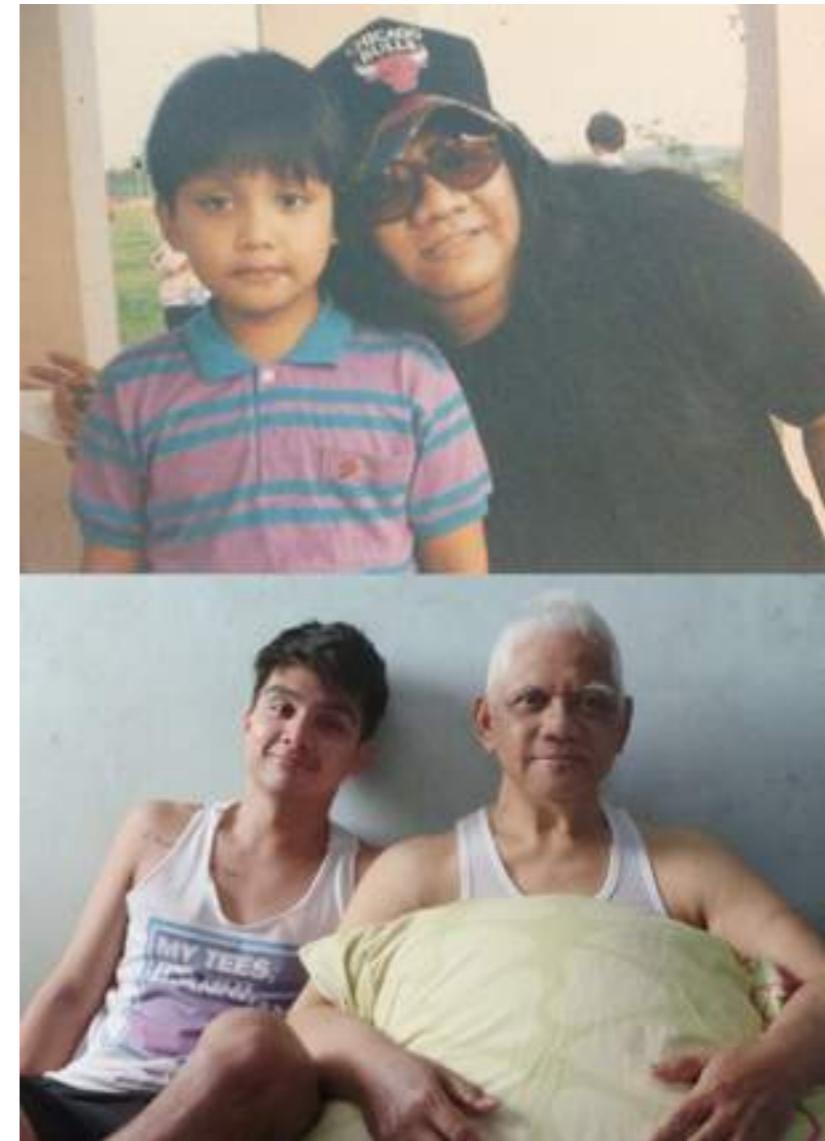
How often do we see young guys express their appreciation for their peers? Rashan certainly doesn't mind in this heartfelt tribute to his friend.



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 Redefinition, 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

Breeze

THE
BEST
OF
YOU







九又



中



中

12 Feet Deep



THE
BEST
OF
YOU

OUR
MOTTO
Nothing
But
The
Best

OF
YOU

Every
Child
A
Leader

THE
BEST
OF
YOU





THE
BEST
OF
YOU

125952





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
4) FINALLY,
BE THE BEST OF
YOU! {
PIECE YOURSELF // ^\br/>UP. DO YOUR 3) DON'T 2) JUST ^ ~
Best! CHASE STOP BE YOURSELF.
YOUR DREAMS. DREAMING!
BE KIND! DON'T STOP IF - Acting smart or
YOU'RE PLANNING, cool doesn't make
ON SOMETHING. 5, YOU the BOSS! It
YOU WILL LOSE, WILL LOSE YOUR
ALL HOPE, FRIENDSHIP!

FOLLOW
THAT
RAINBOW
- MR LEE
KUAN
YEW

THE
BEST
OF
YOU

Name FARHAN H.

Class 4RPS

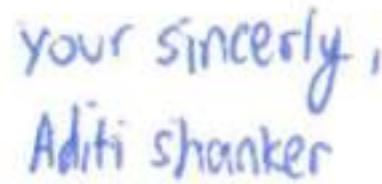
School BEDOK GREEN
PRIMARY
SCHOOL

"The Best of You" (the Movement) is
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Manufacturing Sdn Bhd.

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.

THE
BEST
OF
YOU

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 ~~respected~~ ~~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 pillow of ~~stern~~ support. ~~never~~ ~~forget~~ ~~forget~~ Thank you for making me into a confident person I am today. Thank you for never giving up on me. 



Name Aditi shanker

Class 1N1

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，支撑我永不
放弃。

在我无助地时候，您为我提供了帮助。

在我寂寞地时候，您都是陪着我。

每当我在我人生中最叛逆地时候，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。您却一直在我的身边，
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！

叶明翰

6 Gentles, '14

公教小学

THE
BEST
OF
YOU

Name: Yap Ming Han
叶明翰

Class: 2H

School: Hwa Chong
Institution

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World is big, but with you,
its enough for me.

THE
BEST
OF
YOU

Although having me will increase
your financial burden and bring
troubles. You still brought me
down to earth despite your difficulties.
So 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
- Mom -



Name Vanessa Lee

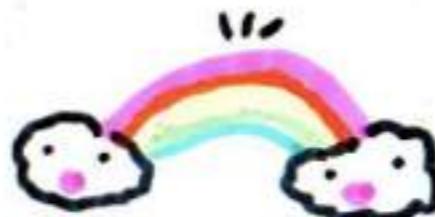
Class 5A1

School Peirce Secondary
School.

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thank 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,
Eikay Ng

THE
BEST
OF
YOU

Name Eikay Ng En Xi

Class 3EF.

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 1E3

School Guangyang
Secondary
School.

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I Love
ALL
OF
YOU!

Always
be



THE
BEST
OF
YOU

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 Jerry put in has been appreciated. Thanks for always tolerating my nonsense and for always loving the real me despite my worst sides and horrendous behaviours. Much love for all of you angels 

THE
BEST
OF
YOU

Name Lindy

Class 2/2

School Assumption
English
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.

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

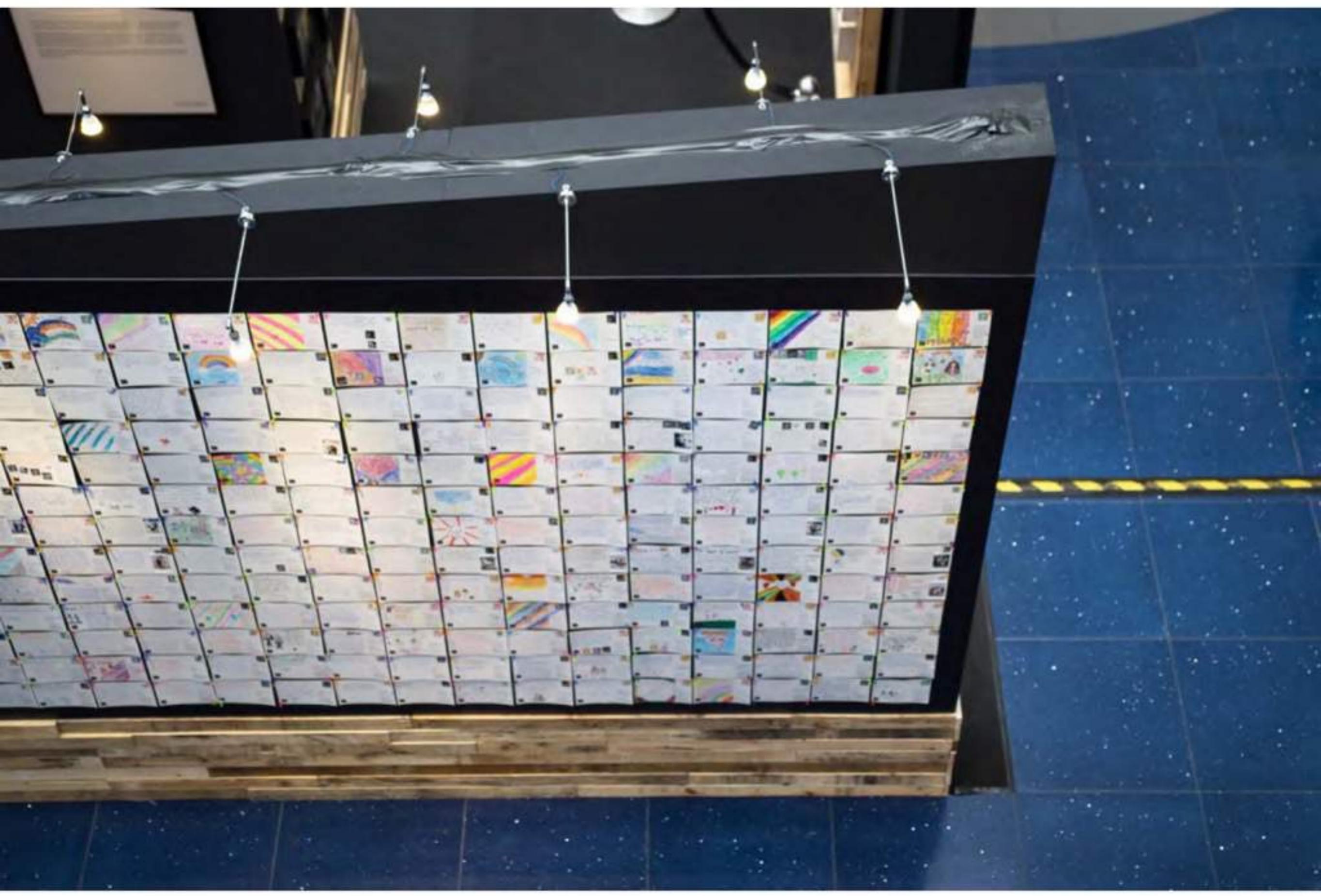




THE BEST OF YOU

WHO IS THE BEST OF YOU?

This可是2000年最令人期待的电影！日本影坛巨星北野武的最新力作，讲述一个关于爱与恨、生与死、梦与现实的残酷故事。北野武亲自操刀，倾尽全力，打造一个充满神秘色彩、惊悚刺激、扣人心弦的视觉盛宴。电影中充满了对人性、对生命的深刻探讨，以及对社会现实的尖锐批判。《花火》不仅是北野武电影生涯的巅峰之作，更是世界影坛的一部杰作，必将成为影史上的经典。





And here are some photos of our Marina Square exhibition.

















for year 1 and 200 in year 2 and 200 would be
my ideal fact. I am an instant book nerd because

very much and, "Security over other" as the
I had been doing with my step mother because
she took care of me. But problems with the new wife
and me. And I decided not to become a parent to
more. I should around three hours to figure out the
of stress, and then being a young age I thought
you would be too. I became angry, depressed,
of course many times.

school but had the instant book of me
of different topics but nothing I had connected
going to school. I had the New Testament
anything. Its last page is by now dead when I read
what I was looking for. I asked Jesus for my

change in my character. It was my problem. He gave
it to me. I was angry and depressed. However, I have

asked him. One day he showed that I could
a month and a half later, the converted his

at more ought be young person like us who have
expressed. If they only learned what I had learned
about my life is connecting the word.

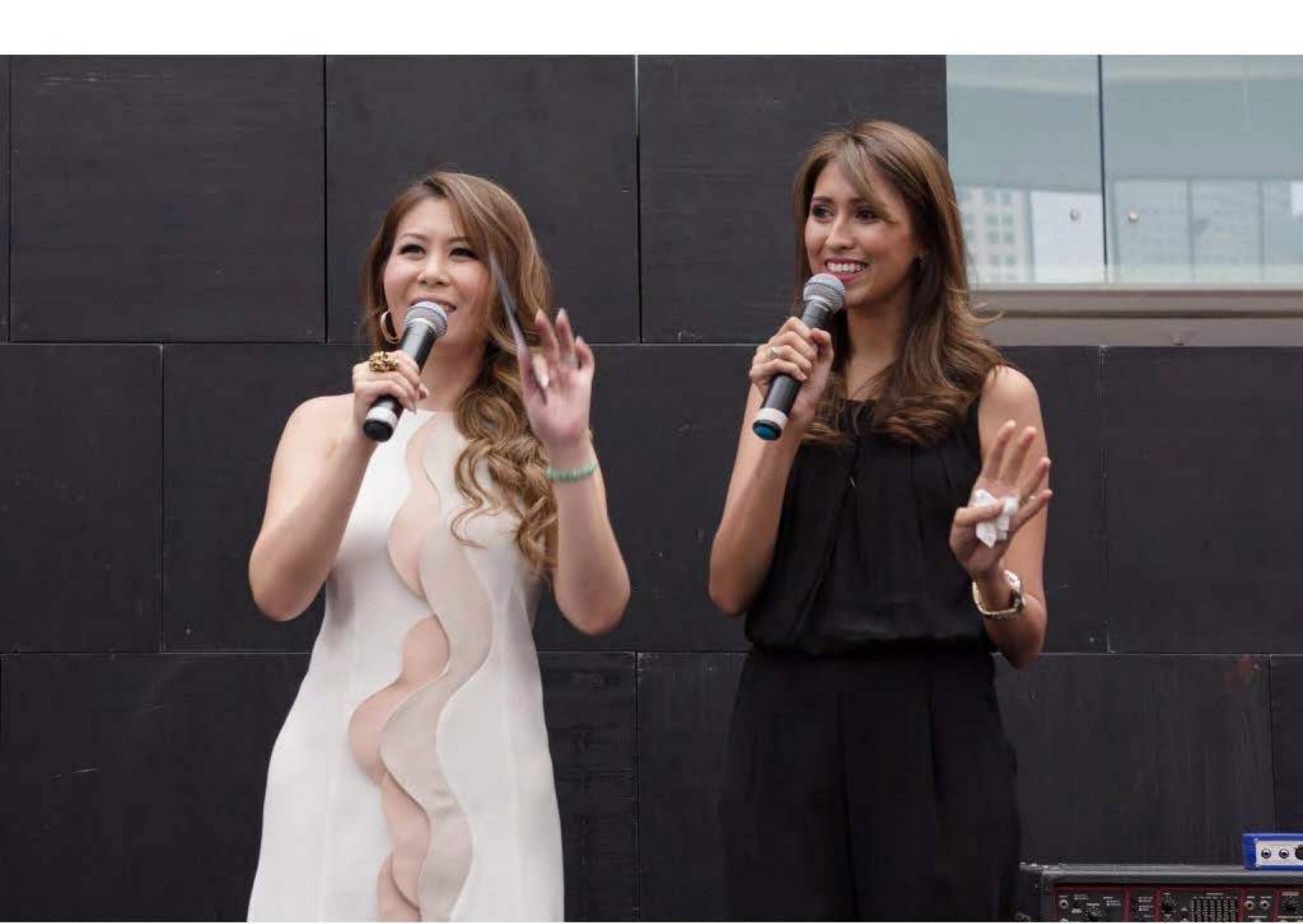
going to my brother after that, and that's when I found
and past. We had been forced into marriage given
chance to get to know, passed... passed. I have
another book until I read the first.

One year back, when I was 17, married and have
a very happy person. It would take quite another
time among the most, though like my friend that
had enough like this.

Patrick Ng, Singapore







THE
BEST

Mr Simms

Olde Sweet Shoppe

Mr Simms

Pick n Mix

Pick n Mix

Mr Simms

City

Centre

Mr Simms

City

Centre

way to

Food Court (Ley 4)



THE
BEST
OF
YOU

7:15

Food Court (Level 4)





life's obstacles

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