

K-2

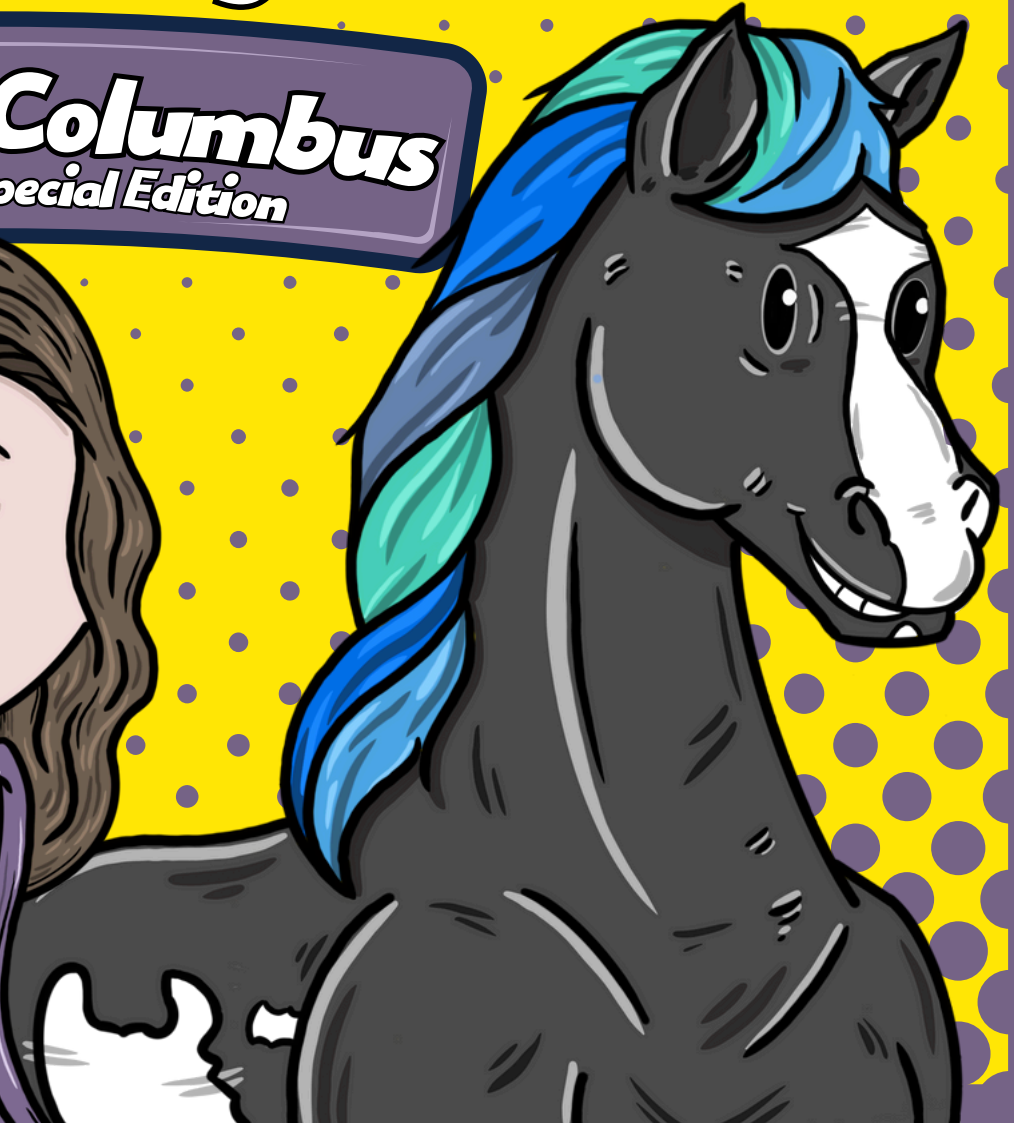


SWEETHEARTS &
HEROES

THE "STOP, DROP, & ROLL" OF BULLYING

coloring book

The Kennedy Columbus
Special Edition



Who was **Kennedy Columbus?**

This special coloring book is guided by our **SUPERHERO** friend, **KENNEDY**, who believed **EVERY KID** has the power to **HELP** others and give **HOPE**.

Kennedy went to school at Chazy CRS up in New York State and became one of the first leaders in the inaugural year of the **Sweethearts & Heroes S.T.E.P.** (Student-Teacher Empathy Program), helping other students learn how to be **KIND, BRAVE**, and **JUMP** into **ACTION** to help those **IN NEED**.

Kennedy always had a **BIG SMILE** and a **HEART** full of **COURAGE**. In honor of her memory, we've dedicated her name to the **KENNEDY COLUMBUS S.T.E.P.** which trains older student to present the Sweethearts & Heroes K-2 and 3-5 message to their younger peers.

In loving memory of
Kennedy Carly Columbus
July 3, 2007 ~ June 20, 2025

**"You may not recognize
it yet, but you possess
the **H.O.P.E.** that
many seek."**

– Rick Yarosh
(as quoted in Kennedy's yearbook)

Lesson 1

What's Your
Perspective
on Bullying?



Hello!

My name is **KENNEDY!**

I'm here today to talk to you
about these folks called
SUPERHEROES—and how
YOU can become a
SUPERHERO, too!



But first, I need to talk to you about something some kids might find a little **SCARY**. It's this thing called **BULLYING**.

First, let's get **YOUR**
PERSPECTIVE on bullying.
Could you give me an example of
something someone might do
that looks like bullying?

Lesson 2

**What is
Bullying?**



Great work! Now, my job is to explain what bullying means so we all know how to identify it. Bullying is made up of **4 things**:

1 Bullying is being **MEAN** or **SCARING** someone.

2 The behavior must happen **OVER** and **OVER** again.

3 The target must **FEEL** **SMALLER** or **WEAKER** on the inside.

4 And bullying always happens **ON PURPOSE!**

Why might someone feel **SMALLER** or **WEAKER** on the inside? For some people, maybe they're **NEW** to the school. For others, maybe their **HAIR** is different, or their **SKIN** is different, or maybe they **DON'T** even **LIVE WITH THEIR PARENTS!**

Not everyone feels smaller or weaker from these things, but some do. That doesn't mean they **ACTUALLY** are—it's just how they feel on the inside.

ANYTHING can make you feel smaller or weaker on the inside. What are some things that you might be picked on for? For what reason?

Lesson 3

**Meet a
Superhero**

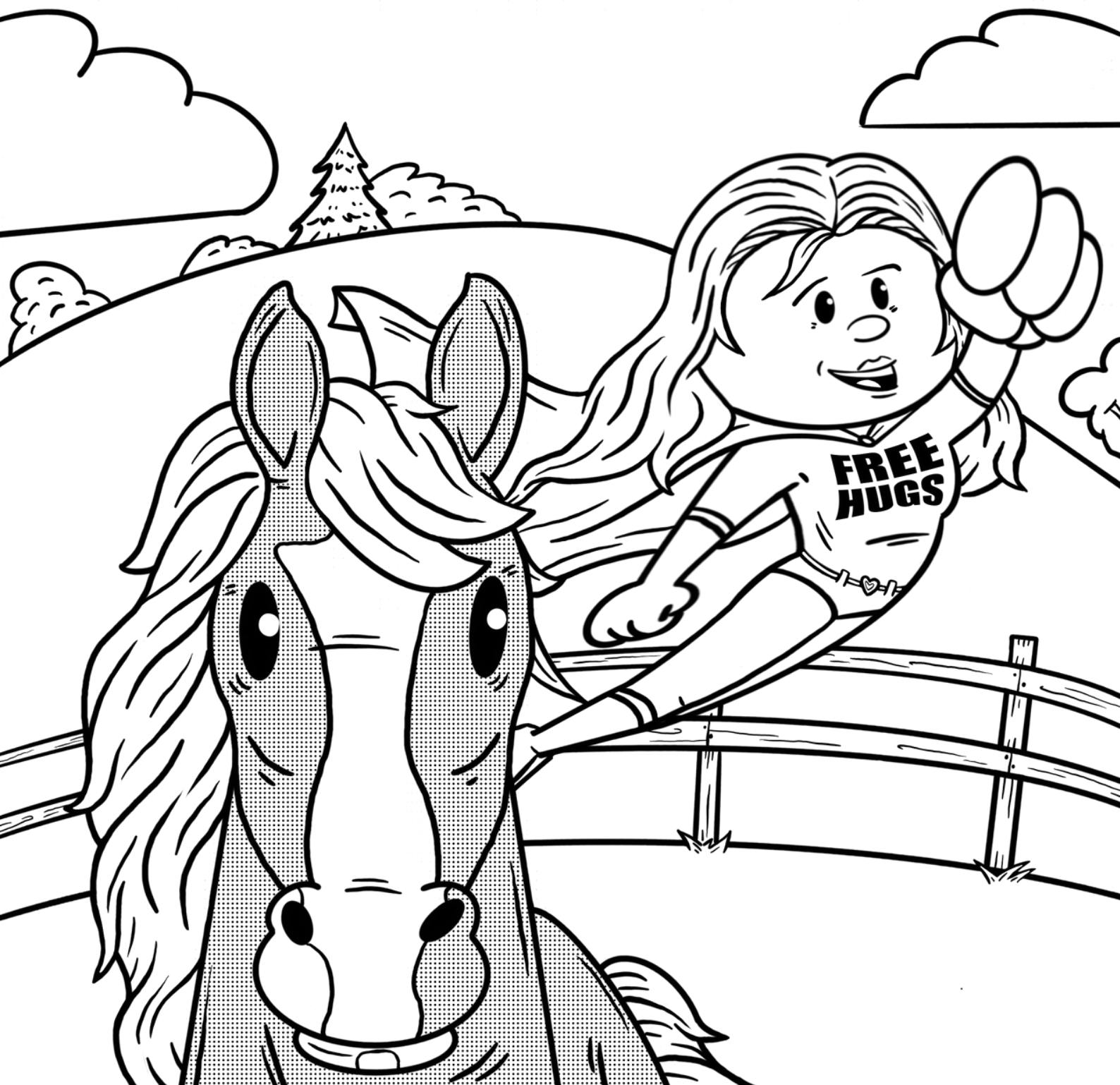
AMAZING!

Now that we know what bullying is, and we've thought of some reasons why someone might feel **SMALLER** or **WEAKER**, I wanted to introduce you to one of my real life **SUPERHEROES!**

Meet my horse, **NEVAEH!**



Now, Nevaeh looks really
DIFFERENT. She has a
BLUE MANE!



Today, Nevaeh and I want to
talk to you about a couple of
things.

First, we want to talk to you
about **BEING DIFFERENT**, and
second, we want to teach you
what **SUPERHEROES** do for
other people!

Lesson 4

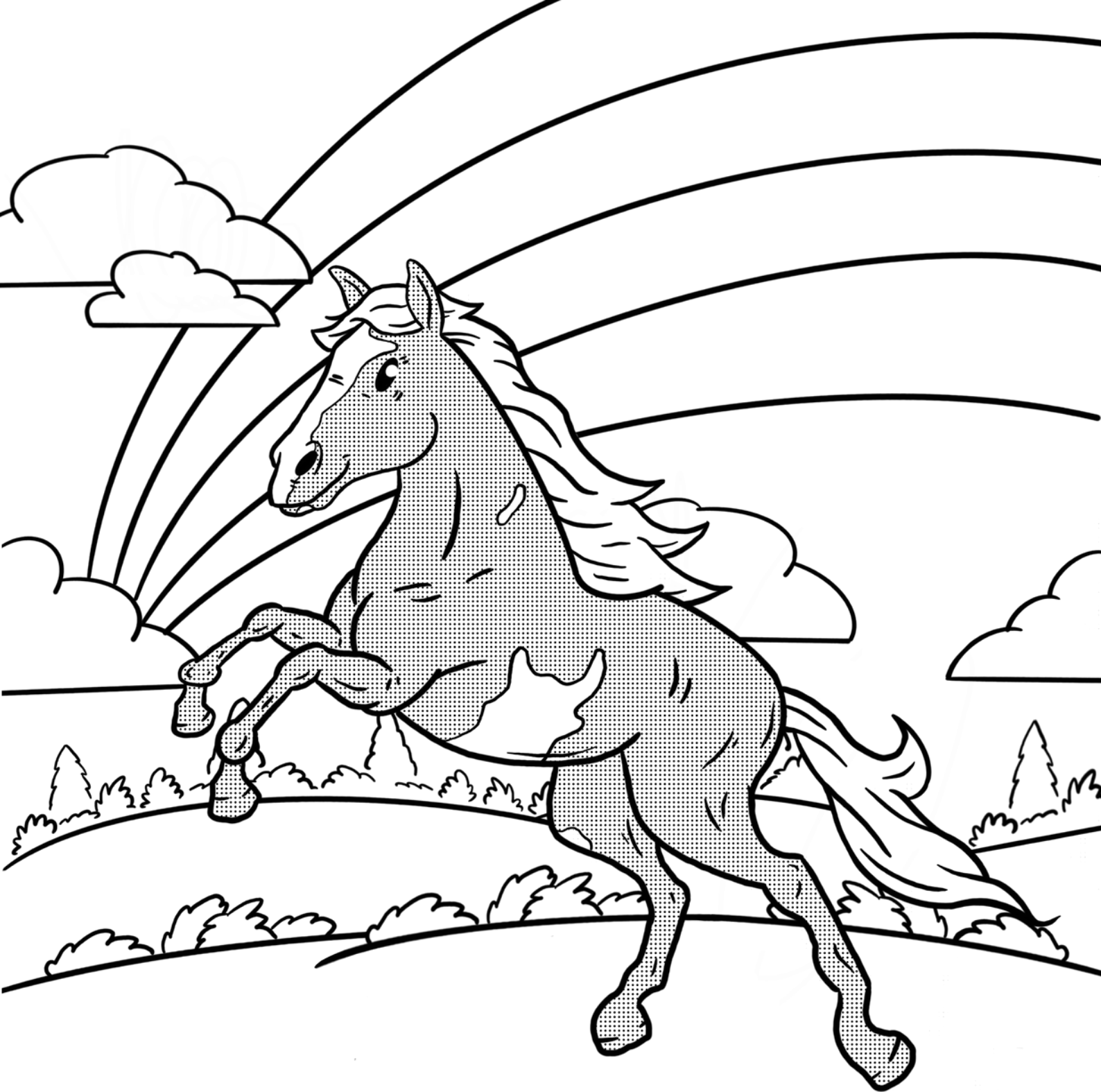
**Being
Different**

So, it's true: Nevaeh looks
DIFFERENT than other horses.

But wait a minute... we **ALL**
LOOK DIFFERENT from each
other! (Unless you're a twin, of
course!)

We all **THINK DIFFERENTLY**,
and we all want to do
DIFFERENT THINGS when we
grow up!

What does that mean? It means
we are **ALL DIFFERENT!**



Being different is
AWESOME! It's what makes
us **UNIQUE** and **SPECIAL.**



But one reason kids might bully others or even exclude them is because they think some kids are **WEIRD** for being different.

Now, we know that doesn't
make any sense, because we're
ALL DIFFERENT! So, we need
to find ways to include and
accept **EVERYONE**, no matter
how different they are.

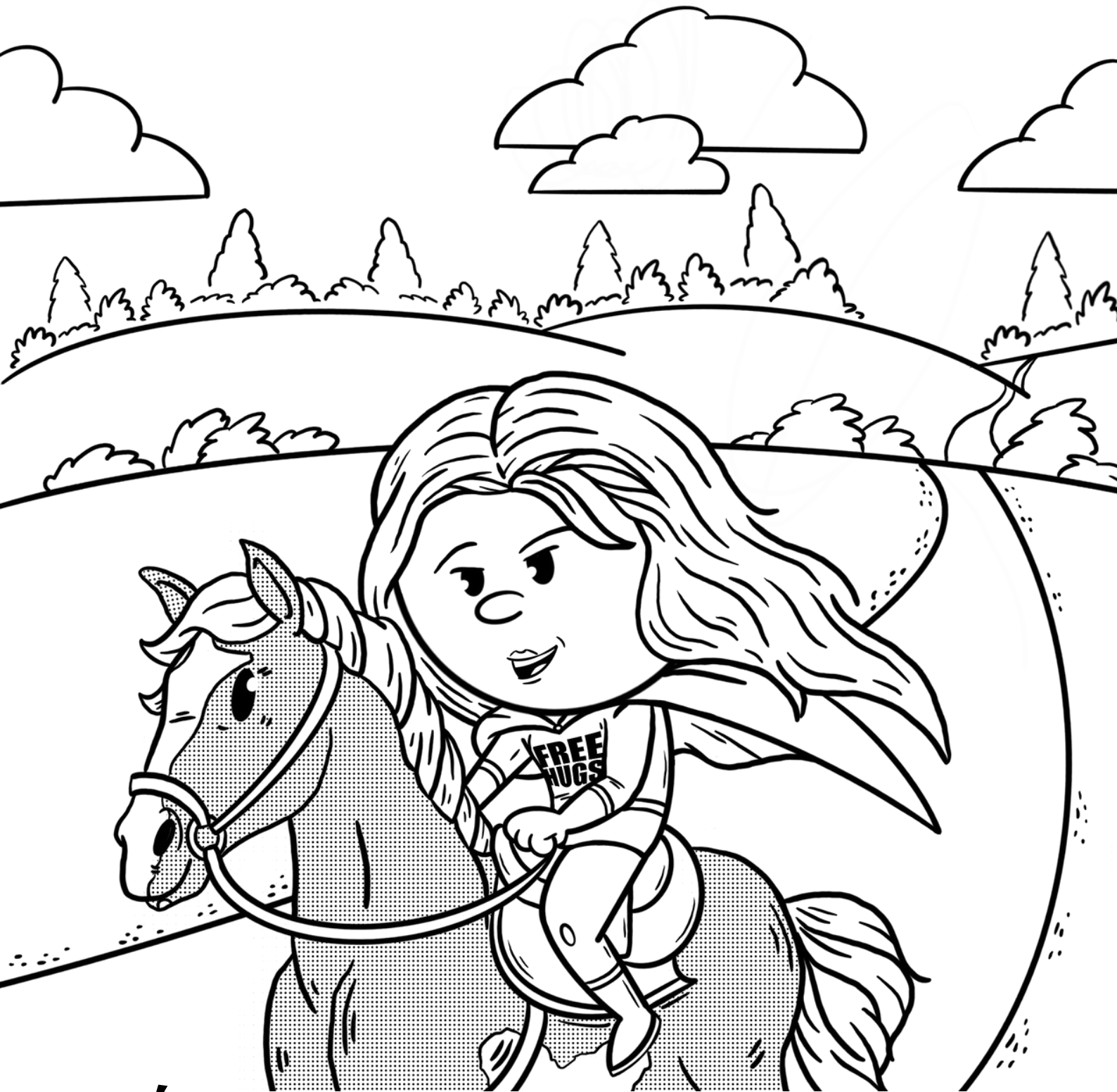
Lesson 5

Heroes Help

Nevaeh is a **SUPERHERO** of mine because she doesn't care how different I am. She **ACCEPTS** me for who I am.

But Nevaeh also does something **ALL SUPERHEROES** do for other people. She **HELPS** me.

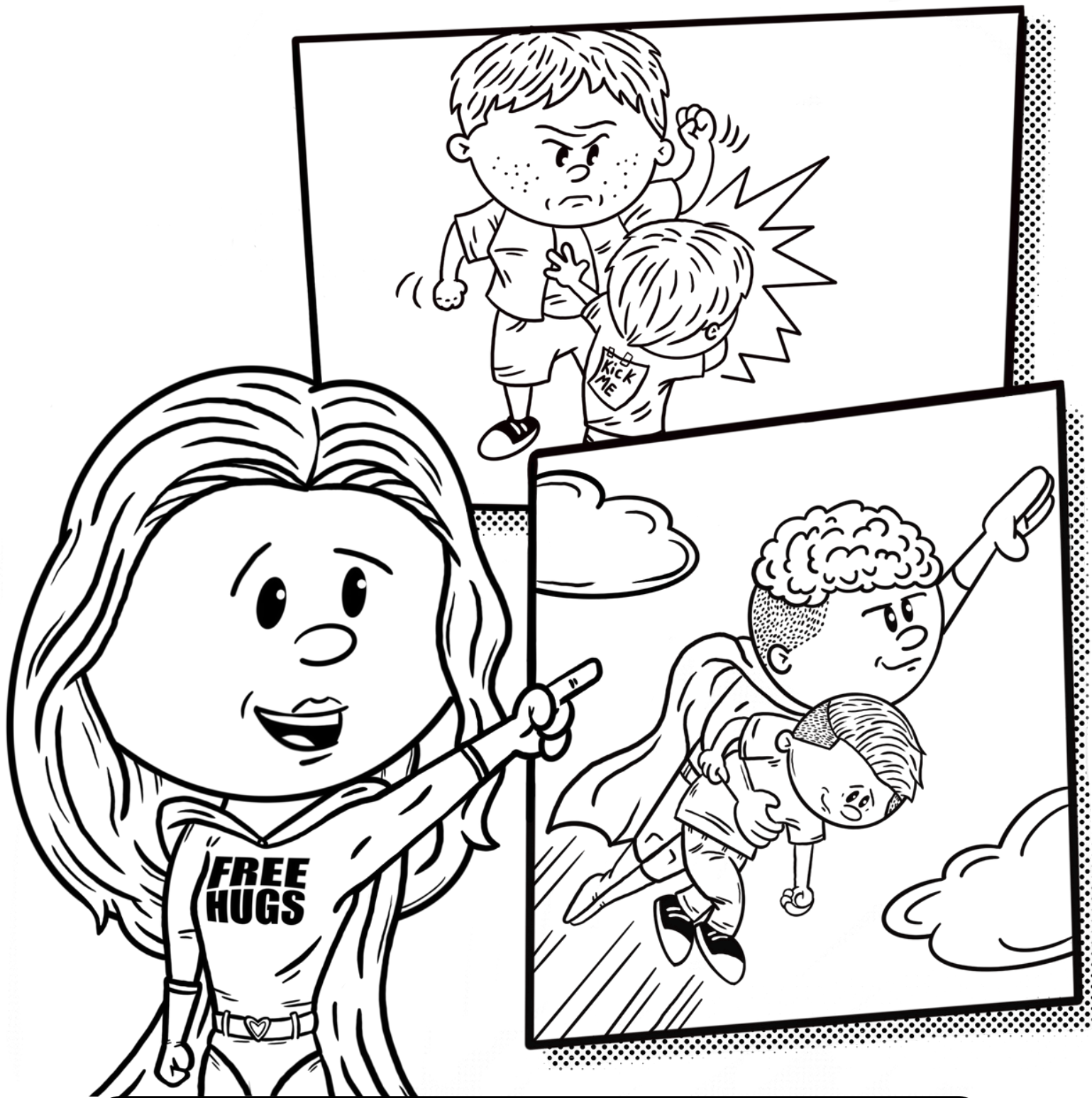
Nevaeh is a **SHOW HORSE**, which means she goes to competitions with me that require a lot of training and practice.



I'm not perfect, but **NEVAEH**
HELPS make me a better
person. **YOU** can help others
who are different, too!

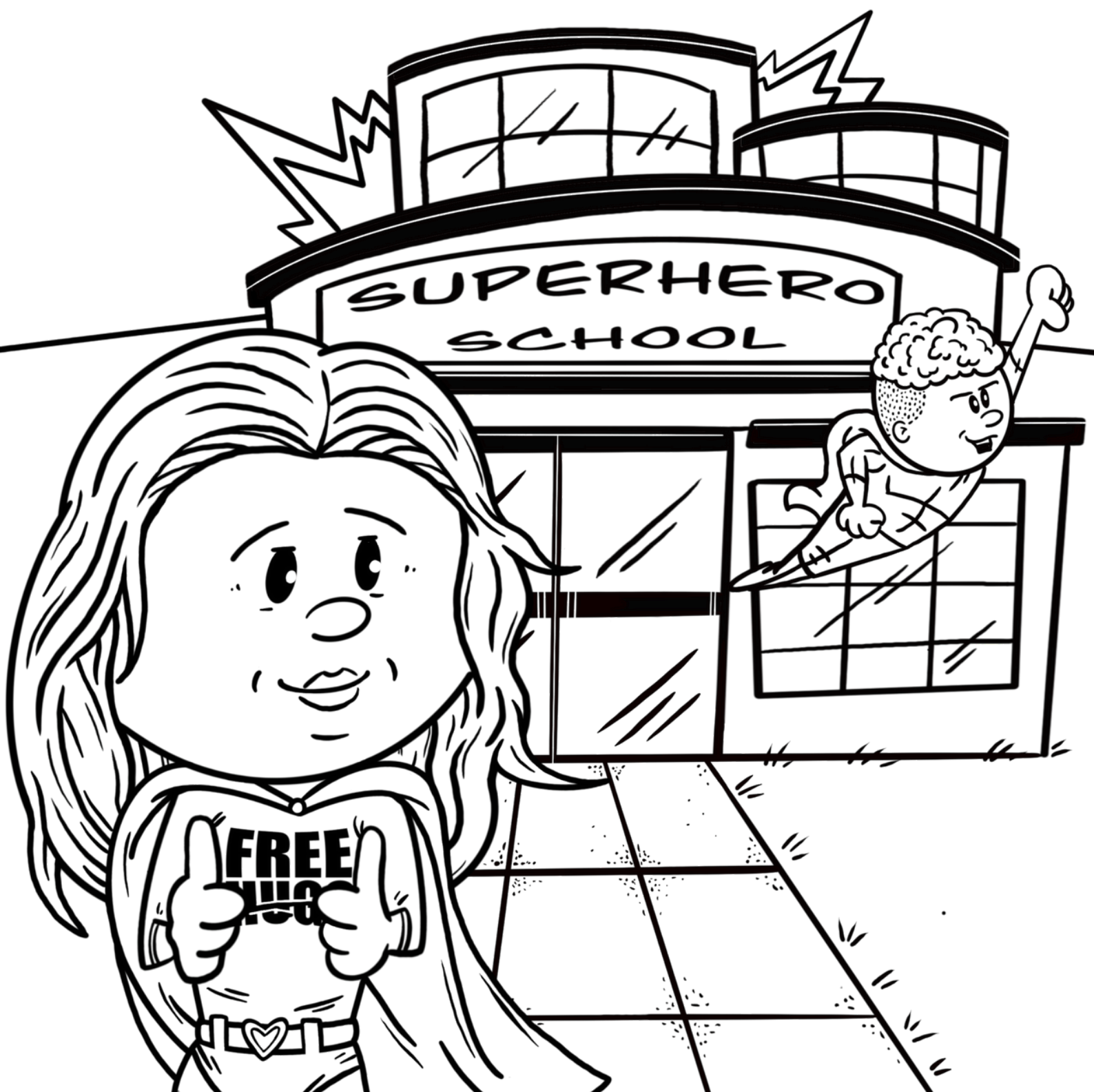
Lesson 6

Superhero School



That's why I came here today,
to show you how to become a
SUPERHERO!

I actually went to
SUPERHERO SCHOOL!



At Superhero School, they taught me how to **JUMP INTO ACTION** when I see someone being bullied or mistreated. They told me I only have **10 SECONDS!**

When you see someone not being treated the right way, you only have **10 SECONDS** to act before the situation escalates or it's over.

They called it
'OWNING the MOMENT!'



They also gave me the
STARTER PACK of
SUPERPOWERS! And
they're as easy as:

A

B

C

But remember that you're **NOT**
a superhero just because of
superpowers. Even the bad guys
have superpowers!

What makes someone a
superhero is their
WILLINGNESS to do things
that other people aren't willing
to do, like **HELPING** people who
are seen as **WEIRD** for being
DIFFERENT.

Lesson 7

The Starter Pack of Superpowers

Let's start with '**A!**'

It's the first thing every superhero does when someone is in trouble. They fly in and take the person **AWAY!**

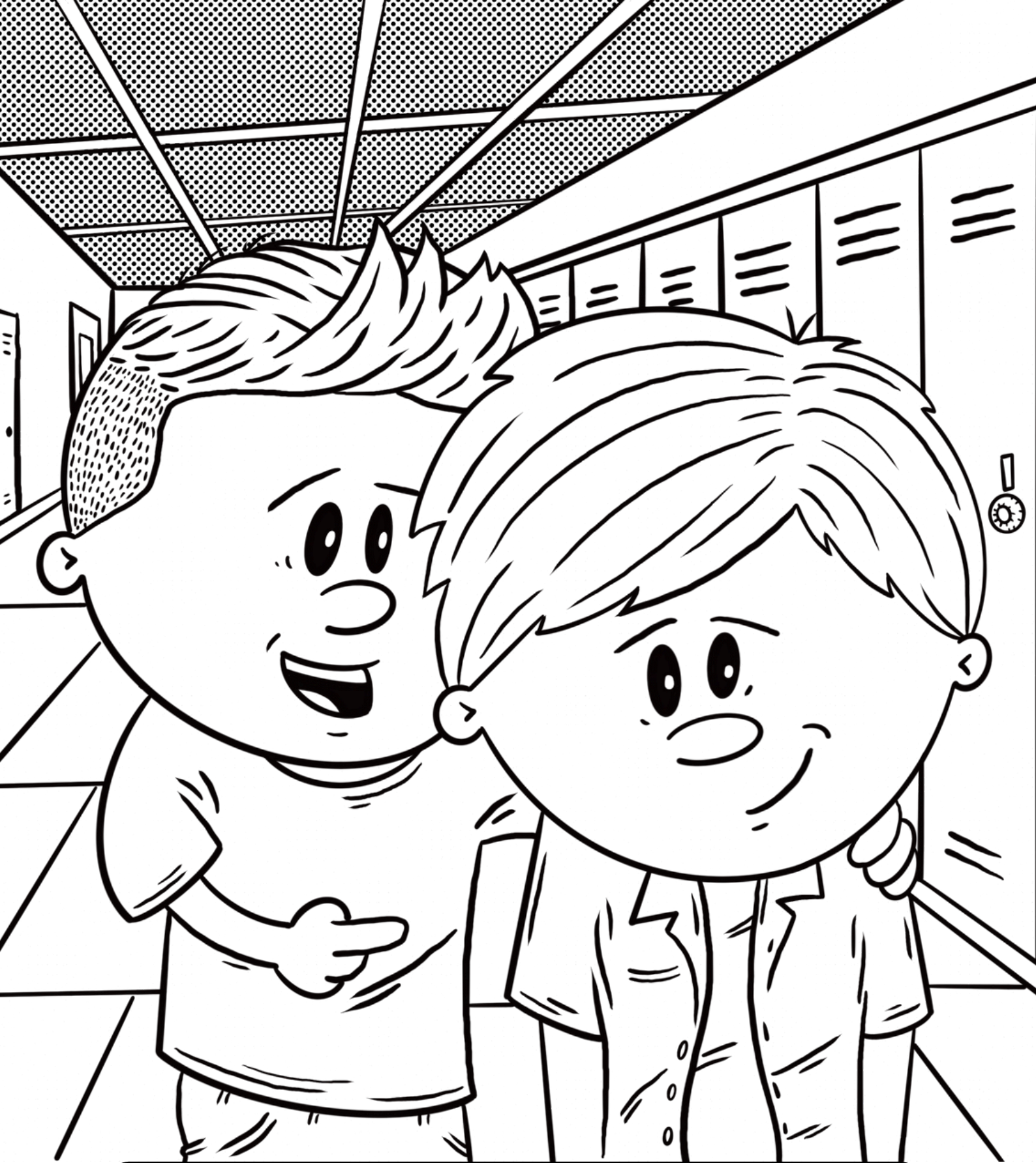
You don't even need to talk to the bully; you could just go up to the person being mistreated and say, "Hey, can you help me find the principal?" and take them **AWAY!**



Let's move on to '**B!**'

This might be the **HARDEST**
superpower of them all...
becoming someone's **BUDDY!**

Some people might not think
this is a superpower, but it is! If
one of your buddies was sad or
upset or had their feelings hurt,
would you know what to do to
make them feel better? Of
course, because they're your
BUDDY!



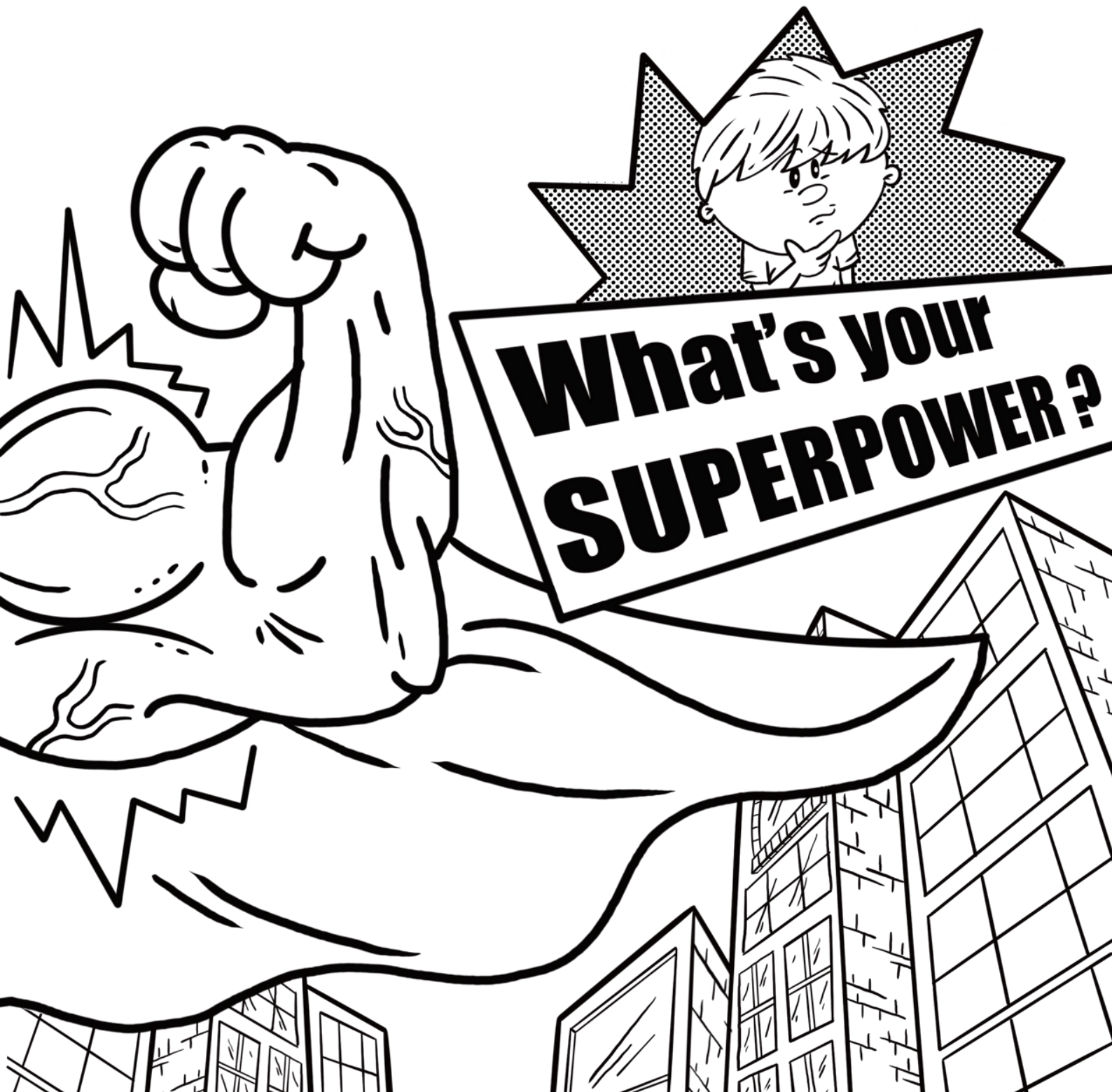
And superheroes make
EVERYONE their **BUDDY!**

Finally, our last superpower is 'C!'

Every superhero **MUST CONFRONT** the situation, and they do it by using **THEIR** own unique **SUPERPOWER**.

Every superhero has a special power (even if they don't know how to use it yet, like that kid who is 'Distracting'). Your power is often what makes you **DIFFERENT** or **UNIQUE**.

My superpower is...



Lesson 8

Becoming a Superhero

Can you think of more
superpowers for the other
letters of the Alphabet?

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

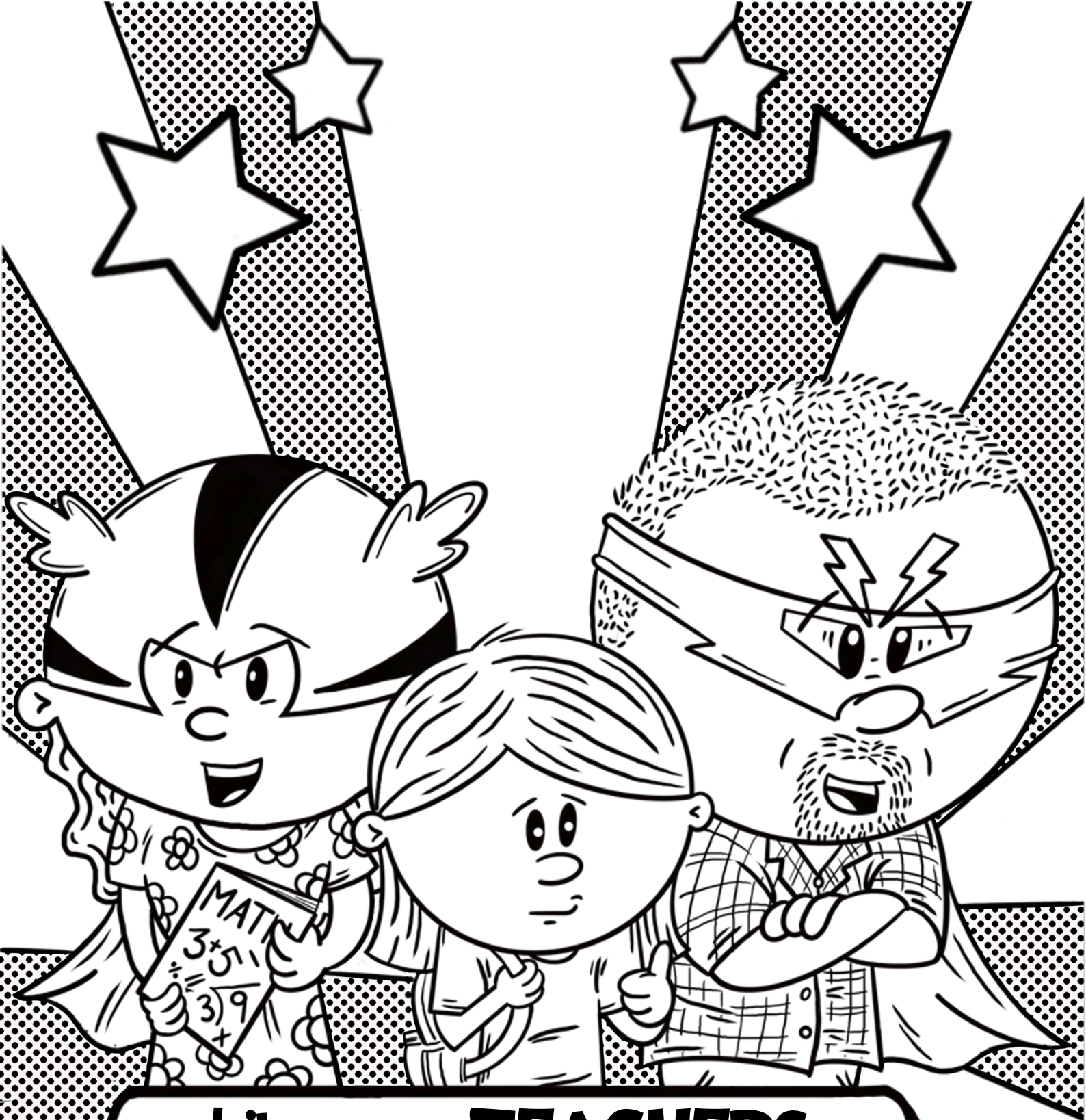
X

Y

Z

But sometimes, not every
superpower works on every 'bad
guy.' Sometimes, you have to
**CALL ANOTHER
SUPERHERO for HELP!**

Remember, there are always
other **SUPERHEROES** around
to help you!



Like your **TEACHERS**,
PARENTS, or even **YOUR**
FRIENDS!

GREAT JOB, but before we go, let's review: Bullying is being **MEAN** or **SCARY**, it happens **OVER** and **OVER** to someone who is seen as different (**SMALLER** or **WEAKER**), and it's done **ON PURPOSE**. But remember: We are **ALL DIFFERENT**.

We also gave you some superpowers, so, if someone is being picked on or even being bullied, you can **HELP** them.

You only have **10 SECONDS** to
JUMP INTO ACTION and
take someone...

AWAY!

But if you don't make it in time,
you can still become their...

BUDDY!

And remember, you might have
to use **YOUR** superpower to...

CONFRONT

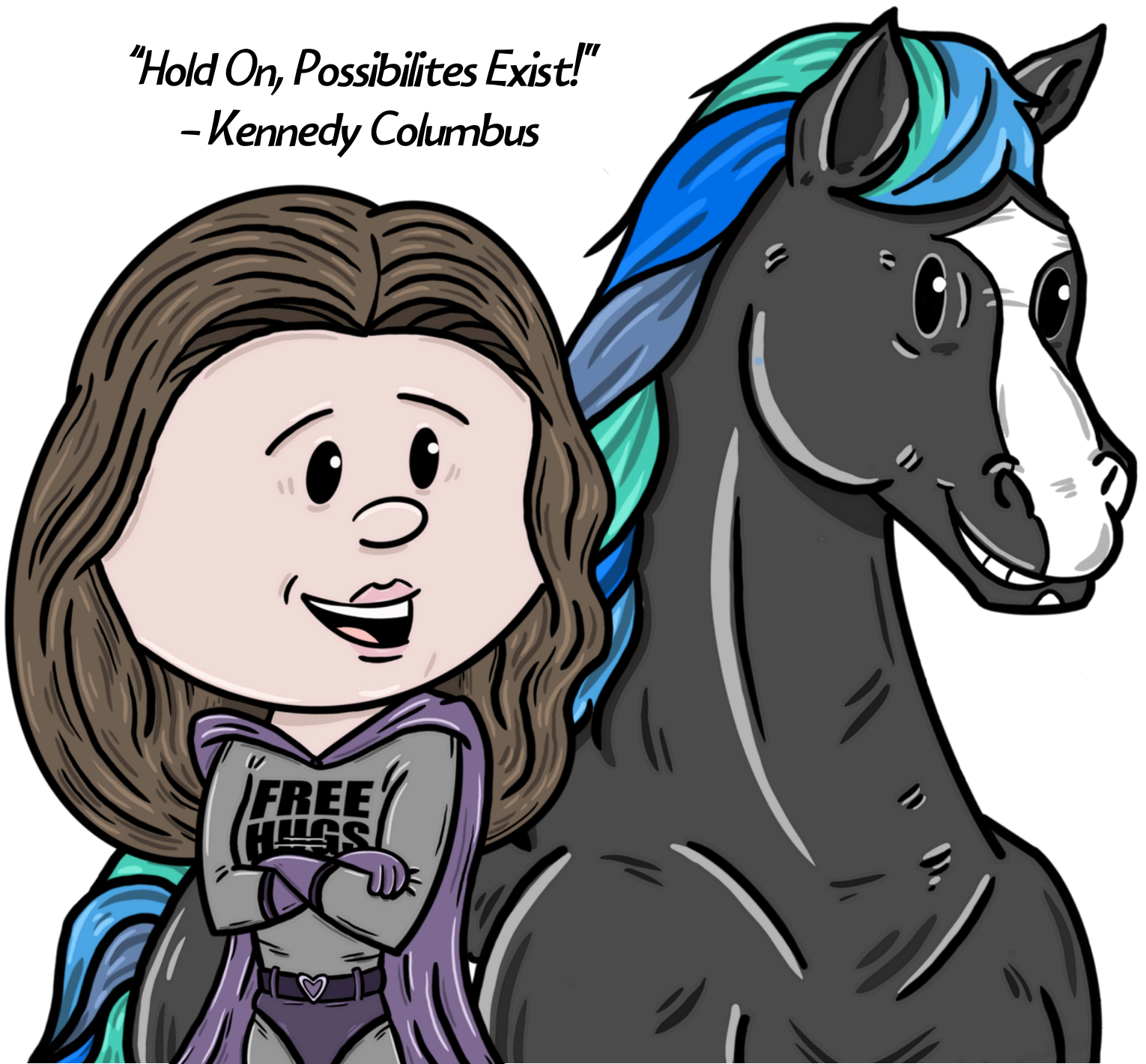
the situation or **CALL** for help!

Thanks so much for joining
Nevaeh and me on this
AMAZING adventure into the
world of **SUPERHEROES**.

Remember, the only way to
CHANGE THE WORLD is to
PRACTICE these
SUPERPOWERS.

That way, when **THE
MOMENT** arrives, you'll be
ready to become someone's
SWEETHEART & HERO!

"Hold On, Possibilities Exist!"
– Kennedy Columbus





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