

SUPERHEROES SAY:

**NO
TO
BULLYING**

**YES
TO
KINDNESS**

LoLo Smith & Carla Nordé





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Email: dothewritething1@gmail.com

Follow the author on social media:

 facebook.com/lolo.smith.169405

 Instagram @lolosmith2016

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Bullying has become a serious problem. Many children skip school every day because they are afraid they will be bullied.

All of us must help prevent bullying. We must stop saying unkind things to one another. We must stop fighting each other. We must stop being unkind to each other on the Internet. We must learn to be kind to one another. Kindness is the new cool!

When you see the word bully, think what the letters could stand for:



B

BE A FRIEND!

U

USE KIND WORDS!

L

LOOK FOR AND REPORT BULLYING!

L

LEARN TO UNDERSTAND OTHERS.

Y

YOU CAN STOP BULLYING.



SUPERMAN & SUPERGIRL

want you

- to learn about bullying.

They want you
to have a plan
to stop bullying
because bullying
is not okay.



THE FANTASTIC FOUR

*(Mr. Fantastic, the Invisible Woman,
the Human Torch & The Thing)*

say there are four types of bullying:

1. Verbal bullying
2. Physical bullying
3. Social bullying
4. Cyber bullying



THE INCREDIBLES

(Mister Incredible, Elastigirl, Violet,
Dash and Jack-Jack) say,

“Verbal bullying happens
when a bully says unkind things to someone or about someone.
A bully may also call you names. Bullying is not the same
as friendly teasing.”





CAPTAIN AMERICA & AMERICAN DREAM

say that physical bullying means
hitting, spitting, kicking, pinching or throwing things.



SPIDER-MAN & SPIDERGIRL

say

social bullying means leaving others out on purpose,
spreading rumors or telling others not
to be friends with someone.



WONDER WOMAN

teaches us about cyber bullying.
She says to remember
to always use kind words
on the internet.
Don't be mean behind
the computer screen!



ROBIN

teaches us that there are
four roles that people play in
a bullying situation:

1. The bully
2. The victim
3. The ally
4. The bystander



THE GREEN LANTERN & GREEN LANTERN GIRL

say that a **BULLY** is someone who tries to hurt others.

Bullies feel better by doing unkind things.

Bullies think they are cool. Bullies are not cool.

Be a buddy, not a bully.



HULK & SHE HULK

say that the **VICTIM** of bullying
is someone who is being called names,
being hit or being left out.

A victim may have trouble sleeping,
stop doing their work at school,
become sad, become afraid
or even want to stop living.



TEENAGE MUTANT NINJA TURTLES DONATELLO

say that a **VICTIM** can be any color, size or age.

It is okay to be different.

It is **NOT** okay to bully
someone for being different.



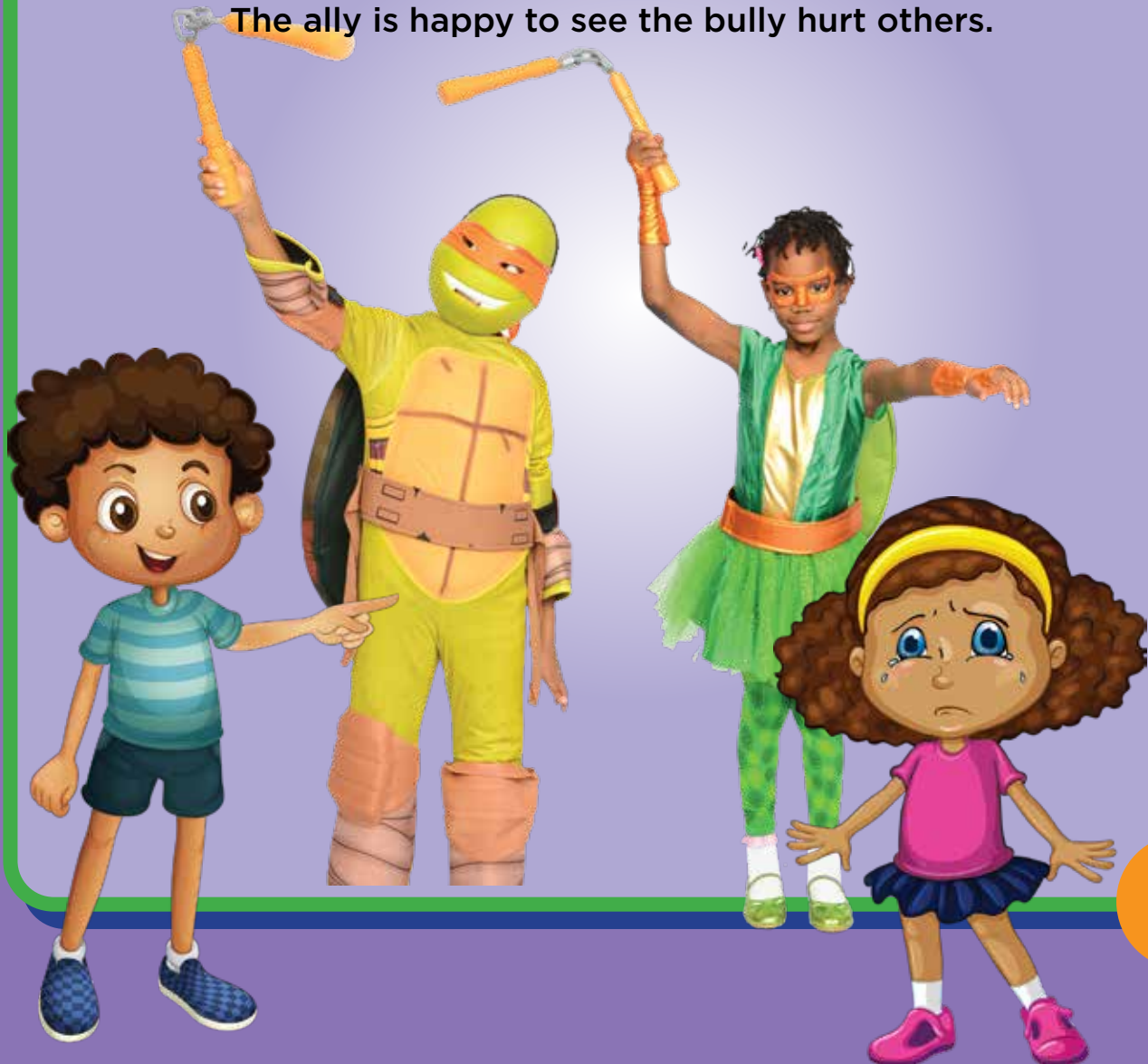
TEENAGE MUTANT NINJA TURTLES LEONARDO

say that **BYSTANDERS** do nothing to help a
victim of bullying. That is wrong.



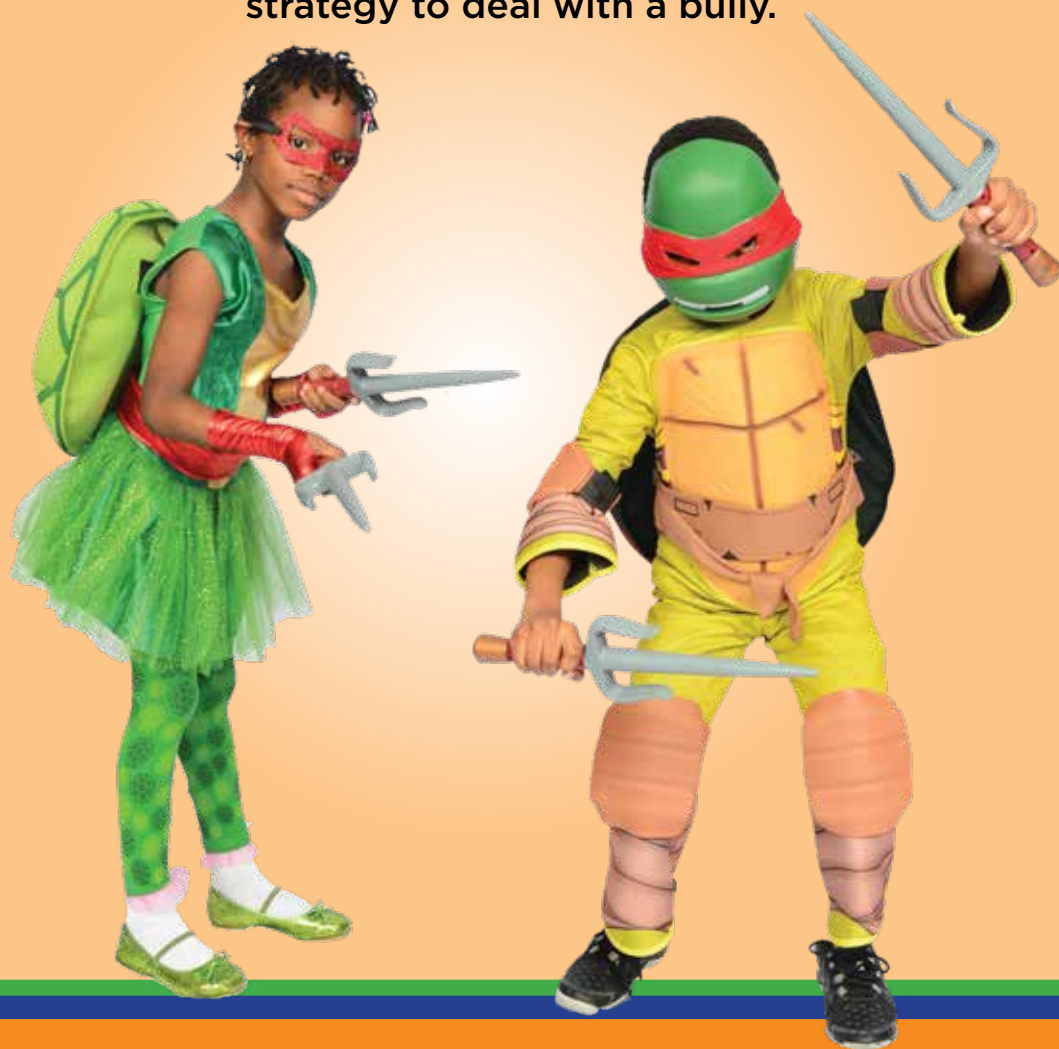
TEENAGE MUTANT NINJA TURTLES MICHELANGELO

say that the ALLY is a friend of the bully.
The ally is happy to see the bully hurt others.



TEENAGE MUTANT NINJA TURTLES RAPHAEL

say you should use the **TALK-WALK-TELL**
strategy to deal with a bully.



BATMAN & BATGIRL

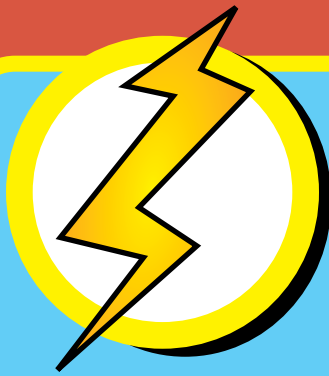
say you should **TALK** to a bully and ask the bully to stop.



IRONMAN

says you can just
ignore a bully
and **WALK** away





THE FLASH & FLASH GIRL

say that if a bully does not stop,
TELL your tell parent or your teacher.
If you see something, say something.
This is not tattling.

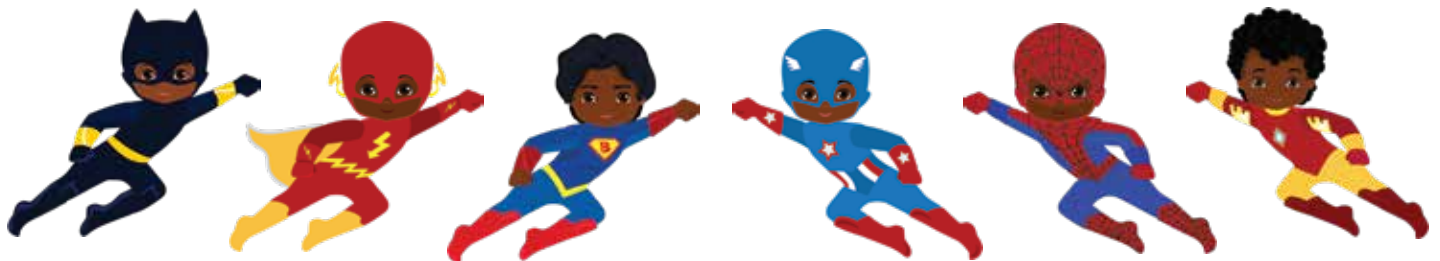


I PLEDGE TO SAY NO TO BULLYING!

- ☐ I pledge to stop bullying my sister or brother at home.
- ☐ I pledge to stop bullying other children at school.
- ☐ I pledge to stop bullying other children on the playground.
- ☐ I pledge to stop bullying on the Internet.
- ☐ I pledge to tell an adult when I see someone being bullied.
- ☐ I pledge to say no to bullying and be like a superhero.

Name

(COPY THIS PLEDGE ON A SHEET OF PAPER)



10

ACTS OF KINDNESS

The superheroes fight bullying with kindness.

When children act kind to one another,
bullying decreases in schools.

It does not cost anything to be kind.

On the following pages are 10 acts of kindness
that children and parents can try together.



ACT OF KINDNESS #1

Batman and Batgirl say,
“Use sidewalk chalk and write
kind messages on the sidewalk or parking lot
in your neighborhood.”

A warm
SMILE is the
universal
language of
kindness.





ACT OF KINDNESS #2

Captain America and American Dream say,
“Think of three relatives that you do not see very often then write a nice, handwritten letter or card and drop it in the mail. Your letter or card will make them smile because it is rare to get a handwritten letter since most people just send texts or emails.”

We RISE
by
lifting
others.





ACT OF KINDNESS #3

The Flash and Flash Girl say,
“The next time that you are in a car,
wave and smile at people in other cars
to see if they will wave or smile back at you.”

KINDNESS
is free.





ACT OF KINDNESS #4

The Hulk and She Hulk say,
“Take flowers to your teacher.
They are much better than apples!”

Never look
DOWN
on someone
unless
you are
helping them
UP.





ACT OF KINDNESS #5

Wonder Woman says,
"If you have elderly neighbors,
check in on them and
ask if you can be of any help."

No act of
KINDNESS,
no matter how
SMALL,
is ever wasted.





ACT OF KINDNESS #6

Spider-Man and Spider Girl say,
“Share a special toy with a friend.”

Choose
KINDNESS.



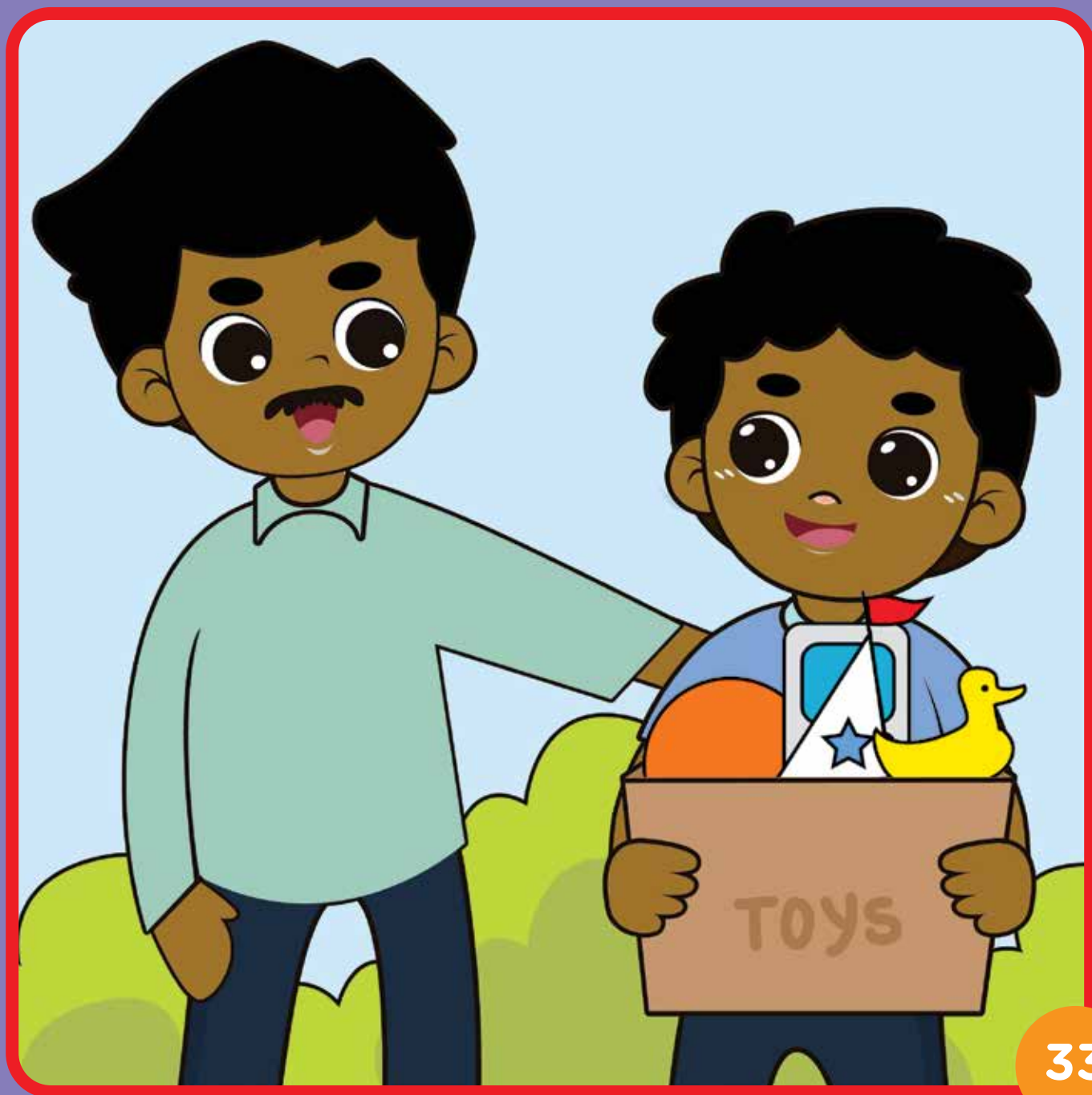


ACT OF KINDNESS #7

Robin says, "Ask a parent if they will take you to the children's hospital so you can donate your gently used toys."

KINDNESS
is always in
season.





ACT OF KINDNESS #8

The Green Lantern and Green Lantern Girl say,
“Make a thank you card for your
teacher or principal.”

One
KIND WORD can
change someone's
ENTIRE DAY.





ACT OF KINDNESS #9

Superman and Supergirl say,
“Read a book
to a younger sister or brother.”

KINDNESS
is the language
which the deaf
can **HEAR** and the
blind can **SEE**.





ACT OF KINDNESS #10

Iron Man says,

“You should invite a classmate who is easily left out, to play on the playground.”

It's
COOL to
be KIND.





THE KINDNESS PLEDGE

- ☐ I pledge to be kind to my family at home.
- ☐ I pledge to be kind to my classmates at school.
- ☐ I pledge to be kind to my classmates on the playground.
- ☐ I pledge to be kind to others on the Internet.
- ☐ I pledge to tell an adult when I see someone being unkind.
- ☐ I pledge to be a buddy, not a bully.

Name _____

(COPY THIS PLEDGE ON A SHEET OF PAPER)



JUST FOR FUN!

TRUE OR FALSE

1. Bullying is okay.
2. Bullying can only happen in a few places.
3. Bullying can happen at home, at school, on the playground and on the Internet.
4. A type of bullying is verbal bullying.
5. Bullying is the same thing as friendly teasing.

Answers: 1. False 2. False 3. True 4. True 5. False

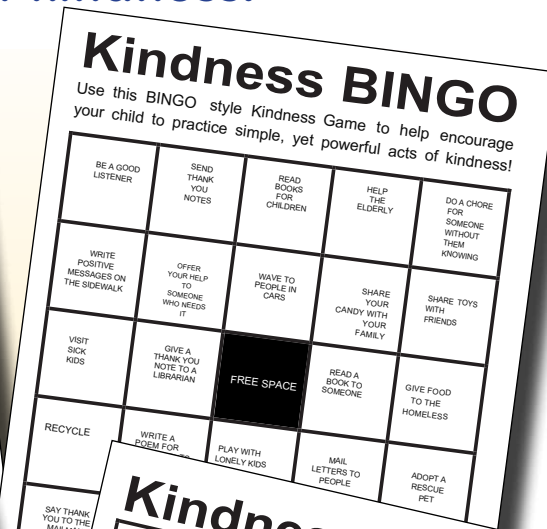
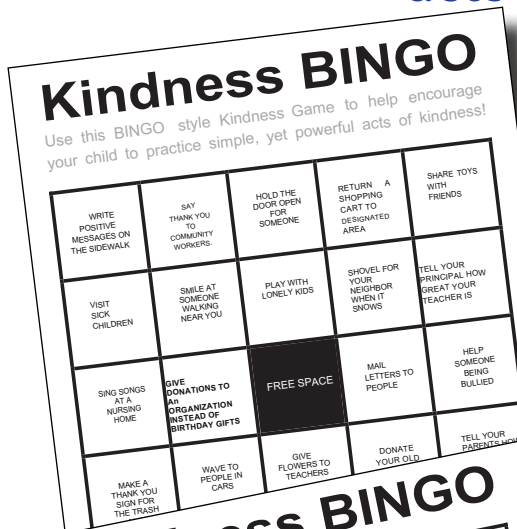
JUST FOR FUN

Point to the picture of the person who plays the roles in a bullying situation.

1. The person who is called names, being hit or being left out.
2. The person who tries to hurt others.
3. The person who stands by and does nothing when another person is being bullied.
4. The friend of the bully who is happy to see the bully being unkind to others.



Use this BINGO-style Kindness Game to help encourage your child to practice simple, yet powerful, acts of kindness.



For **FREE** copies of these Bingo Sheets,
send email to: dothewritething1@gmail.com

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facebook.com/lolo.smith.169405 and
Instagram @lolosmith2016

ABOUT THE AUTHORS



LoLo Smith is an educator, writer and creator of Living Storybook, a literacy and performing arts program for young children. She has written 8 books for children on topics such as bullying, kindness, careers, COVID-19 and holidays. Her books feature Anime characters, community workers, superheroes, American Girl dolls and even dogs! All of her books can be found at amazon.com/author/lolosmith. Follow her on social media at facebook.com/lolo.smith.169405 or Instagram [@lolosmith2016](https://instagram.com/lolosmith2016).



Carla A. Nordé was born and raised in the District of Columbia. After graduating from Wilson Senior High school, she worked for several years then matriculated at Trinity University for three years. She now provides consulting services to non-profits that use the arts to enhance the life success of children and youth. She is the single mother of two children, a son and daughter. She helped write this book in response to her son being bullied at school. She has written two other books, *Be A Superhero By Standing Up Against Bullying* and the Amazon #1 Bestseller *Superheroes Fight Bullying With Kindness* with LoLo Smith.

ABOUT THE PHOTOGRAPHER



Tep Gardner is an award-winning photographer with 45 years of experience. He is a green screen expert who specializes in portraits, special events and fashion shoots. Contact him at 202.239.0643 or email: tepentertainment@gmail.com.

ABOUT THE DESIGNER

Gloria Marconi is an illustrator and graphic designer who has been working in the Washington, DC area for nearly 50 years. A multi-faceted artist, Ms. Marconi specializes in print and works in a variety of media ranging from traditional to quilting to computer-generated illustration. Over the years, her clients have run the gamut from corporations to government to non-profits as well as editorial illustrations for books, magazines and advertising. She lives in suburban Maryland and can be reached at gmarconidesign@verizon.net.

