

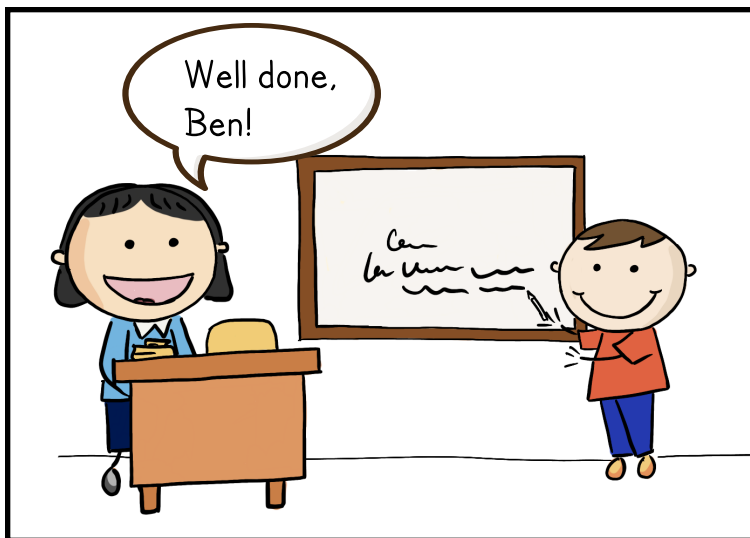
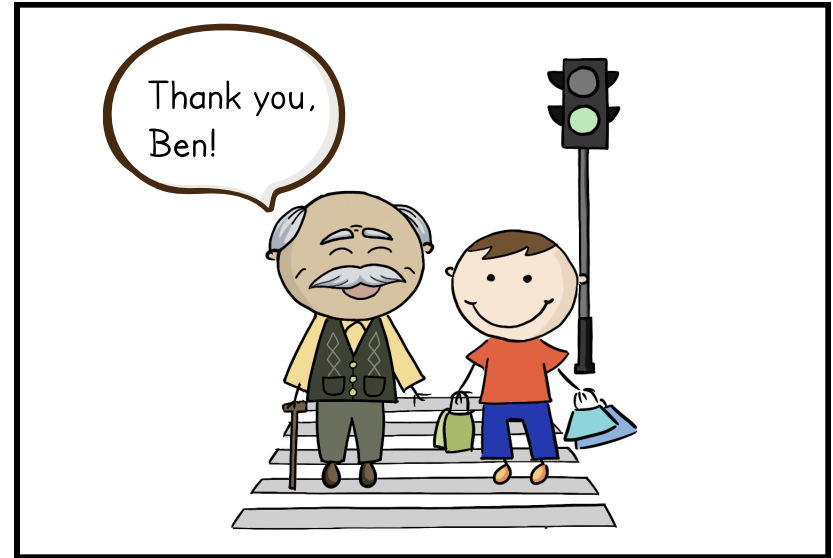
THE BOOK OF

# SUPER

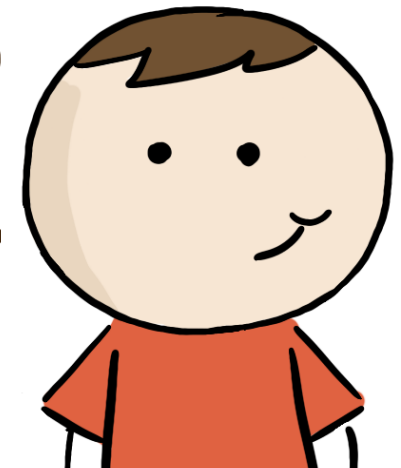
My first family drawing book

# THE STORY OF BEN

Everyone thought Ben was a superhero, but he is just a SUPER kid...



Simple acts like these make me SUPER

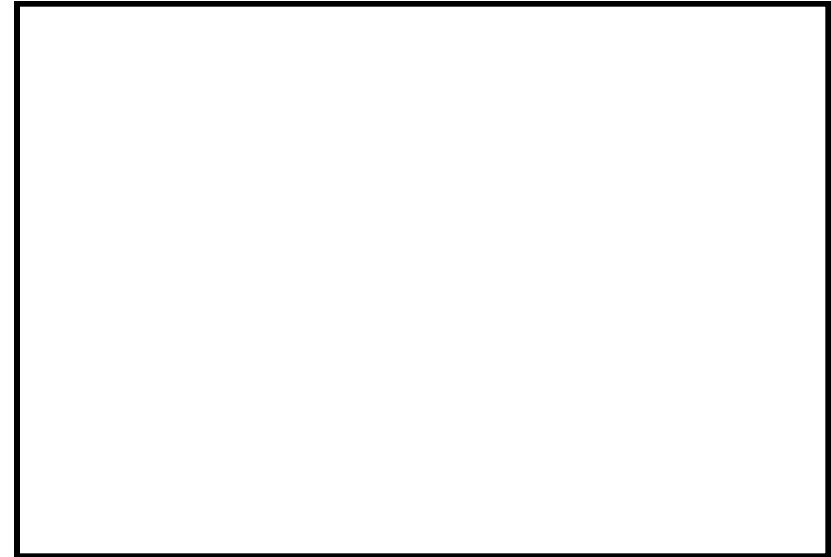
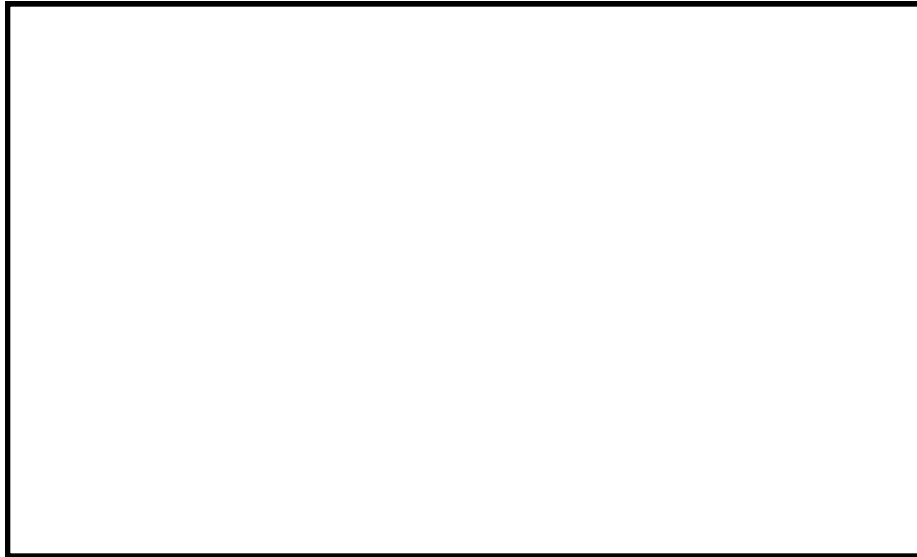


# THE STORY OF \_\_\_\_\_

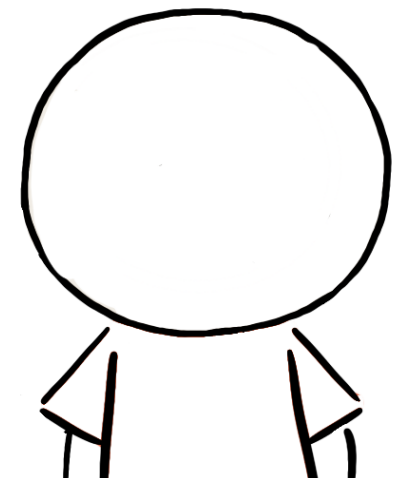


Write down your name here to begin the story of you!

Does Ben remind you of someone? Think about some nice things you do to help others and draw these things. Just like Ben you are a SUPER kid!



Draw yourself here! This is YOU!





# YOUR STORY

My SUPER name is

.....

My SUPER age is

.....

In school, I am SUPER at

.....

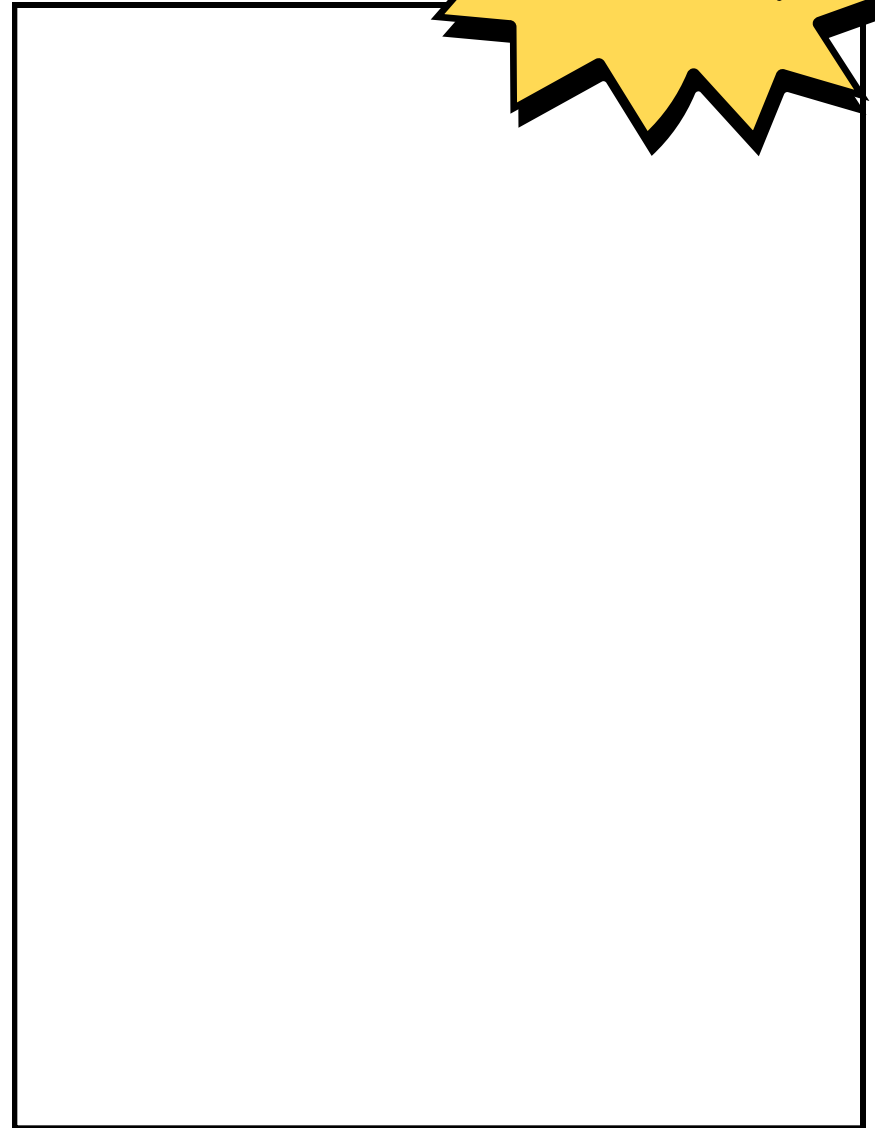
At home, I am SUPER at

.....

I am most SUPER at

.....

.....



Draw yourself here!

CHAPTER 2

# ***SUPER FAMILY***

# WHO IS YOUR SUPER FAMILY MEMBER?

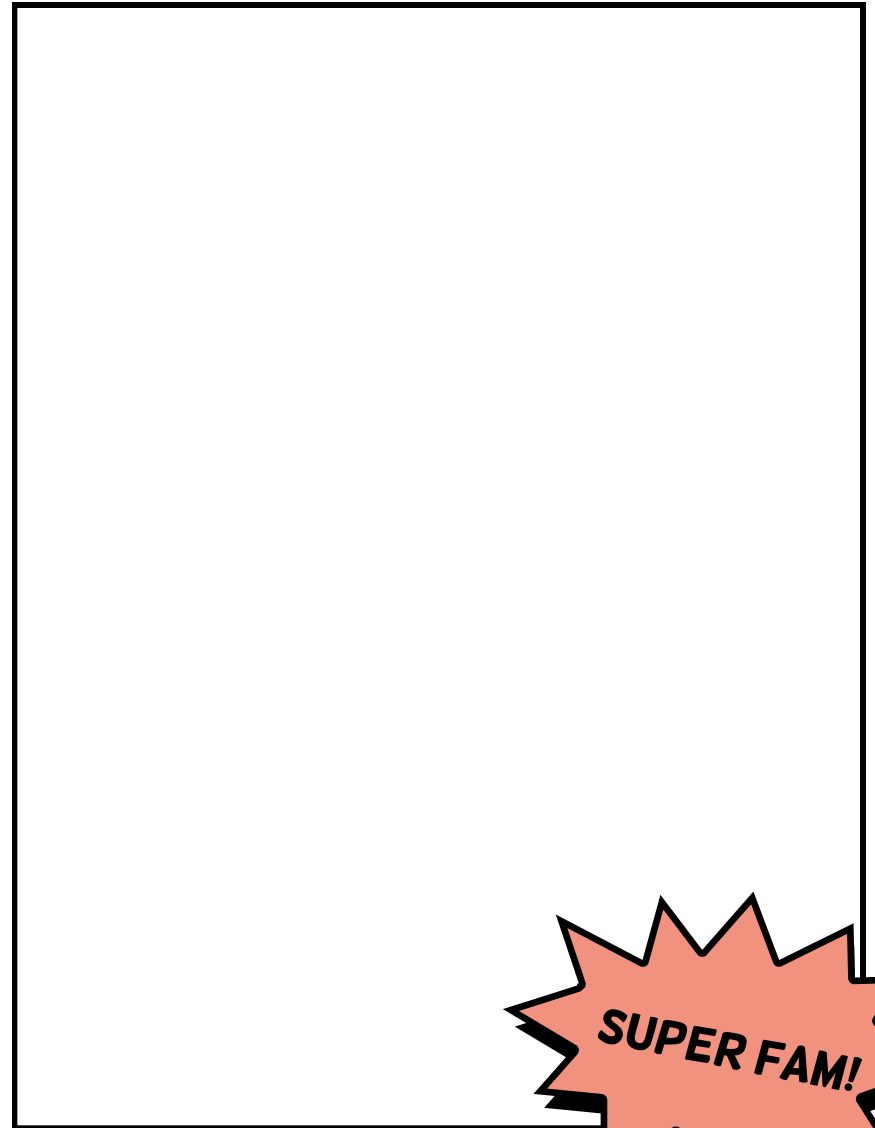
daddy grandma mommy  
aunty grandpa sister  
cousin uncle brother

The SUPER name is .....

At their job, they are SUPER at .....

At home, they are SUPER at .....

They are most SUPER at .....



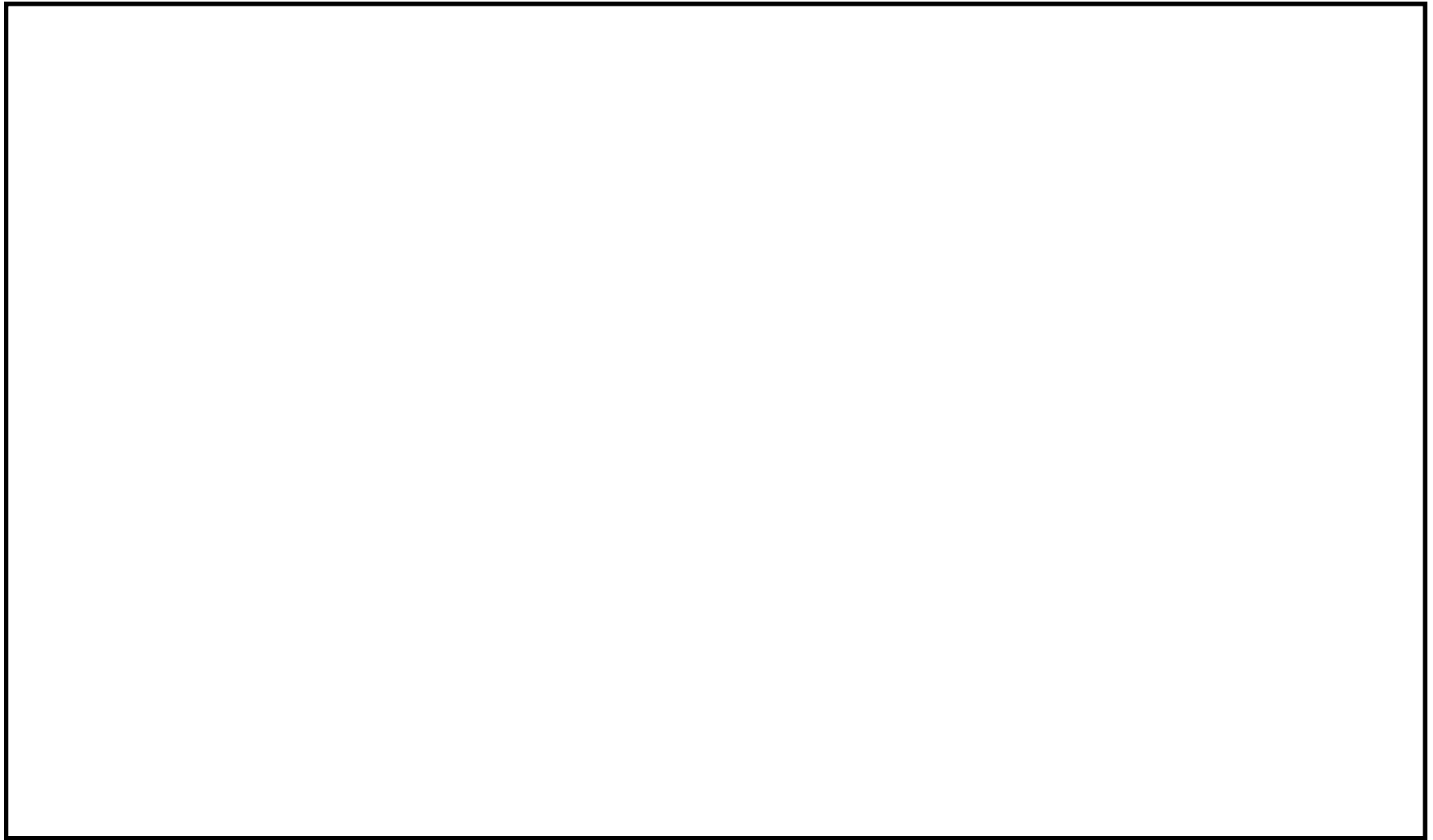
Draw him/her here!

# YOUR FAMILY STORY

1 Ask your family: when they were your age...

2 Time for a **SUPER** drawing! Draw something from the story that you want to remember.

Where did you grow up?  
What did you like to do?  
Who was your best friend?



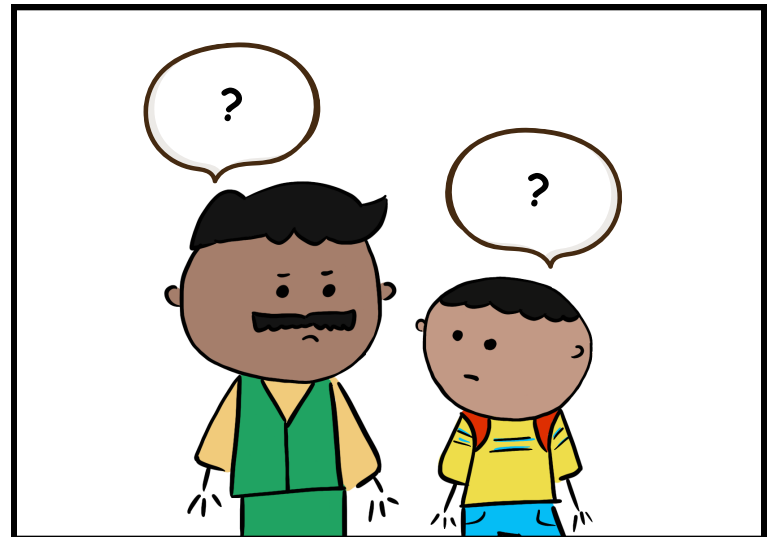
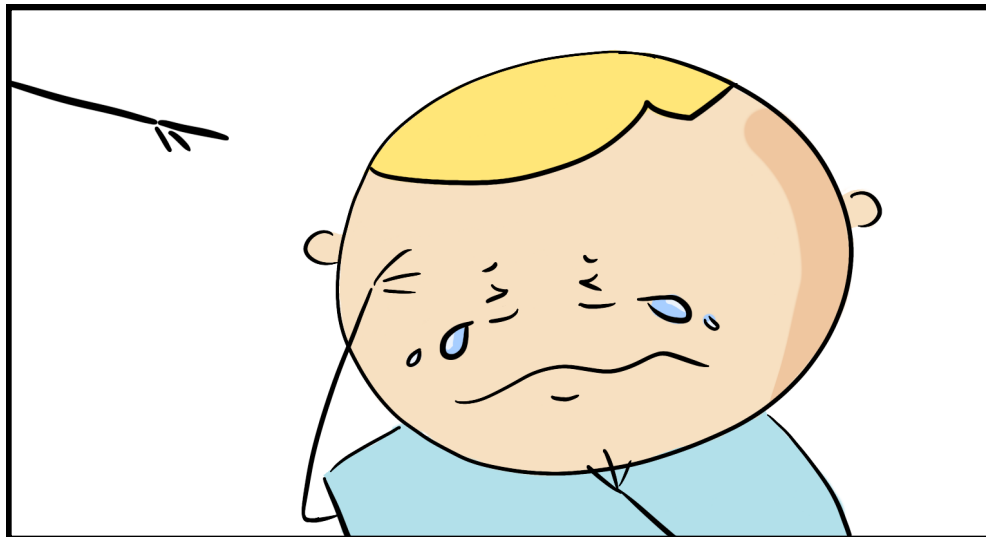
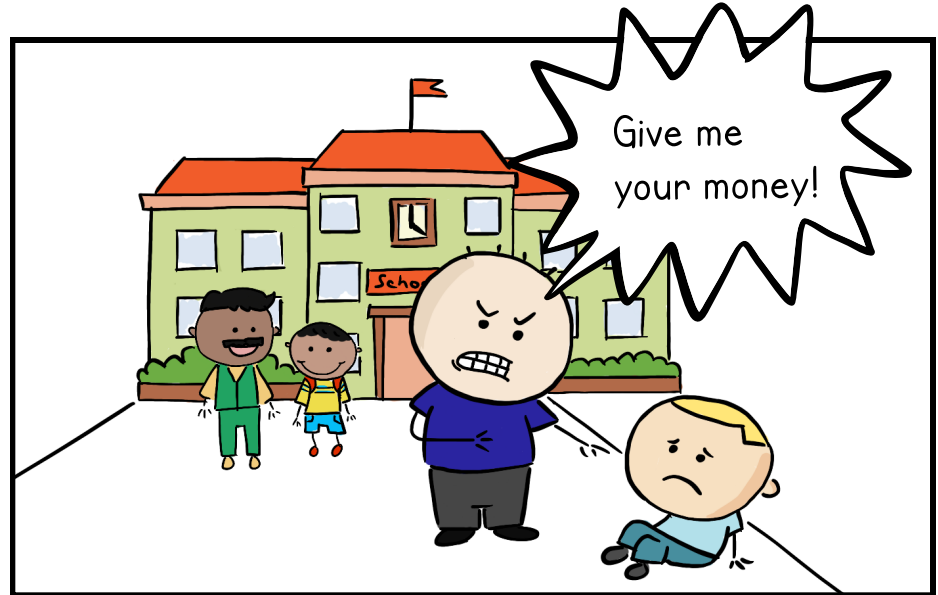


CHAPTER 3

# ***SUPER STORY***

# HOW DO OTHERS FEEL?

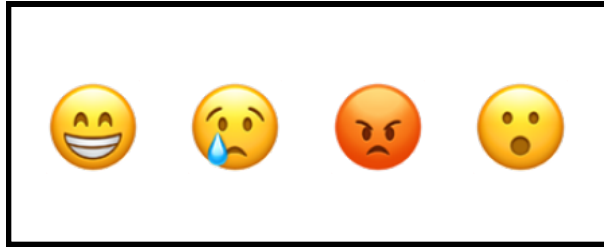
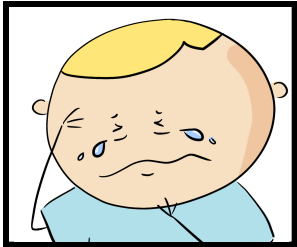
1 Read this story with your family and discuss. What is going on in this story?



2 Time for a **SUPER** activity! Think about how each character from this story feels.

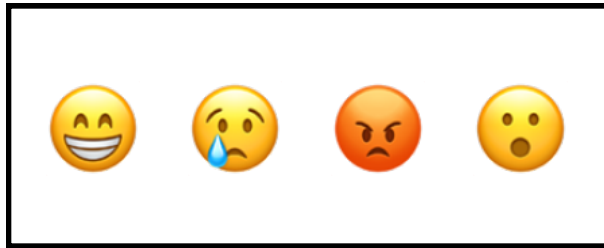
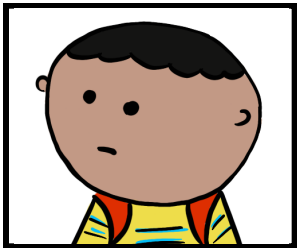
How do you think they feel? Choose the emotion.

How do you think the characters can feel better?



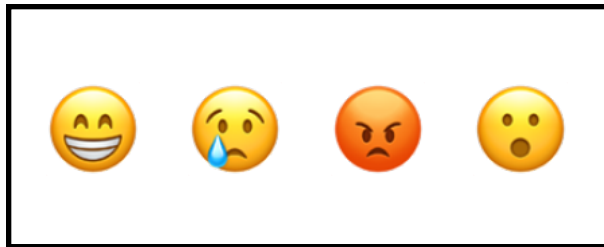
.....

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.....

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.....

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3 Time for a **SUPER** drawing! Draw the ending of the story on the next page.

## SUPER ending

Now that you know how everyone feels what would you do to end this story well?

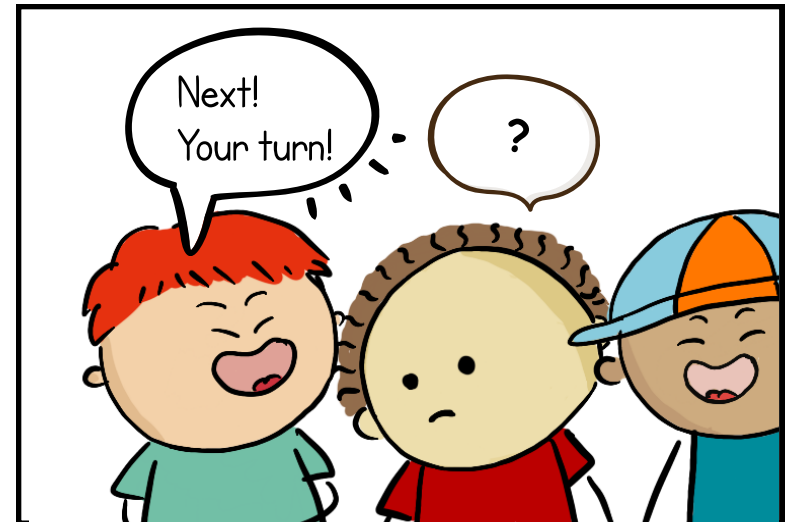
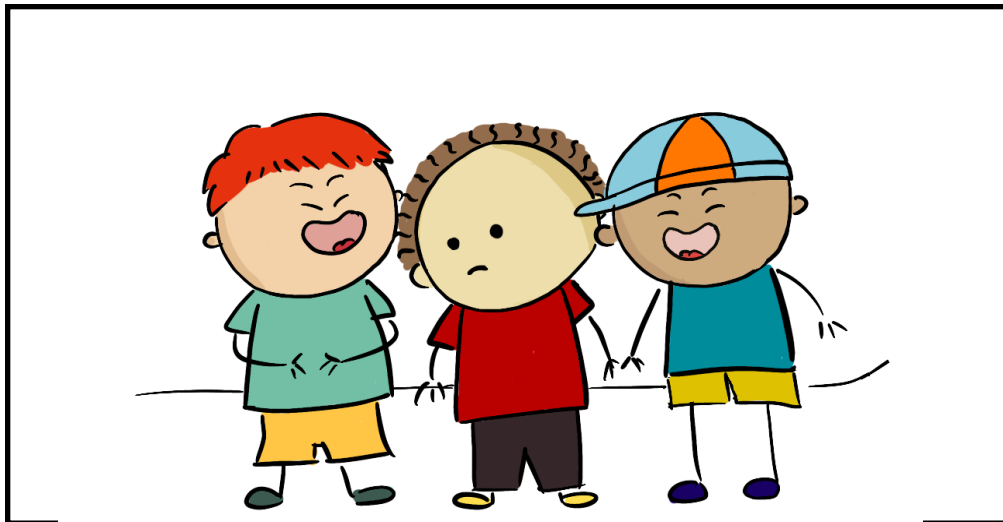
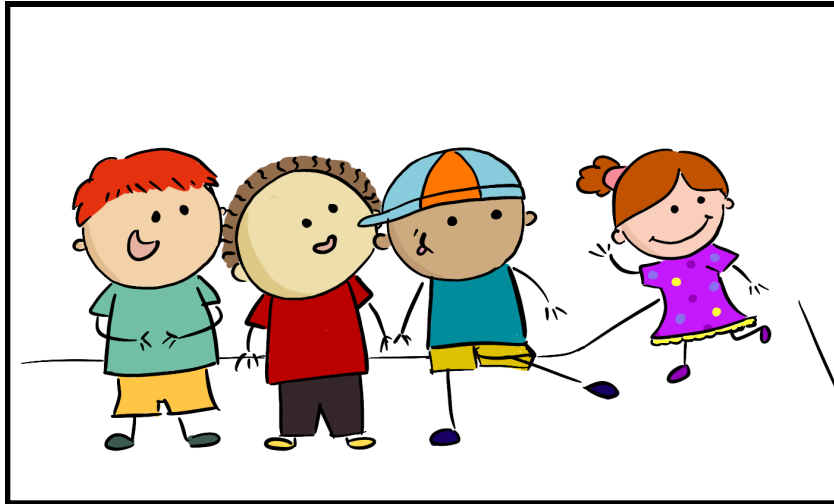
Work with your family to draw the ending of this story.

I can ask for  
help from...

Save this section for help stickers

# ACT LIKE EVERYONE ELSE?

1 Read this story with your family and discuss. If you were the boy in the story, what would you do?



2 Time for a **SUPER** drawing with your family! Draw the ending of the story on the next page.



It is not easy to disagree with your friends. Talk to your parents and think of different ways on how you can solve this story.

Have you experienced a similar problem?  
How did you handle it?  
Do you think you would stand up to your friends against bullying?

I can ask for help from...

Save this section  
for help stickers

## **SUPER** ending

After thinking of different ways to solve this story, what is the best action to take?  
Draw what you would do.

CHAPTER 4

# ***SUPER RESOURCES***

# ASKING FOR HELP





















Asking for help when YOU need it - is being SUPER!

There are many people you can ask for help. Look for the stickers for some of the examples.

Go back to each story and think of who you would ask for help. Cut out these stickers and place them next to the ending of each story.

← Draw yourself here! This is YOU!

Draw more here! ✂

 police	 neighbours	 friends	 family	 teacher	 coach	-----
 police	 neighbours	 friends	 family	 teacher	 coach	-----
 police	 neighbours	 friends	 family	 teacher	 coach	-----



# SUPER RESOURCES

Now that you know who you can ask for help. Write down their information and draw their pictures!

Name .....

Phone # .....

Location .....

Name .....

Phone # .....

Location .....

Name .....

Phone # .....

Location .....

Name .....

Phone # .....

Location .....

coach    cousin    grandpa    police    teacher    neighbour    uncle    friends    family    ...



This book was created in collaboration with *SFU SIAT* (School of Interactive Arts and Technology) and *SAFE*, a program under the *City of Surrey*, that aims to address youth gang violence by providing services to at risk children, youth, and their families.

Designed with love  
by Cassey Peng, Calvin Cheng, and Polina Chzhan  
©2021

A decorative, hand-drawn style wavy line that spans the width of the text above it.