

# SUPER KIDS

CHANGE THE WORLD  
Activity Book



POP  
CULTURE  
HERO  
COALITION





# POP CULTURE HERO COALITION

"POP CULTURE HERO COALITION IS TURNING FANTASY INTO THE REAL WORLD WITH JUSTICE AND HEROISM."

--CBS NEWS

Founded in 2013, Pop Culture Hero Coalition is the first 501c3 organization to teach resilience, healthy identity, empathy, and other mental health skills by using stories from TV, film & comics.

## CHILDREN'S HOSPITALS

PROCEEDS FROM THE SALE OF SUPERKIDS GO DIRECTLY BACK INTO OUR PROGRAMS, BRINGING TOOLS FOR RESILIENCE AND HEALTHY IDENTITY TO CHILDREN AND TEENS, AND HELPING THEM TO VICTORY OVER DEPRESSION, ANXIETY, LONELINESS, AND FEAR.

## SCHOOLS

POP CULTURE HERO COALITION'S PSYCHOLOGISTS AND EXPERTS HAVE CREATED A GROUNDBREAKING, 32-LESSON PLAN CURRICULUM TO TEACH EMPATHY AND END BULLYING, RACISM, MISOGYNY, LGBTQI-BULLYING, AND CYBERBULLYING, USING STORIES THAT KIDS FIND RELATABLE.

## COMIC CONS

POP CULTURE HERO COALITION BRINGS MENTAL HEALTH SUPPORT INTO MAINSTREAM AND NICHE AUDIENCES AT COMIC CONS, USING STORIES KIDS AND ADULTS LOVE. WE LOVE SUPERHEROES, WHY NOT BE ONE?

## STAY TUNED FOR FUTURE EDITIONS OF SUPERKIDS!

We'd love to hear from you! For comments, copies or info, please email [SuperKids@PopCultureHero.org](mailto:SuperKids@PopCultureHero.org).

WE NEED YOUR SUPPORT! ALL DONATIONS ARE TAX-DEDUCTIBLE. TO BE PART OF THIS CRUCIAL WORK, PLEASE DONATE AT [WWW.POPCULTUREHERO.ORG/SUPPORT-US](http://WWW.POPCULTUREHERO.ORG/SUPPORT-US) AND ADD A NOTE THAT SAYS "SUPERKIDS!" YOUR DONATION WILL GO DIRECTLY TO PROVIDE MORE OF THESE BOOKS TO KIDS WHO NEED THEM.

**THANK YOU FOR YOUR SUPPORT!**



NAME THE DOCTOR AND COLOR THE PAGE





NAME THE SUPERHERO KIDS





I FOUND OUT THAT I HAD CANCER TWO YEARS AGO. I WENT THROUGH CHEMOTHERAPY BUT IT CAME BACK.

A GIRL I KNEW FROM MY FIRST TIME IN THE HOSPITAL DIED FROM CANCER A YEAR AGO. I'M SCARED EVERY DAY.

I HAVE NIGHTMARES ABOUT DYING. AND EVERY TIME SOMETHING HURTS, I WORRY THAT IT'S A NEW TYPE OF CANCER.



I KNOW WHAT YOU MEAN. I WORRY TOO. PEOPLE DON'T UNDERSTAND HOW MUCH PAIN I AM IN.

I'VE MISSED SO MANY BIRTHDAY PARTIES BECAUSE OF PAIN. SOME OF MY FRIENDS TELL ME THAT IT'S NO BIG DEAL.

BUT ON SOME DAYS THE PAIN IS SO BAD THAT I DON'T KNOW IF I WILL LIVE THROUGH IT.



I CAN RELATE TO THAT TOO. SOME DAYS MY STOMACH HURTS SO BAD THAT I CAN'T MOVE.

I NEVER KNOW WHEN I'M GOING TO HAVE ANOTHER SEIZURE.

THERE ARE SO MANY THINGS I'M NOT ABLE TO DO THAT MY FRIENDS DO.

I CAN'T GO ON RIDES, OR PLAY LASER TAG. I CAN'T SWIM OR SLEEP OVER MY FRIEND'S HOUSE.



I CAN'T DO A LOT OF THAT TOO. THE HARDEST PART FOR ME IS BEING IGNORED. PEOPLE SEEM TO LOOK RIGHT PAST ME.

THEY SAY HI TO MY MOM OR A NURSE I AM WITH BUT THEY DON'T SEEM TO NOTICE ME. I JUST WANT PEOPLE TO KNOW THAT I AM HUMAN AND I WANT TO BE SEEN.



WHAT IS YOUR ORIGIN STORY?

I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

FROM EACH PAINFUL EXPERIENCE, THERE IS WISDOM THAT WE LEARN AND A SUPERPOWER THAT WE DEVELOP.

SUPERPOWERS CAN BE ANYTHING--SPECIAL ABILITIES, TALENTS, HOBBIES, AS WELL AS HEROIC GOALS, LIKE HELPING OTHERS. SOME OF THESE SUPERPOWERS WE ALREADY HAVE AND SOME WE CAN DEVELOP.

WHAT ARE SOME OF YOURS?



HELP THESE SUPERHERO KIDS DESIGN THEIR SUPERHERO COSTUMES





**WHAT IS YOUR SUPERPOWER?**  
**CIRCLE ALL THAT APPLY TO YOU AND ADD ANY OTHER SUPERPOWERS YOU HAVE BELOW**

DRAWING, LAUGHING, READING, WRITING, MUSIC, ELECTRONICS,  
 GOOD WITH ANIMALS, HELPING OTHERS, GAMES, MATH, MAKING  
 FOOD, KNOW A LOT ABOUT MOVIES OR TV SHOWS, DANCING,  
 SINGING, ACTING, CRAFTS

OTHER: \_\_\_\_\_







MY CAT, HOPE, IS MY SIDEKICK. SHE KNOWS WHEN I'M SCARED. SHE SITS ON MY LAP AND PURRS WHENEVER I'M ANXIOUS AND IT MAKES ME FEEL BETTER.



THIS IS MY DOG, THOR. HE IS MY SERVICE DOG. HE LETS ME KNOW WHEN I MIGHT HAVE ANOTHER SEIZURE.



MY SISTER IS MY SIDEKICK. WE DO EVERYTHING TOGETHER.



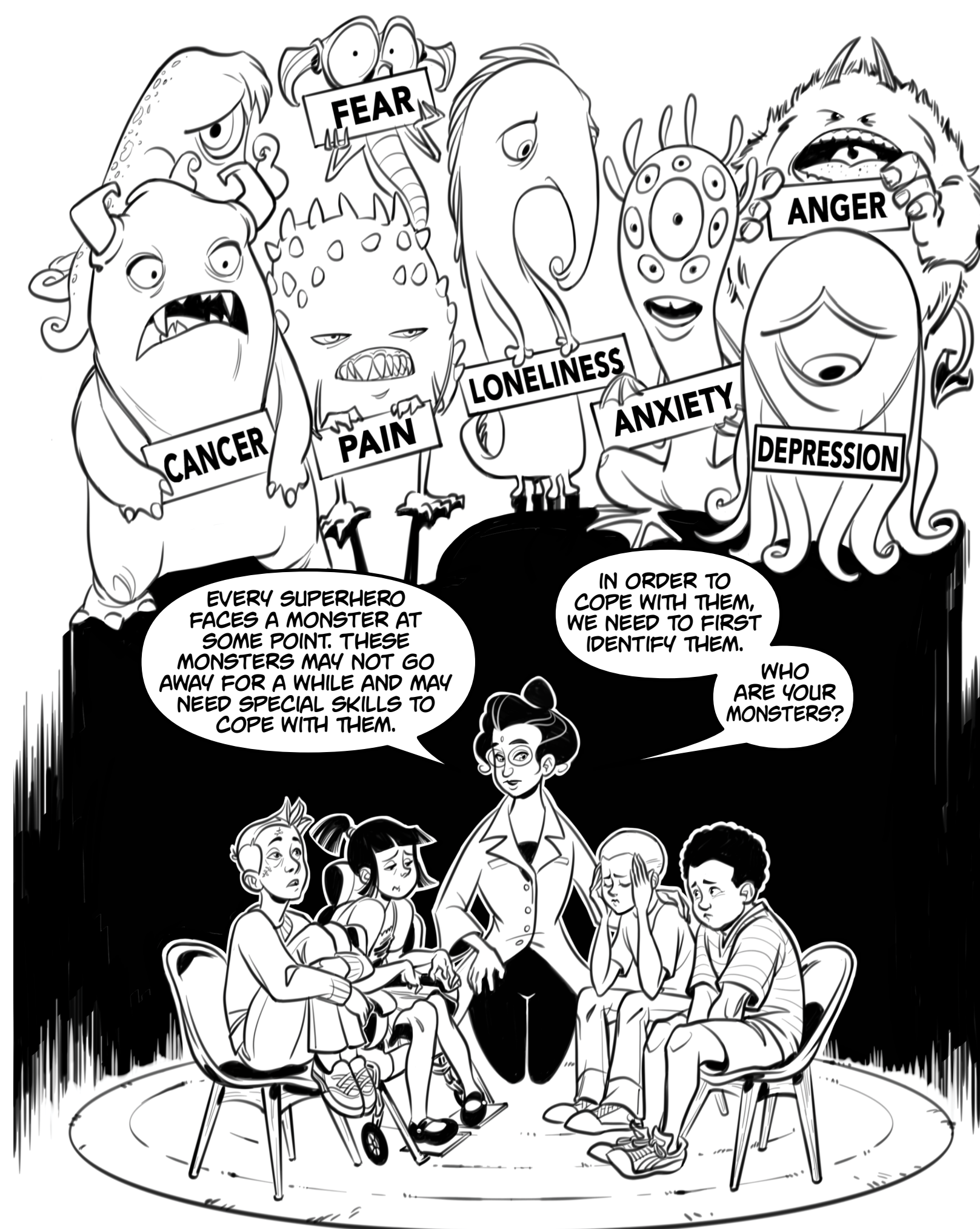
I ALSO THINK THAT WE CAN BE EACH OTHER'S SIDEKICKS, TOO.

I THINK IT'S A SUPER IDEA!

WHO ARE SOME OF YOUR SIDEKICKS?

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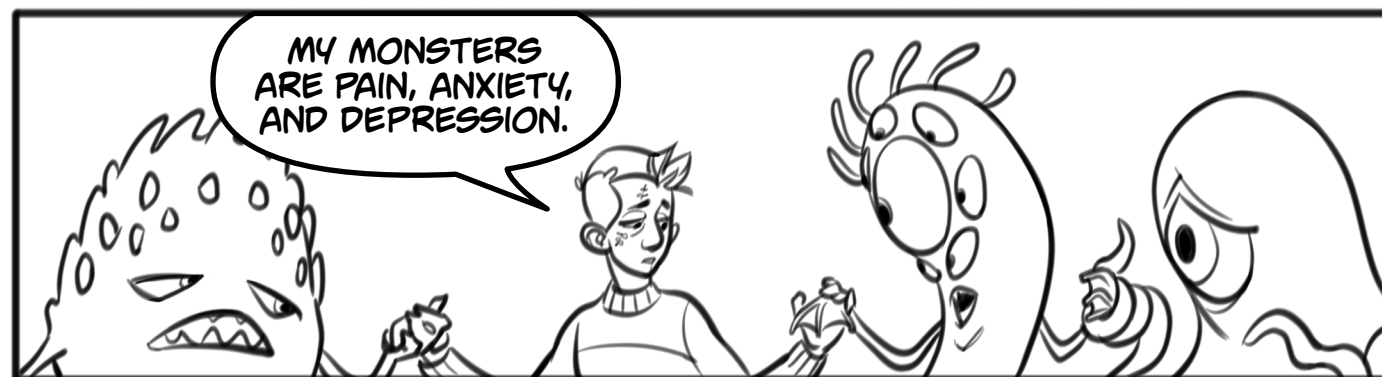
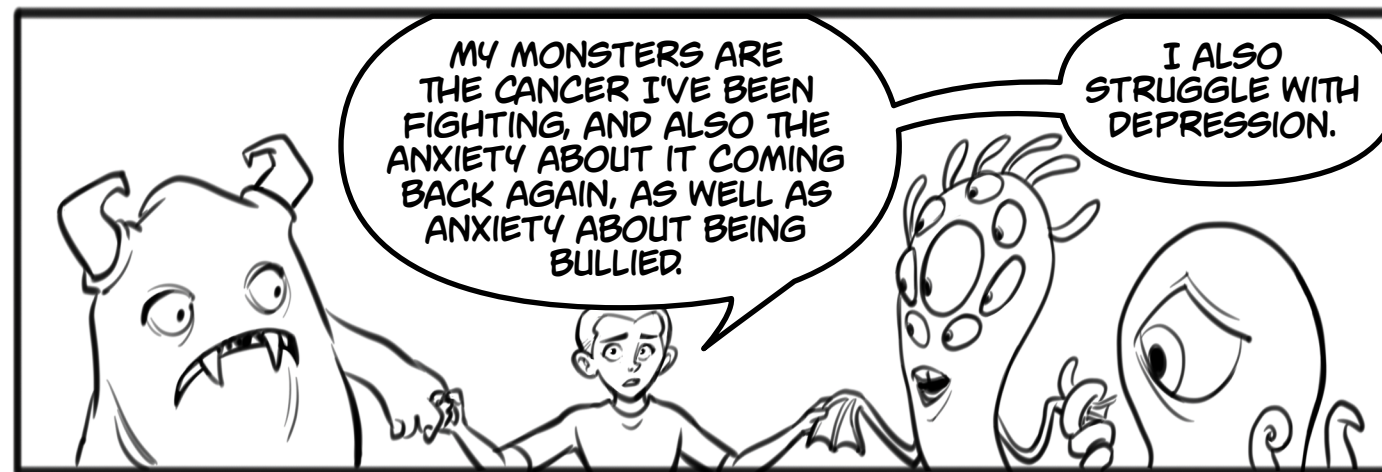


EVERY SUPERHERO FACES A MONSTER AT SOME POINT. THESE MONSTERS MAY NOT GO AWAY FOR A WHILE AND MAY NEED SPECIAL SKILLS TO COPE WITH THEM.

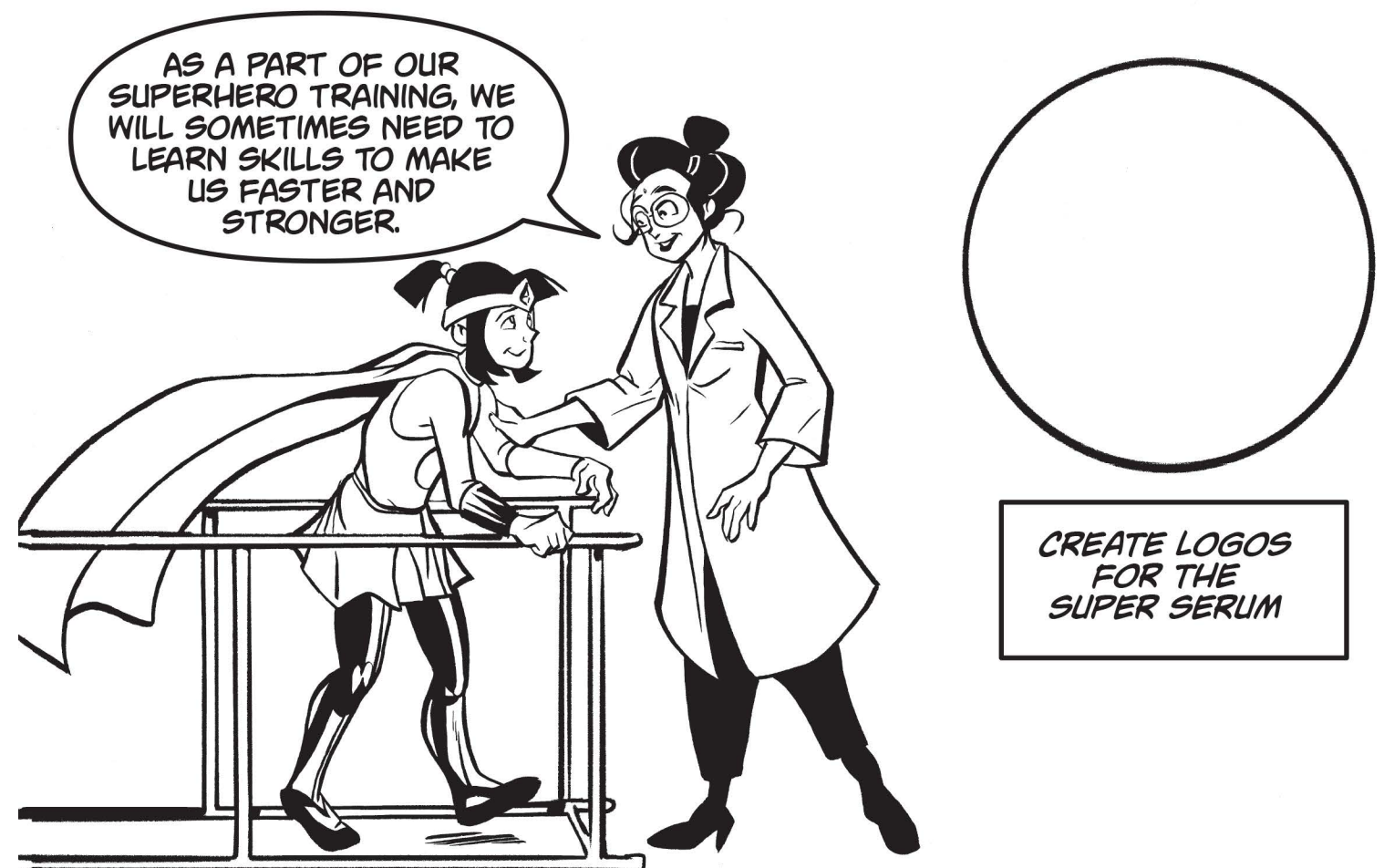
IN ORDER TO COPE WITH THEM, WE NEED TO FIRST IDENTIFY THEM.

WHO ARE YOUR MONSTERS?





WHO ARE SOME OF YOUR MONSTERS?







TO HELP US FACE OUR MONSTERS, SUCH AS ANXIETY AND PAIN, WE WILL LEARN A SUPERHERO POWER-UP SKILL--

--MINDFUL BREATHING.



MINDFULNESS IS NOTICING HOW WE FEEL RIGHT NOW. SOMETIMES WHEN WE WORRY ABOUT WHAT WILL HAPPEN IN THE FUTURE, WE START TO FEEL ANXIOUS AND OUR PAIN LEVELS CAN INCREASE.



WHEN WE SLOW DOWN AND FOCUS ON OUR BREATHING, WE TAP INTO OUR MINDFULNESS SUPERPOWER, WHICH CAN HELP REDUCE ANXIETY AND PAIN OVER TIME. LET'S PRACTICE IT NOW.



PUT YOUR HANDS ON YOUR HEART TO ACTIVATE THIS SUPERPOWER--

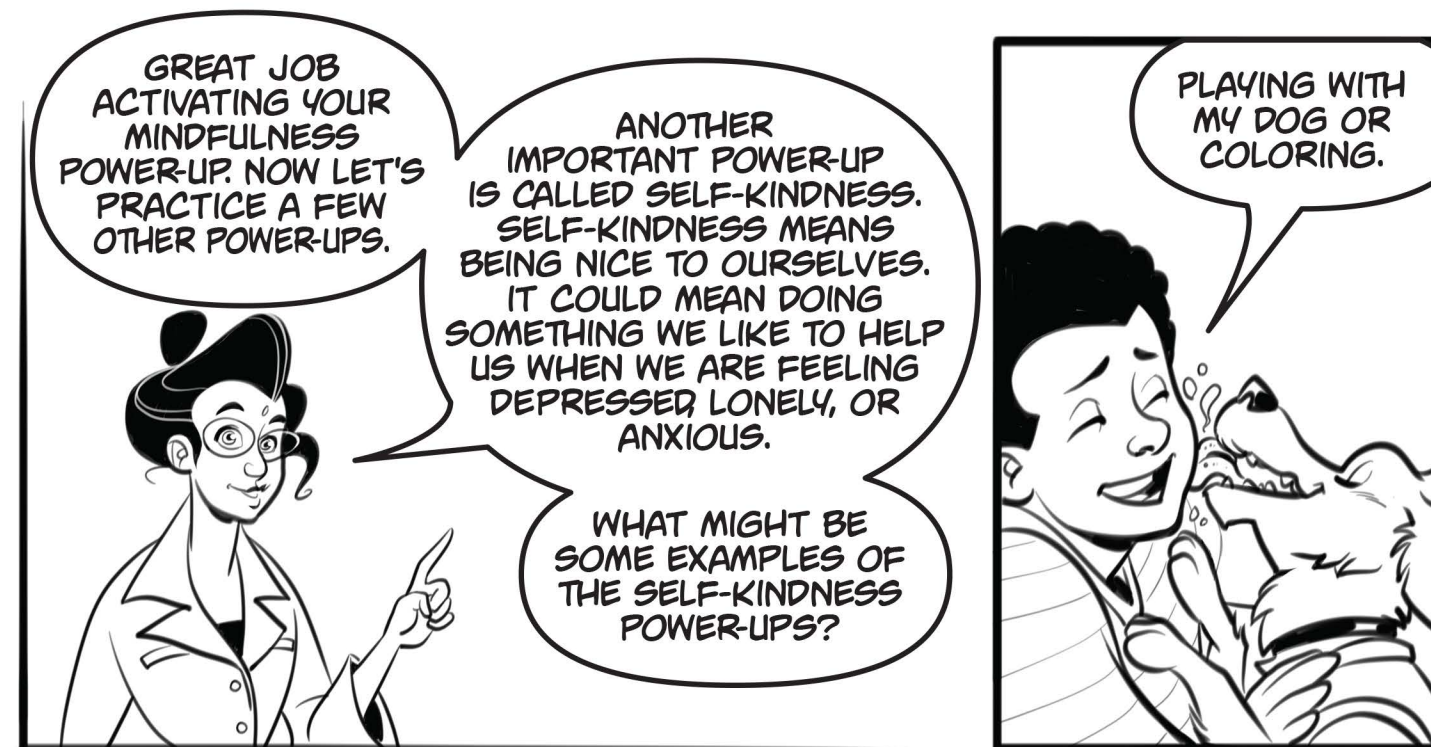
--THEN TAKE 10 SLOW BREATHS.

PLACE YOUR HANDS ON YOUR HEART IN THE CENTER. TAKE A FEW SLOW BREATHS. HOW MANY BREATHS WERE YOU ABLE TO TAKE?

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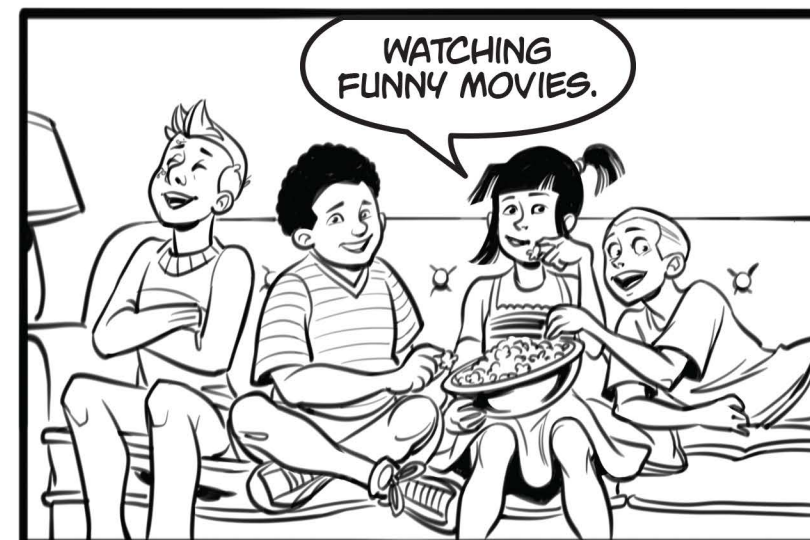
GREAT JOB ACTIVATING YOUR MINDFULNESS POWER-UP. NOW LET'S PRACTICE A FEW OTHER POWER-UPS.

ANOTHER IMPORTANT POWER-UP IS CALLED SELF-KINDNESS. SELF-KINDNESS MEANS BEING NICE TO OURSELVES. IT COULD MEAN DOING SOMETHING WE LIKE TO HELP US WHEN WE ARE FEELING DEPRESSED, LONELY, OR ANXIOUS.

WHAT MIGHT BE SOME EXAMPLES OF THE SELF-KINDNESS POWER-UPS?



PLAYING WITH MY DOG OR COLORING.



WATCHING FUNNY MOVIES.



SAYING SOMETHING KIND TO OURSELVES, LIKE "I KNOW YOU'RE SCARED. IT'S GOING TO BE OKAY. YOU CAN DO THIS."



PLAYING VIDEO GAMES.

MAYBE ALL OF US PLAYING TOGETHER

WHAT MIGHT BE SOME OF YOUR SELF-KINDNESS POWER-UPS?

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ANOTHER POWER-UP IS DRAWING OR WRITING ABOUT A SPECIAL MOMENT IN YOUR LIFE.

AS DIFFICULT AS OUR EXPERIENCES SOMETIMES MAY BE, WE SOMETIMES FORGET ALL THE WONDERFUL MEMORIES FOR WHICH WE MAY BE GRATEFUL. WHAT ARE SOME OF YOUR SPECIAL MOMENTS?



LAST YEAR MY MOM TOOK ME AND MY DOG, THOR, TO THE BEACH. WE JUST SAT THERE AND LOOKED AT THE WAVES. I BARELY HAD ANY PAIN THAT DAY. IT WAS NICE.



MY BIRTHDAY WAS A FEW MONTHS AGO. A FEW OF MY FRIENDS CAME TO THE HOSPITAL. WE PLAYED VIDEO GAMES. THAT DAY I DIDN'T HAVE TOO MUCH PAIN.



LAST YEAR MY MOM TOOK ME TO COMIC CON. I GOT TO DRESS UP LIKE A SUPERHERO. EVERYONE WAS TAKING PICTURES WITH ME. IT WAS ONE OF THE FEW TIMES IN MY LIFE I DIDN'T FEEL INVISIBLE. I FELT LIKE A PART OF THE GROUP.



IT'S GOING TO SOUND SILLY BUT ONE OF MY FAVORITE MOMENTS IS RIGHT NOW. FOR THE FIRST TIME IN A LONG TIME I DON'T FEEL ALONE. I FEEL LIKE I CAN RELATE TO EACH ONE OF YOU.

WHAT ARE YOUR FAVORITE MOMENTS?

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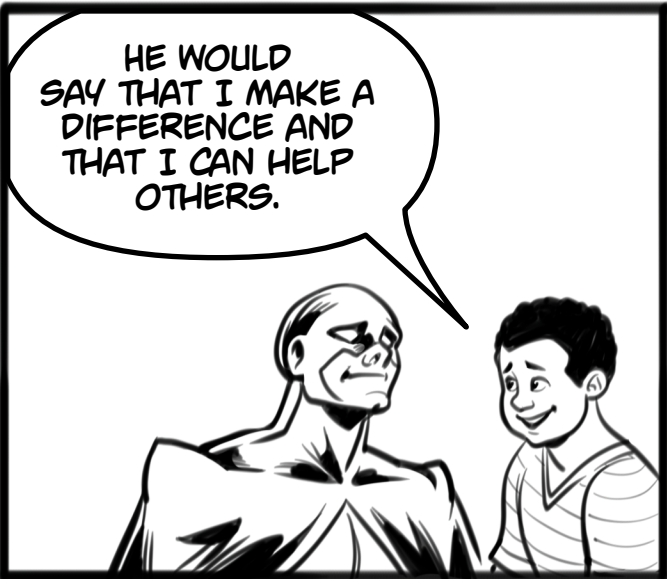
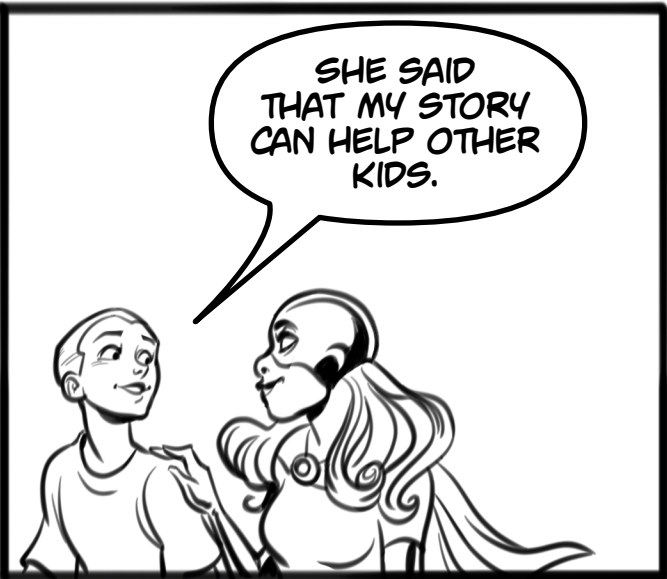
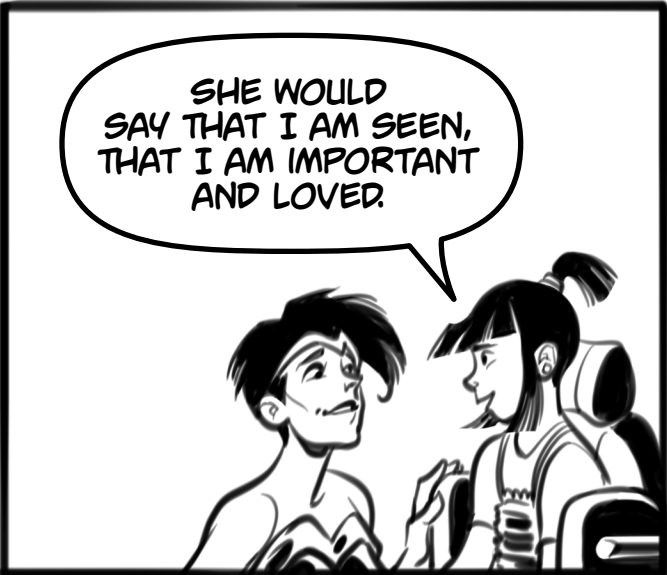
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IF YOUR FAVORITE  
SUPERHERO KNEW EVERYTHING  
YOU'VE BEEN THROUGH AND COULD  
TALK TO YOU FOR A FEW MINUTES,  
WHAT WOULD THEY SAY  
TO YOU?



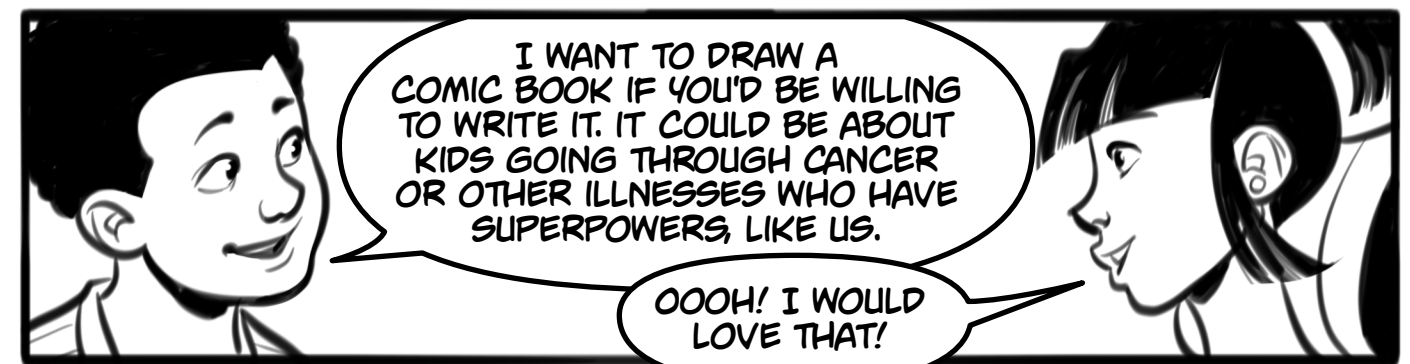
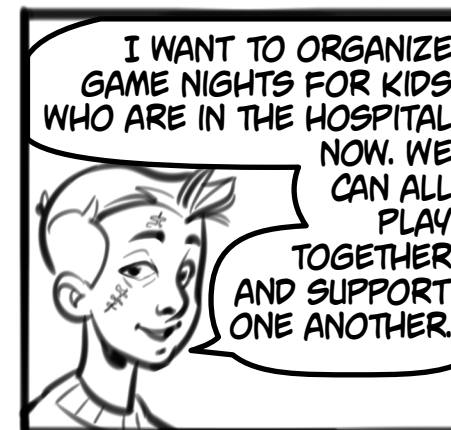
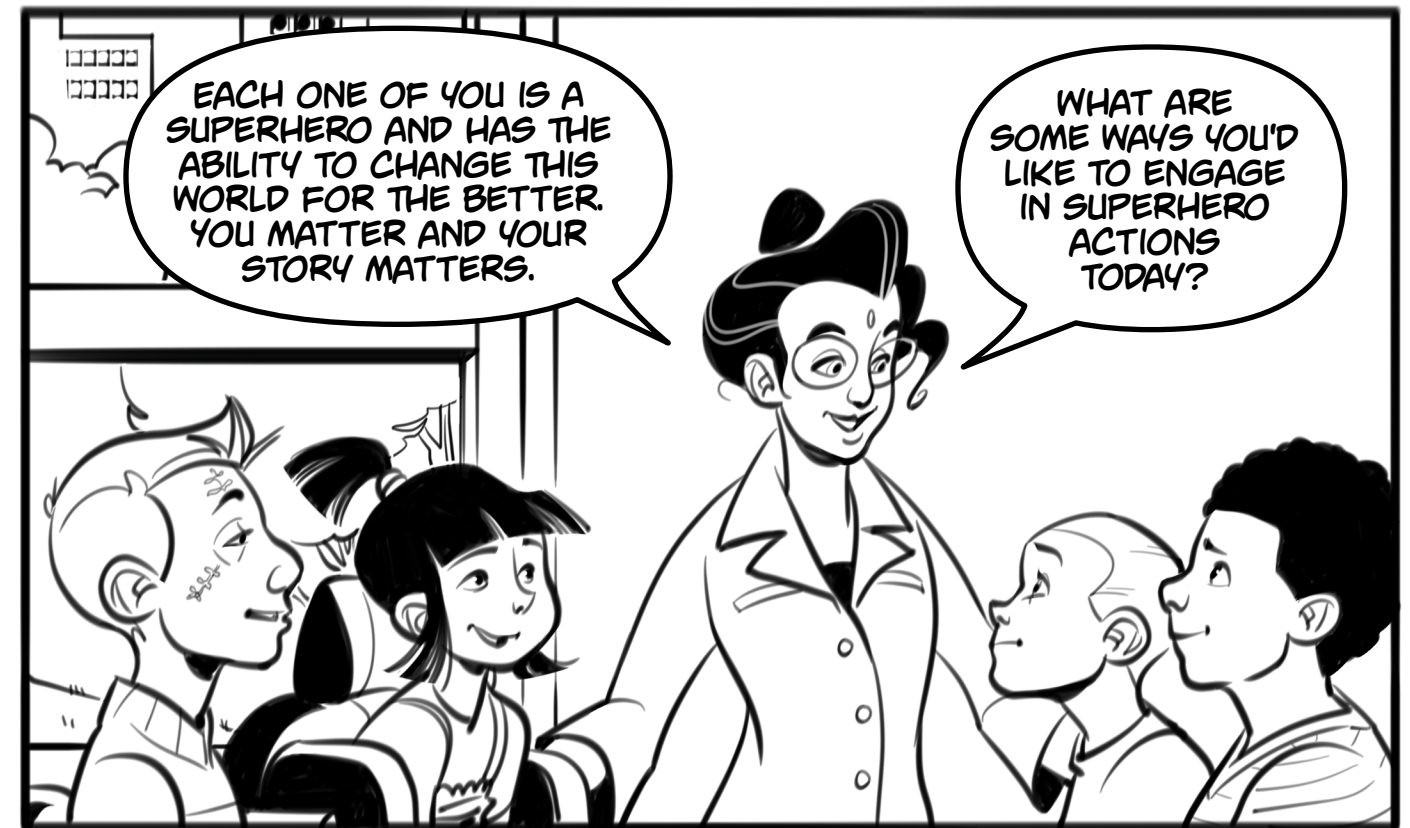
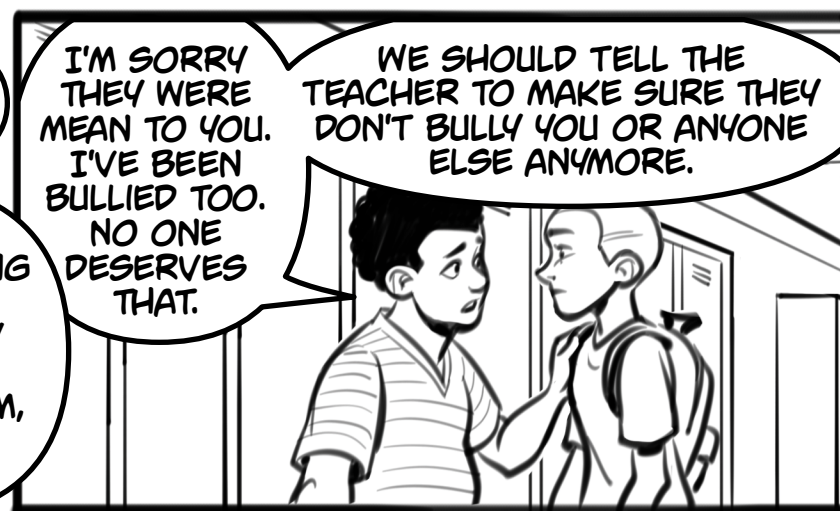
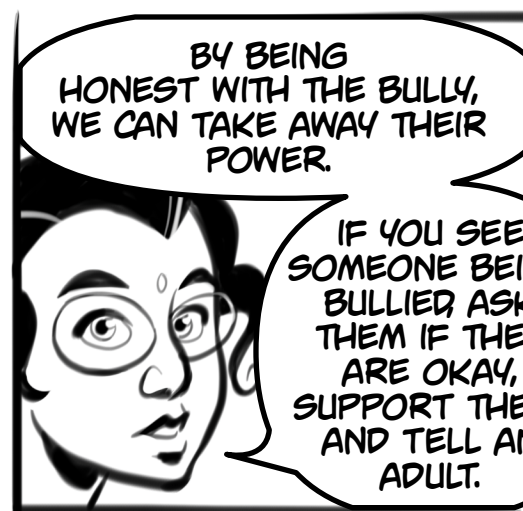
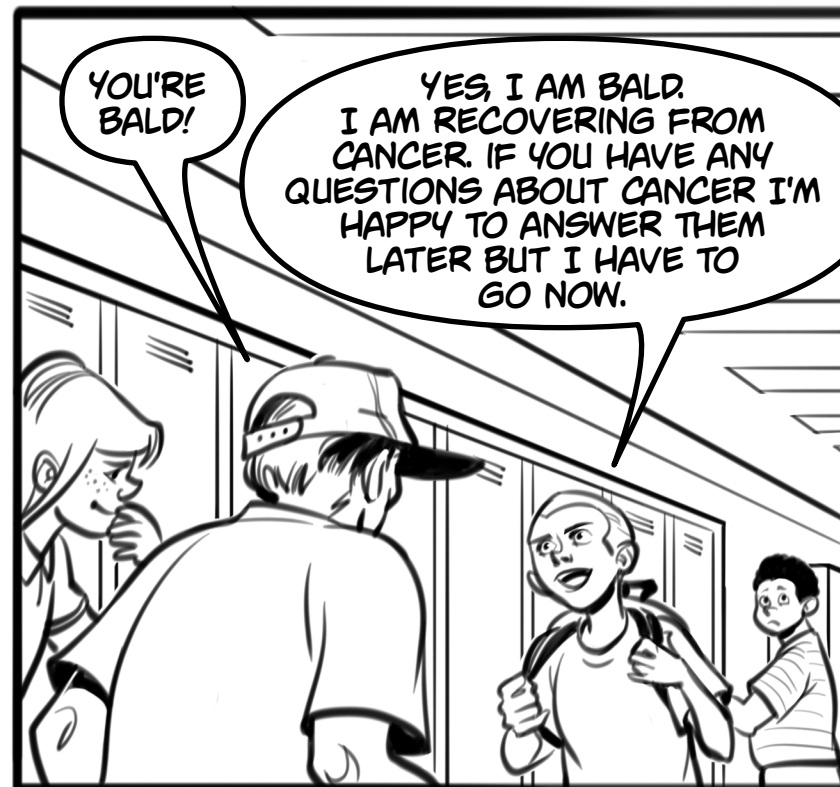
WHAT WOULD YOUR SUPERHERO TELL YOU?

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WHAT IS A SUPERHERO ACTION YOU WOULD LIKE TO WORK ON TODAY?

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TOGETHER WE ARE GOING TO CHANGE THE WORLD.

IT WILL NOT BE EASY BUT IT WILL BE WORTH IT.

THERE WILL BE TIMES WHEN WE MIGHT WANT TO GIVE UP. BUT THOSE ARE THE MOST IMPORTANT DAYS TO DO SOMETHING. YOUR ACTIONS DON'T HAVE TO BE BIG. THEY CAN START WITH A FRIENDLY SMILE.

AND IT'S IMPORTANT TO REMEMBER THAT OUR STORY CAN HELP OTHERS WHO ARE GOING THROUGH IT TOO. SO TODAY, WE CHOOSE TO BE SUPERHEROES.

IN HONOR OF **LEN WEIN**, CREATOR OF WOLVERINE, SWAMP THING AND MUCH MORE, WHO FIRST READ COMICS WHEN HE WAS HOSPITALIZED AT THE AGE OF 7, AND BECAME A HERO TO SO MANY.

MADE POSSIBLE BY HIS FANS  
WITH SPECIAL THANKS TO

CHRISTINE VALADA • JOE GATTO • WILLIAM SHATNER • KEVIN YAMANAKA  
TRAVIS ADAMS • PAUL LEVITZ • PHIL PLAIT • JENNA BUSCH  
JEREMIAH CARAFANO

# HEY SUPER KIDS YOU MATTER. YOU ARE LOVED.

Here are some of the many people who helped make this book for you!

Dr. Janina Scarlet • Lora Innes • Thom Zahler • Dustin McGinnis • Allan Chan • Paul Savory  
George "Stompy" and Robin Hollo • Raymond Litster • Freb • Alberto Rodriguez • Chris Dale  
Aaron Reynolds • Lanaya Ethington • Sarah • Erin Shuart • pinkgodzilla2 • Q • Legion of Leia  
Anastasia Washington • Lisa Granshaw • T Valada-Viars • Leah Glynn • Zack Stentz • Ken Ku  
Darren Hayes • Richard Cullen • Sandi, John, and Alex Watson • Karen Bailey • Palmer Bailey  
Dr. Ali Mattu • Ann Bergeron • Lois Bourgon • Bruce Rheins • Lisa Klink • John Ratnaswamy  
Carrie Crebbe Lang • Daniel Atteberry • Andrew Robinson • Linda Burnett • Robert J. Sawyer  
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Jason Eiserman • Anita Resnick • Matt Osborne • Erin • Dion Tobi • Rosimar Guillen  
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Stephanie Feliciano • Kerry Glover • India Cooper • Carol Snowdeal • David P. Koski • Iain Davidson  
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Guest 1351095976 • Guest 1690429049

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With heartfelt thanks and love to all of you from SuperKids producer **Chase Masterson** and Pop Culture Coalition's team of real-life superheroes.

Thank you for joining us in support of SuperKids!!

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## CHANGE THE WORLD Activity Book

**#1** *IN A SERIES OF MENTAL HEALTH COMIC BOOKS!*

Created by SuperheroIRL™  
A Division of Pop Culture Hero Coalition  
In Memory of Len Wein

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Pop Culture Hero Coalition has programs in schools, comic-cons and children's hospitals.

[www.PopCultureHero.org](http://www.PopCultureHero.org)  
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