

***DON'T HATE***  
**WORKBOOK**  
**COMPANION**



Hi, \_\_\_\_\_

Thank you for joining the "I'm Greater Than a Hater" campaign—where kindness is the coolest superpower!

This workbook is the perfect companion to the *DON'T HATE* book you've read and loved. It's filled with fun activities to help kids grow in kindness, empathy, and confidence.

**Parents:** Please print the workbook so \_\_\_\_\_ can jump in and start their kindness adventure today!

Here's what you can anticipate:

- **Don't Hate Recap**

- Comprehension Questions
- Fill-in-the-Blanks
- Vocabulary & Definition exploration
- Think and Draw Prompt
- Word Searches (*with Answer Keys*)

- **Kindness in Action**

- A Kindness Pledge
- Matching Exercises
- Reflective Self-Discovery Activities
- Fun Coloring Pages

- **Don't Hate Superheroes**

- Design the Kindness Superpower Cape
- Fill-in-the-Blank Activity
- Color the *Don't Hate* Superheroes





# ***DON'T HATE COMPREHENSION RECAP***

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Who are the main characters in DON'T HATE?

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2. What did Braeden and his friends do when they saw bullying happening at school?

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3. What does "I'm Greater Than a Hater" mean to you?

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4. List 3 of the 15 powerful words you learned in the book.

\_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_

5. How did the characters in the book show kindness?

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# COMPLETE THE SENTENCE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Circle the word that best completes the sentence.

**Circle your answer:** When Olivia noticed MyJenn alone on the playground, she walked over to \_\_\_\_\_ a kind hello.

**listen   initiate   open   stand   give**

**Circle your answer:** To see who would play with the race car first, Joel and Sebastian \_\_\_\_\_.

**hugged   laughed   walked   screamed   negotiated**

**Circle your answer:** When Kai was frustrated and ready to give up playing soccer, his friends \_\_\_\_\_ him.

**motivated   tried   kicked   blamed   cooperated**

**Circle your answer:** When Braeden and his friends noticed kids being bullied at school, they \_\_\_\_\_ on their behalf.

**yelled   participated   advocated   cried   told**

**Circle your answer:** In the book *DON'T HATE*, there are fifteen ways to be \_\_\_\_\_ than a hater.

**greater   later   better   funnier   closer**

# COMPLETE THE SENTENCE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Circle the word that best completes the sentence.

**Circle your answer:** When Ayao earned the Leadership Journey Award, her friends \_\_\_\_\_ her.

**ignored   played   hit   congratulated   cheered**

**Circle your answer:** When Mrs. Morgan asked her class to work together, they chose to \_\_\_\_\_.

**run   listen   wave   cooperate   negotiate**

**Circle your answer:** When Charlotte told Bella she got the lead role in her ballet performance, Bella \_\_\_\_\_ her accomplishment.

**initiated   celebrated   saved   advocated   played**

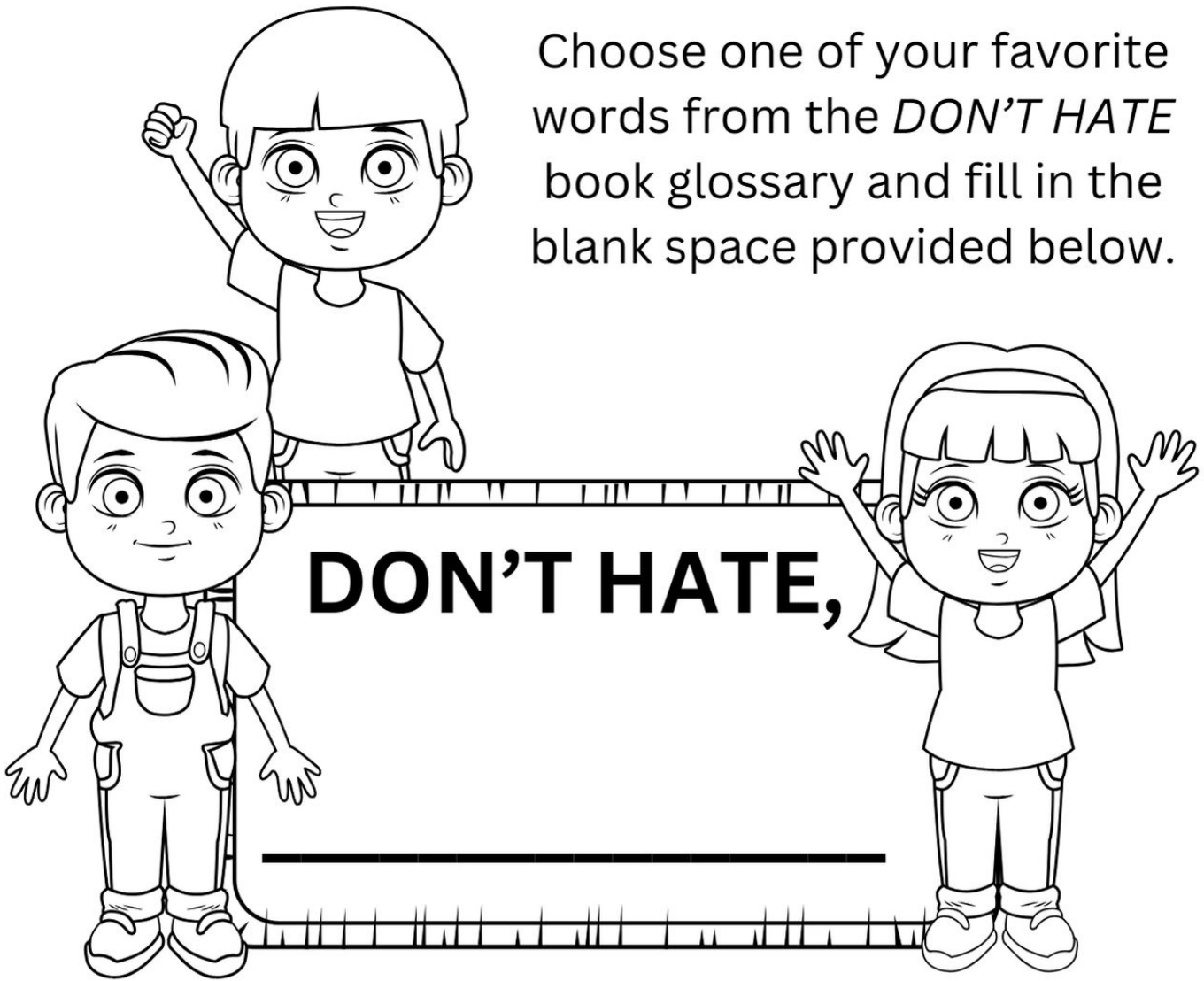
**Circle your answer:** Madison saw Leslie having fun building a tower with blocks. She asked Leslie if she could \_\_\_\_\_.

**stay   participate   advocate   chill   elevate**

**Circle your answer:** When Joel and Lilly got a C on their spelling test, they asked Nicole to \_\_\_\_\_ since she earned an A+ and could share study tips.

**play   collaborate   see   sing   cheat**

Choose one of your favorite words from the *DON'T HATE* book glossary and fill in the blank space provided below.



**What does the word you selected mean? Provide the definition below:**

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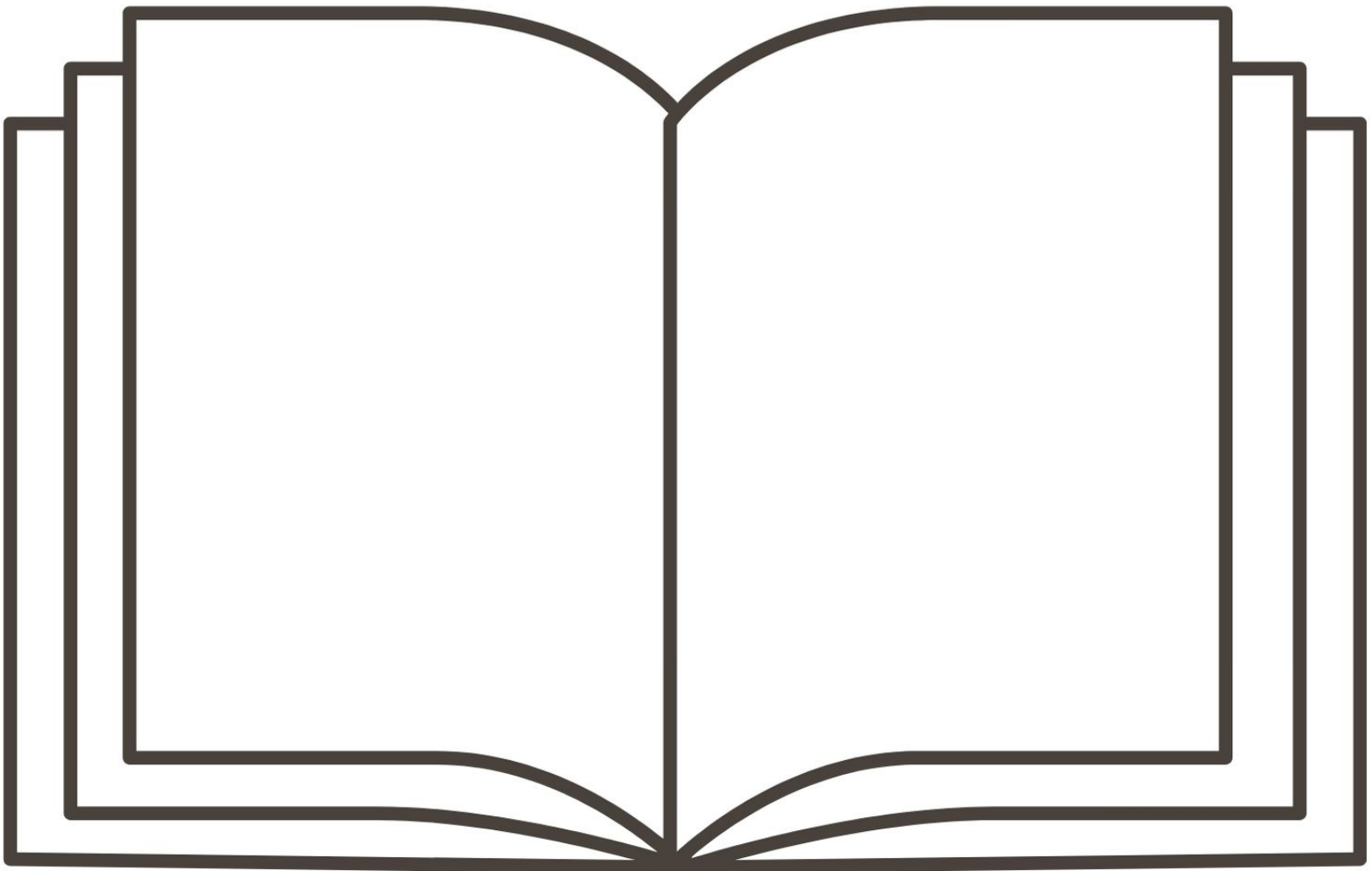
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# ***THINK AND DRAW***

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Draw your favorite part of the *DON'T HATE* story below.



# WORD SEARCH

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Words can be found horizontally and vertically.

E	L	H	T	K	I	N	D	N	E	S	S	Z	L	F
C	E	L	E	B	R	A	T	E	A	K	G	A	V	M
O	K	B	Z	N	L	S	E	C	X	F	L	O	W	D
M	I	S	C	S	E	H	N	Z	F	W	Z	N	L	I
M	N	Z	E	P	A	M	J	C	L	W	A	E	B	E
U	N	X	N	I	R	P	O	O	O	X	H	G	L	A
N	O	N	C	R	N	C	Y	M	U	A	G	O	I	S
I	V	G	O	E	E	A	W	P	R	D	R	T	S	E
C	A	R	U	E	M	X	O	A	I	V	A	I	S	P
A	T	O	R	N	B	C	B	S	S	E	T	A	G	L
T	E	W	A	E	R	R	N	S	H	N	I	T	O	R
E	N	T	G	R	A	X	J	I	L	T	T	E	C	W
H	A	H	E	G	C	B	W	O	F	U	U	O	H	J
C	L	X	P	Y	E	A	Y	N	A	R	D	M	E	S
X	M	O	T	I	V	A	T	E	E	E	E	C	K	V

**celebrate / communicate / motivate / negotiate / innovate**

# WORD SEARCH

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Words can be found horizontally and vertically.

A	P	P	R	E	C	I	A	T	E	S	S	Z	L	C
P	E	M	E	I	B	F	B	I	A	K	G	A	V	O
T	K	E	Z	N	L	S	E	C	D	F	L	O	W	L
L	I	D	C	S	E	H	N	Z	V	W	Z	N	L	L
G	N	I	E	P	A	M	J	C	O	W	A	A	B	A
L	T	T	N	I	R	P	O	O	C	X	H	W	L	B
M	E	A	C	R	N	C	Y	M	A	A	G	A	I	O
I	N	T	O	E	E	A	W	P	T	D	R	K	S	R
Q	T	E	U	E	M	X	O	A	E	V	A	E	S	A
O	I	O	R	N	B	C	B	S	S	E	T	N	G	T
G	O	W	A	E	R	R	N	S	H	N	I	B	O	E
P	N	T	G	R	A	X	J	I	L	T	T	Z	C	W
H	A	H	E	G	C	B	W	O	F	U	U	Q	H	J
C	O	X	P	Y	E	A	Y	N	A	R	D	M	E	S
X	G	R	E	A	T	A	N	C	E	E	E	C	K	V

**collaborate / advocate / meditate / great / appreciate**

Color the 7 action words that you  
can do instead of hate.

U T G A P P R E C I A T E P F Q L G K D F  
M H M A C E L E B R A T E P L H R K T Y M  
X G F H J K S C O L L A B O R A T E A M I  
L C N P A R T I C I P A T E Q W J R O N K  
P G H I U P L J F U H I N N O V A T E P Y L  
I M O T I V A T E A N Y F G L N B H K K H  
T H N E G O T I A T E M A T I O N S T J C Y  
Z A K J B R D O C M A D V O C A T E Y G K





# ***KINDNESS IN ACTION***

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Match the Kind Response:

Draw a line to match each situation with a kind response.

<b>SITUATION</b>	<b>KIND RESPONSE</b>
A FRIEND IS FEELING SAD.	"WOULD YOU LIKE TO TALK ABOUT IT?"
A CLASSMATE DROPS THEIR BOOKS.	"WANT TO SIT WITH US?"
SOMEONE WINS A GAME.	"CAN I HELP YOU PICK THEM UP?"
A NEW STUDENT IS SITTING ALONE.	"GREAT JOB! YOU PLAYED WELL!"

# ***KINDNESS IN ACTION***

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Write down three ways you can show kindness at school, home, or in your community.

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**1.**

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**2.**

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**3.**

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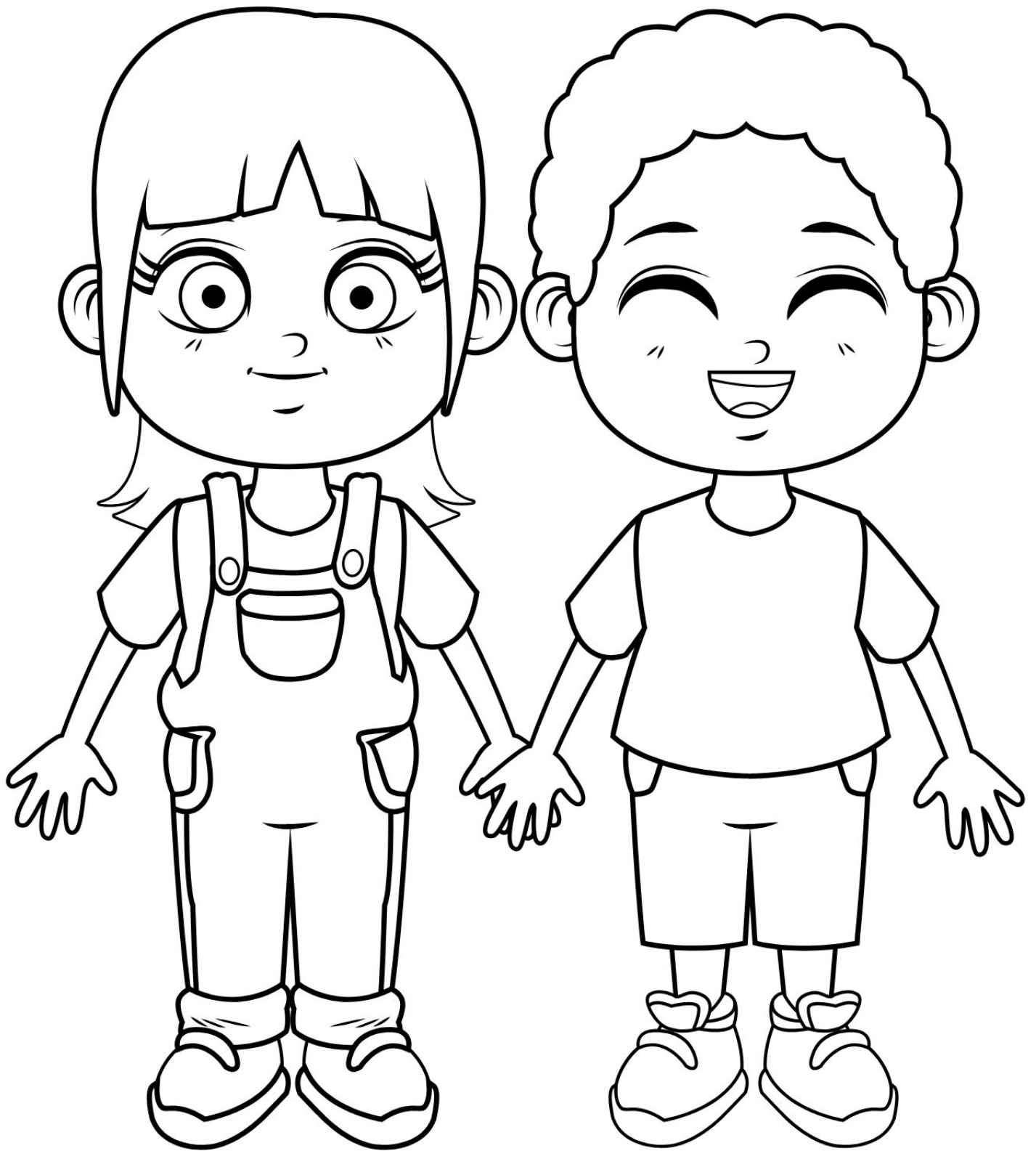
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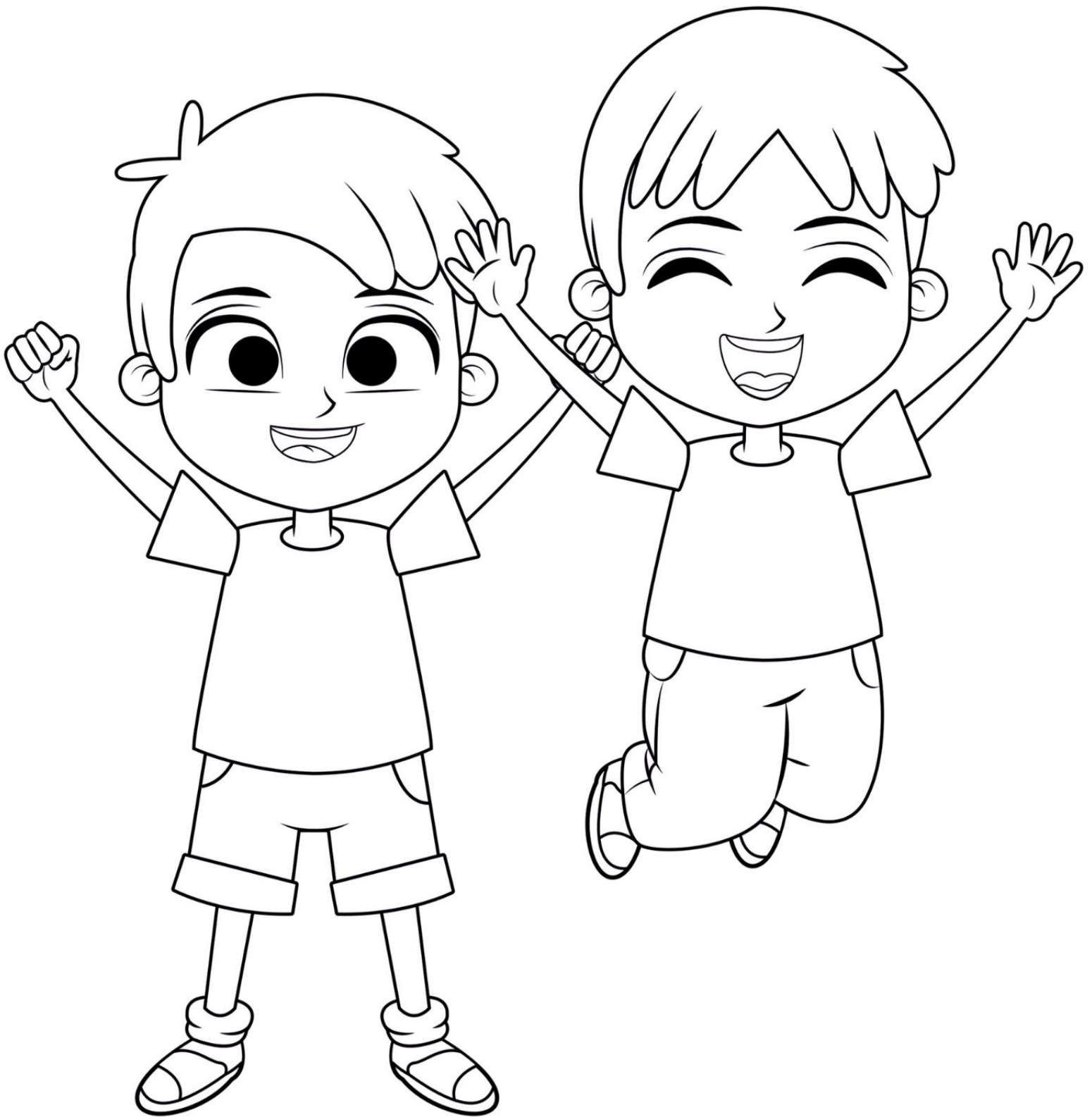


# Be KIND

## Coloring











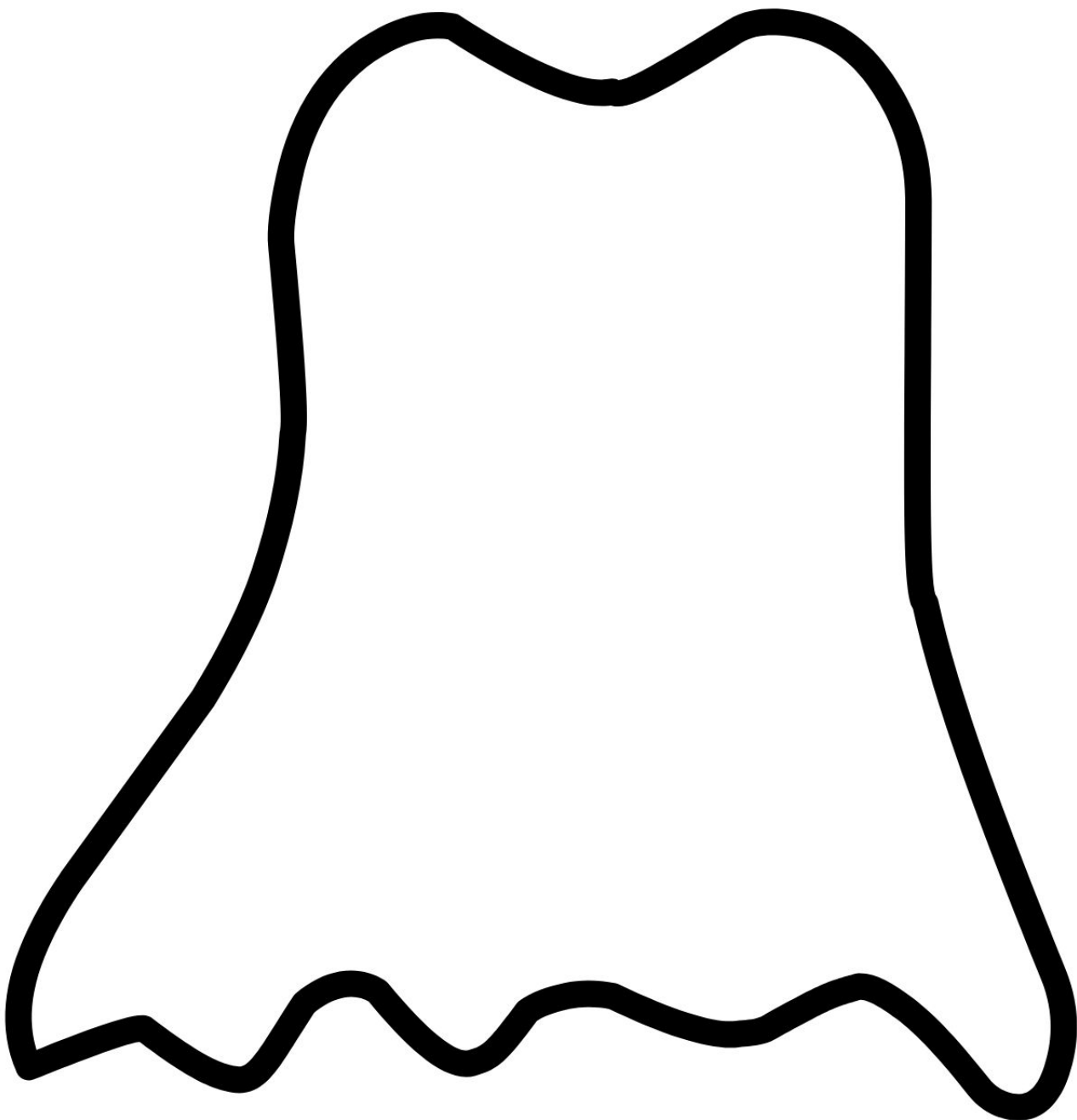
# SPREADING KINDNESS ALL OVER THE WORLD!





# **THIS IS YOUR KINDNESS SUPERPOWER CAPE!**

Decorate it with words, pictures, or symbols that show how you spread kindness (like hearts, helping hands, smiles, hugs, etc.).



# ***FILL-IN-THE-BLANKS***

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

My “Don’t Hate” Superhero name is:

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My Kindness Superpower is:

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(Example: Helping others, using kind words, sharing, and including others)

I feel like a superhero when I:

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(Example: Help a friend, cheer someone up, give a compliment)

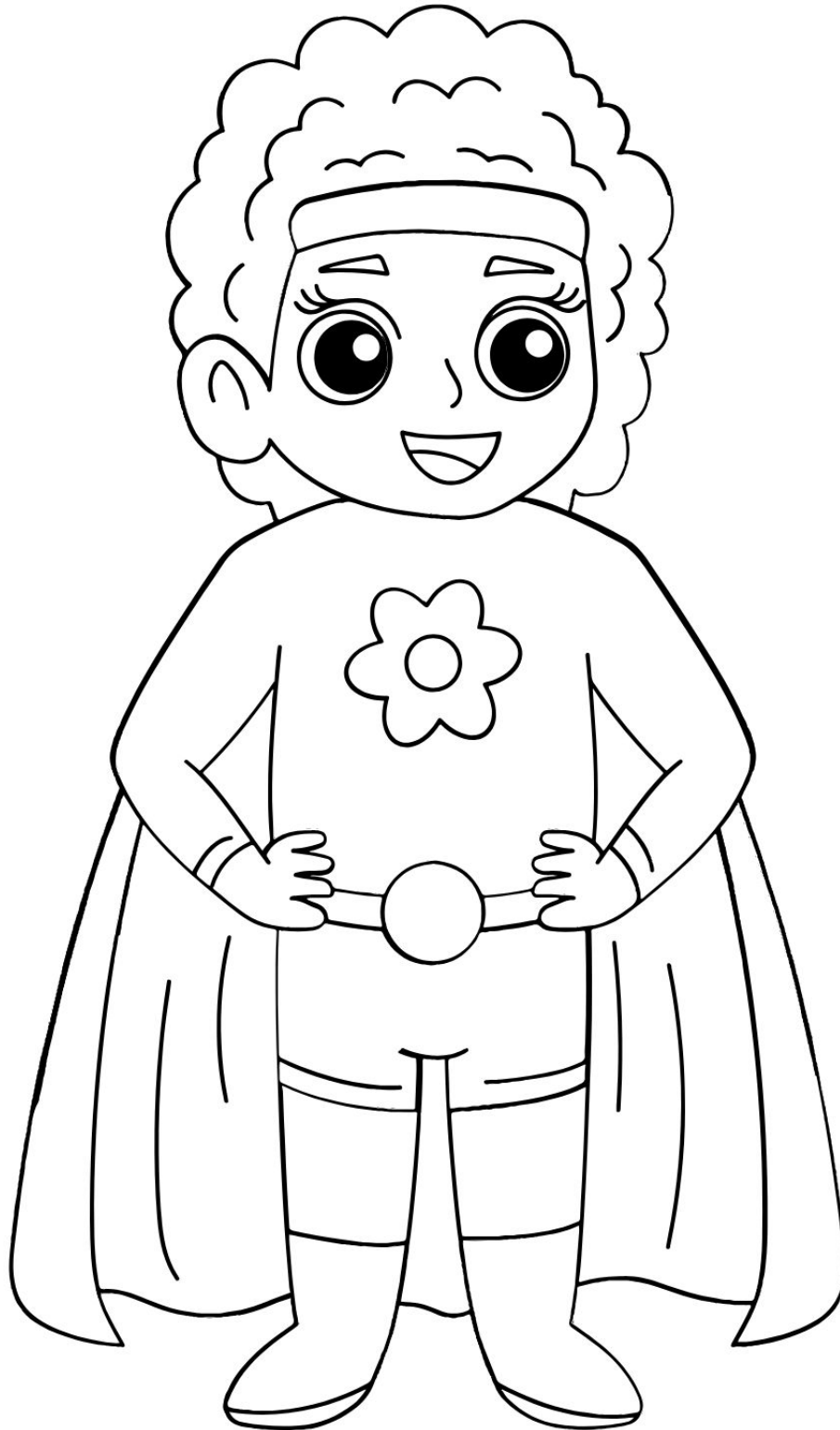
# MEET CAPTAIN CALM

**Superpower: Slows down time to help others breathe, focus, and stay calm in tricky situations.**



# MEET CHEER CHARGER

**Superpower: Spreads good vibes and uplifts everyone's mood.**



# MEET CAPTAIN COMPASSION

**Superpower: Can sense when someone is hurting and uses caring words to make them feel better.**



# MEET PROBLEM SOLVER

**Superpower: Uses peaceful solutions to solve conflicts big or small.**



# MEET THE CONNECTOR

**Superpower: Build invisible bridges of friendship so no one ever feels alone or left out.**



# MEET THE ADVOCATOR

**Superpower: Uses a bold voice and shield of truth to stand up for others—even when it's scary.**

