

The Columbian for kids!



Watch for The Columbian for Kids special section coming April 13, with our Summer Camps & Family Fun section.

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BUZZ ON IN TO DISCOVER SPRING TOYS THAT WOW!

No Bullies Allowed

by Mary Ting

Special chapter: Love Yourself

I wave at my friend, Abby, who is sitting on a bench at the playground.

Her shoulders slump and her lips turn into a frown.

"What's the matter?" I sit next to her.

"I want to play tag with Jean and her friends, but she said I can't." Abby leans closer and whispers, "Mindy Kim, tell me the truth. Is something wrong with me?"

She says my full name when she's serious.

"No. Why would you say that? You're the sweetest person I know."

"Then why won't she let me play with her?" Her eyes pool with tears.

I shrug. "I don't have an answer, but there's a reason why we call her Mean Jean. You deserve a better friend. Play with people who are nice. You can play with me and my friends."

"I can?" Abby's voice dips higher. She sounds happy.

"Yes. Why do you sound surprised?"

"I don't think I'm cool enough."

My heart breaks for her. I want her to love herself, just the way she is. But I understand her doubt.

I smile. "You are perfect just the way you are. I think you're cool."

"You do? But do you think there's something wrong me with me?"

"We're all different. We have different colored skin. Different eyes, noses, and face shapes. Some of us are taller or shorter. We are all special with unique talents."

Her eyes light up. I hope she sees how special she is.

I poke her arm lightly to get her attention when she lowers her chin. "You have to love yourself just the way you are." I point at



my chest. "I have to love myself just the way I am. When you do, you can do anything. And you won't be sad anymore."

"You think so?"

I nod. "I know so. Last year, I was in your shoes. Jean

wouldn't let me play with her and her friends. She told me I wasn't cool enough too. So, I made my own friends."

Nathan and Katie rush toward us.

"Come. Let's play on the monkey bars with Nathan and Katie."

I stand up and offer Abby a hand.

Abby smiles big and takes my hand.

"Thank you, Zoey. I promise to love myself and be happy."

Perfect! I'm so proud of her and myself.



VALENTINE'S FUN MAZE



COLOR BY NUMBER

1	3	5
2	4	6
7		

FEBRUARY BOOK REVIEW

I Love Everything About Me, by Fatima Scipio

Have you ever felt like you weren't enough? That you didn't love something about yourself or didn't like when you wore a specific clothing item? Have you felt like when you did a specific task, such as schoolwork or helping around that house, you didn't do it well? While it's common to feel this way, and even as an adult, I feel this way sometimes, it's important that we remind ourselves that we are good enough; that we are amazing and unique no matter what.

I Love Everything About Me is a great book to read when

you are feeling down or your confidence is low because you can read it and remind yourself that you love everything about yourself. It's about self-acceptance and celebrating the things that make you incredible because you are incredible. No matter what you look like or what you wear, you should always remember that you are unique and there are so many reasons why you should love yourself. The overall message from *I Love Everything About Me* is very empowering and inspirational and will make you want to say, "I love everything, absolutely everything about me!"



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