



SUPER ALLERGY HERO AWARD



THIS CERTIFIES THAT _____ IS A SUPER ALLERGY HERO!

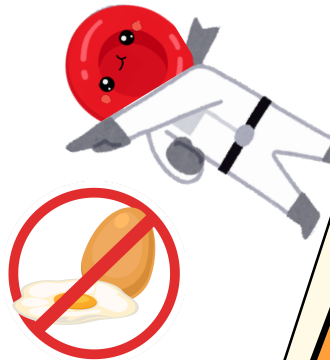
for learning about allergies, staying safe, and helping others
too!



LOUIZA AMOURI
AUTHOR



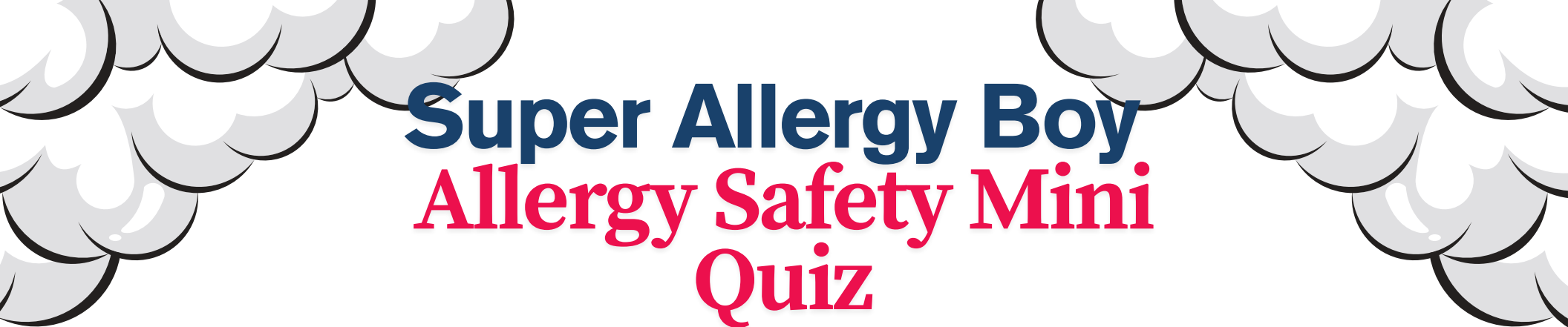
RYAN
SUPER ALLERGY BOY



MY SUPER ALLERGY HERO MASK!

1. Color your mask with your favorite superhero colors.
2. Add decorations: lightning bolts, stars, your initials, or symbols of your allergy powers.
3. Cut out the mask and eye holes (ask an adult to help) and attach string to wear it proudly!

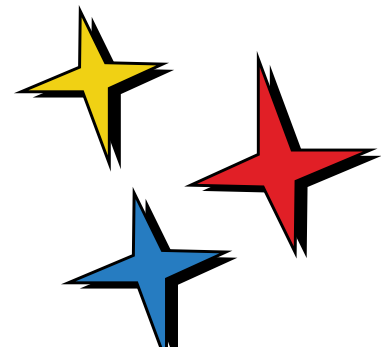
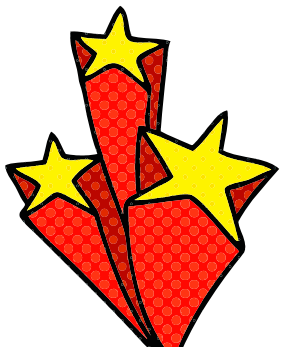


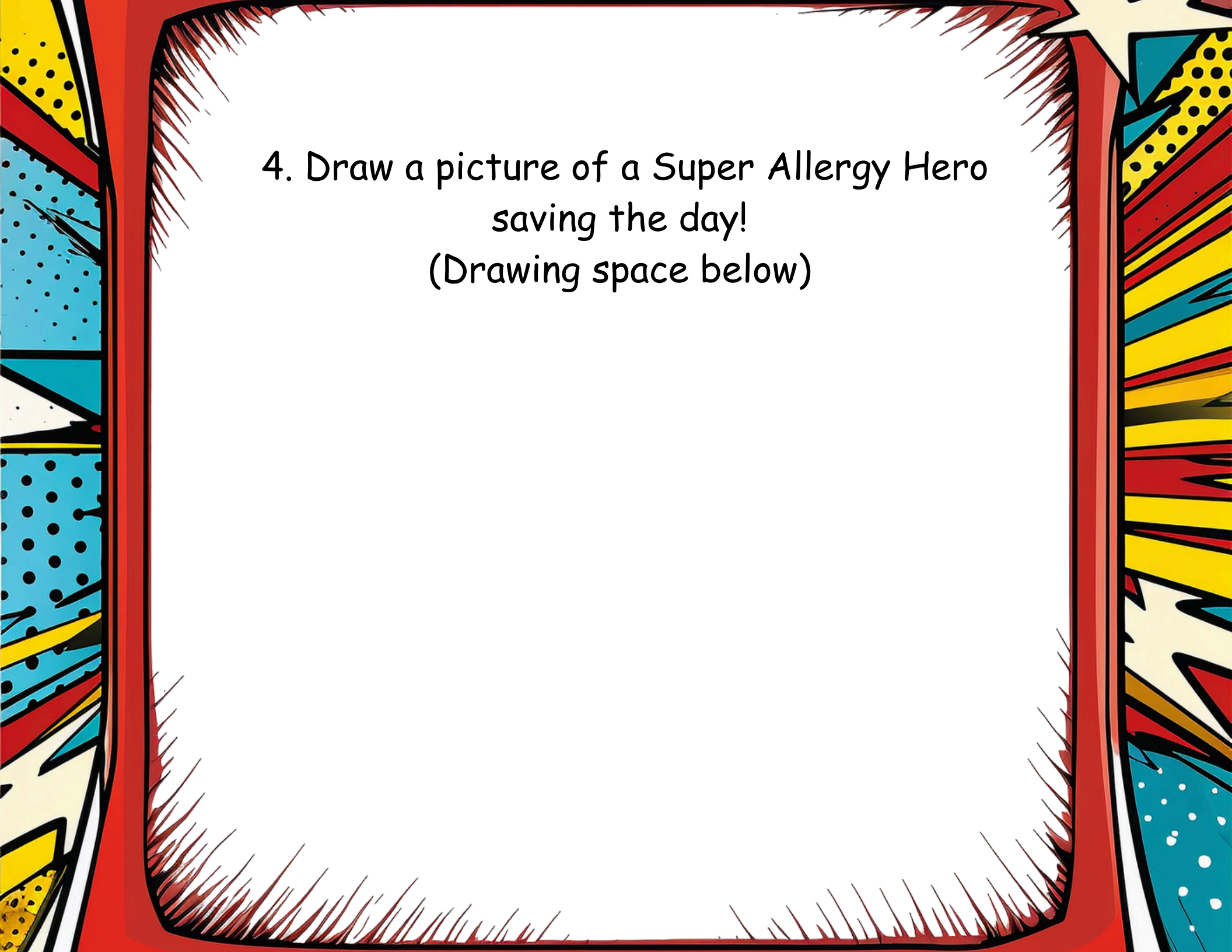


Super Allergy Boy

Allergy Safety Mini Quiz

1. If you feel itchy after eating something, what should you do?
 - a) Keep playing
 - b) Tell an adult right away
 - c) Eat more food
2. Which of these can cause an allergic reaction?
 - a) Apples
 - b) A bee sting
 - c) Water
3. What should you carry if you have a food allergy?
 - a) A toy
 - b) A backpack
 - c) Medicine like an EpiPen



The page is framed by a thick red border. On the left and right sides, there are vertical strips of comic book panels. The left strip shows a yellow panel with black dots, a blue panel with black dots, and a yellow panel with black dots. The right strip shows a yellow panel with black dots, a blue panel with black dots, and a yellow panel with black dots. The central area is a large white rectangle with a red border, intended for drawing.

4. Draw a picture of a Super Allergy Hero
saving the day!
(Drawing space below)



5. True or False:

- You should always check if a food is safe before eating it.
(True / False)

6. List two things you can do to stay safe from allergies:

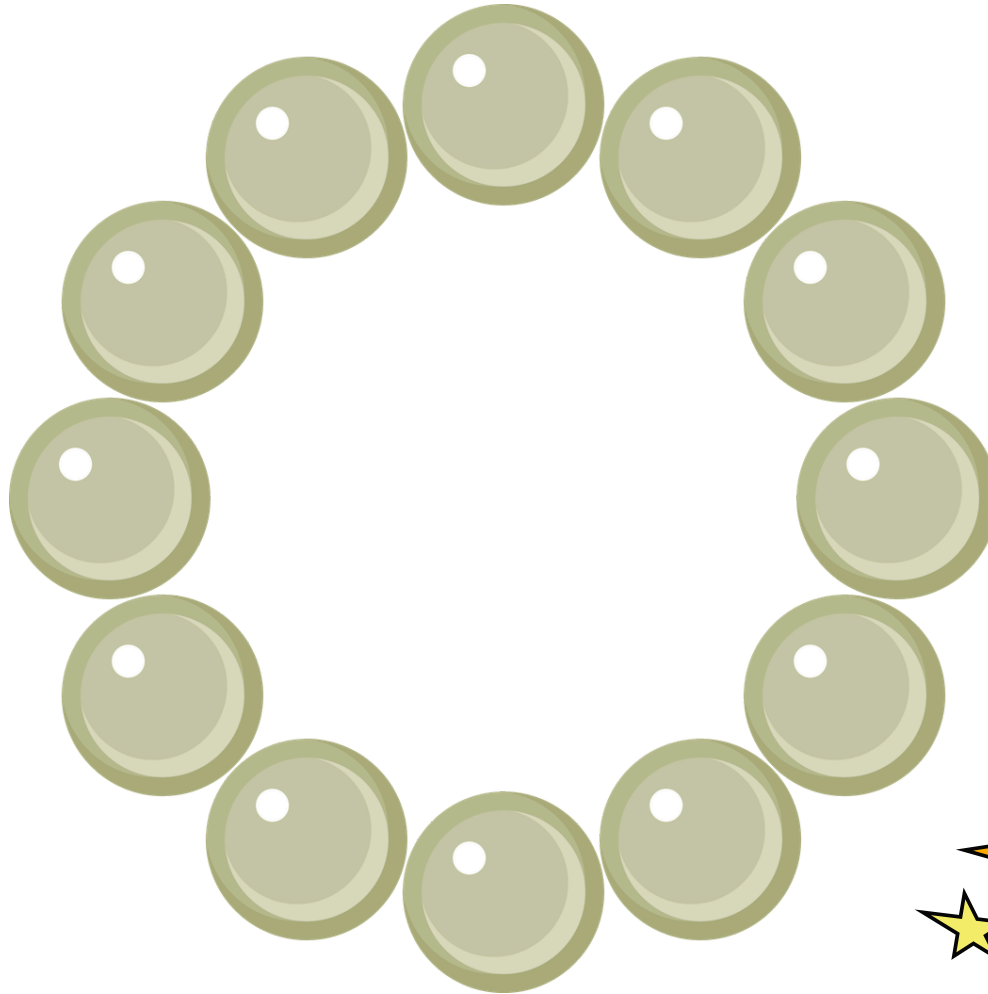
CREATE A STORYBOARD





MY SUPER ALLERGY BRACELET!

Below are some common allergies; cut them out (with adult help!) to create your own allergy bracelet and wear it like a hero would!



SUPER ALLERGY BOY'S

HERO CHANT

(clap-clap rhythm)

Spot it, Stop it, Tell someone,
Allergy heroes get it done!
Check your snacks, your drinks, your play,
Be allergy-safe every day!
Super Allergy Boy, hooray!
Keeps bad reactions far away!



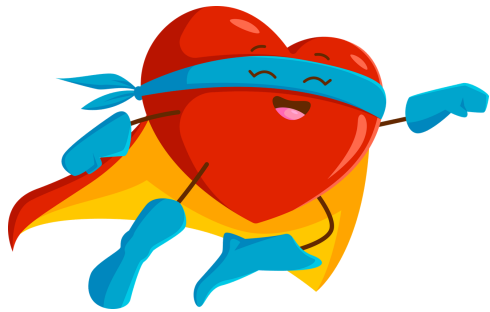
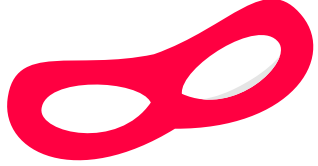
Word Search

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

medicine allergy peanut safe milk help food bee



Word Search



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

medicine

allergy

peanut

safe

milk

help

food

bee