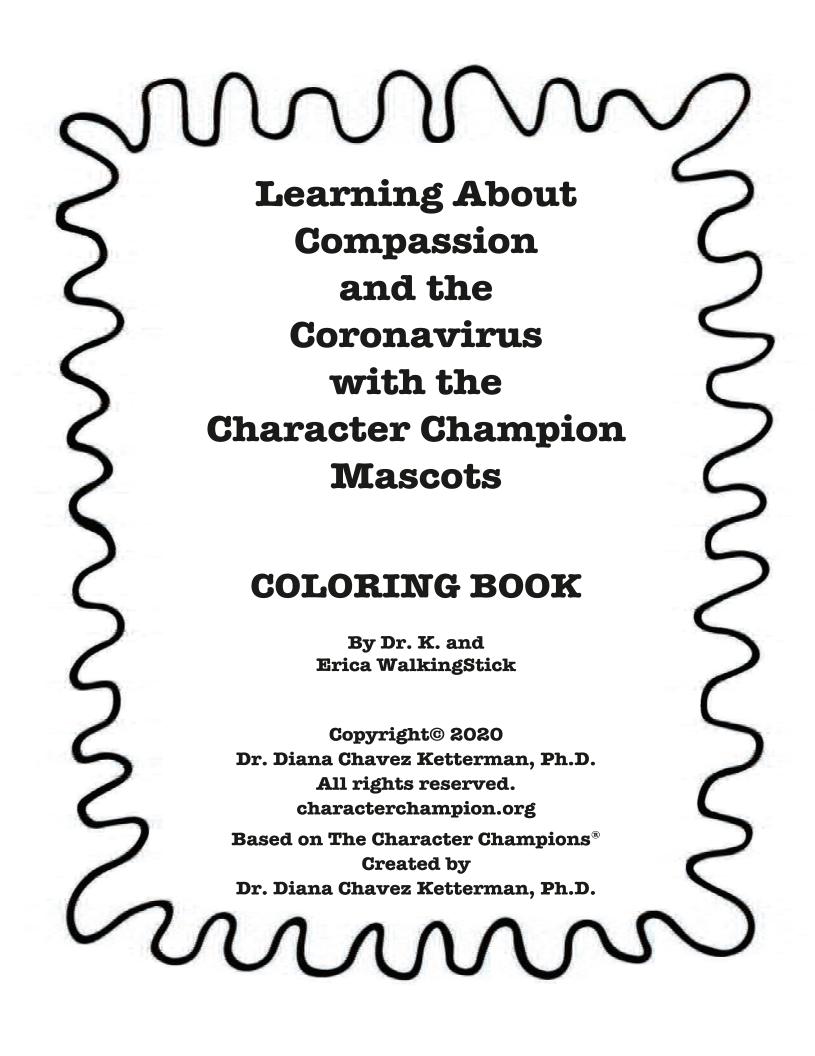


By Dr. K. and Erica WalkingStick



Introduction to the Coloring Storybook, Character Champion, What Do You See?

This coloring book will help readers learn the following:

- 1. What makes a person a Character Champion?
- 2. What is a Compassionate Community and City?
- 3. How do Character Champions live, work, and play together in Compassionate Communities and Cities, to fight the coronavirus pandemic across the globe?

Do you know what a Character Champion is?

A Character Champion is someone of any age, in any part of the world, who wants to help make the world a better place by acting in safe, smart, kind, and brave ways. Character Champions are people who continue to see, learn, and grow in ways that "level up" their character. Your character is made up of how you think, feel, and act. Character is not one thing. It is the pattern people show by how they behave with others and how they treat themselves. People with champion-like characteristics think, feel, and act in ways that do not hurt themselves or others. These types of people are called Character Champions because like champions, they strongly support, defend or fight for character qualities in self and others that encourage the health and the well-being of all. Character Champions believe that it is our character beliefs that unite us against whatever threatens us locally and globally. Character Champions understand that all individuals have the right to be treated with mutual respect and care. The principles of Character Champions are rooted in the universal spirit of compassion. Character Champions follow the Golden Rule that remind us to treat others the way we want to be treated.

Do you know what compassion is?

We show compassion when we care about ourselves and others in ways that diminish hurt and suffering. This coloring book uses seven Character Champion mascots, and seven different compassionate questions, to introduce you to seven different actions that we take when we're compassionate. We are being compassionate when we:

- 1) Act "smart" by seeking helpful knowledge like the Green Owl character mascot
- 2) Act safe by obeying safety rules and laws like the Gold Bee character mascot
- 3) Act responsible by taking responsibility for ourselves and others like the Gold Ant character mascot
- 4) Act nice by showing kindness like the Blue Dolphin character mascot
- 5) Act brave by showing courage like the Orange Wolf character mascot
- 6) Act calm by learning to calm yourself and others like the Purple Elephant character mascot
- 7) Work together with mutual respect and compassion like the Character Champion leader, the Rainbow MetaHawk mascot

What is a compassionate community/city?

"A compassionate city is an uncomfortable city! A city that is uncomfortable when anyone is homeless or hungry. Uncomfortable if every child isn't loved and given rich opportunities to grow and thrive. Uncomfortable when as a community we don't treat our neighbors as we would wish to be treated."

~Karen Armstrong, Founder of the Global Movement, Charter for Compassion

The Charter for Compassion invites communities of all sizes to bring compassion to life in practical, specific ways through compassion-driven actions--in neighborhoods, businesses, schools and colleges, healthcare, the arts, local government, peace groups, environmental advocacy groups, and faith congregations.

In a Compassionate Community, the needs of all the inhabitants of that community are recognized and met, the well-being of the entire community is a priority, and all the people and living things are treated with respect. More simply, in a Compassionate Community, people are motivated by compassion to take responsibility for and care for each other. A community where compassion is fully alive is a thriving, resilient community whose members are moved by empathy to take compassionate actions, are able to confront crises with innovative solutions, are confident in navigating changes in the economy and in the environment, and are resilient enough to bounce back readily from natural and man-made disasters.

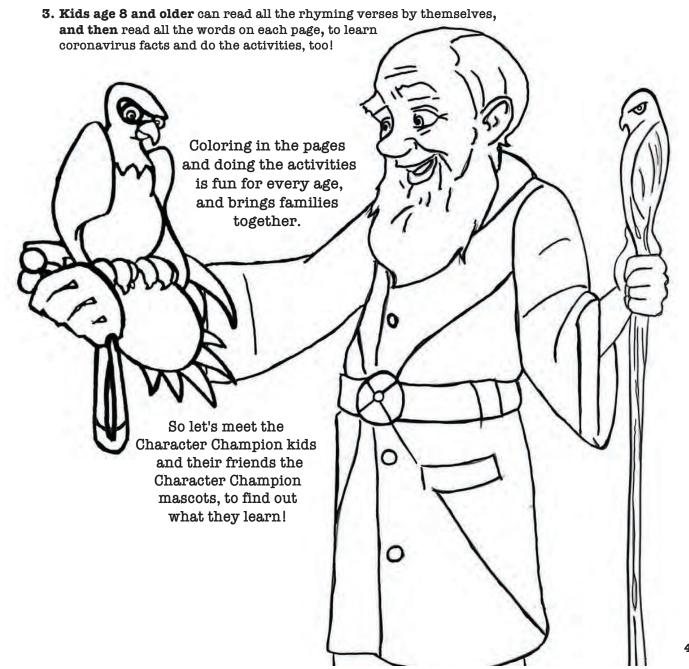
This is Professor Falconer and Rainbow MetaHawk.

Professor Falconer and Rainbow MetaHawk help teach the Character Champion kids and the Character Champion mascots how to work, live, and play together with mutual respect and compassion.

They say that the coronavirus pandemic is a good time for people of every generation to learn more about being compassionate within our families and communities.

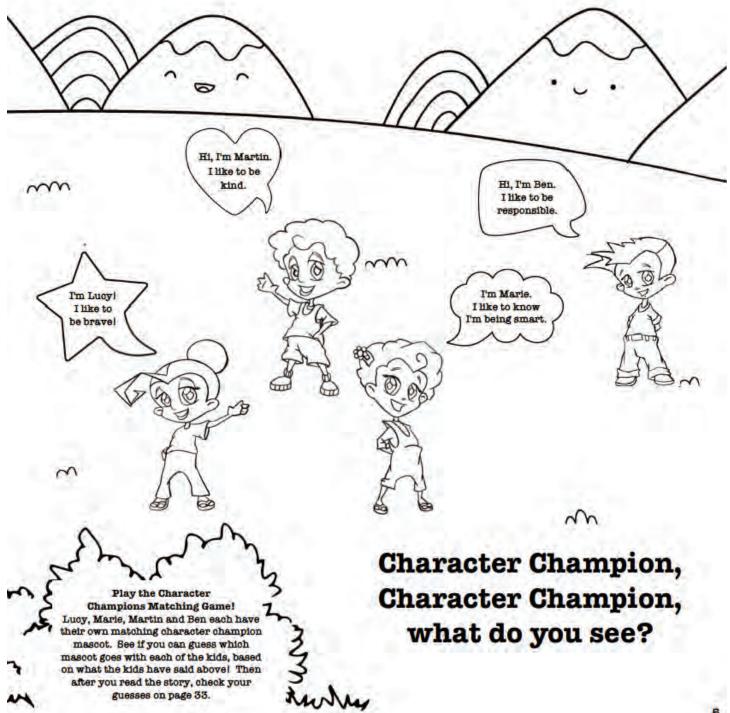
In order to teach people of every age, they have a story that can be read **three different** ways.

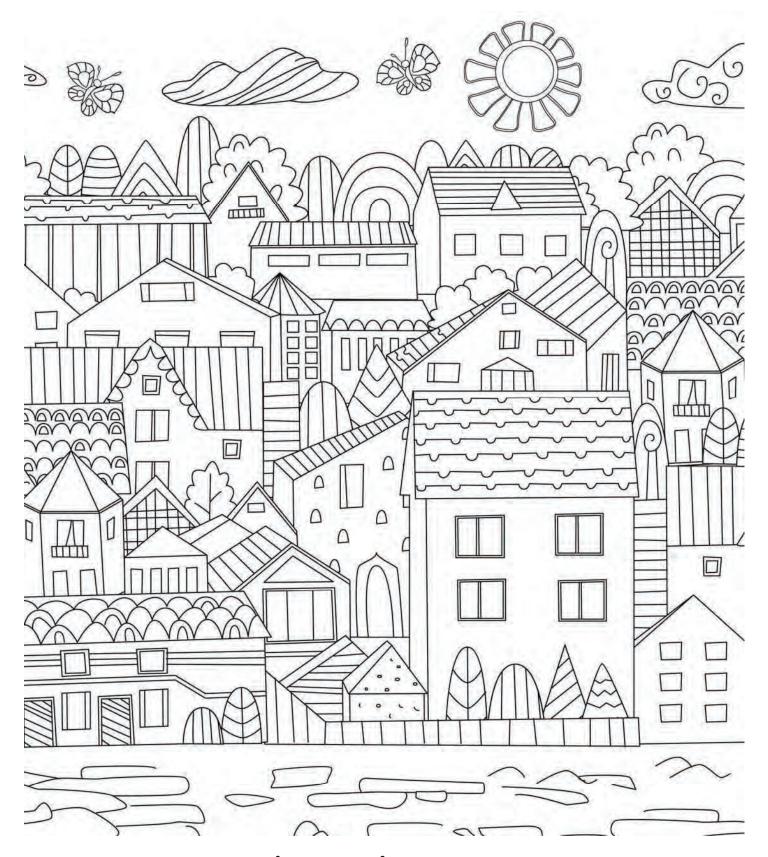
- 1. Grownups and early readers can read out loud the large-type rhyming verses at the bottom of each page.
- 2. After grownups and early readers finish reading the verses at the bottom of each page, grownups can also read aloud all the words on each page, to teach young readers coronavirus facts, and do fun activities about how to protect ourselves and each other through acts of compassion.





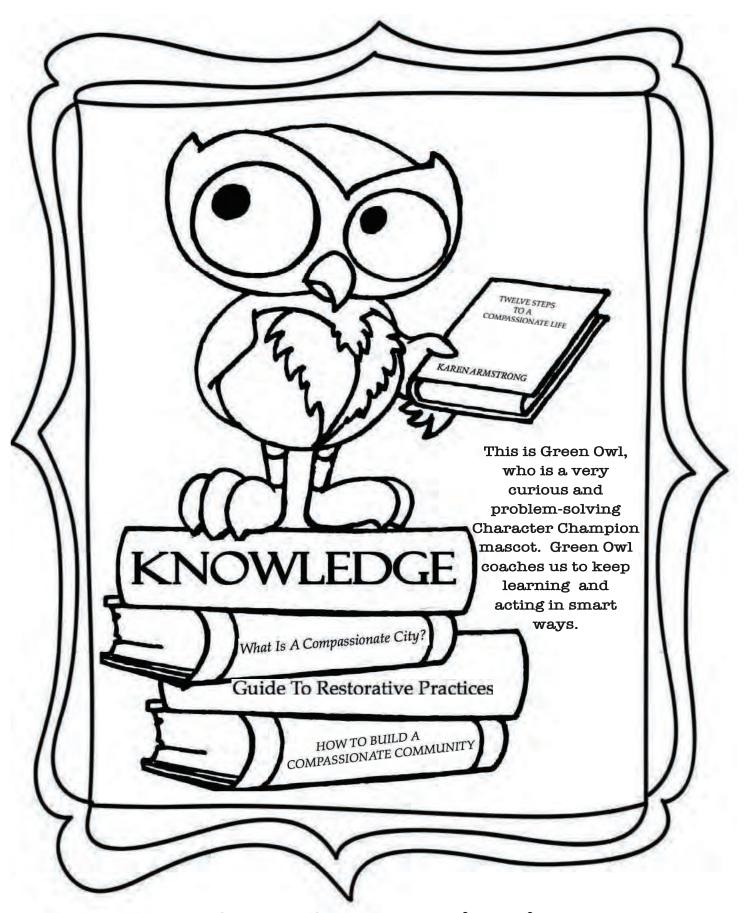
These are the Character Champion kids, Lucy, Martin, Marie, and Ben.



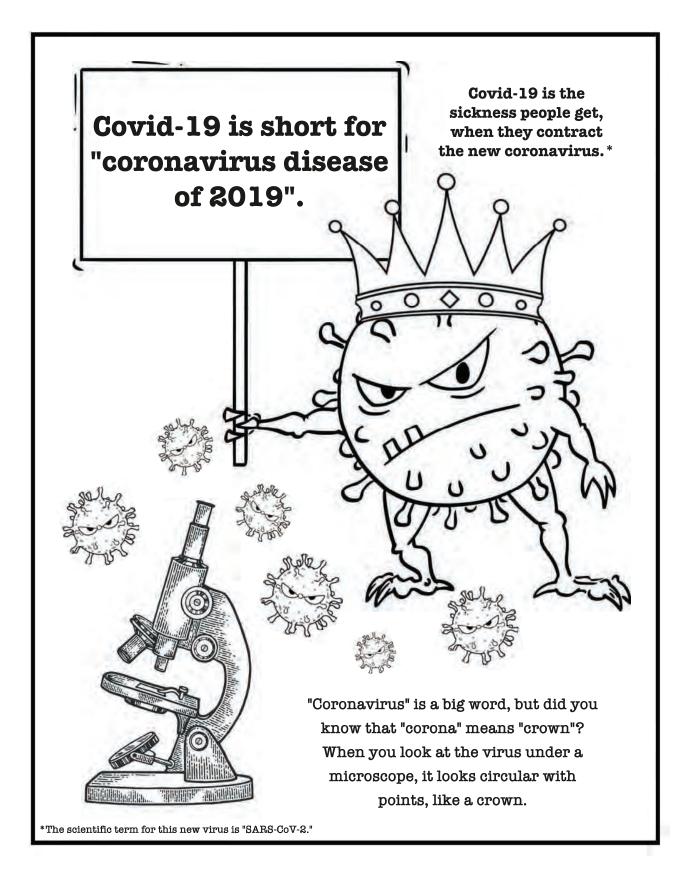


I see a compassionate city, where I want to be.

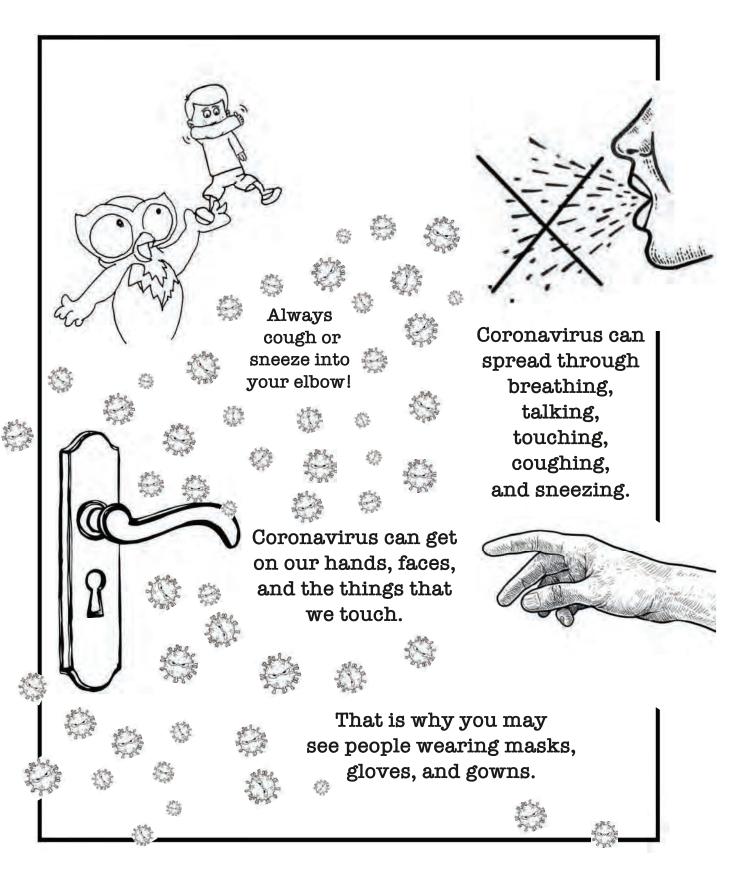
Character Champion, Character Champion, what else do you see?



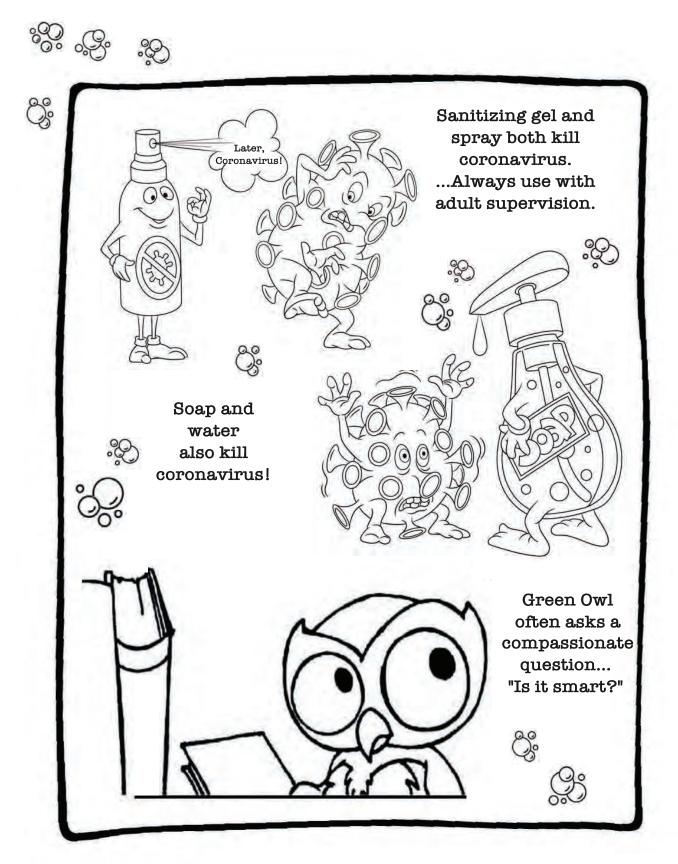
I see a Green Owl, learning like me. Green owl, Green Owl, what do you see?



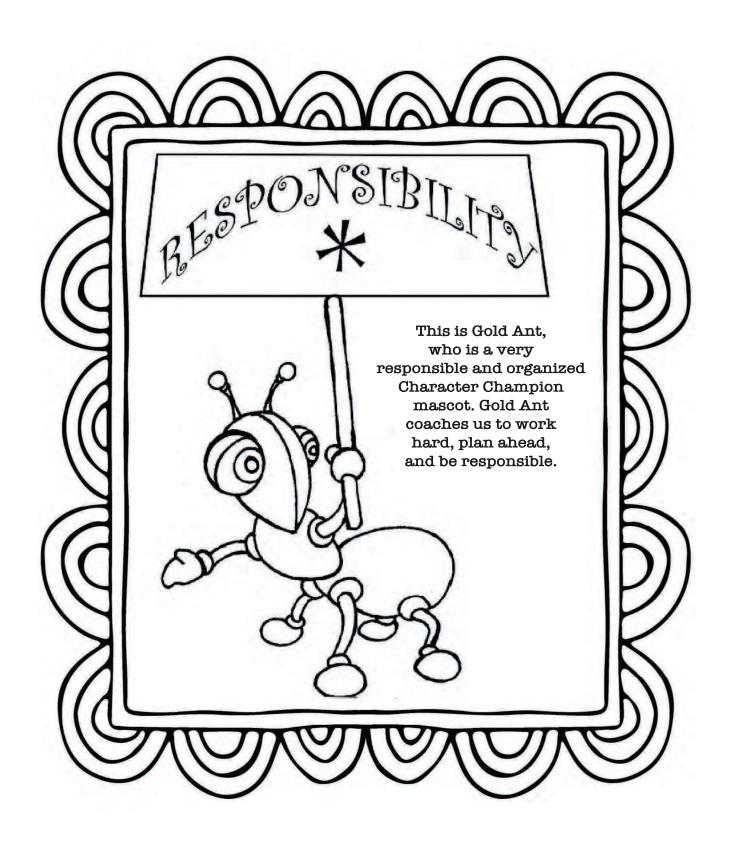
I see us all learning about Covid-19. Green Owl, Green Owl, what else do you see?



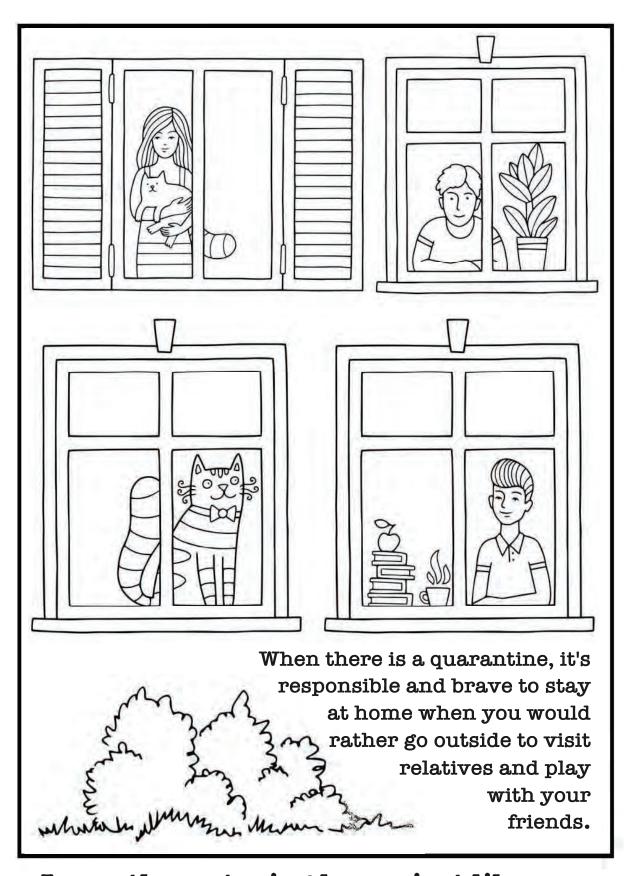
I see icky little germs, that can get on you and me. Green Owl, Green Owl, what else do you see?



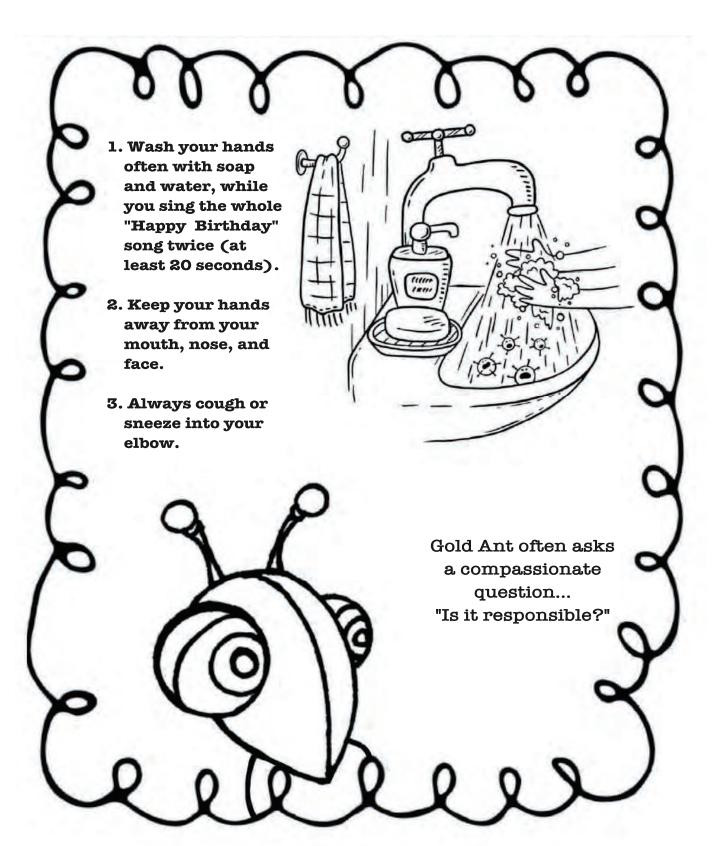
...That icky little germs have some deadly enemies! Green Owl, Green Owl, what else do you see?



I see a Gold Ant, who behaves responsibly. Gold Ant, Gold Ant, what do you see?



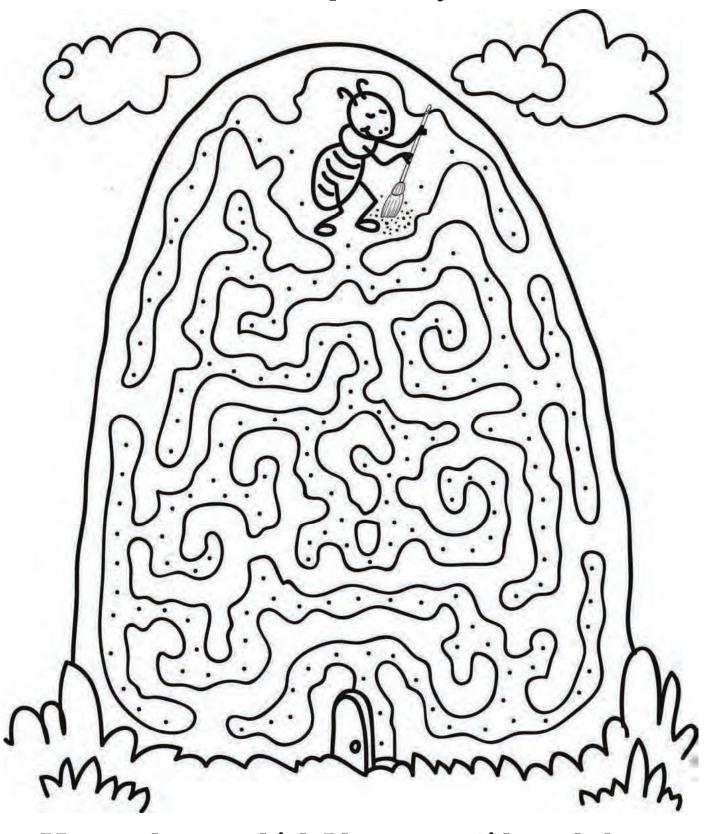
I see others staying home, just like me. Gold Ant, Gold Ant, what else do you see?



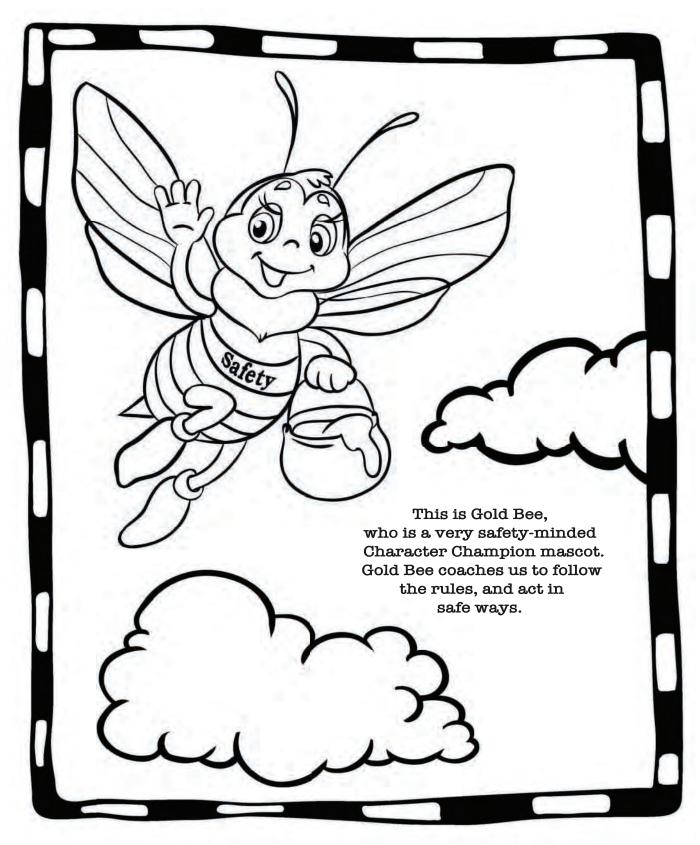
...Washing hands with soap and water, very care-ful-ly!

Gold Ant, Gold Ant, what else do you see?

A clean home keeps us healthy and well.

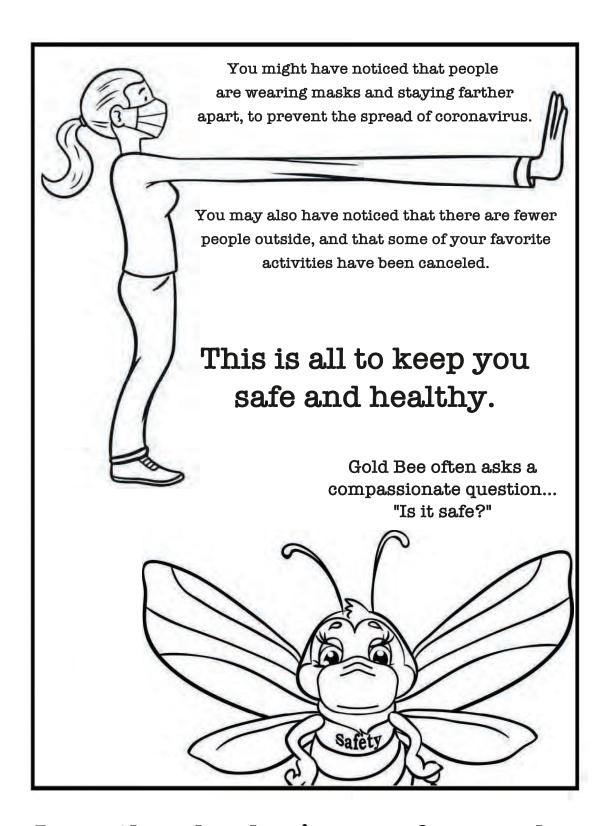


My own home, which I keep very tidy and clean. Gold Ant, Gold Ant, what else do you see?



I see my cousin Gold Bee, who follows Rules of Safety.

Gold Bee, Gold Bee, what do you see?

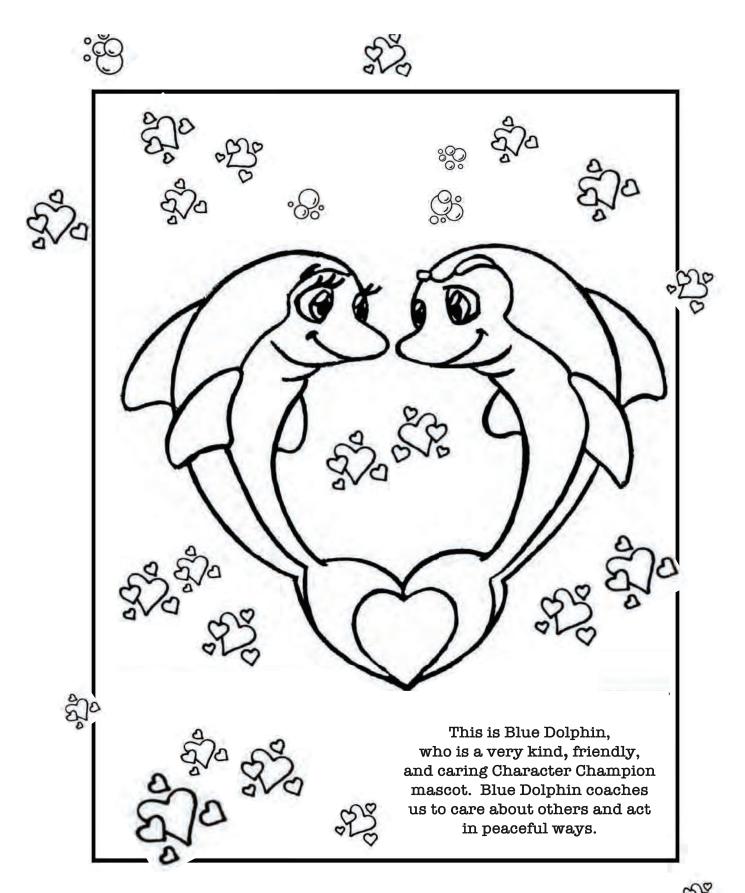


I see others bee-having as safe as can be. Gold Bee, Gold Bee, what else do you see?

Can you find the same people, both with and without a mask?



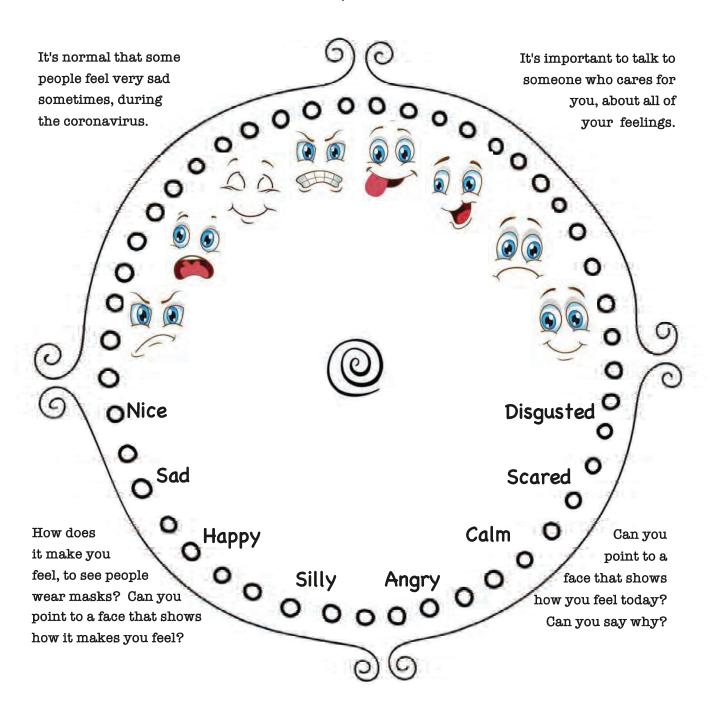
...That behind every mask, is a smile that I can't see! Gold Bee, Gold Bee, what else do you see?



I see two Blue Dolphins, as kind as can be. Blue Dolphin, Blue Dolphin, what do you see?

Match Feeling Words To Feeling Faces!

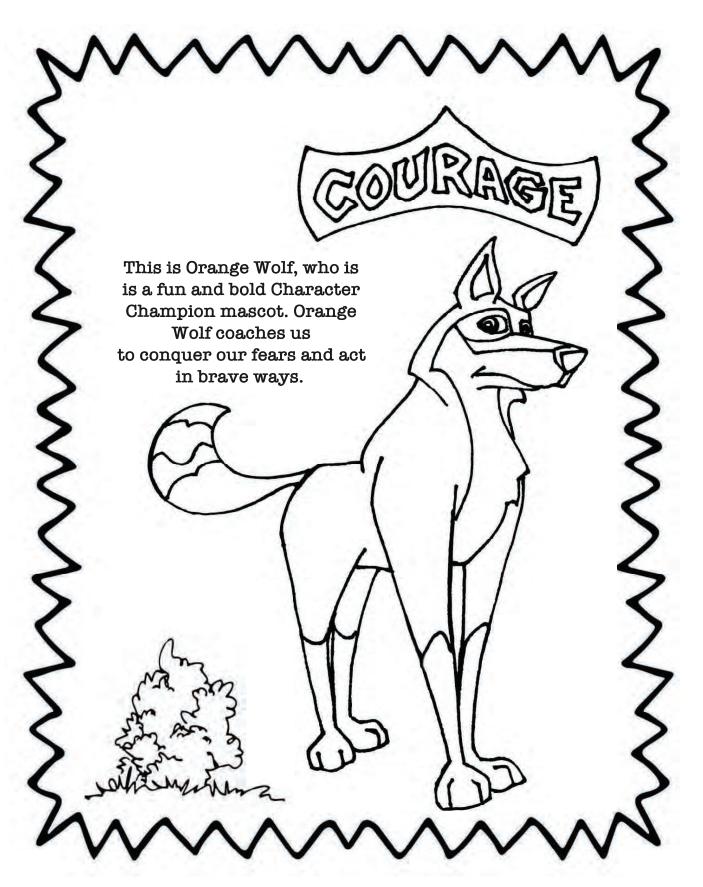
Draw a line through the swirl in the middle, to match them.



I see faces, showing how I feel inside of me. Blue Dolphin, Blue Dolphin, what else do you see?



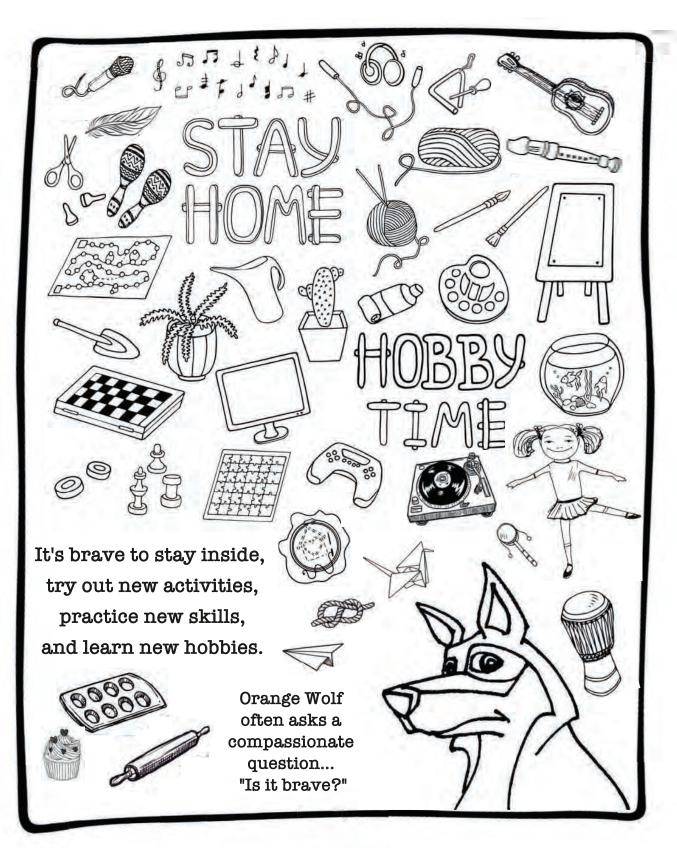
I see us being kind, to the people we see. Blue Dolphin, Blue Dolphin, what else do you see?



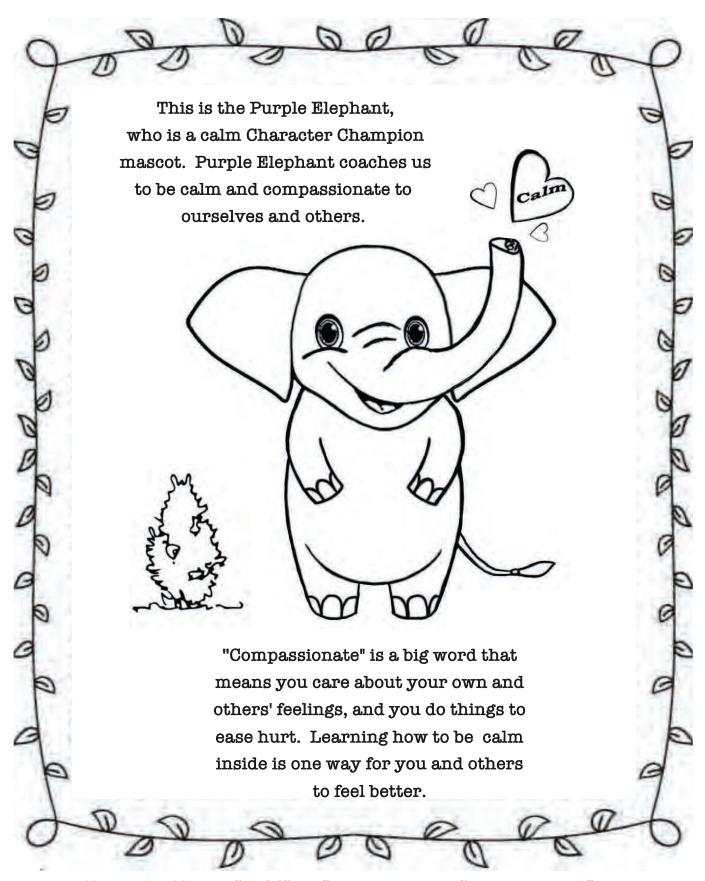
I see an Orange Wolf, as brave as can be. Orange Wolf, Orange Wolf, what do you see?



I see healthcare workers, being brave like me. Orange Wolf, Orange Wolf, what else do you see?



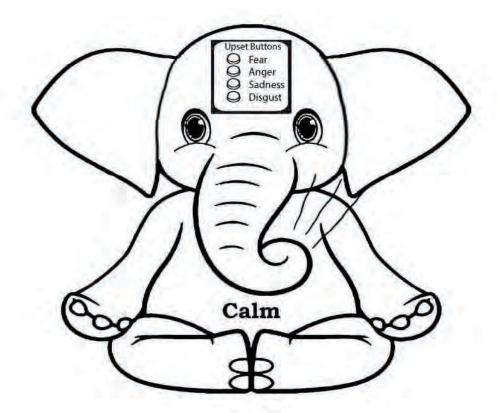
I see that brave kids play inside, just like me. Orange Wolf, Orange Wolf, what else do you see?



I see a Purple Elephant, as calm as can be. Purple Elephant, Purple Elephant, what do you see?

Are you button-proof?

Sometimes, our buttons get pushed. We get angry, sad, fearful, and disgusted. If your buttons get pushed and you feel any of those ways, you can do this activity to feel better quickly. It is a way to show yourself compassion.



How to do Straw Breath

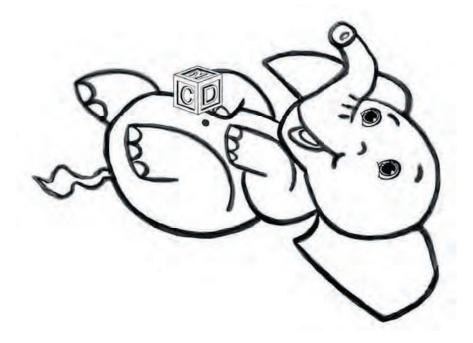
For this activity, you will need a straw, to pretend it is your elephant trunk.

- 1. Breathe in slowly and easily to a count of 4.
- 2. Breathe out through the straw, to a count of 6. (You can also do this activity by breathing out while holding your mouth like you're whistling.)
- 3. Repeat 5 times, to be button proof.

I see that we can feel better, 1, 2, 3.

Purple Elephant, Purple Elephant, what else do you see?

How To Do Belly Breathing

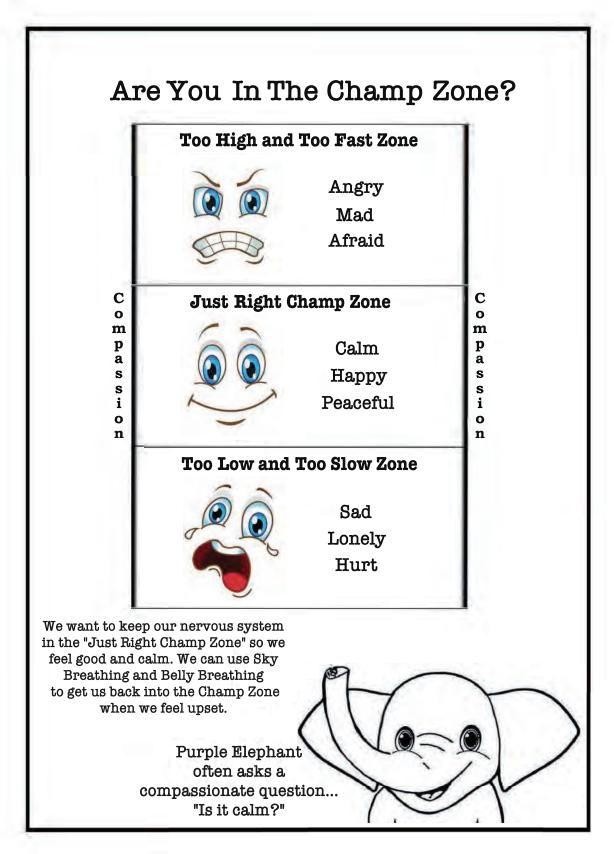


- 1. Lay down with a block on your belly.
- 2. Take a big breath in as you push out your belly. Watch the block move up!
- **3.** Let your breath out slowly as you watch the block move down. Be careful not to let the block fall. Nice and slow!
- 4. Repeat five times with natural breathing.

 Make sure the block doesn't fall!

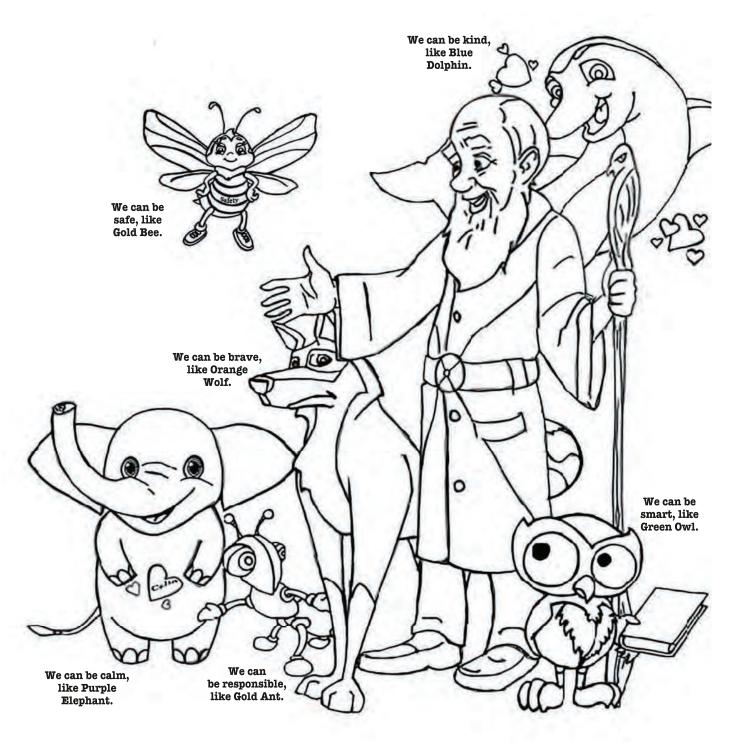
I see my tummy move, as I learn how to breathe.

Purple Elephant, Purple Elephant, what else do you see?



I see kids in their Champ Zone, just like me.

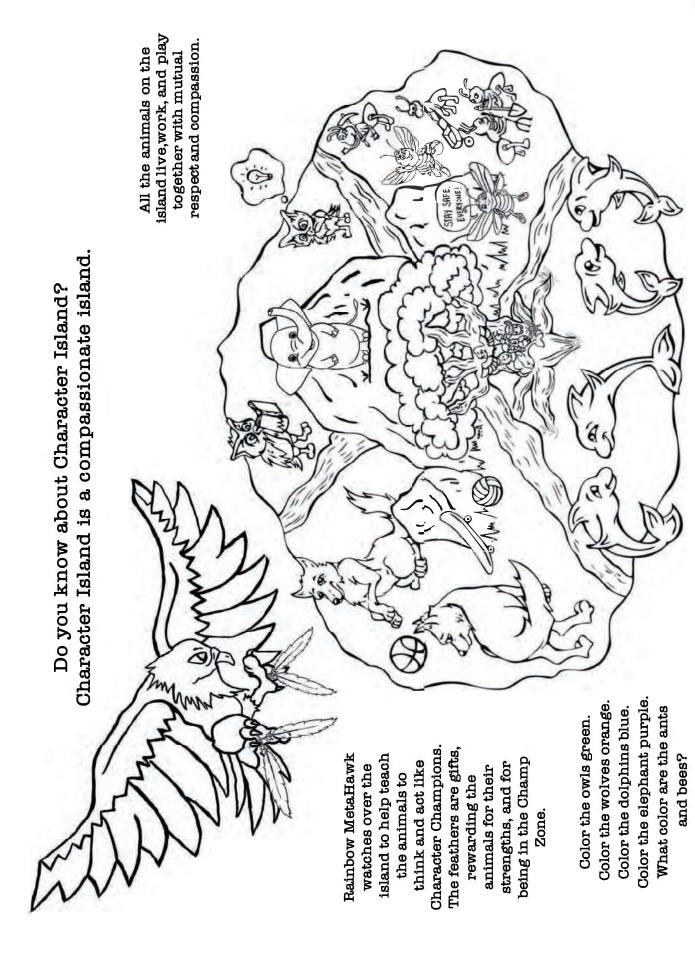
Purple Elephant, Purple Elephant, what else do you see?



I see us all being kind, brave, smart, responsible, safe and calm, just like...

ME!

Are YOU a Character Champion Neighbor, in YOUR Compassionate City?

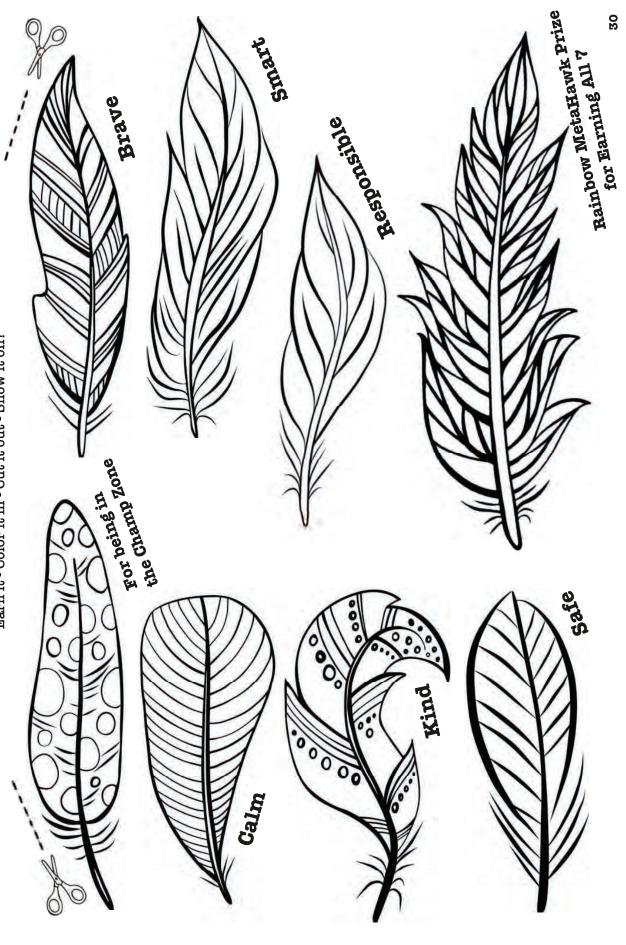


CHAMPION FEATHERS

Use of scissors requires adult supervision.

Earn Feathers for Your Champion Character

Earn it - Color it in - Cut it out - Show it off!



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A Note for Parents, Teachers, Coaches and Other Concerned Adults

How Our Body And Mind Work When We Are Feeling OK Or Under Stress

Just like a car has an accelerator to move forward and a brake to slow down, your body has the natural ability to get ready for action and get ready for rest. When you're getting ready for action, like running a race, doing chores, or taking a math test... you may move up in your "zone," that is, the levels of adrenaline and stress hormones in your body go up. This affects your brain chemistry, your body's physiology, your thoughts, feelings, and your behavior. When you are resting, or reading a book, or snuggling with your pet, you may feel your body move back down in your zone. We all experience movement within our zones ... kids, parents, grandparents, friends, and teachers. It's helpful to learn which zone you're currently in, in order to make better decisions. We all make our best decisions when in our "OK Zone," also known as our "Resilient Zone," or "Champ Zone."

Learn Your Zones

High Zone

OK Zone

Low Zone

Low Zone

High Zone:

We've flipped our lid. We may be angry, say unkind words, yell or scream at others. We may even hit other people. Our muscles may become tight, our breathing shallow, and our heart may beat faster.

OK Zone:

We feel like we can handle life, be our best self, and even if emotions change, we can manage. Our muscles relax, and we take deeper breaths.

Low Zone:

We feel down, depressed, tired, and want to be left alone. We may feel numb or frozen.

Every single person in the world has an OK Zone. Sometimes people have wide zones, and some people have narrow zones. If you are hungry or tired, or have hurt feelings, your zone can sometimes shrink down and get smaller. This is normal for everyone. And every single person in the world has things that can bump them out of their OK Zone. These are things that happen too fast, are scary, unfair, or hurtful. Can you think of experiences that bump people out of their OK Zones? (Fights with friends, scary movies, the Pandemic, etc.)

You aren't broken when you get bumped into your High Zone or go down into your Low Zone. It's what the body naturally does when it experiences something that is hard, scary or dangerous. It's a normal body response to stress or trauma. Sometimes we can get stuck for longer periods of time in the High Zone or Low Zone, and that's when it can become a problem in life, and a problem for our health. We can learn skills to help us get unstuck, if that happens. Please visit tramaresourceinstitute.com for more information.

Which Character Champion[®] Mascot is Most Like YOU?

Find out by going to <u>CharacterChampion.org</u>, to take the Ketterman Temperament/Character Qualities Survey!

Available for every age group! Available in English, Spanish, and Chinese! The Survey is FREE! Great for parents, families, and teachers!

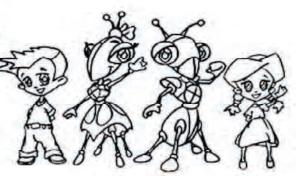


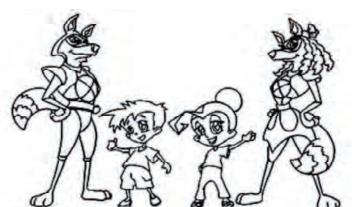
Are you naturally curious, and a logical problemsolver, like Green Owl?

(If you guessed that Marie is like Green Owl, you are correct!)

Are you naturally responsible, and good at following rules, like Gold Ant?

(If you guessed that Ben is like Gold Ant, you are correct!)



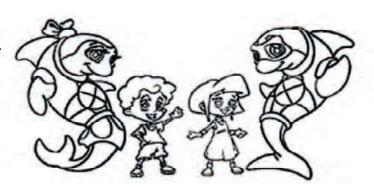


Are you naturally brave, courageous, and bold, like Orange Wolf?

(If you guessed that Lucy is like Orange Wolf, you are correct!)

...Or are you a peacemaker, naturally kind and friendly, like Blue Dolphin?

(If you guessed that Martin is like Blue Dolphin, you are correct!)



...Discover your own, your child's or student's natural character, at CharacterChampion.org!

Dare to care by sharing the positive things you're doing for your family, neighborhood, and city to help fight the coronavirus and keep us safe. Remember the words of Dolores Huerta and Cesar Chavez, "Si, Se Puede" ("Yes, we can"). We can work and live together using character-centered actions and be Character Champion® community members. Help us build compassionate cities and communities wherever you live and work. We can serve as the best role models for our youth and for each other.

We invite you to visit our websites at CompassionatePomona.org. CharacterChampionFoundation.org, CharacterChampion.org, and the international CharterForCompassion.org as well as CompassionateCalifornia.org, for support and to learn how to build compassionate communities. We can live, learn, work, and play like Character Champions® to find our character connection for all children across the globe.

Diana Chavez Ketterman Ph.D. is a Licensed Educational Psychologist and hometown Pomona girl educated K-12 PUSD and at Cal Poly Pomona. She is the creator of the "Character Champions" program.

Erica WalkingStick is a book author and designer, and V.P., Director of Arts and Publications for Character Champions Behavioral Health Services. She is an enrolled member of the Cherokee Nation of Oklahoma.

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