

The CC ABC Coloring Book

**A Journey Through the Rainbow Forest
with the Character Champion Kids**

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Introduction

Welcome, little learners and big dreamers, to a world where every letter tells a story, and every story is a step towards becoming the best version of ourselves. The Character Champion Kids' *ABC Book: A Journey Through the Rainbow Forest* is not just a book; it's a magical expedition into the heart of character, courage, and compassion.

Join Temple, Albert, Ling, Amin, Cesar, Martin, Cali, and Kai—our eight Character Champions®—as they lead us through the enchanted Rainbow Forest. Along the way, you'll meet 26 remarkable animal friends, each representing a letter from A to Z and teaching us about the values that shape heroes.

This journey is more than just learning the alphabet. It's about discovering how to be brave like Orange Wolf, kind like Blue Dolphin, responsible like Gold Bear, respectful like Red Lion, compassionate like Purple Elephant, and smart like Green Owl.

It's about finding the power of teamwork with Rainbow MetaHawk and embracing lifelong learning with Growth Mindset “GM” Hummingbird.

So, open your heart and your mind, for the adventure of a lifetime awaits. Let's turn the page and begin our journey through the Rainbow Forest, where every letter is a lesson in becoming a Character Champion. There are colorful pictures to look at, fun rhymes to hear, and playful actions to do. Are you ready? Let's learn and play ABC Character Champions® with the CC Kids and their colorful animal friends!

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Join us on this colorful voyage, where each page is a path to becoming a Character Champion in the Rainbow Forest and beyond. Together, let's learn, grow, and celebrate the journey of learning and wellbeing.

A is for Ant



Amin watches Gold Ants march together,
Working hard in any kind of weather.

Action for Gold Ant's Hard Work:

March like an ant in a line, busy and small,
Trace and draw the letter A in the air, standing tall!

B is for Bear



Amin and Gold Bear with hammers in hand,
Responsibly working, just as they planned.

Action for Gold Bear's Responsibility:

Put on your safety helmet and hammer with care,
Trace and draw a big B with your hand in the air!

C is for Chameleon



Each rainbow color is a mindset, a new way to see,
Like Kai and Rainbow Chameleon, as colorful as can be.

Action for Rainbow Chameleon's Changing Mindset:

Twist your body, changing colors everywhere,
Trace the letter C and draw it boldly in the air.

D is for Dolphin



Ling and Blue Dolphin in the Harmony Sea so blue,
Sharing kindness and nice talk like good friends do.

Action for Blue Dolphin's Kindness:

Make a heart on your chest to show that you care,
Trace the letter D and draw it kindly in the air.

E is for Elephant



Temple and her Purple Elephant, so big and grand,
Give compassion by caring and offering a hand.

Action for Purple Elephant's Compassion:

Hug yourself gently, then offer to share,
Trace the letter E and draw it in the air.

F is for Frog



Cali watches three Frogs leaping high and low,
Failing, trying Growth Mindset's power makes them go.

Action for Growth Mindset “GM” Frog’s Persistence:
Jump from lily pad to lily pad, try again if you “miss,”
Trace the letter F and draw it in the air—just like this!

G is for Goat



Cali and GM Goat climb up the big steep hill,
Trying very hard with all of their will.

Action for Growth Mindset “GM” Goat’s Effort:

Climb the big hill using large steps and all of your might,
Trace and draw the letter G in the air, so it curves just right!

H is for Hummingbird



Cali and GM Hummingbird have a Growth Mindset to learn and grow, Be like them, let your mind blossom, just let it flow.

Action for Growth Mindset “GM” Hummingbird’s

Overcoming Challenges: Flap your arms up and down like wings, saying, “I will get better,”

Trace and draw H in the air—it’s a Growth Mindset letter.

I is for Iguana



Albert looks at the Green Iguana in the forest's green glow,
Seeing the world through curious eyes with a need to know.

Action for Green Iguana's Curiosity:

Make binoculars with your hands and look left and right,
Trace the letter I—and nod with delight!

J is for Jellyfish



Temple learns compassion breathing watching the Purple Jellyfish swing, Inhaling calm, exhaling compassion is the lesson they bring.

Action for Purple Jellyfish's Compassion Breathing:

Breathe in calm softly, then exhale nice and slow,
Trace the letter J in the air with a gentle flow.

K is for Koala



Ling hugs a Blue Koala, soft and kind, teaching us to be nice and share, So, we remember to make friends and use words that show that we care.

Action for Blue Koala's Sharing:

Say kind words and share a smile with a friend,
Trace and draw K in the air—let kindness extend!

L is for Lion



Martin and Red Lion know we're valuable, yes, it's true,
Respect means we're lovable and capable, too.

Action for Red Lion's Respect:

Show V, L, C with your fingers—you're valuable, lovable, and capable, Trace and draw the letter L in the air—remember your worth's unshakable!

M is for Monkey



Cesar and Orange Monkey play and laugh as they come alive,
Ending their good times with a joyful high five.

Action for Orange Monkey's Playfulness:

Jump around like a monkey, feel your body come alive,
Trace the letter M in the air—and give a high five!

N is for Newt



Cali and GM Newt say, “time brings success your way,”
With ‘The Power of Yet’, soon you’ll say, “I can do it one day.”

Action for Growth Mindset “GM” Newt’s ‘The Power of Yet’:
Put your hands on your hips and say, “I can’t do it yet,”
Trace and draw the letter N in the air— someday soon, don’t
you fret!

O is for Owl



In their search for knowledge, they eagerly explore,
Albert and Green Owl, seeking to learn more.

Action for Green Owl's Seeking Knowledge:

Pretend to read a book, turning pages with eyes open wide,
Trace and draw the letter O in the air, smiling with pride!

P is for Penguin



Amin and Gold Penguins build everything just right,
Following safety rules from morning till night.

Action for Gold Penguin's Safety Rules:

Pretend to cross off a checklist as you're acting safe and polite,
Trace and draw the letter P in the air—trying to do what is
right.

Q is for Quail



Kai meets Rainbow Quail with her chicks teamed up all in a row, Quail knows that using teamwork is the best way to go.

Action for Rainbow Quail's Teamwork:

Play follow the leader—do what they do by working together,
Trace and draw the letter Q in the air—teamwork makes us
better!

R is for Rainbow



Kai gazes at Rainbow MetaHawk, so bright, rays of colors in flight, “Working Together”, she delights, “we soar to new heights.”

Action for Rainbow MetaHawk’s Working and Playing Together (Synergy): Soar around the room with arms outstretched like a hawk, saying, “Synergy is fun,” Trace and draw the letter R in the air—watch our colors shine together as one!

S is for Sheep



In the Purple Meadow where the sheep gently graze, Temple and Purple Sheep teach calmness in compassionate ways.

Action for Purple Sheep's Calmness:

Gently rub your arm or hand like CC Kid Temple's calming way,
Trace and draw the letter S in the air—feel peace in your day.

T is for Tiger



Cesar rides Orange Tiger, fast, brave, and free,
Through the Orange Forest, feeling freedom, can't you see?

Action for Orange Tiger's Freedom:

Leap like a tiger—bend low, roar with might, wild and free,
Trace and draw the letter T in the air—be bold, be me!

U is for Unicorn



Ling likes Blue Unicorn's friendship, a gift so special and sweet,
It's a bond that grows stronger with every heartbeat.

Action for Blue Unicorn's Friendship:

Put your hands together and move them round and round,
Trace and draw the letter U in the air—so friendship can be found.

V is for Vulture



Temple and Purple Vulture use compassion, lending a caring hand, Helping others, making the world a cleaner, better land.

Action for Purple Vulture's Caring:

Touch your heart with both hands, then reach out to show you care, Trace and draw the letter V in the air—with compassion to share.

W is for Wolf



Cesar and Orange Wolf howl with courage, their voices ring out, "We're brave and bold together," in the Orange Forest, they shout.

Action for Orange Wolf's Courage: Stand tall, cupping hands around your mouth, give a howl so loud,
Trace and draw the letter W in the air—feel brave and proud!

X is for X-Ray Fish



Albert and Green X-Ray Fish thinking hard, day and night,
Solving problems together, using all of their might.

Action for Green X-Ray Fish's Problem-Solving:

Touch your temple or your chin and think, what should I do?
Trace and draw the letter X in the air—smart choices start
with you!

Y is for Yak



In Martin and Red Yak's world, when justice needs a hand,
They solve conflicts fairly, spreading respect across the land.

Action for Red Yak's Justice:

Make a peace sign (i.e. two fingers) and wave it side to side,
Trace and draw the letter Y in the air—let fairness be your
guide!

Z is for Zebra



In the Red Forest, Martin and Red Zebra teach respect as acceptance of all, Valuing differences and treating others fairly from sunrise to nightfall.

Action for Red Zebra's Acceptance of All: Stretch your arms out wide to show respect for everyone, then give a bow, Trace and draw the letter Z in the air—'cause we all belong, here and now!

Important Preschool High Frequency Words to Learn How to Read

A	Am	And	At	Big
Can	Down	For	Go	Have
He	Is	It	Like	Little
Look	My	Not	On	Of
Said	See	She	That	The
To	Was	We	Up	You



Conclusion

As we gently close the colorful pages of our *Character Champion Kids' ABC Book: A Journey Through the Rainbow Forest*, we find ourselves at the end of one adventure and the beginning of another. Together with Temple, Albert, Ling, Cesar, Amin, Martin, Cali, and Kai, we've met 26 amazing animal friends, each sharing their unique Character Champion value, from A all the way to Z.

But, dear friends, the journey doesn't stop here. The Rainbow Forest is a magical place where every visit brings new discoveries and adventures. Just like Growth Mindset “GM” Hummingbird taught us, there's always more to learn, more challenges to embrace, and more growth to be had.

Remember, the lessons we've learned from our animal friends are not just for the Rainbow Forest. They are gifts for you to take into the world. Be brave like Orange Wolf, kind like Blue Dolphin, and smart like Green Owl. Share compassion like Purple Elephant, show respect like Red Lion, and take responsibility like Gold Bear. And always, always remember that together, like Kai and Rainbow MetaHawk, we can achieve so much more.

So, as we say goodbye for now, know that the Rainbow Forest and all its friends are always here, waiting for you to return. And as you go forth into the world, carry the spirit of the Character Champions® with you. You have learned to think and act like Character Champions®, and that is a journey that never ends.

Thank you for being such wonderful explorers and learners. Keep your eyes open for the magic in every day, and don't forget to look for the Character Champion moments in your own life. The journey continues, and we can't wait to see where it takes you next. Goodbye for now, brave adventurers, until we meet again in the Rainbow Forest!



Character Champions Foundation
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**If your child could only learn one ABC book this year—
make it the one that builds their heart, not just their head.**

Step into the Rainbow Forest, where the Character Champion Kids and their playful animal friends bring each letter to life through movement, rhyme, and imagination.

Every page teaches a powerful social-emotional value — like kindness, courage, compassion, knowledge, and responsibility — that helps your child grow from the inside out.

✨ **26 letters 26 animals 26 life-changing lessons**
🦁 Roar with bravery 🐸 Jump with joy 🦉 Fly with wisdom

Much more than letters—this is a book that shapes character, one page at a time. Created by child psychologist Dr. Diana Chavez Ketterman, aka "Dr. K," this playful ABC book helps kids:

- Grow emotional strength and school readiness
- Remember core values through catchy rhymes
- Move, imagine, and learn with joyful action

Perfect for bedtime, classroom circles, or quiet time with meaning, this beautifully illustrated book helps every child feel Valuable, Lovable, Important, and Capable—while developing the inner strengths that last a lifetime.

■ **Open the book. Meet the CC Kids. Give your child the ABCs
that turn them into a Character Champion—just like the CC Kids.**



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