

Temple & Luma the Purple Elephant

Compassion is Calm Care



by Dr. Diana Chavez Kettermann (AKA - Dr. K.)

NOTE TO PARENTS, CAREGIVERS, AND TEACHERS

Meet Temple—she's six years old!* She's a Character Champion (CC) Kid who teaches compassion, and Luma the Purple Elephant is her special friend. This book is especially helpful for sensitive, neurodivergent, or easily overwhelmed children who need calm care before problem-solving. Here's what makes Temple so helpful: Temple is just like your child. Temple gets upset. Temple can feel shaky inside. Temple doesn't always know what to do. But Temple has a friend who helps Temple slow down, feel safe, and make safe choices. Because Temple is six and still learning, kids think: "If Temple can do it, I can do it too."

How This Book Works

The pictures are visual anchors. When your child sees Temple doing Elephant Breaths or putting a hand on the belly, their brain remembers. Later, when feelings get big, you can say: "Remember Temple's Elephant Breaths?"—and they know what to do.

Temple's Calming Tools

-  Compassion Is Calm Care — A simple reminder that we care for ourselves and others with calm actions
-  Elephant Breaths (4 in, 6 out) — Slow breathing that helps the body feel safe and steady
-  Hand on Belly — Feel the belly rise and fall to help the brain settle
-  Safe Promise — "I won't hurt myself, or others, or things" when feelings get big
-  Calm Touch — Gentle hands like hand on heart, hand on belly, or soft hands to show care
-  Elephant Trrruuuu — A playful calming sound to release tension in a safe, silly way

How to Read This Book

- ✓ Read it when everyone is calm. Make it fun! Practice the tools together.
- ✓ Point to the pictures. Say: "Look! Temple is calming the body. Do you ever feel like that?"
- ✓ Read it again and again. Repetition is how kids learn.
- ✓ Use Temple's words in real life. When big feelings show up, ask: "What does Temple do?"

What to Expect

At first, your child may just enjoy Temple and Luma. After a week, they may start copying the breathing, the hand on belly, or the calm touch. After a month, they may begin using the tools on their own. And eventually? They may remind YOU to take an Elephant Breath when stress gets big.

The magic happens when your child starts to think: "Temple is six. Temple gets overwhelmed too. But Temple knows what to do—and so do I." Now go meet Temple! Temple is waiting for you.

— Dr. K.

* The CC Kids Flipbooks are primarily for 3–6-year-olds ... preschoolers through kindergarten. As younger children often model the older children, we naturally use a six-year-old "big kid" as the model.

Hi! I'm Temple. I'm six.
This is Luma, my purple elephant friend..



Compassion is calm care.
Calm bodies.
Gentle hands.



When we're calm inside,
we can be compassionate outside.



Calm care feels gentle.
Like a soft breeze.
Like everything's okay.



Luma knows all about staying calm.



When my body feels wobbly,
Luma reminds me:
Breathe together.



Elephant Breaths help us calm.
Slow and steady.
Wanna try?



In for 4... Out for 6...
My belly goes up, then down.
We do it together.

4

6



I keep myself, others, and things, calm and safe.
I won't hurt me.
I won't hurt others.
I won't hurt things.



Breathe again.
One more time.
As long as we're breathing, we're okay.



Hand on belly.
Up... down...
Up... down...
That's your body calming.



Slow breaths.
In through the nose ...
Out through the mouth ...
Like blowing bubbles.



Calm and steady.
My body feels different now.
Breathing works.



Gentle care for others.
Soft hands. Soft voice. Soft heart.



Gentle hands.
Hands can hurt or help.
When I'm calm, I choose to help.



Gentle care for me.
Sometimes I need to be gentle with myself.
It's okay to rest and breathe.



Upset happens.
Sometimes big feelings come.
That's normal.



Trrruuu!
Luma makes a sound.
It helps the BIG feelings move out.



Big or small, you choose.
Either way works.



Breathe again.
Notice how you feel.
A little lighter?



One more breath.
Nice and slow.
You're doing great.



You did it.
You calmed your body.
You're a Compassion Champ!



Calm care feels safe.
Our bodies feel safe.
Our friends feel safe.



You're a Compassion Champ!
You practiced. You breathed.
We're proud of you.



We are calm.
Me and Luma.
Me and you.



Compassion Champ!
Welcome to the team.





The End

www.characterchampionsfoundation.org

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