

Ling & Azul the Blue Dolphin

Teach Kindness and Calm



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

NOTE TO PARENTS, CAREGIVERS, AND TEACHERS

Meet Ling—she's six years old!* She's a Character Champion (CC) Kid who teaches kindness, and Azul the Blue Dolphin is her special friend. This book is especially helpful for sensitive, neurodivergent, or easily overwhelmed children who need kindness before problem-solving. Here's what makes Ling so cool: She's just like your child. She gets scared. Her tummy gets tight. She doesn't always know what to do. But she has a friend who helps her—and together, they figure out what works. Because Ling is six and still learning, kids think: "If Ling can do it, I can do it too."

How This Book Works

The pictures are visual anchors. When your child sees Ling doing a Dolphin Hug, their brain remembers. Later, when feelings get big, you say: "Remember Ling's Dolphin Hug?" — and they know what to do.

Ling's Calming Tools

- Dolphin Friends — Picture someone safe
- Dolphin Hug — Squeeze tight, then soften
- Bubble Breaths — Breathe in slow, out slow
- Swim Arms — Move slow and smooth
- Dolphin Anchor — Press, squeeze, let go

How to Read This Book

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

What to Expect

At first, they'll just love Ling and Azul. After a week, they'll start saying "I'm doing what Ling does!" After a month, they'll use the tools on their own. And eventually? They'll remind YOU to do Bubble Breaths when you're stressed. The magic happens when your child thinks: "Ling is six. She gets scared too. But she knows what to do—and so do I." Now go meet Ling! She's 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 Ling. I'm six.



**This is Azul, my special blue
dolphin friend!**



**When I don't know what to do, Azul helps me.
You can do it with me, if you want.**



**Uh-oh. Sometimes I feel scared.
My tummy gets tight.
Let's slow down together.**



Azul says, "Friends help!
Let me show you."



**First, I think of someone safe.
I think of Grandma!**



**Who makes YOU feel safe?
Picture them right now.
Take your time.**



**Now I give myself a Dolphin Hug.
Squeeze, squeeze ... then soft!
Big squeeze or little squeeze?**



**Ahhhh... that feels better.
Wanna try?
That helps my body feel safe.**



Next up: Bubble Breaths!

Breathe in slow ...

Breathe out slow ...



A young girl with short, dark brown hair and large, expressive brown eyes is looking upwards with a gentle smile. She is wearing a light blue collared shirt. The background is a bright, sunny sky with soft white clouds and a clear blue hue. Numerous iridescent bubbles of various sizes are floating around her, some reflecting the sunlight. In the bottom corners, there are hints of colorful flowers like blue and yellow daisies. The overall mood is peaceful and hopeful.

Watch the bubbles float!

Up, up, up!

Can you blow bubbles with me?

That helps my body feel safe.

Now, I try Swim Arms.

Nice and slow ...

Swish, swish!



Slow and smooth
That's how I calm my body.
You can try it too!
That helps my body feel safe.



**Here's my Dolphin Anchor.
Feet press down.
Hands squeeze tight.
Then ... let go!
That helps my body feel safe.**



I think kind thoughts, too.

Like: "I'm okay."

Or: "I can do this!"



I picture safe hugs in my heart.
It helps me feel calm.



**And now ... my body feels calm.
I can help my body feel safe!**



Kind words help me.
What kind words help YOU?



I can be kind to me.
I can be kind to you.
That's what friends do!



**Now I'm ready!
Hello, Friend!
I feel ready again.**



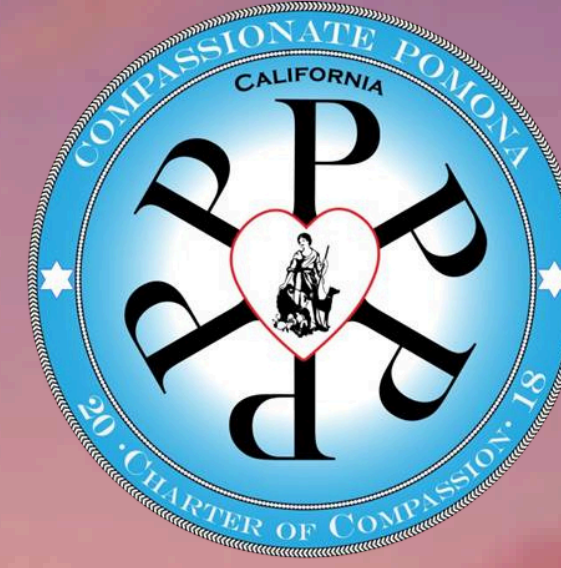
I keep my safe friends in my heart.

They help me feel brave!



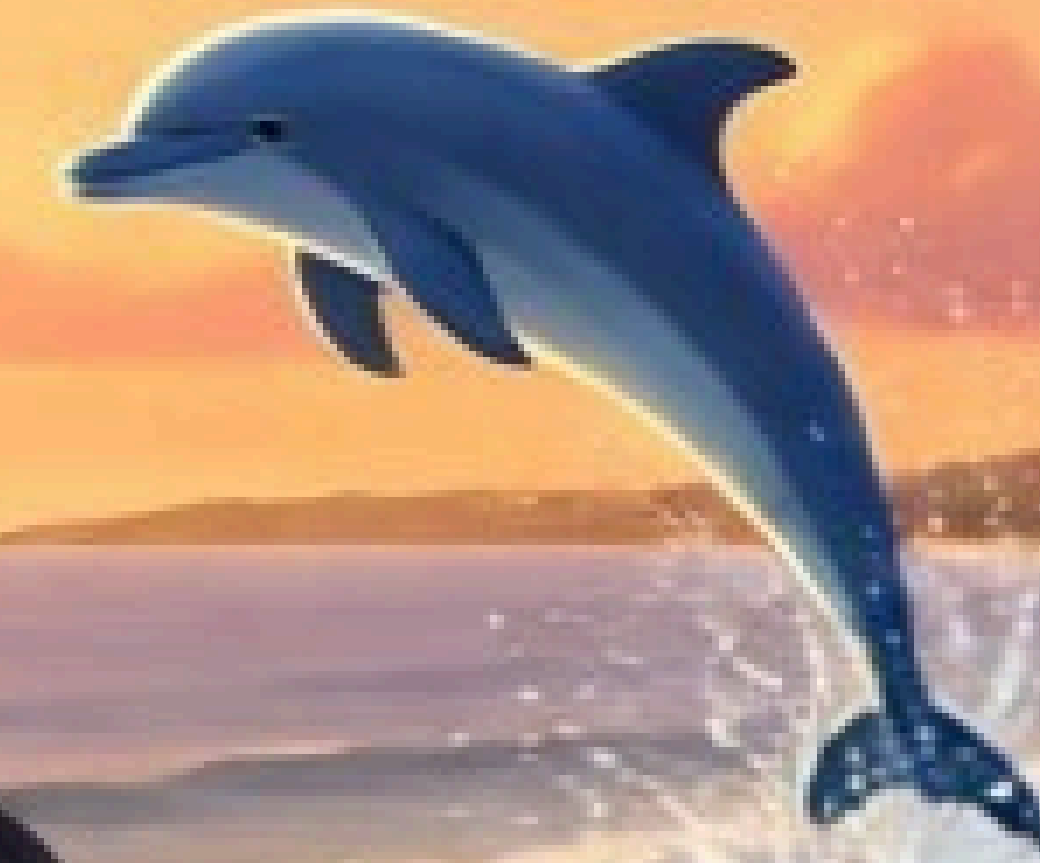
**Remember: You are safe. You are kind.
We are together.**





THE
HUMAN
VALUES
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The End



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