

# Albert & Sage the Green Owl

## Feelings Adventure



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

## NOTE TO PARENTS, CAREGIVERS, AND TEACHERS

Meet Albert—he's six years old! \* He's a Character Champion (CC) Kid who learns about his body and feelings, and Sage the Green Owl is his special friend. Here's what makes Albert so cool: He's just like your child. His body feels different sometimes. He doesn't always know if he's wiggly, stormy, or calm. But he has a friend who helps him—and together, they figure out what works.

Because Albert is six and still learning, kids think: "If Albert can do it, I can do it too."

### How This Book Works

The pictures are visual anchors. When your child sees Albert doing an Owl Check-In, their brain remembers. Later, when feelings get big, you say: "Remember Albert's Owl Check-In?" — and they know what to do.

### Albert's Body Awareness Tools

- Owl Check-In — Notice how your body feels
- Wiggly, Stormy, Calm — Three body states
- Owl Wings — Move slow and soft
- Hand on Tummy — Feel your breath
- Choose What to Do — Match action to feeling

### The Three Body States:

WIGGLY = High energy, needs to move      STORMY = Upset, mad, or frustrated      CALM = Peaceful and comfortable

### How to Read This Book

- Read it when everyone's calm. Make it fun! Do the moves together.
- Point to the pictures. Say: "Look! Albert checks his body. Do you ever feel like that?"
- Read it again and again. Repetition is how kids learn.
- Use Albert's words in real life. When big feelings show up, ask: "Want to do an Owl Check-In?"

### What to Expect

At first, they'll just love Albert and Sage. After a week, they'll start saying: "I feel wiggly!" After a month, they'll use the Owl Check-In on their own. And eventually? They'll remind YOU to check your body when you're stressed. The magic happens when your child thinks: "Albert is six. He checks his body too. And so can I." Now go meet Albert! He'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 Albert!**  
**I'm six!**



**This is Sage,  
my special green owl friend!**



**Sometimes, I don't know how  
I'm feeling. Sage helps me!**

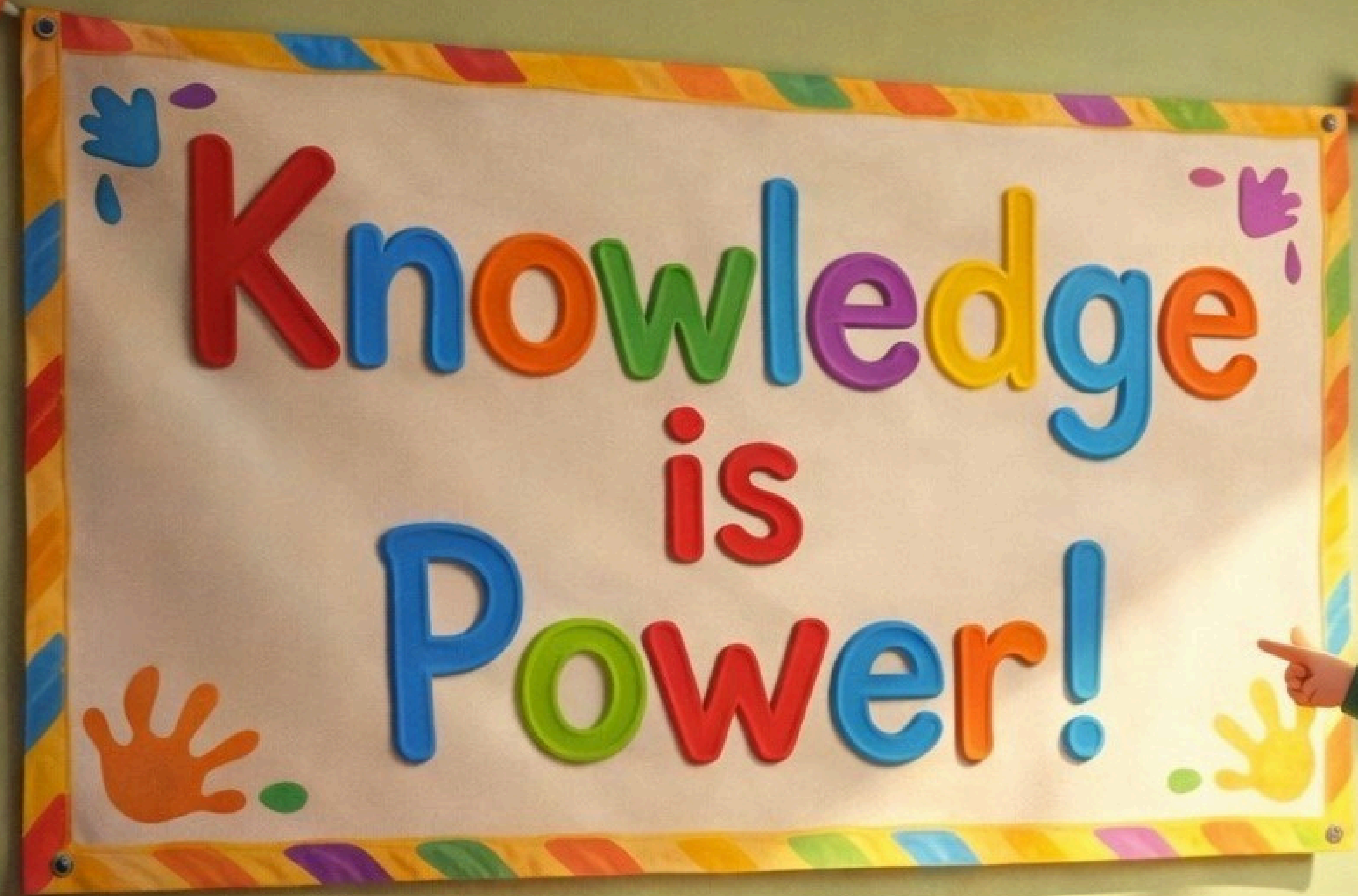


www.ninjabird.com

**Uh-oh ...  
My body feels  
funny right now.**



Sage says, "Let's check! I'll show you."



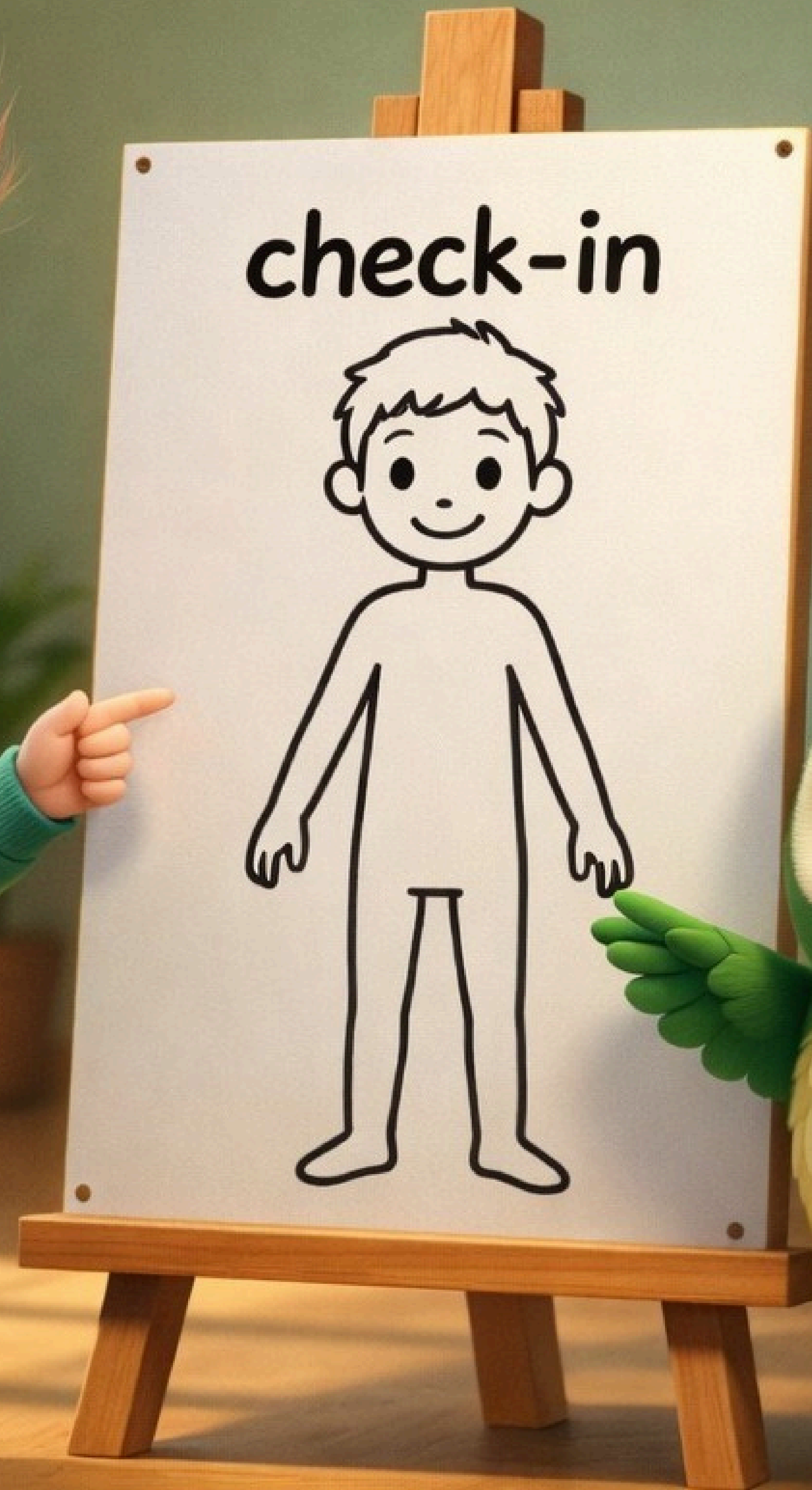
**First—think of someone safe.  
I think of my teacher!**



**Who makes YOU feel safe?  
Picture them right now!**



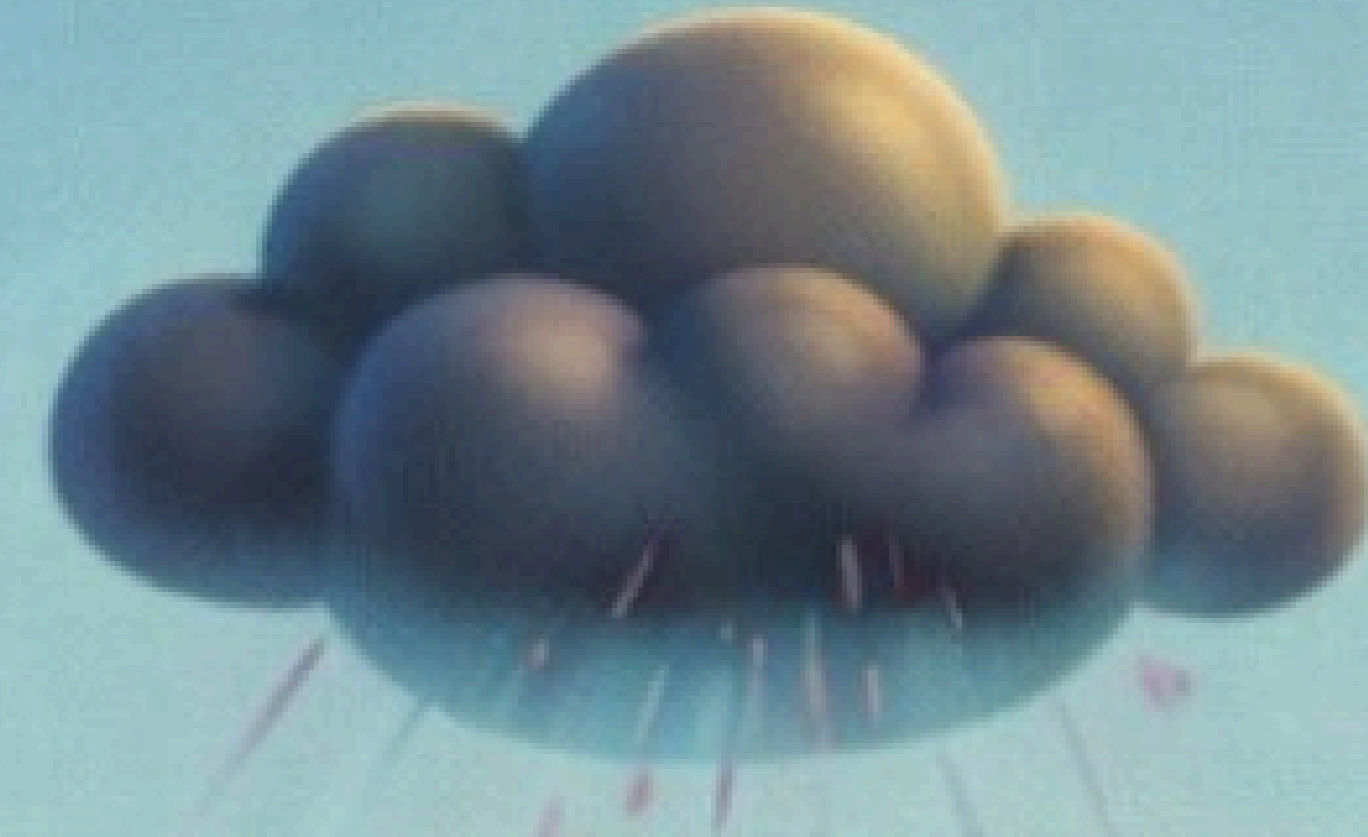
**Now check your body.  
How does it feel?**



**Is your body wiggly?  
Stormy? Or calm?  
Let's find out!**



wiggly



stormy



calm.



**Let's try it together.**



**WIGGLY** means  
**LOTS** of energy!  
Bounce, bounce, **BOUNCE!**



**Wiggly, wiggly, wiggly!**  
**Can you wiggle too?**



**STORMY** means upset.  
Your tummy feels tight.



**Boom! Crash! Thunder!**  
**That's stormy inside!**



**CALM means peaceful.  
Everything feels okay.**



A cute, green owl with large, closed eyes is sitting in a meditative pose on a large lily pad in a pond. The owl is wearing a teal hoodie and dark pants. The scene is set in a lush, green forest at sunrise, with a bright sun in the sky and a small wooden hut in the background. The water is calm, reflecting the sunlight, and there are other lily pads and pink flowers scattered around the pond.

**Ahhhh ... Calm, calm, calm!.**

**Now, let's try Owl Wings!**  
**Arms up ... arms down.**  
**Slow and soft...**



**Hand on tummy.  
Breathe in... breathe out.  
Feel your belly move!**



**Great! Now you know all three!**  
**WIGGLY. STORMY. CALM.**



**CALM**



**STORMY**



**WIGGLY**



**Let's practice the Owl Check-In!**

**Ready?**



**WIGGLY**



**STORMY**



**CALM**



**Step 1: Stop and put your hand on your heart.**

**Step 2: Take a slow breath.**

**Step 3: Ask yourself-Wiggly? Stormy? Calm?**



Which one are YOU right now?

Point to it!



STORMY



WIGGLY



CALM



**Perfect! You did the Owl Check-In!  
Now you can do it anytime!**



**All feelings are okay.  
Wiggly is okay,  
Stormy is okay.  
Calm is okay.**



**When you check, you understand your feelings!  
Then you can choose what to do!**



**if WIGGLY → Run! Jump! Dance!**  
**If STORMY → Breathe slowly!**  
**Talk to someone safe!**

**If CALM → You're doing great!**  
**Keep going!**



**You can check your body:**

**→ At home At School Anywhere!**



**Nice job!**  
**You're learning.**



**Now you know how to help yourself!!**

**That's SO smart!**



You're a Knowledge Champ!



# THE OWL CHECK-IN: 3 EASY STEPS

**1 STOP**

**STOP** 🛑  
Put your hand on your heart

**2 BREATHE**

**BREATHE** 🌬️  
Take a slow, deep breath

**3 ASK**

**ASK** 🦉  
Wiggly? Stormy? Calm?

## WHAT TO DO: ✨

**WIGGLY** 🌀

**STORMY** ⚡

**Bubble Breaths**

**Self-Hug**

**CALM** ☀️

Keep doing what you're doing!  
You're feeling good!

You're talking to a safe adult

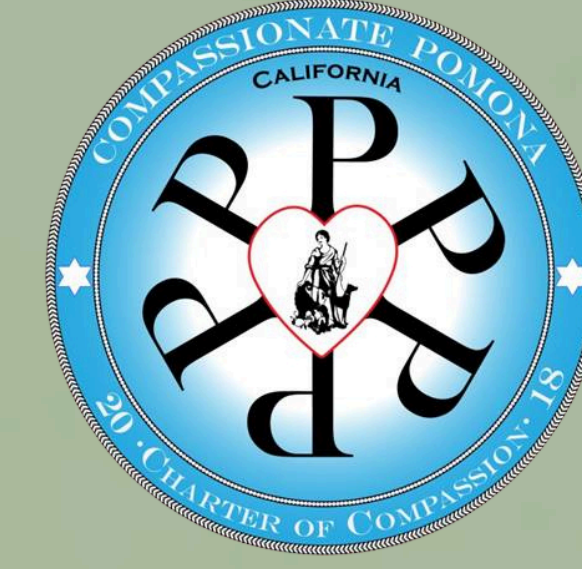
Point to how **YOU** feel right now!

**WIGGLY**

**STORMY**

**CALM**

Great job checking in!



The End

[www.characterchampionsfoundation.org](http://www.characterchampionsfoundation.org)