



# COMPASSION COUNTS

IN YOU AND ME  
PRESCHOOL EDITION



# Compassion Counts in California and Beyond

A labor of love by

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The Character Champions Foundation  
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## How to use this book

This book is divided up into 9 different colored sections to make it easier to use with your children/students. Please take your time and feel free to explore it one section at a time. Have fun as you and your children/students discover what compassion is all about with colorful characters, music, and rhyme.

1. Silver Section - Teaching children that they are valuable, lovable and capable.
2. Purple Section - Showing what Compassion means in different ways.
3. Gold Section- Taking Responsibility
4. Green Section - Seeking Knowledge
5. Orange Section - Showing Courage
6. Blue Section - Sharing Kindness
7. Red Section - Giving Respect
8. Rainbow One Section - Using a Growth Mindset
9. Rainbow Two Section - Practicing Synergy (Working Together)

Today we are going to discover what compassion is.  
We will need help from the 8 compassion kids and their 8 compassion animals to do this.  
Each compassion kid and their animal friend has something to teach us about compassion.

So, let's find out more about this big word called "compassion."



There are 6 Compassion Counts Pillars and Trees to help us learn about compassion.



Hey everybody!  
My name is Kai. This is my  
best friend Rainbow MetaHawk  
who is going to help us learn  
about COMPASSION!

Let's go ask the other Compassion  
Kids and their animal friends  
what they know about compassion.  
We have a lot to learn about  
compassion.

Do you know what compassion is? Can you make a guess?  
Let's find out together so we can answer yes.





There is the Synergy Forest where we can all go to meet Compassion Kids with their friends, to get to know.





When we have compassion it means that we are three things.

Do you know what they are?

1. Valuable
2. Lovable
3. Capable

We can find out more about what that means.

Compassion is treating everyone in a valuable, lovable and capable way.  
It's caring about what we do, and being kind in what we say.



Albert



MetaHawk,  
What does valuable mean?



When something is valuable  
it means that it has worth  
and is important to us.  
We take good care of it.  
We do not hurt it because  
it has value.



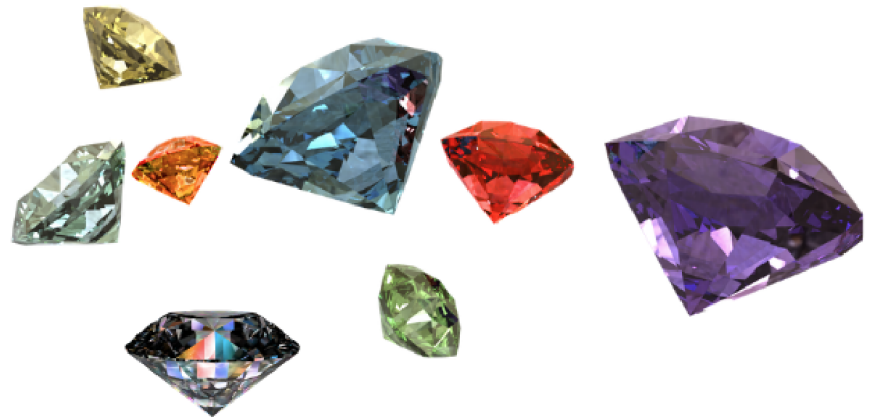
Our toys are valuable, our pets, friends, and family too.  
We know they all have value and that is really cool!



You have value.  
Others have value too.  
We are born with  
different strengths.  
Let's celebrate our strengths.

Look at the strengths list:  
What is a strength you have and value?

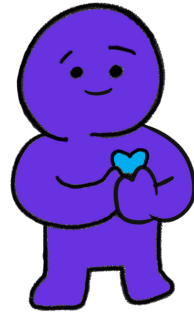
- Caring and kind
- Helps others
- Shares and takes turns
- Makes others laugh
- Ask questions/curious
- Playful
- Friendly
- Learns from mistakes and solves problems
- Good at puzzles
- Works hard
- Follows directions
- Good listener



Everybody's important, second to none. 'Cause we're valuable, each and everyone.  
We share our strengths to help others too. That's the best you and me can do.



Temple

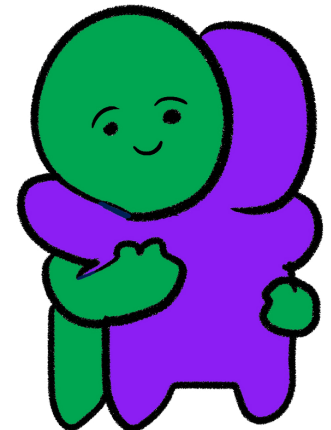
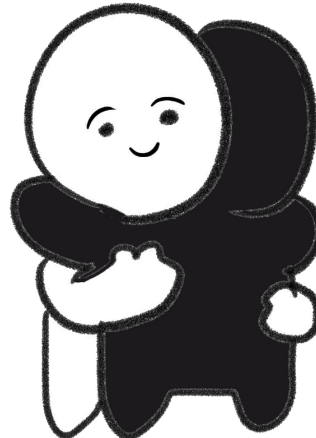


When you are lovable it means we care for you no matter what. We accept you just the way you are. You are special because you were born that way. Like colors in a crayon box, we can work together to make a lovely, colorful picture.

The Crayons Box That Talked (Read Aloud)  
<https://vimeo.com/23111919>



What helps you feel loved and accepted?  
How can you help others feel loved and accepted?



Love and accept yourself, and show the same to others too.  
It's as simple as a smile or a hug, that's all we need to do.



Cali



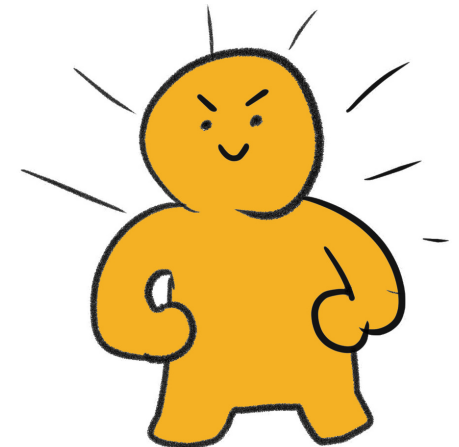
What helps you feel  
more capable?  
How can you help others  
feel more capable?



Watch on the next pages as Rainbow  
MetaHawk's wings add color  
as we learn more about compassion.

Being capable means that we  
know that we can do whatever  
we put our mind to with help.  
It is believing in ourselves and  
our ability to be our best as we  
learn and grow.

Cesar



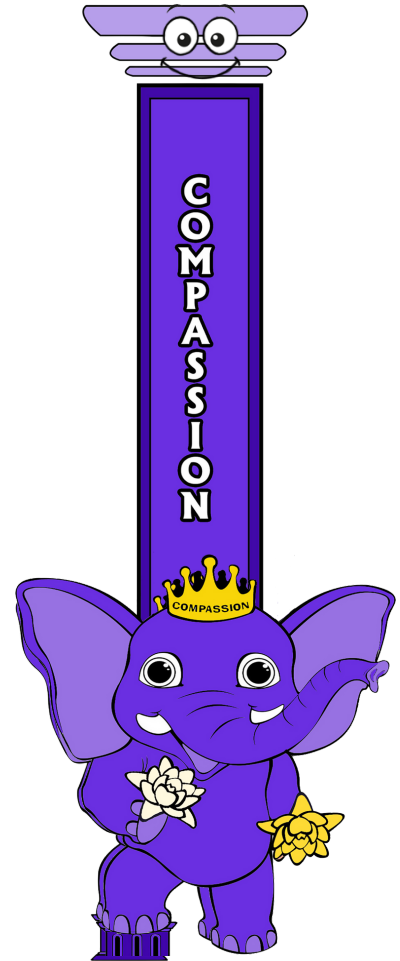
Rainbow MetaHawk's wings change color and fill the sky.  
We learn more about compassion and start to fly.

Hi, it's Kai again!  
Let's explore the Synergy Forest  
and see what the Purple Tree has  
for you and me.

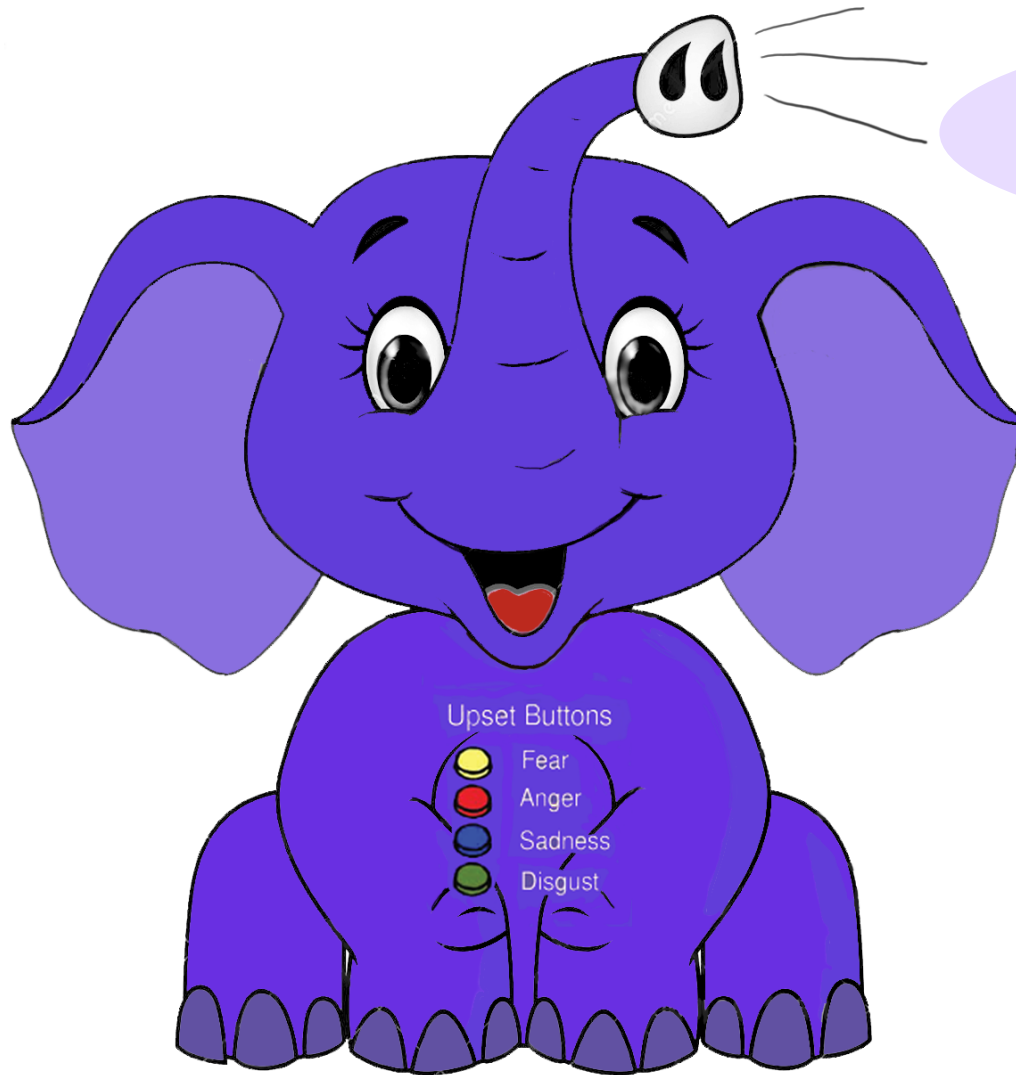




Hi, I'm Temple, and this is my friend Purple Elephant. We want to teach you that compassion is a big word that means you care about yourself and others. You take action to help them however you can, so they feel better.



If our friends are hurt, stop and see if they're ok.  
Take action to help them to feel better in a caring way.



What pushes your upset buttons?

Did you know that when you care about yourself it is called self-compassion?



When you feel upset, you can do something called compassion breathing to make yourself feel better.

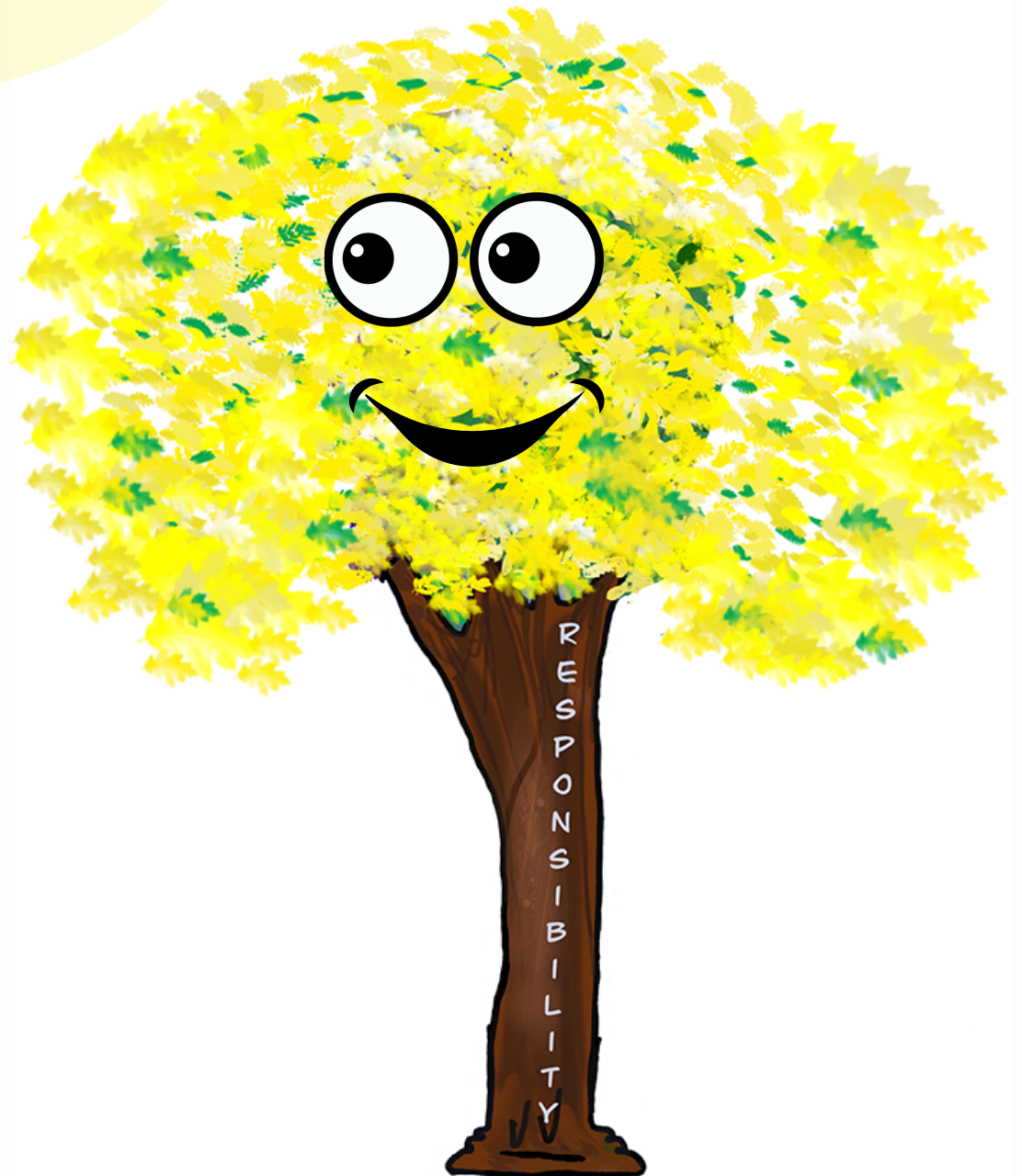
Here's what to do:

1. Take a big deep breath and say to yourself, "Breathe in calm."
2. Hold your breath for four seconds.
3. Then with a big blow, blow out the upset feeling, and say, "Blow out the upset."

Sometimes, things can make us mad and upset. But, we can find ways to get calm and forget. Then, when we're calm, we can share that we care. Let others know that we want to be there.



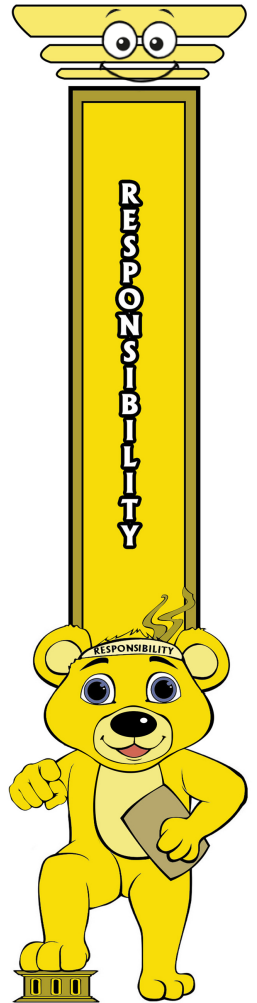
Hi, it's Kai again!  
Let's explore the Synergy Forest and  
see what the Yellow-Gold Tree has  
for you and me.





Hi, I'm Amin and this is Yellow-Gold Bear. Compassion means treating other people the way you want to be treated by acting safe and responsible.

Before you do something, ask yourself, "Is it safe?" This helps you treat other people the way you want to be treated.



Treat others the way you want to be treated.  
Get along with others 'cause that's what's needed.



How would you  
treat others if  
you were  
following  
the Golden Rule?

Here's a song about the  
Golden Rule, sung to the tune  
Three Blind Mice:  
<https://youtu.be/wEIPAXIdQII>

Golden Rule (Golden Rule)  
I'll treat you (I'll treat you)  
The way I want to be treated  
(The way I want to be treated)  
Golden Rule (Golden Rule)

- Share your toys and take turns playing with others.
- Say please and thank you when asking for or receiving something.
- Listen to others and give them a chance to talk.
- Be honest with others and not say mean things.
- Offer to help others when they need it.



Treat me like you want me to treat you and see,  
That the Golden Rule works best for you and me.



Gold Bear, what else do you know about compassion?

I know that on Sept 10, 2021 California became the first compassionate state in the U.S.A.

Californians are learning about compassion so they can get along better.

Let's go ask my friends Albert and Green Owl to see what they know about compassion.

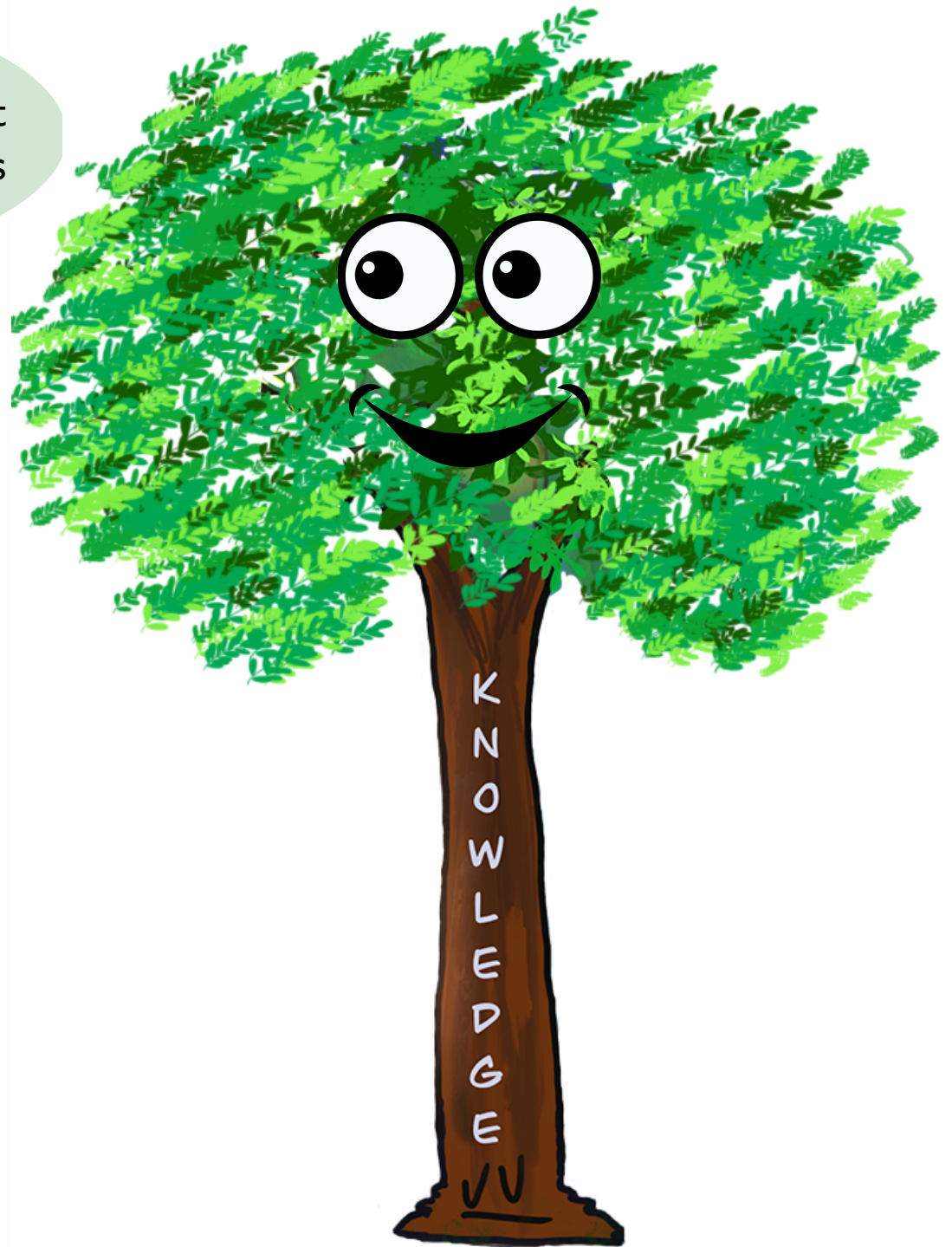


**California is a  
compassionate state.**

Learn about compassion in a safe, responsible way.  
Make our schools and cities grow in compassion day by day.



Hi, it's Kai again!  
Let's explore the Synergy Forest  
and see what the Green Tree has  
for you and me.





What's up? I'm Albert and this is Green Owl. We teach you that compassion is about learning things and solving problems.

You can ask yourself, "Is it smart?" to help you act with compassion.

Here is a song to help you remember this, sung to the tune Where is Thumbkin?:

<https://youtu.be/bRNDu3O2VQY>

<https://www.youtube.com/watch?v=Y7xQ7dqqBOE>

Stop and breathe

Stop and think

Is it smart?

Is it smart?

Solving problems together

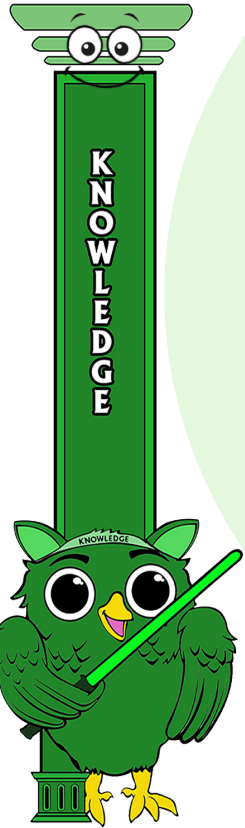
By working together

Stop and breathe

Stop and think

Take time to think, to make life better for you and me.

Let's solve problems together for all to see.



What do you like to learn about?





Albert and Green Owl know that compassion is thinking in calm ways. When we think upset thoughts it is hard for us to care about ourselves and others.



Look at Green Owl's Compassion Champ Zone Chart. When we are filled with compassion we are in the Champ Zone. We feel calm, happy, and peaceful. We can help others feel that way, too.

## GREEN OWL'S COMPASSION CHAMP ZONE CHART

Green Owl's Compassionate Champ Zone



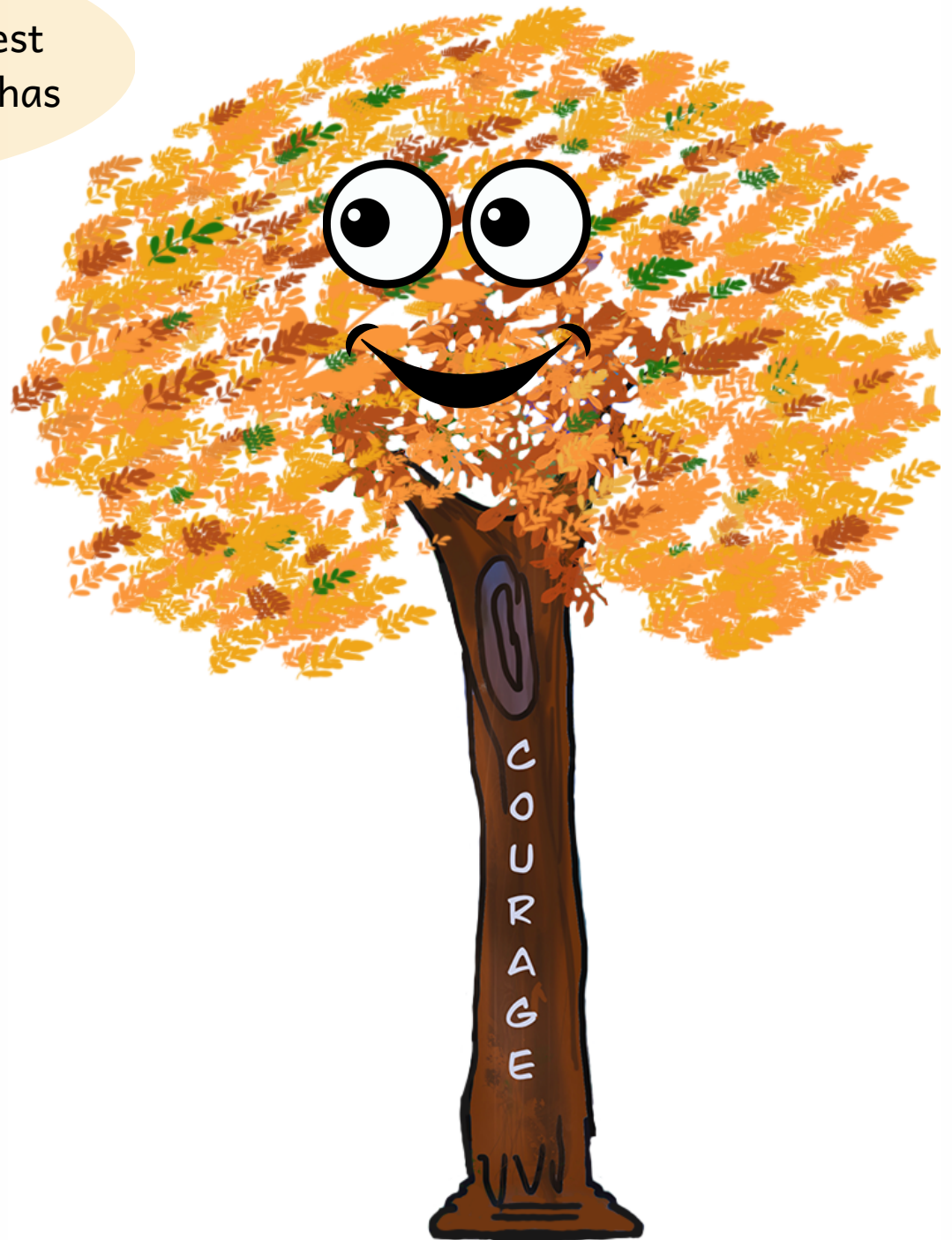
Are you in the Champ Zone?

What zone are you in?

If we're not in the zone, then we're feeling off track.  
How can we work together to help us get back?



Hi, it's Kai again!  
Let's explore the Synergy Forest  
and see what the Orange Tree has  
for you and me.





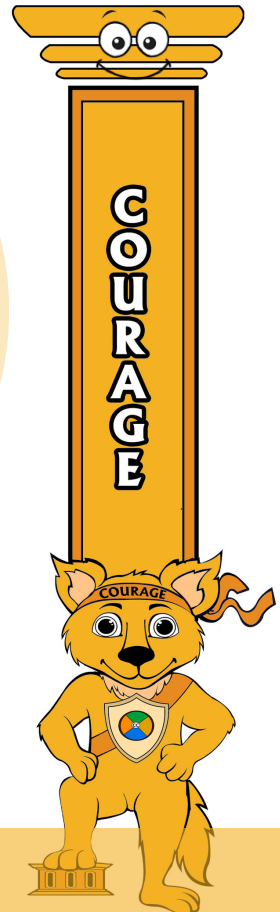
How do you  
show courage and  
act brave?



Hey kids. I'm Orange Wolf and this is Cesar. If you want to show compassion your challenge is to learn to act brave. We can help you show courage. Before you do something, ask yourself, "Is it brave?"

Here is a song to help you remember this, sung to  
the tune Where is Thumbkin?:  
<https://youtu.be/bRNDu3O2VQY>  
<https://www.youtube.com/watch?v=Y7xQ7dqqBOE>

Is is brave?  
Is it brave?  
I am brave  
I am brave  
Standing up to bullies  
Saying no to meanness  
I am brave  
I am brave



Being brave is a good way to show our compassion every day.  
Stand up for others in what we do and what we say.

Act brave.



WARRIOR



TREE POSE

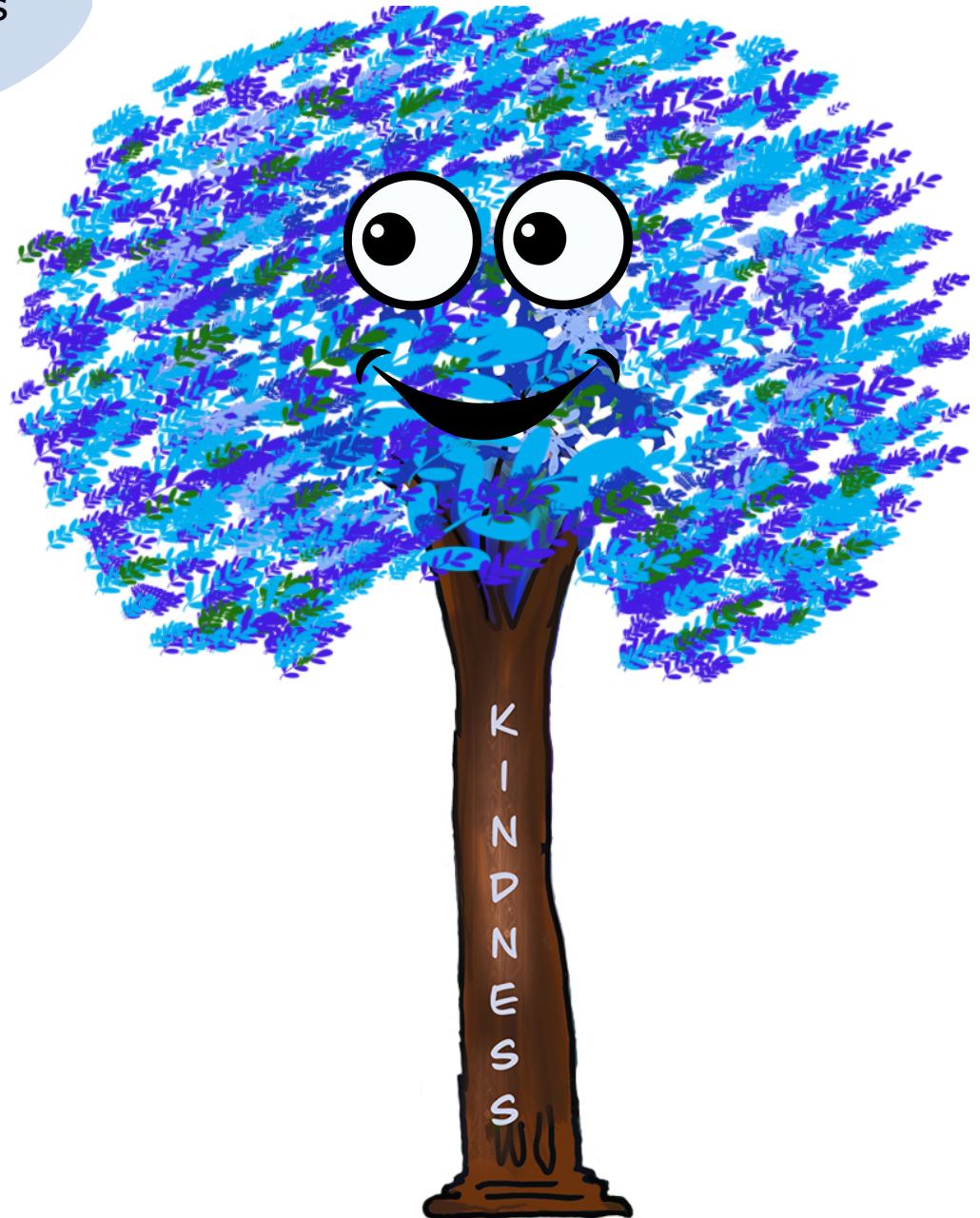


BUTTERFLY



Take a risk and try something new. Surprise ourselves with what we can do.  
If we need help, it's going to be ok. 'Cause together we're braver to find a way.

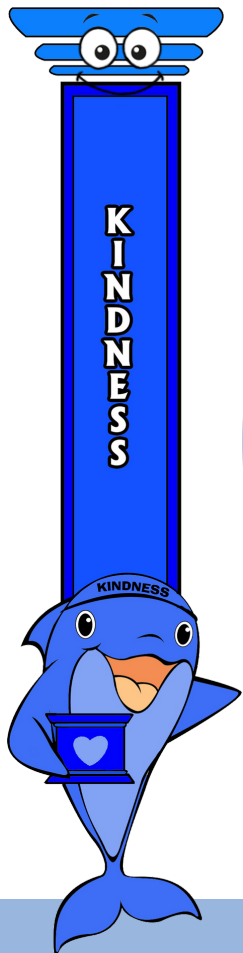
Hi, it's Kai again!  
Let's explore the Synergy Forest  
and see what the Blue Tree has  
for you and me.



I'm Ling and this is Blue Dolphin.  
We teach you that compassion is acting kind.  
Before you do something remember to ask  
yourself, "Is it kind?" We share compassion  
by saying and doing kind things.



What are some kind actions you do?  
See the next page for some ideas.



Here is a song about kindness,  
sung to the tune Where is Thumbkin?  
<https://youtu.be/bRNDu3O2VQY>  
<https://www.youtube.com/watch?v=Y7xQ7dqqBOE>

Are you kind?  
Are you kind?  
Please be kind  
Please be kind  
Share with your friends  
Help those who need it  
Are you kind?  
Are you kind?



When we say and do kind things it makes us feel so good.  
Sharing kindness helps us feel happy and understood.



What are some kind actions  
that others have done for you?  
What can you do to show them  
how thankful you are?

What are two things you are  
going today that are kind?

- 1.
- 2.

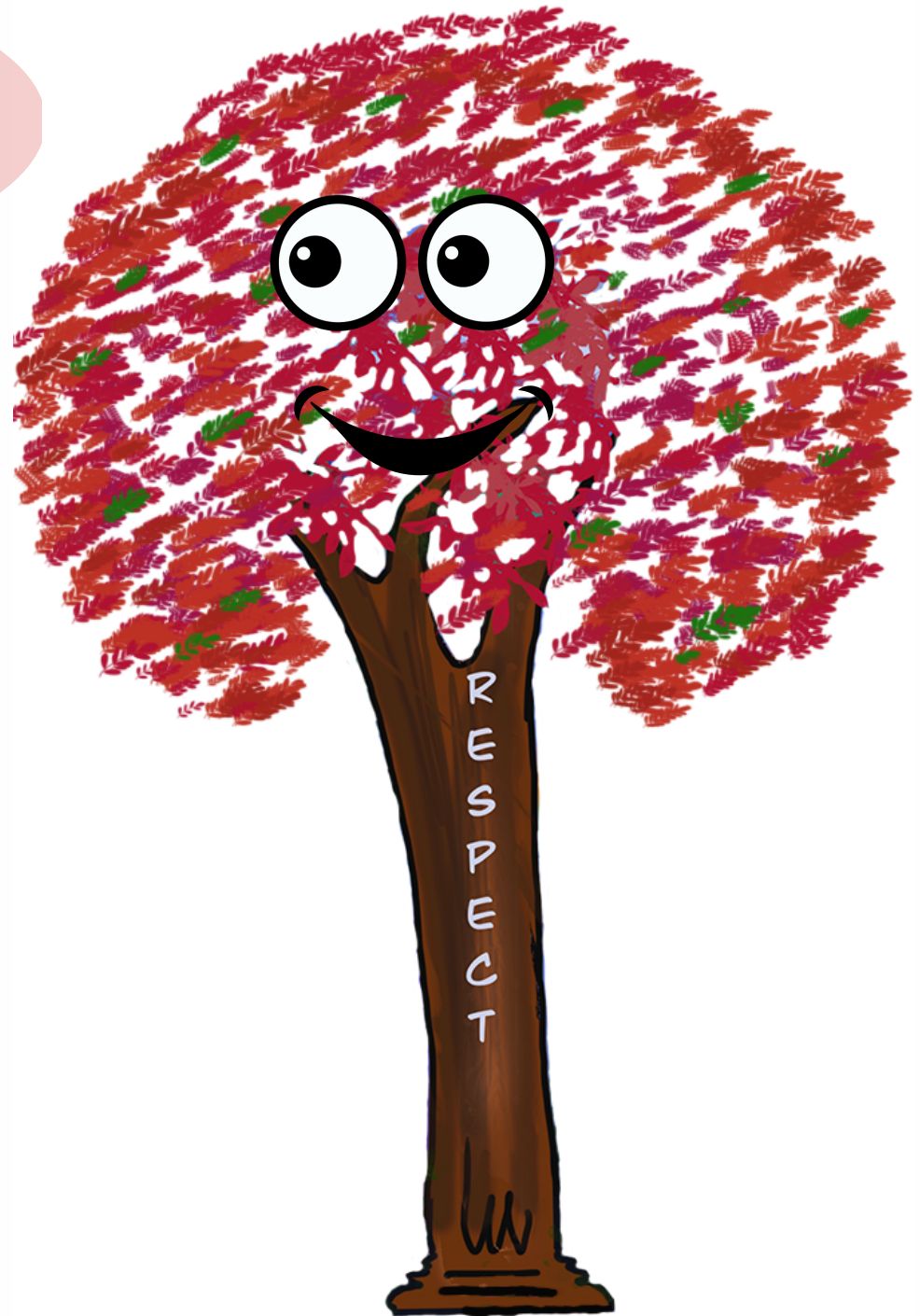
Here are 10 kind actions you can choose:

1. Ask a friend to play.
2. Draw a picture for someone.
3. Say something nice to someone.
4. Do a chore for someone.
5. Clean up without being asked.
6. Open the door for someone.
7. Say hello to someone and smile.
8. Let a friend go first in a game.
9. Throw away trash.
10. Do something nice for a pet.



Doing nice things for others makes us both feel glad,  
It brings a smile to our face, so we both don't feel sad.

Hi, it's Kai again!  
Let's explore the Synergy Forest  
and see what the Red Tree has  
for you and me.



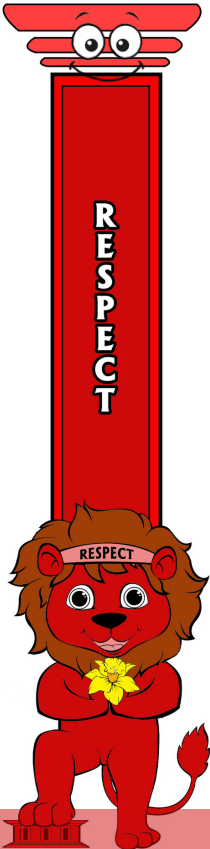
What's going on? It's Martin and Red lion here bringing you what you need to know about compassion. When we give respect to others we are showing compassion.

How do you give respect?  
Remind yourself to think, "Is it respectful?" before you act.

Here are 8 actions that show respect:

1. Do not yell or talk over others.
2. Listen to others even when they disagree.
3. Give praises, not put-downs.
4. Give each other space.
5. Everyone has a role/job.
6. Share trust and be honest.
7. Accept differences.
8. Use manners.

Respect is how we treat others with manners and care,  
So listen, accept differences, and try to be fair.



It takes respect to make compassionate friendships and communities. When you treat yourself and others with respect, you show that we are all valuable, lovable, and capable.



**I have all the colors in my feathers now.**

I give respect to myself by telling myself that, "I am valuable, lovable and capable."  
I say, "No thank you!" and walk away from people who treat me mean.



Our unity and respect connects us on earth.  
We all have value and unconditional worth.





Hi, it's Kai again!  
Let's explore the Synergy Forest  
and see what's in the rainbow  
for you and me.

Hi, I'm Cali, and this is Growth Mindset Hummingbird. People call her GM for short. It takes a Growth Mindset to keep learning about compassion. GM and I teach you that a Growth Mindset means you can grow. You keep trying even when things are hard, so you learn.



Here is a song about Growth Mindset:  
Sing it to the tune Row Row Row Your Boat  
<https://www.youtube.com/watch?v=TAj2B537wAc>

Grow grow grow your mind  
Learn more every day  
If you fail, it's ok  
Try another way

Try try try and learn  
No, don't get upset  
Mistakes help you learn  
If you can't do it yet



Making mistakes just happen, but that's okay!  
We'll just learn from them to find another way.



What to say to yourself  
to grow a strong  
Growth Mindset.

What can you say to  
yourself to grow a strong  
Growth Mindset?



**A Growth Mindset  
helps me keep learning.**

**Mistakes help me learn.**

**I am capable of anything.**

**I can't do this yet.**

**I tell myself, "Great effort."**

**I tell myself, "Failure = learning."**



We are capable of anything when we can't do this yet. 'Cause our future is bright and that's a sure bet.  
Our Compassion Colors shine to help us grow. The more that we use them, the more we will know.





Hi, it's Kai again!  
Time to explore our last stop in the  
Synergy Forest to see what the  
other lesson in the rainbow is  
for you and me.



My job as Rainbow MetaHawk  
is to help you think before you act.  
My different colors guide you to share  
compassion with everyone. I remind you to  
watch yourself like a colorful hawk  
so you can SOAR like a Character Champion!



We stop and think about how our words  
and actions might make others feel.  
Each color in Rainbow MetaHawk's wings  
is a different way to share compassion.



**Stop and Think!**

Like a colorful hawk our Compassion Colors shine for all to see.  
We can SOAR like the Character Champions that we are born to be.



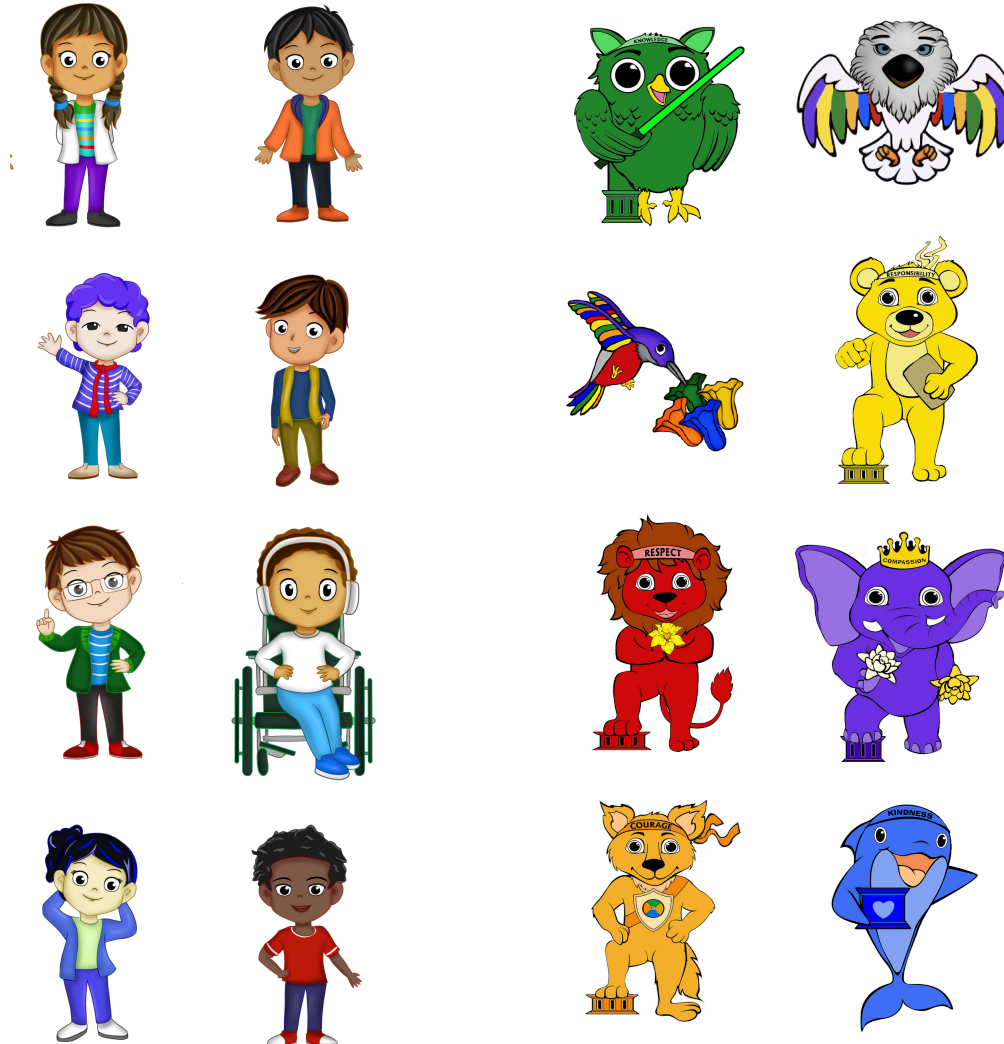
This is Kai letting you know that Rainbow MetaHawk, the Compassion Kids, and all their animal friends like teaching you about compassion. So, keep looking at this book to learn. Remember, all the Compassion Colors work together to help us learn about compassion. Rainbow MetaHawk's different colors help us share compassion with everyone. This is called Synergy!



**Stop and  
Share Compassion!**

What did you learn about in this book? Just go back and have another look. Compassion is the key for you and me. It is the caring way we need to be.

Can you match the Compassion Kid  
to the correct Compassion Animal Friend?



Go back to the  
different pages in  
this book to find  
the matches if  
you have trouble.  
Hint: Match colors.

Answers: 1. Cali & Growth Mindset Hummingbird 2. Cesar & Orange Wolf 3. Temple & Purple Elephant  
4. Amin & Yellow-Gold Bear 5. Albert & Green Owl 6. Kai & Rainbow MetaHawk  
7. Ling & Blue Dolphin 8. Martin & Red Lion

Celebrating You for Becoming A Compassionate Champion Kid!  
When we plant compassion seeds, they grow and blossom.

## COMPASSION COUNTS!



### COMPASSION PLEDGE

I share compassion.  
I am responsible. I like to learn.  
I am brave. I act kind. I give respect.  
I work together with others using a growth mindset.

\_\_\_\_\_  
*Your Name*

*Compassion Counts in California & Beyond*  
[www.CharacterChampions.org](http://www.CharacterChampions.org)  
[www.CompassionateCalifornia.org](http://www.CompassionateCalifornia.org)

I am valuable, lovable, capable! And You Are Too!



# COMPASSION COUNTS BASIC BUILDING BLOCKS



Compassion Values, Kids and Mascots (ALL ARE IMPORTANT)

1. **COMPASSION:** Temple (White & Autistic) and Purple Elephant  
Helping to relieve the suffering of others (and self) through acts of caring, goodwill, and support.
  2. **RESPONSIBILITY:** Amin (Asian: Pakistani) and Gold Bear  
Doing what one needs to do (even if he/she does not feel like doing it).
  3. **KNOWLEDGE:** Albert (White: Jewish ethnic heritage) and Green Owl  
Seeking information and brainstorming solutions to solve problems when challenged.
  4. **COURAGE:** Cesar (Hispanic/Latinx) and Orange Wolf  
Displaying the ability to do things that one fears.
  5. **KINDNESS:** Ling (Asian: Chinese) and Blue Dolphin  
Acting friendly, generous, and considerate of self and others in gentle, peaceful ways.
  6. **RESPECT:** Martin (Black: African American) and Red Lion  
Showing acceptance of all people with justice and regard for the feelings, beliefs, and rights of others. We give respect by treating others like they have value, equality, and self-worth.
- + **GROWTH MINDSET:** Cali (Native American) and Growth Mindset (GM) Hummingbird  
Believing in the power of your mind's ability to grow stronger with challenges so you can learn from your mistakes and failures as your mind continues to grow with what you learn.
- + **SYNERGY:** Kai (Multiracial, Disabled) and Rainbow MetaHawk  
Working together using all of the 6 Compassion Pillar values (Compassion, Responsibility, Knowledge, Courage, Kindness, and Respect) with a Growth Mindset is Synergy.

Compassion (verb): To recognize the suffering of self and of others, then take action to remove the sources of suffering and create an environment of well-being.

In simple terms: To put oneself in the shoes of others, and see through their lens, for the sake of alleviating their suffering.

Compassion, according to the Dalai Lama, is an attitude that not only wishes for others to be free of their suffering, but is also "associated with a sense of commitment, responsibility, and respect towards the other."

Within the global compassion movement, compassion is considered a verb - it involves action. Compassion is not the same as empathy, though the concepts are related.

With the Compassion Counts Project, Compassion is the overarching core value, and also one of the 6 Pillars of Compassion. They are joined by 2 additional principles which support the 6 Pillar values.

# “VLC” SONG (VALUABLE, LOVABLE, CAPABLE)

Lyrics by: Dr. Diana Chavez Ketterman

Musician: Joaquin Herreros

Singers: Mehdi Ouadani, Farrah Monste

(With accompanying videos – see below)

I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
Because I'm born that way

And no one can take it away  
No matter what they say  
I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
Because I'm born that way

You're valuable, lovable, capable  
You're valuable, lovable, capable  
You're valuable, lovable, capable  
Because you're born that way

And no one can take it away  
No matter what they say  
You're valuable, lovable, capable  
You're valuable, lovable, capable  
Because you're born that way

We're valuable, lovable, capable  
We're valuable, lovable, capable  
We're valuable, lovable, capable  
Because we're born that way

And no one can take it away  
No matter what they say  
We're valuable, lovable, capable  
We're valuable, lovable, capable  
Because we're born that way

. . . That's WHY

I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
Because I'm born that way

And no one can take it away  
No matter what they say  
I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
Because I'm born that way

~ ~ ~

## THE MOVEMENTS:

*Touch your head for valuable,  
touch your heart for lovable,  
and put your hands on your hips and stand up straight like superheroes for capable.*

~ ~ ~

VLC Music Video (English): <https://www.youtube.com/watch?v=Tvuv1EBwAhU> (1:53) Video Producer: Umair

Chaudhary, Pakistan, WhatsApp +92304544631

VLC Karaoke Video (English): <https://www.youtube.com/watch?v=03sQCiZnRjQ> (2:00) Musician: Joaquin Herreros;

Singers: Farrah Monste & Volodymyr

Video Producer: Muhammed Sharkey Aprian, Indonesia