

# Martin & VIBE the Red Lion

## The V.I.B.E. Roar



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

## **NOTE TO PARENTS, CAREGIVERS, AND TEACHERS**

Meet Martin—he's six years old!\* He's a Character Champion (CC) Kid who teaches respect, and VIBE the Red Lion is his special friend. This book is especially helpful for children who say things like "I'm not good enough," "I can't," "Nobody likes me," or compare themselves to others. Here's what makes Martin so helpful: He's just like your child. He has hard moments. He can doubt himself. He can feel small inside. But he has a friend who helps him notice what is good inside him—and together, they practice respect from the inside out. Because Martin is six and still learning, kids think: "If Martin can do it, I can do it too."

### **How This Book Works**

The pictures are visual anchors. When your child sees Martin using Treasure Hunt Thinking or doing the V.I.B.E. Roar, their brain remembers. Later, when self-doubt shows up, you can say: "Remember what Martin does?"—and they know what to do.

#### **Martin's Identity Tools**

Treasure Hunt Thinking — Notice real "proof" of strengths like kind acts, effort, creativity, and helpful moments

The V.I.B.E. Roar — Valuable, Important, Beloved, Empowered; words your child can borrow when they feel small

Roar Move + Song — A body-and-voice routine that helps confidence click on fast

Respect in Action — Use proud, kind behavior after the reset, like sharing, kind words, and trying again

### **How to Read This Book**

Read it when everyone is calm. Make it fun! Practice the words and motions together.

Point to the pictures. Say: "Look! Martin is noticing what's good inside. Do you ever feel like that?"

Read it again and again. Repetition is how kids learn.

Use Martin's words in real life. When self-doubt shows up, ask: "What does Martin do?"

### **What to Expect**

At first, your child may just enjoy Martin and VIBE. After a week, they may start repeating the V.I.B.E. words or noticing their own strengths out loud. After a month, they may begin using the tools on their own. And eventually? They may remind YOU what V.I.B.E. means when someone in the family has a hard day.

The magic happens when your child starts to think: "Martin is six. Martin has hard moments too. But Martin knows what to do—and so do I."

Now go meet Martin! 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 Martin. I'm six.  
I feel sad. My body feels heavy.

Uh-oh.



I knocked over the blocks.  
I feel bad inside.



Then my friend VIBE the Red Lion appears —  
big and bright!

"Come here, Martin," says VIBE. I go.



"You have treasure inside you," says VIBE.  
"Treasure?" I ask.



"Let me show you," says VIBE.  
I wait.



VIBE roars! "ROARRR!"  
Not scary. Happy!  
I feel something. A spark!



"Feel that?" VIBE asks.  
"That's YOUR treasure!"  
I smile.



"You helped your friend," says VIBE.  
I remember. I DID!  
My VIBE is always there.



"You are good," says VIBE.  
I look at the proof. I really am.



"All that good is inside you," says VIBE.  
And I can share it. Just by being me.



"Your treasure is ALWAYS there," says VIBE.  
"Even when you mess up."  
"Especially then."



"That's your VIBE," says VIBE the Red Lion.  
"Valuable. Important. Beloved. Empowered."  
I like those words.



VIBE shows me the moves!  
Hand on heart! Arms wide! Strong legs! Fists up!  
"Try it!" says VIBE.



I do the moves! I feel BIG inside!  
Wanna try with me?



"Say it!" says VIBE.  
I am VALUABLE! I am IMPORTANT!  
I am BELOVED! I am EMPOWERED!



I show respect.  
I take good care of you.  
My VIBE is always there.

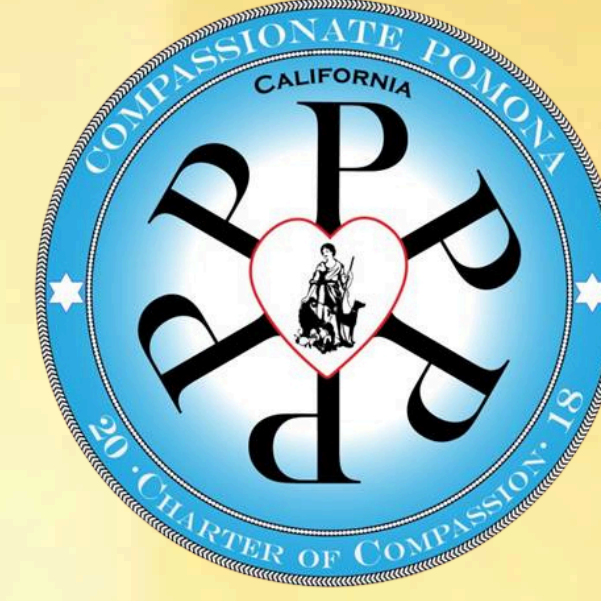


I stand tall. I am ME!  
I have treasure inside.  
My VIBE is always there.





Compassionate  
California



VIBE



THE END

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

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