

Amin & Gardi the Gold Bear

Safety & Responsibility First



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

NOTE TO PARENTS, CAREGIVERS, AND TEACHERS

Meet Amin—he's six years old! He's a Character Champion (CC) kid who learns to stop, check, and choose, and Gardi the Gold Bear is his special friend. Here's what makes Amin so cool: He's just like your child. Sometimes he wants to run or grab or go fast. But he has a friend who helps him pause—and together, they make safe, kind choices. Because Amin is six and still learning, kids think: "If Amin can do it, I can do it too."

How This Book Works

The pictures are visual anchors. When your child sees Amin stopping at the street, their brain remembers. Later, when they want to run ahead, you say: "Remember Amin? Stop. Check. Choose."—and they know what to do.

Amin's Stop, Check, Choose Tools

Stop — Pause your body (like a red light)

Check — Ask: "Is it safe? Is it my job?"

Choose — Make the safe, kind choice

Breathe — Take a deep breath when you need to

Tell — Ask a grown-up if something feels wrong

How to Read This Book

Read it when everyone's calm. Make it fun! Practice together.

Point to the pictures. Say: "Look! Amin stops first. Can you stop like Amin?"

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

Use Amin's words in real life. Before crossing the street, ask: "What does Amin do?"

What to Expect

At first, they'll just love Amin and Gardi. After a week, they'll start saying "I'm stopping like Amin!" After a month, they'll pause before acting. And eventually? They'll remind YOU to stop and check.

The magic happens when your child thinks:

"Amin is six. He stops and checks too. And so can I."

Now go meet Amin! He's waiting for you.

— Dr. K

Hi! I'm Amin.



This is Gardi—my special bear friend!



When I need to slow down, Gardi helps me.
That's what friends do!



Before we go—we stop our bodies first.
Can you stop with us?



We look with our eyes. We listen with our ears.
Try it with me!



Gardi asks: Is it safe?



Stop. Look both ways. Wait for the grown-up. That keeps us safe!



Check means ask:
Is it safe? Is it my job?



Take a deep breath. Now you're ready to choose.
Ahhhh... that feels better. Wanna try?



Choose the safe path.



I want to climb!



Stop. Check. Is it safe? A grown-up is watching.
Yes! I choose to climb safely.



I wait my turn. Waiting keeps everyone safe.
Can you wait too?



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I want that toy! But first—I stop.



Stop. Check. Is it your toy?
No. I need to ask first.



Can I have a turn? Yes! Let's share.
Sharing feels good!



Can I have
a turn?



We share. I asked first, and my friend said yes.
That's the safe, kind choice.



Uh-oh. Big mess. Can I help?



I help. I do my part.
Helping makes things better.
You can help too!



Good choice, Amin!
You stopped, checked, and chose to help.



Uh-oh feeling in your tummy? That means stop.



uh-oh



Tell a grown-up: "I need help.
Something doesn't feel safe."
It's okay to ask!



Slow is safe. When I stop
first, I make good choices.



Helping is kind. I do my part, and we all work together. We're a team!



Let's practice one more time!
What do we do before we go?



Stop. Check. Choose. Now I'm a Gold Champion!
You can be one too!

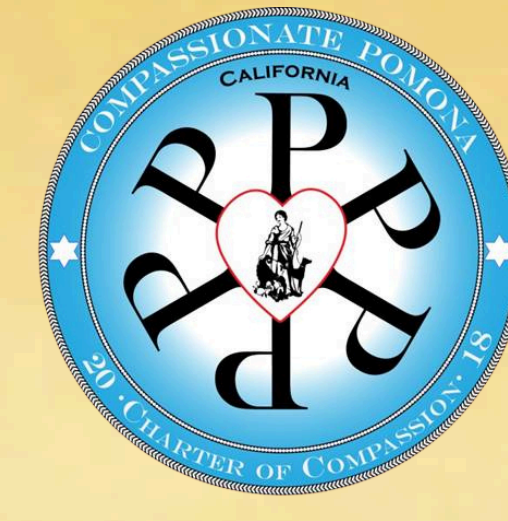


Let's practice! Point to the safe choice.
Can you find it?



I do my part. I stop, check, and choose.
I'm a Gold Champion every day!





The End

www.characterchampionsfoundation.org

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