



# COMPASSION COUNTS IN CALIFORNIA AND BEYOND



# Compassion Counts in California and Beyond

A labor of love by  
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Created by:

The Character Champions Foundation  
as a gift to Compassionate California  
A Project of EarthWays Foundation

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## What is the purpose of the Compassion Counts in California and Beyond Activity and Song Book?

Compassion Counts in California and Beyond ... introduces readers of all ages to the concept of compassion in a playful, simple way. This Compassion Counts Activity and Song Book offers a fun and entertaining method for parents and teachers to teach compassion to young people. Whether it is used in the home or in the classroom, it provides an easy, visual tool for helping youth of all ages learn about and practice acts of compassion.

On September 10, 2021, California became the first State in the United States to officially proclaim itself as “compassionate.” It is believed that this historic action by the California State Legislature encourages communities of all types and sizes around the world – families, schools, neighborhoods, cities, counties, states, countries, continents – to declare themselves “compassionate” too.

The bottom of the pages in this book are written for younger age students and teaches about compassion with the Compassion Counts song. The top of the pages in this book is written for older students. It focuses on teaching social-emotional learning skills and the core ingredients of compassion using the 6 Pillars of Compassion.

Our mission is to share the 6 Compassion Pillars and the skills taught by the 8 Compassion Kids and the 8 Compassion Mascots throughout California, the United States, and around the globe.

We encourage you to join us by teaching and sharing compassion with this free Compassion Counts Activity and Song Book. Additional copies and accompanying activity materials for kids of all ages are available for free at [www.compassionatecalifornia.org](http://www.compassionatecalifornia.org) and [www.characterchampions.org](http://www.characterchampions.org).

# COMPASSION COUNTS BASIC BUILDING BLOCKS



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:

## 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.

We experience the power of synergy when we combine all the compassion values together to help us act like Compassionate Character Champions.

Hey everybody!  
My name is Kai. We are  
going to learn about my  
favorite thing,  
COMPASSION!

Compassion is a BIG WORD that  
means when you see someone upset,  
hurt, or in need, you care about  
him/her and his/her feelings. You do  
something to show you care and try to  
make things better if you can.



Do you know what the word  
Compassion means?

Have you heard about the “Compassion Counts!” song? It’s found on the  
bottom section of each page. This song teaches all about compassion.  
Let’s see how much you can learn about compassion.

Did you know that on September 10, 2021, California became the first Compassionate State in the whole USA?

A Resolution was passed by the California State Legislature.

This means that we help everyone in California and other places learn how to practice and share compassion.



We are the Compassion Kids.

We treat everyone like a friend.

We started with California, and we'll spread compassion to each continent.

**WE KNOW COMPASSION COUNTS!**

Can you think of some ways to share the news about California becoming the first compassionate state in the USA?

When we join together with compassion, then it will spread across the planet to make the world better!



An agreement is passing to show compassion in the USA. It started in California and, like a spark, is growing into flames.

See if you can you find:

There are 6 Compassion Pillars, 8 Compassion Mascots, and 8 Compassion Kids that help us learn in fun, easy ways.

1. Purple Elephant
2. Gold Bear
3. Green Owl
4. Orange Wolf
5. Blue Dolphin
6. Red Lion
7. Growth Mindset Hummingbird (GM)
8. Rainbow MetaHawk



The 6 Pillars show direction for caring and connection.

Do you know if  
your city is a  
Compassionate  
city?

Is your school a  
Compassionate  
school?

How can you make  
your city and school  
more  
Compassionate?



Communities grow stronger, and California will prosper.

Rainbow MetaHawk teaches us to be self-aware and think before we act by watching ourselves "like a hawk."



Self-awareness is the ability to be aware of one's thoughts, feelings, and behaviors.

Kai and Rainbow MetaHawk teach us to watch what we say. Whatever we think or do, we must be thoughtful in every way.

Hi, I'm Cali, and this is Growth Mindset Hummingbird. Her nickname is GM. Do you know what a Growth Mindset is? We can teach you!

A Growth Mindset is believing in the power of yourself and your mind. You grow stronger with challenges and learn from failures.



Cali and Growth Mindset Hummingbird like to show,



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

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."

You can make mistakes, just try again and your mind will grow.

Hi, I'm Temple, and this is my Purple Compassion Pillar. Purple Elephant and I teach about what compassion looks and sounds like when you share it with others.



If we use compassion to build our relationship skills, then we can get along better with others in caring ways.

Temple and Purple Elephant spread caring all around.

Hey kids,  
I want to introduce you to **STAR** flower  
questions you can ask yourself  
when you are not sure how you can  
show compassion to others.

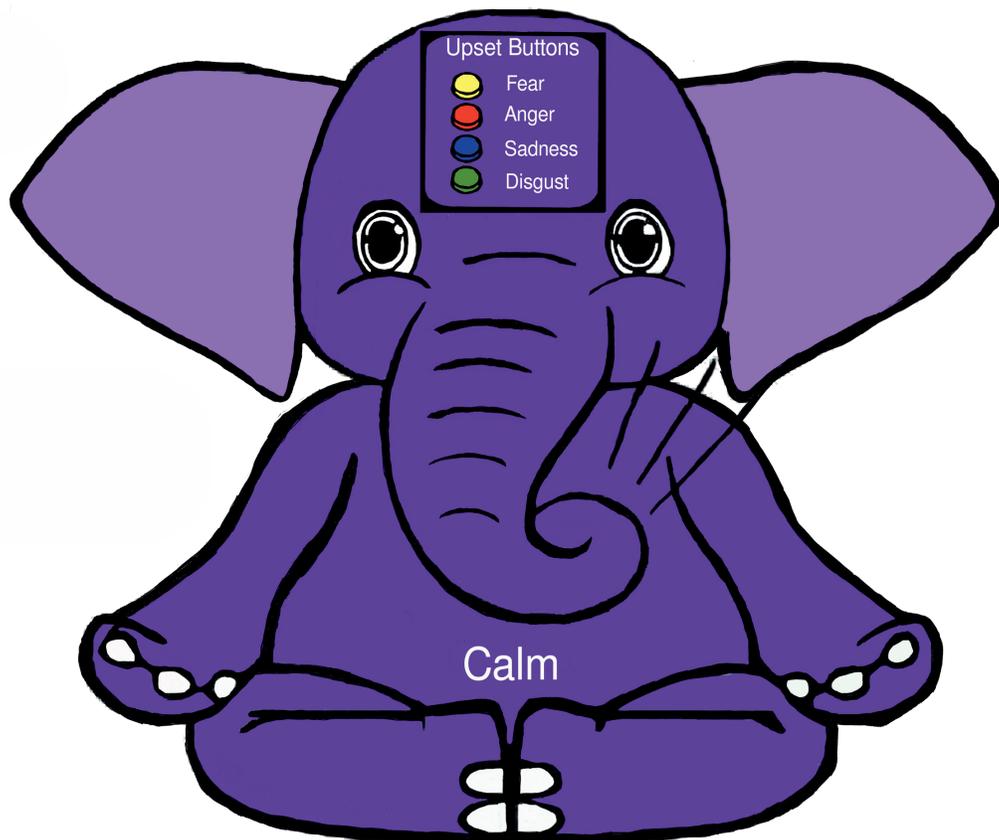


Purple Pillar STAR Flower Relationship Skills Questions:

1. **STOP:** Do you see someone in need?
2. **THINK:** Do you care about his/her feelings?
3. **ACT:** What can you do to show you care?
4. **REVIEW:** Were you able to say or do something that helped?

Being a Purple Pillar Star is how compassion looks and sounds.

Did you know everyone has upset buttons that sometimes get pushed? You can learn to use self-compassion breathing to try to calm down when you feel upset. Self-compassion is when you do things to help yourself feel better when you are upset. Here is how you do self-compassion breathing.

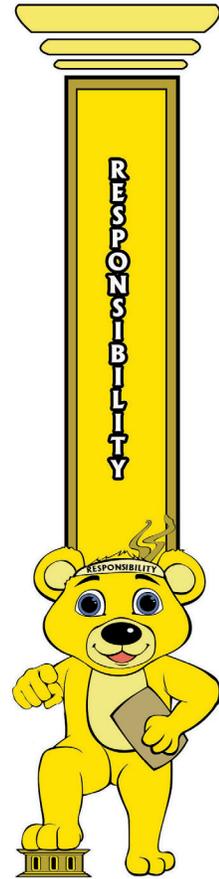


Remind yourself that whenever your upset buttons get pushed, you can use self-compassion breathing to help your body relax and feel better.

1. Take a deep breath. "Breathe in self-compassion."
2. Hold it for 2 seconds.
3. Then quickly blow out what is upsetting you. "Blow out any stress."
4. Repeat as needed until you feel more relaxed.

We are the Compassion Kids.  
We treat everyone like a friend.  
We started with California and we'll spread compassion to each continent.  
WE KNOW COMPASSION COUNTS!

Hi, I'm Amin with my Gold Responsibility Pillar. Gold Bear and I remind you to ask yourself, "Is it safe and responsible?" Remember to do this before you take action for compassionate decision-making.



Have you ever heard of the Golden Rule? It reminds us to: Treat other people the way we want to be treated.

Amin and Gold Bear act safely through responsible deeds.

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

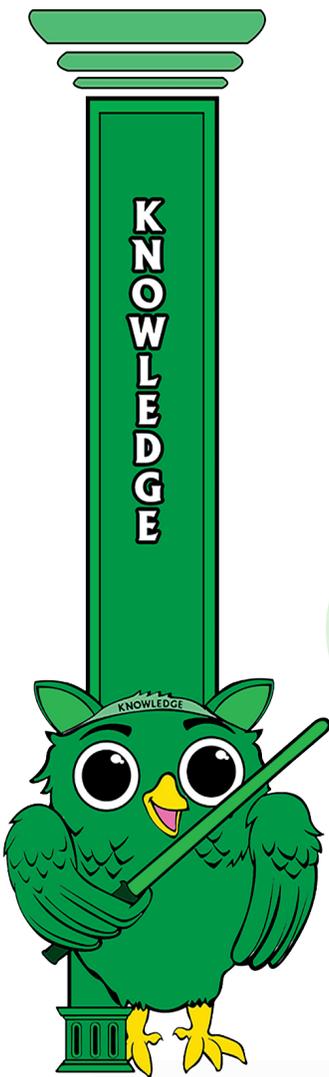
How are you responsible?

1. Play what someone else wants to play.
2. Act in helpful ways.
3. Use good manners.
4. Be on time.
5. Tell the truth.
6. Take turns when playing.
7. Do your schoolwork and homework.



Gold Pillar teaches us how to help people with their needs.

Hi, I'm Albert and this is my thinking sidekick, Green Owl. We show compassion by being your thinking buddies. Together, we help you figure out what you need to do when you don't know how to do it.



We are very curious and enjoy thinking. If you have a problem, we will help you think of a way to solve it using our minds because we like learning.



What do you like to learn about?

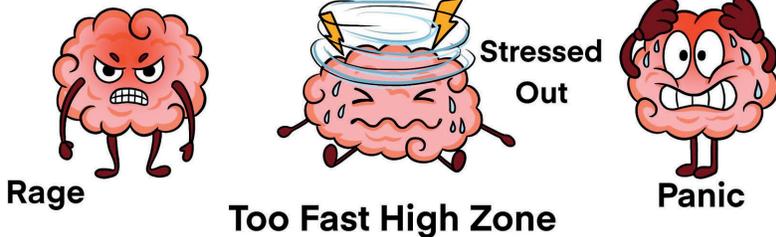
Albert and Green Owl team up to learn and to think.



We want to use our brains to help keep our nervous system in the green just right "Champ Zone" so we feel good and calm. We can use self-management by learning how to calm our nervous system.

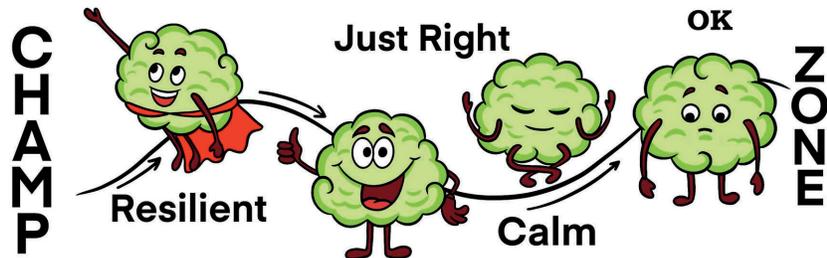
### What Zone Is Your Nervous System In?

TOO HOT



Too Fast High Zone

JUST RIGHT



Just Right

OK

Resilient

Calm

TOO COLD



Too Slow  
Low Zone

Depressed

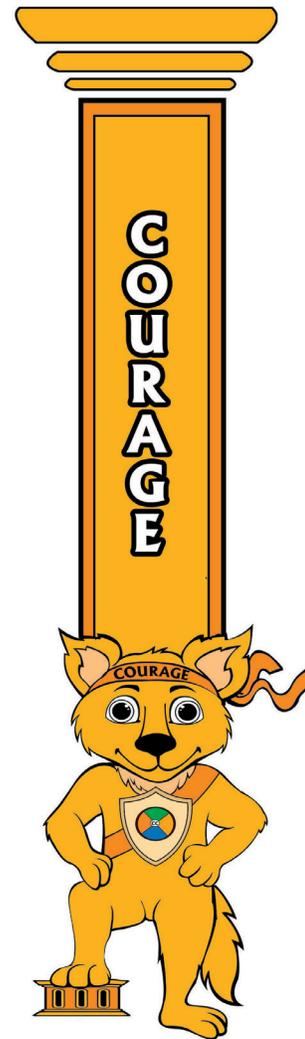
Shut Down

When you are not in the green "Champ Zone" and feel upset, it is hard to act in compassionate ways. What are some smart, safe ways that help you to calm down, relax, and feel better to get yourself back in the "Champ Zone?"

They can help solve a problem fast and quick as a wink.

Hi, I am Orange Wolf and this is Cesar.  
We're here to teach you to show  
compassion in brave ways.  
We remind you to ask yourself,  
"Is it brave?" before you take action.

How do you show  
courage?



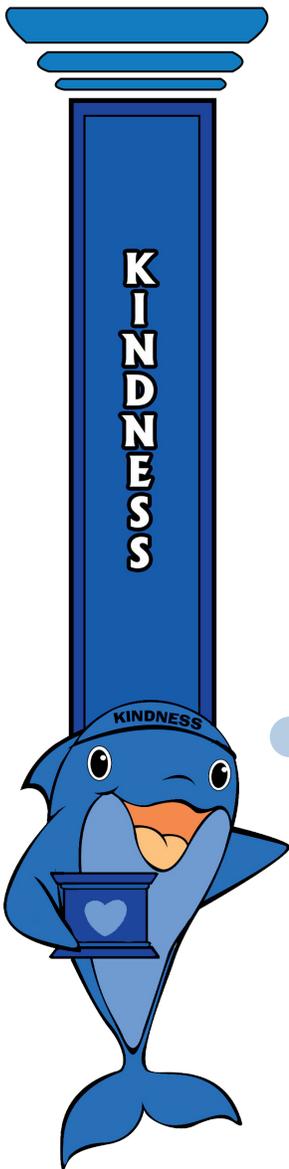
When you say no to drugs, you are  
showing compassion to yourself.  
When you stand up to bullies,  
you are showing compassion to others.

Cesar and Orange Wolf always stand up for their friends.  
Orange Pillar knows how to be brave until the trouble ends.

"Hi, I'm Ling and this is my best friend Blue Dolphin with our Blue Kindness Pillar. We remind you to show compassion by asking yourself, "Is it kind?" before you take action.



What are some kind actions you do?



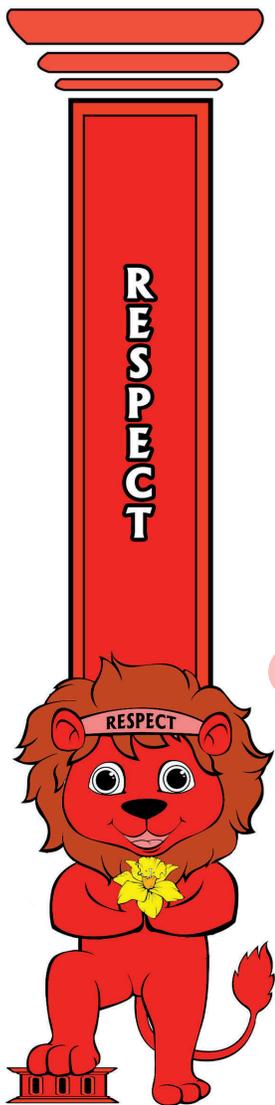
I am kind to my family, friends, teachers, and other students I don't even know! If I see a kid sitting alone, I ask him or her to come play with me and my friends.

Ling and Blue Dolphin are always gentle and sweet. Blue Pillar shares kindness with everyone you meet.

Hi. I'm Martin. Red Lion and I teach you about how important it is to give respect if you want to show compassion to others.

How do you give respect to others?

I always talk nicely and respectfully to everyone I meet. I don't talk down to anyone in a mean tone of voice. Social awareness is important to me. I care about how I treat people and how they treat me.



Martin and Red Lion seek justice and equality,  
Learning to respect others even when you don't agree.



We are the Compassion Teens,  
And we know what caring is.

We can work together using compassion  
to make the world a better place.  
Working together with compassion using the 6 Pillars  
and a Growth Mindset is called: SYNERGY!



We can change the whole world.  
Our potential is endless.

Are you age 9 or older? If so, you can take a Character Champions Survey to find out which Compassion Kid you are most naturally like. This is a fun way to learn more about yourself. Are you "Green" like Albert? "Blue" like Ling? "Gold" like Amin? or "Orange" like Cesar?

Take our FREE  
CQ Survey at [www.charactersurvey.org](http://www.charactersurvey.org)



We are the Compassion Kids,  
And we know the way.

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



## COMPASSION PLEDGE

I promise to use a growth mindset to be a compassionate global citizen and show compassion, responsibility, knowledge, courage, kindness, respect, and friendship, to help create a better world.

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Signature

We can change the whole world,  
By what we do and what we say.

Can you match the younger Compassion Kid to the correct Compassion Mascot?



Are you a Compassion Kid?  
Can you treat everyone like a friend?  
Do you act like a Compassion Kid?  
Treating others with kindness?



We can make the world better.  
With compassion, we'll do this together.  
We are the Compassion Seniors.  
We treat everyone like a friend.

## COMPASSION COUNTS POEM

By: Dr. Diana Chavez Ketterman with the Compassion Counts Team

An agreement ("Resolution") passed on the tenth of September,  
A decision of compassion for all to remember.  
Teaching all Californians a kind and caring way,  
It became the first compassionate state in the USA.  
The 6 Pillars of Compassion show the direction,  
That takes us on the way of caring and connection.  
By sharing compassion all through the state,  
Communities will become compassionate, and California will be great.  
Let's meet the 8 Compassion Kids, then we will find,  
How to use the Pillars to be caring and kind.  
Kai and Rainbow MetaHawk teach us to watch what we do and say.  
We should learn to be thoughtful in every single way.  
Cali and GM, the Growth Mindset Hummingbird, show,  
If you make a mistake, try again, to help your mind to grow.  
Temple and Purple Elephant spread care and compassion around.  
Being a Purple Pillar STAR is how compassion looks and sounds.  
Amin and the Gold Bear do responsible deeds.  
The Gold Pillar says to help and care for others' needs.  
Smart Albert and Green Owl like to learn and think.  
They help to solve problems as quick as a wink.  
Cesar and courageous Orange Wolf stand up for their friends.  
Orange Pillar says be brave and bold until the trouble ends.  
Ling and Blue Dolphin are always kind and sweet.  
Blue Pillar says share kindness with everyone you meet.  
Martin, Red Lion, and the Red Pillar help us see,  
We should respect others' feelings so we can agree.  
If we remember the Pillars and do what they show,  
Like trees standing tall, our compassion will grow.  
Then people all across the globe will announce:  
Remember to care because compassion counts!

We started with California,  
and we'll spread compassion to each continent.

**WE BELIEVE COMPASSION COUNTS!**

## Compassion Counts Poem Learning Game. How much do you know about compassion?

1. What was the first state in the U.S.A. to become a Compassionate State?
2. In what year was the first Compassionate State established?
3. How many Compassion Pillars are there?
4. What are the names of the Compassion Pillars?
5. How many Compassion Mascots are there?
6. What are the names of the Compassion Mascots?
7. How many Compassion Kids are there?
8. Who teaches us to watch what we do and say?
9. What is the name of Growth Mindset Hummingbird?
10. If you make a mistake, what should you do?
11. What do the letters in the Purple Pillar "STAR" stand for?
12. Who is friends with Purple Elephant?
13. Who is friends with Gold Bear?
14. What kind of deeds does Gold Bear do?
15. Who loves to solve problems?
16. What do Albert and Green Owl love to do?
17. Who stands up for their friends?
18. Who is friends with Blue Dolphin?
19. What does the Blue Pillar say?
20. Who is friends with Red Lion?
21. Why should we respect others' feelings?
22. How can we act like Character Champions?
23. What does Compassion grow from?
24. Who do we want to care about Compassion?
25. Why does Compassion count?

**DO YOU BELIEVE COMPASSION COUNTS?**

SHOW COMPASSION SONG (With Accompanying Audios & Videos)

Lyrics by: Dr. Diana Chavez Ketterman

Song by: MC Lilpin (Kenya)

Show Compassion to everyone....

Compassion for self and others is the well-being vaccine the world needs

To walk the path to a better life of peace and harmony

Show love, show love, show love to everyone yeah

Show love, show love, show love to everyone yeah

Let us find something that can help us take a positive action

Try the well-being vaccine, built on Pillars of **Compassion**,  
**Responsibility**, **Knowledge**, **Courage**, and **Kindness**, and **Respect**

Bring these parts of you and others together

And let them connect every color 'cause every voice matters

Compassion counts for self and others

We are a global colorful family, sisters and brothers

Let's stop the suffering of self and others with Compassion ... with  
Compassion

Compassion for self and others is the well-being vaccine the world needs

To walk the path to a better life of peace and harmony

Show love, show love, show love to everyone yeah

Show love, show love, show love to everyone yeah

Show love to everyone yeah

It's time to take **Responsibility** with mindful actions

Search within for own higher, wiser **Knowledge** so we can find each other

Our champion's path of **Courage** to lead us to what? To what is kind!

Sharing **Kindness** with self and others

We'll spread **Compassion** with mutual **Respect**

Our well-being grows through our expansion

Compassion for self and others is the well-being vaccine the world needs

It's time to rise up as one for the betterment of all

Compassion for self and others is the well-being vaccine the world needs

To walk the path to a better life of peace and harmony

Show love, show love, show love to everyone yeah

Show love, show love, show love to everyone yeah

Compassion for self and others is the well-being vaccine the world needs

To walk the path to a better life of peace and harmony

Show love, show love, show love to everyone yeah

Show love, show love, show love to everyone yeah

It's time to rise up as one yeah for the betterment of all

By spreading Compassion from country to country,

From continent to continent, we make it go viral

We must spread positive vibes across the whole world just like a revival

So challenge each other to share the power of Compassion

And rise up as one to make the pandemic be gone



## HERE IS HOW YOU CAN TAKE ACTION!

Please join us by encouraging yourself and others to act, speak, sing and dance in compassionate ways to build healthy, caring communities for peace and harmony.

Here are some of the ways that you can deepen your contribution to the global Compassion Movement (all are accessible on [www.charterforcompassion.org](http://www.charterforcompassion.org)):

- Individuals: [Affirm the Charter for Compassion](#)
- Schools: [Guidelines for Joining the Charter Education Community](#)  
[Sign the Charter for Compassionate Schools](#)  
[Register your Compassionate School](#)
- Organizations, businesses, schools/universities and other institutions: [Partner with the Charter for Compassion](#)
- Start or Join a Compassionate Community Campaign (Neighborhood Council, CITY, COUNTY, ... ):  
[Register Your Compassionate Community](#)
- Become A Co-Creator/Map Your Passion and become visible to those who are like-minded:
  - Adults/Partners/Communities: [Map of Co-Creators](#)
  - Youth: Map of Youth Co-Creators (in process)

This Compassion Counts in California and Beyond Activity and Song Book, and the many initial accompanying components are the brainchild of two California organizations: The Character Champions Foundation and Compassionate California, along with the help of the compassionate generosity of many people from all over the world whose names are found on our websites. We cannot thank them enough for their depth of caring and devotion to helping make the world a more compassionate place by contributing to this Compassion Counts Project. Please visit [www.compassionatecalifornia.org](http://www.compassionatecalifornia.org) and/or [www.characterchampions.org](http://www.characterchampions.org) for additional copies of this booklet, access to accompanying components, and for more ideas and materials on how to spread compassion at home, school, and in your communities. For a wealth of compassion resources, please also visit [www.charterforcompassion.org](http://www.charterforcompassion.org). May we always remember that it is compassion in action that unites us in peace and well-being.

