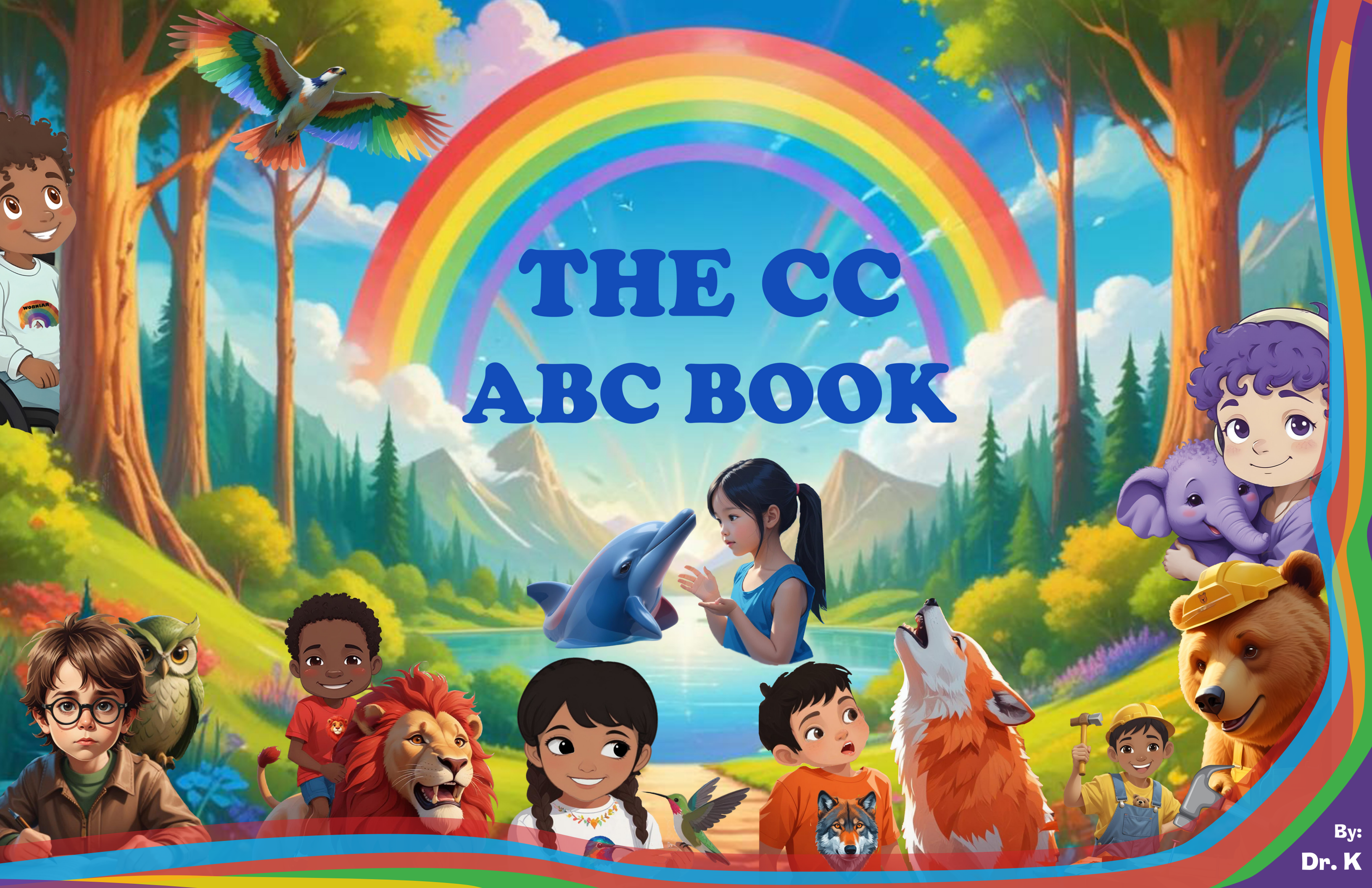


THE CC ABC BOOK



By:
Dr. K

Introduction

Welcome, little learners and big dreamers, to a world where every letter tells a story, and every story is a step towards becoming the best version of ourselves. The Character Champion Kids' ABC Book: A Journey Through the Rainbow Forest is not just a book; it's a magical expedition into the heart of character, courage, and compassion.

Join Temple, Albert, Ling, Cesar, Amin, Martin, Cali, and Kai—our eight Character Champions®—as they lead us through the enchanted Rainbow Forest. Along the way, you'll meet 26 remarkable animal friends, each representing a letter from A to Z and teaching us about the values that shape heroes.

This journey is about more than just learning the alphabet. It's about discovering how to be brave like Orange Wolf, kind like Blue Dolphin, responsible like Gold Bear, respectful like Red Lion, compassionate like Purple Elephant, and smart like Green Owl.

It's about finding the power of teamwork with Rainbow Met-aHawk and embracing lifelong learning with Growth Mindset "GM" Hummingbird.

So, open your heart and your mind, for the adventure of a lifetime awaits. Let's turn the page and begin our journey through the Rainbow Forest, where every letter is a lesson in becoming a Character Champion®. There are colorful pictures to look at, fun rhymes to listen to, and playful actions you can do. Are you ready? Let's learn and play ABC Character Champions with the CC Kids and their colorful animal friends!

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Join us on this colorful voyage, where each page is a path to becoming Character Champion in the Rainbow Forest and beyond. Together, let’s learn, grow, celebrate journey of learning wellbeing.

A is for Ant



Amin watches Gold Ants march together,
Working hard in any kind of weather.

Learn from Gold Ants!

March like a gold ant working hard.
Trace the letter A and draw it in the air.

B is for Bear



Amin and Gold Bear with hammers in hand,
Responsibly working, just as they planned.

Learn from Gold Bear!

Put our safety helmets on and pretend to hammer.
Trace the letter B and draw it in the air.

C is for Chameleon



Each rainbow color is a mindset, a new way to see,
Like Kai and the Rainbow Chameleon, as colorful
as can be.

Learn from Rainbow Chameleon!
Twist and turn to change colors.
Trace the letter C and draw it in the air.

D is for Dolphin



Ling and Blue Dolphin in the Harmony Sea so blue,
Sharing kindness and nice talk like good friends do.

Learn from Blue Dolphin!
Put our safety helmets on and pretend to hammer.
Trace the letter D and draw it in the air.

E is for Elephant



Temple and her Purple Elephant, so big and grand,
Give compassion by caring and offering a hand.

Learn from Purple Elephant!

Wrap your arms around yourself for a gentle hug;
extend one hand outwards to help a friend!
Trace the letter E and draw it in the air.

F is for Frog



Cali watches Green Frogs leaping high and low,
Leaping above failure with Growth Mindset.

Learn from Green Frog!

Leap in place from lily pad to lily pad. If you "miss,"
shake it off with a smile and jump again.
Trace the letter F and draw it in the air.

G is for Goat



Cali and GM Goat climb up the big steep hill,
Trying very hard with all their will.

Learn from Growth Mindset (GM) Goat!
Climb a big, steep hill with large, heavy steps.
Trace the letter G and draw it in the air.

H is for Hummingbird



Cali and GM Hummingbird minds flowing free,
Using Growth Mindset to learn and let ideas grow.

Learn from Growth Mindset (GM) Hummingbird!
Spread your wings and flap them up and down; say
“I can keep trying and I will get better.”
Trace the letter H and draw it in the air.

I is for Iguana



Albert sees Green Iguana in the forest's green glow,
Peeking through curious eyes with a need to know.

Learn from Green Iguana!

Use your hand binoculars to be curious and discover the space around you.

Trace the letter I and draw it in the air.

J is for Jellyfish



Temple watches Purple Jellyfish swing,
Inhaling calm, exhaling compassion in rings.

Learn from Purple Jellyfish!

Breathe in calm, exhale compassion. Relax.
Trace the letter J and draw it in the air.

K is for Koala



Ling hugs Blue Koala, soft and nice and kind,
Making friends and reminding us to share and care.

Learn from Blue Koala!

Practice sharing a toy with a friend or a stuffed animal, using kind words.

Trace the letter K and draw it in the air.

L is for Lion



Martin and Red Lion know we're valuable (it's true!),
Respect means we're lovable and capable, too.

Learn from Red Lion!

Create the VLC letters with your fingers to remind you that you're valuable, lovable, and capable.

Trace the letter L and draw it in the air.

M is for Monkey



Cesar and Orange Monkey play and laugh alive,
Ending their good times with a joyful high five.

Learn from Gold Ants!

Jump around, and laugh, then give your friend a
big, cheerful high five.

Trace the letter M and draw it in the air.

N is for Newt



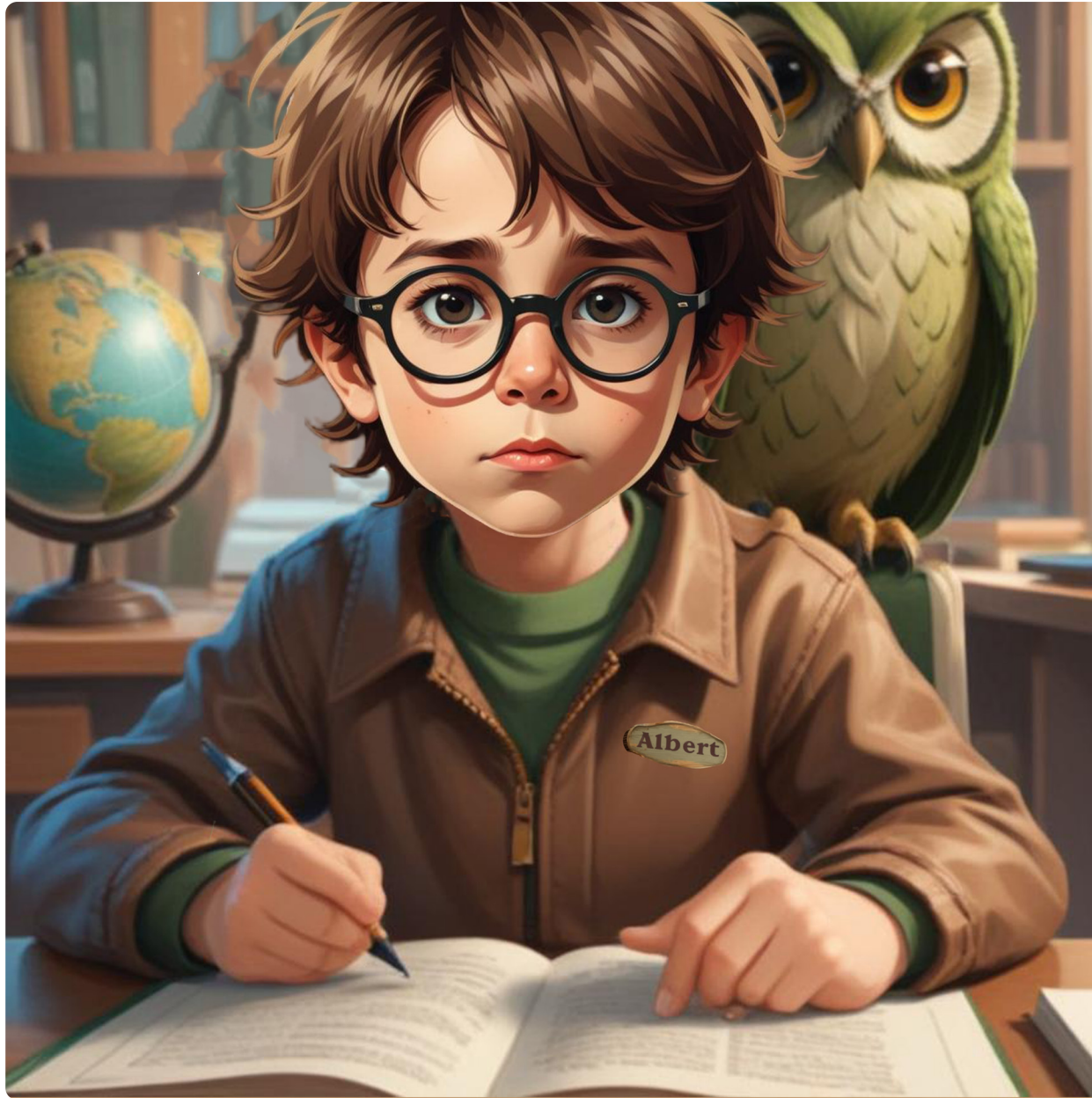
GM Newt tells Cali “time brings success your way,”
With the power of ‘Yet’, you can do it one day.

Learn from Growth Mindset (GM) Newt!

Place your hands on your hips and say, “I can’t do it
yet, but I will learn how!”

Trace the letter N and draw it in the air.

O is for Owl



In their search for knowledge, they eagerly explore,
Albert and Green Owl, seeking to learn more.

Learn from Green Owl!

Read from your imaginary book like Albert and
Green Owl.

Trace the letter O and draw it in the air.

P is for Penguin



Amin and Gold Penguins build things just right,
Following safety rules from morning till the night.

Learn from Gold Penguins!

Check off the floating check list to make sure you
are following the rules..

Trace the letter P and draw it in the air.

Q is for Quail



Kai meets Rainbow Quail with her chicks in a row,
Quail knows that teamwork is the best way to go.

Learn from Rainbow Quail!

Play follow the leader so that you act like a team
player.

Trace the letter Q and draw it in the air.

R is for Rainbow ^{MetaHawk}



Kai gazes at Rainbow MetaHawk, rays so bright,
“Working together, we can soar to new heights.”

Learn from Gold Bear!

Soar across the room with arm outstretched like
MetaHawk and say “Synergy” (working together).

Trace the letter R and draw it in the air.

S is for Sheep



Purple Sheep gently graze in a soft, purple grove,
Temple teaches calmness in compassionate ways.

Learn from Purple Sheep!

Gently caress your arm or hand, like how Temple might comfort Purple sheep.

Trace the letter S and draw it in the air.

T is for Tiger



Cesar rides Orange Tiger, fast, brave, and free,
Through the Orange Forest, feeling glee and free.

Learn from Orange Tiger!

Crouch down and leap up like a tiger and roar.

Trace the letter T and draw it in the air.

U is for Unicorn



Ling and Blue Unicorn, a friendship sweet & special,
A bond that grows stronger with every heartbeat.

Learn from Blue Unicorn!

Clasp your hands together and move them in a circular direction (it's "friendship" in sign language!).
Trace the letter U and draw it in the air.

V is for Vulture



Temple and Purple Vulture use lends a caring hand,
Compassionately helping and cleaning the land.

Learn from Purple Vulture!

Touch your heart with both of your hands to show that care. Then, reach out to others to them.
Trace the letter V and draw it in the air.

W is for Wolf



Cesar and Orange Wolf in the Orange Forest,
"We're brave and bold together" they shout.

Learn from Orange Wolf!

Stand tall and raise your arms high; shout with Cesar and Orange Wolf to show bravery and strength.
Trace the letter W and draw it in the air.

X is for X-ray Fish



Albert and Green X-Ray Fish thinking day and night,
Solving problems together, using all their mind.

Learn from Green X-Ray Fish!

Place a finger on your chin or tap your temple to
start problem-solving thinking.
Trace the letter X and draw it in the air.

Y is for Yak



Martin and Red Yak—when justice needs a hand,
Solve conflicts fairly, spreading respect everywhere.

Learn from Red Yak!

Make a peace symbol with your hand and wave
peace around the room.

Trace the letter Y and draw it in the air.

Z is for Zebra



Red Zebra teaches respect as acceptance of all,
Valuing differences and treating others fairly.

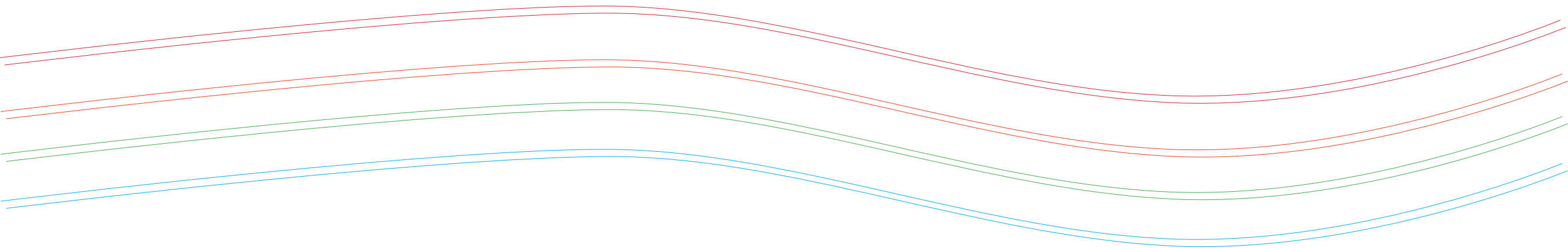
Learn from Red Zebra!

Extend your arms outwards to value the diversity
around you, to show acceptance and respect for all.

Trace the letter Z and draw it in the air.

Important Preschool High Frequency Words to Learn How to Read

A	Am	And	At	Big	Can
Down	For	Go	Have	He	Is
It	Like	Little	Look	My	Not
On	Of	Said	See	She	That
The	To	Was	We	Up	You



Conclusion

As we gently close the colorful pages of our Character Champion Kids' ABC Book: A Journey Through the Rainbow Forest, we find ourselves at the end of one adventure and the beginning of another. Together with Temple, Albert, Ling, Cesar, Amin, Martin, Cali, and Kai, we've met 26 amazing animal friends, each sharing their unique Character Champion® value, from A all the way to Z.

But, dear friends, the journey doesn't stop here. The Rainbow Forest is a magical place where every visit brings new discoveries and adventures. Just like the Growth Mindset "GM" Hummingbird taught us, there's always more to learn, more challenges to embrace, and more growth to be had.

Remember, the lessons we've learned from our animal friends are not just for the Rainbow Forest. They are gifts for you to take into the world. Be brave like Orange Wolf, kind like Blue Dolphin, and smart like Green Owl. Share compassion like Pur-

ple Elephant, show respect like Red Lion, and take responsibility like Gold Bear. And always, always remember that together, like Kai and Rainbow MetaHawk, we can achieve so much more.

So, as we say goodbye for now, know that the Rainbow Forest and all its friends are always here, waiting for you to return. And as you go forth into the world, carry the spirit of the Character Champions® with you. You have learned to think and act like Character Champions®, and that is a journey that never ends.

Thank you for being such wonderful explorers and learners. Keep your eyes open for the magic in every day, and don't forget to look for the Character Champion® moments in your own life. The journey continues, and we can't wait to see where it takes you next. Goodbye for now, brave adventurers, until we meet again in the Rainbow Forest!