



BACKGROUND

Following are a few COMPASSION COUNTS BACKGROUND PAGES for parents and teachers. The full COMPASSION COUNTS eBOOKS (Color and B&W), LESSON PLANS for Elementary Students (grades K-5) and also Preschool (ages 3-4), CREDITS, and other accompanying materials are provided separately.

BACKGROUND / CA STATE RESOLUTION SCR-18:
(Effective September 10, 2021)

“COMPASSIONATE CALIFORNIA”

The passage by the California State Legislature of the Resolution – Senate Concurrent Resolution (SCR-18) titled “Compassionate California” declaring California the first “Compassionate” State in the nation – is a milestone accomplishment. It firmly establishes California as a national leader in the movement.

We, here in California (and the worldwide collective, of course) have some distance to travel to truly say we live in a State of Compassion, but the California Resolution is a big step forward. The Resolution recognizes the benefits of compassionate action through every sector of our civic and community life, and California as a model of compassion. It lays the groundwork for growing compassionate public policy and governance.

With the passage of the Compassionate California Resolution, there is increased energy around real-time engagement of individuals, organizations, businesses, schools / universities and other institutions, and our communities to create a place for positive change that will impact our future. It gives birth to a whole new phase of compassionate values-based activity within the State of California, and beyond.

SCR-18 was introduced by [Senator Dave Cortese](#), representing Senate District 15. You might be surprised to know that the Resolution unanimously passed both the CA State Senate (32-0) and Assembly (73-0) and became effective immediately with its filing with the Secretary of State on September 10, 2021.

The California Legislature was supported in the compassionate values-based initiative by Compassionate Leaders, Communities and Partners within the network of the organization also named “[Compassionate California](#)”, with support from the international [Charter for Compassion](#).

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 of this book are written for younger age students and teaches about compassion with the Compassion Counts song. The top of the pages of this book are written for older students and focus 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 8 Compassionate Kids and their 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 and www.characterchampions.org.

We believe that what unites us is compassion.

COMPASSION COUNTS BASIC BUILDING BLOCKS



Compassion: 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, for example, 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:

Compassionate Values, Kids & Mascots (ALL ARE IMPORTANT)

1. **COMPASSION** **Temple (White; Autistic) & Purple Elephant**
Helping to relieve the suffering of others (and self) through acts of caring, goodwill, and support.
 2. **RESPONSIBILITY** **Amin (Asian: Pakistani) & 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) & Green Owl**
Seeking information and brainstorming solutions to solve problems when challenged.
 4. **COURAGE** **Cesar (Hispanic/Latinx) & Orange Wolf**
Displaying the ability to do things that one fears.
 5. **KINDNESS** **Ling (Asian: Chinese) & Blue Dolphin**
Acting friendly, generous, and considerate of self and others in gentle, peaceful ways.
 6. **RESPECT** **Martin (Black: African American) & 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) & 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) & Rainbow MetaHawk**
Working together using all 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.

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 <https://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](#)
(California organizations who Partner with the Charter also become Partners with Compassionate California (CC).)
- Start or Join a Compassionate Community Campaign
(Neighborhood Council, CITY, COUNTY, ...):
[Register Your Compassionate Community](#) with the Charter
(Again, the Charter will share California Compassionate City/Community registrations with CC.)
- 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)

The ***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 and/or www.characterchampions.org for access to the full eBooks, accompanying components including Lesson Plans for Elementary Students (K-5) and Preschool (ages 3-4), 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.

May we always remember that it is compassion in action that unites us in peace and well-being.

www.CompassionateCalifornia.org
www.CharacterChampions.org
www.CharacterChampionsFoundation.org
www.CharterForCompassion.org
www.CompassionatePomona.org
www.HVC-World.org