



## SONGS WITH VIDEO LINKS

Below are the LYRICS to COMPASSION COUNTS SONGS with LINKS to accompanying VIDEOS (and a couple AUDIOS).

## INDEX

1. "WE CAN CHANGE THE WORLD"  
(English)
2. "COMPASSION COUNTS"  
POEM (basis for the song)  
SONG (English, Spanish)
3. "VLC" (VALUABLE, LOVABLE, CAPABLE)  
(English, Spanish)
4. "WE ARE VALUABLE"  
(English)
5. "SHOW COMPASSION"  
(English, + Spanish Videos)

# “WE CAN CHANGE THE WORLD” SONG

Lyrics by: Dr. Diana Chavez Ketterman

Songwriter & Singer: [Garris Armstrong](#)

(With accompanying video – see below)

## INTRO

## CHORUS 1

We're a compassionate state,  
First in the USA!  
We can change the world  
By what we do and say.  
We're compassionate kids,  
And we know the way.  
We can change the world  
By what we do and say! Yeah!

## VERSE 1 (rap style)

**Kai** and **MetaHawk** lead the pack.  
They think teamwork and synergy is where it's at!  
**Cali** and her **Hummingbird** want to grow.  
They want to see the whole world overflow.  
**Temple** knows compassion can change the world.  
She's a big-hearted super compassionate girl.  
**Amin** is responsible because he knows  
That the Golden Rule is the way to go!  
It's the way to go!

## BREAKDOWN

## VERSE 2 (rap style)

Yeah  
**Albert**'s so clever, with a curious mind,  
And a solution for any problem you can find.  
**Cesar** is courageous and stands up for his friends.  
He's brave and bold 'til the trouble ends!  
**Ling**, she's gentle, kind and mild.  
She knows the power of a friendly smile.  
**Martin** shows respect to great and small.  
He sees the value inside of us all.

~ ~ ~

VIDEO (English): <https://www.youtube.com/watch?v=YSv7LQlhD7w> (2:25)

Video Producer: Umair Chaudhary, Pakistan, WhatsApp +92304544631

~ ~ ~

[Character Champions YouTube Channel](#)

## PRE-CHORUS

This is our team, the compassionate kids!

## CHORUS 2

We are compassionate kids,  
Showing compassion every day.  
We can change the world  
By what we do and say.  
We're compassionate teens,  
And we know the way.  
We can change the world  
By what we do and say! v v v

## CHORUS 3

We are compassionate adults,  
We believe in change.  
Let's change the world  
By what we do and say.  
We are compassionate seniors,  
And we know the way.  
Let's change the world  
By what we do and say! Yeah!

## OUTRO

Compassionate kids, teens, adults, and seniors,  
United as one, a compassionate city!  
We're Character Champions!  
We're Character Champions!  
We're Character Champions!  
We're Character Champions!  
We can change the world  
Because we're Character Champions!  
We can change the world  
By what we do and say! Yeah!

# “COMPASSION COUNTS!” POEM

(Basis for the “Compassion Counts!” Song)

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 Compassionate 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 love 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!

~ ~ ~

# “COMPASSION COUNTS!” SONG

Lyrics by: Dr. Diana Chavez Ketterman  
Songwriter & Singer: [Ben Tackett](#)

(With accompanying videos – see below)

## CHORUS 1

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

## VERSE 1

An agreement is passing to show compassion in the USA.  
It started in California and, like a spark, is growing into flames.  
The 6 Pillars show direction for caring and connection.  
Communities grow stronger, and California will prosper.  
Kai and Rainbow MetaHawk teach us to watch what we say.  
Whatever we think or do, we must be thoughtful in every way.  
Cali and Growth Mindset Hummingbird like to show,  
You can make mistakes, just try again and your mind will grow.  
Temple and Purple Elephant spread caring all around.  
Being a Purple Pillar Star is how compassion looks and sounds.

## CHORUS 1

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

## VERSE 2

Amin and Gold Bear act safely through responsible deeds.  
Gold Pillar teaches us how to help people with their needs.  
Albert and Green Owl team up to learn and to think.  
They can help solve a problem fast and quick as a wink.  
Cesar and Orange Wolf always stand up for their friends.  
Orange Pillar knows how to be brave until the trouble ends.  
Ling and Blue Dolphin are always gentle and sweet.  
Blue Pillar shares kindness with everyone you meet.  
Martin and Red Lion seek justice and equality,  
Learning to respect others even when you don't agree.

## CHORUS 2

We are the Compassion Teens,  
And we know what caring is.  
We can change the whole world.  
Our potential is endless.  
We are the Compassion Kids,  
And we know the way.  
We can change the whole world,  
By what we do and what we say.

(cont.)

CHORUS 3

Are you a Compassion Kid?  
Can you treat everyone like a friend?  
Oh oh oh ... Oh oh oh

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.

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

WE BELIEVE COMPASSION COUNTS!

DO YOU BELIEVE COMPASSION COUNTS?

~ ~ ~

### “COMPASSION COUNTS!” SONG

Lyrics Music Video (English):

<https://www.youtube.com/watch?v=yasU1Irm6Jl> (3:27)

Video Producer: Umair Chaudhary, Pakistan, WhatsApp +92304544631

eBook Music Video (English):

<https://www.youtube.com/watch?v=6HbTQdLrPeM> (3:34)

Video Producer: Yisraela Ketterman, CA, USA, [yisraelah@gmail.com](mailto:yisraelah@gmail.com)

~ ~ ~

[Character Champions YouTube Channel](#)

# “¡LA COMPASIÓN CUENTA!” CANCIÓN

Lyrics by: Dr. Diana Chavez Ketterman

Songwriter: [Ben Tackett](#)

Singer: Nairobi Reyes

(With accompanying audio – see below)

## CORO 1

Somos niños compasivos,  
Tratamos a todos como un amigo,  
Empezamos con California y,  
Difundiremos compasión a cada continente,  
¡Sabemos que el ser compasivo cuenta!

## VERSO 1

Hay un acuerdo para mostrar compasión en los EE.UU.,  
Comenzó en California y como una chispa se está convirtiendo en llamas,  
Los seis pilares direccionados para el cuidado y la conexión,  
Las comunidades se fortalecen y California prosperará,  
Kai y Rainbow MetaHawk nos enseñan a cuidar lo que decimos,  
No importa que pensemos o hagamos, seremos reflexivos en todos los sentidos,  
A Cali y Growth Mindset Hummingbird les gusta mostrar,  
si cometes un error, inténtalo de nuevo tu mente crecerá.  
Templo y Elefante Púrpura esparcen cariño por todas partes,  
Ser una Estrella Púrpura es cómo se ve y suena la compasión,

## CORO 1

Somos los niños compasivos,  
Tratamos a todos como un amigo,  
Empezamos con California y,  
Difundiremos compasión a cada continente,  
¡Sabemos que la compasión cuenta!

## VERSO 2

Amin y Gold Bear son responsables y seguros  
Pilar de Oro nos enseña cómo ayudar al otro con sus necesidades,  
Albert y Green Owl se unen para aprender y pensar,  
Pueden ayudar a resolver un problema rápido como un guiño,  
Cesar y Orange Wolf siempre defienden a sus amigos,  
Pilar Naranja es valiente hasta que termina el problema,  
Ling y Blue Dolphin son siempre gentiles y dulces,  
Blue Pillar comparte amabilidad con todos los que conoce,  
Martin y Red Lion buscan justicia e igualdad,  
Aprender a respetar incluso cuando no pienses igual.

(cont.)

CORO 2

Somos adolescentes compasivos,  
Y sabemos lo que es cuidar,  
Podemos cambiar el mundo,  
¡Nuestro potencial nunca acabará!  
Somos niños compasivos,  
Y sabemos el camino,  
Podemos cambiar el mundo,  
Por lo que hacemos y lo que decimos

CORO 3

¿Eres un niño compasivo?  
¿Puedes tratar a todos como a un amigo?  
¿Actúas como un niño compasivo?  
Tratas a los demás con amabilidad,  
Podemos hacer el mundo mejor,  
Con compasión haremos esto juntos,

Somos los mayores compasivos,  
Tratamos a todos como un amigo,  
Empezamos con California y,  
Difundiremos compasión a cada continente,  
¡Creemos que la compasión cuenta!  
¿Crees que la compasión cuenta?

~ ~ ~

“¡LA COMPASIÓN CUENTA!” CANCIÓN

AUDIO – SPANISH: Compasiónmp3.wav (3:28)

[https://drive.google.com/file/d/1Q0ruvkcPmzZMk9uSS\\_3E6\\_wGsH\\_gAKQ/view](https://drive.google.com/file/d/1Q0ruvkcPmzZMk9uSS_3E6_wGsH_gAKQ/view)

~ ~ ~

**“VLC” SONG**  
(VALUABLE, LOVABLE, CAPABLE)

Lyrics by: Dr. Diana Chavez Ketterman  
Musician: [Joaquin Herreros](#)  
Singers: Mehdi Ouadani, Farrah Monste  
(With accompanying videos – see below)

I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
Because I'm born that way

And no one can take it away  
No matter what they say  
I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
Because I'm born that way

You're valuable, lovable, capable  
You're valuable, lovable, capable  
You're valuable, lovable, capable  
Because you're born that way

And no one can take it away  
No matter what they say  
You're valuable, lovable, capable  
You're valuable, lovable, capable  
Because you're born that way

We're valuable, lovable, capable  
We're valuable, lovable, capable  
We're valuable, lovable, capable  
Because we're born that way

And no one can take it away  
No matter what they say  
We're valuable, lovable, capable  
We're valuable, lovable, capable  
Because we're born that way

. . . That's WHY

I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
Because I'm born that way

And no one can take it away  
No matter what they say  
I'm valuable, lovable, capable  
I'm valuable, lovable, capable  
Because I'm born that way

~ ~ ~  
*THE MOVEMENTS:*

*Touch your head for valuable,  
touch your heart for lovable,  
and put your hands on your hips and stand up straight like superheroes for capable.*

~ ~ ~

VLC Music Video (English): <https://www.youtube.com/watch?v=Tvuv1EBwAhU> (1:53)  
Video Producer: Umair Chaudhary, Pakistan, WhatsApp +92304544631

VLC Karaoke Video (English): <https://www.youtube.com/watch?v=03sQCiZnRiQ> (2:00)  
Musician: Joaquin Herreros; Singers: Farrah Monste & Volodymyr  
Video Producer: [Muhammed Sharkey Aprian](#), Indonesia

~ ~ ~

[Character Champions YouTube Channel](#)

## “SOY VALIOSO, ADORABLE, CAPAZ”

Lyrics by: Dr. Diana Chavez Ketterman

Musician: [Joaquin Herreros](#)

Singer: Denisse Ferrara

(With accompanying audio – see below)

Soy valioso, adorable, capaz  
Soy valioso, adorable, capaz  
Soy valioso, adorable, capaz  
Porque nació así

Somos valiosos, adorables, capaces  
Somos valiosos, adorables, capaces  
Somos valiosos, adorables, capaces  
Porque nacimos así

Y nadie puede negarlo  
No importa lo que diran  
Porque soy valioso, adorable, capaz  
Soy valioso, adorable, capaz  
Porque nació así

Y nadie nos lo puede quitar  
No importa lo que diran  
Porque eres valioso, adorable, capaz  
Eres valioso, adorable, capaz  
Porque tú naciste así

Eres valioso, adorable, capaz  
Eres valioso, adorable, capaz  
Eres valioso, adorable, capaz  
Porque tú naciste así.

. . . Es por eso

Soy valioso, adorable, capaz  
Soy valioso, adorable, capaz  
Soy valioso, adorable, capaz  
Porque nació así

Y nadie lo puede negar  
No importa lo que diran  
Porque eres valioso, adorable, capaz  
Eres valioso, adorable, capaz  
Porque tú naciste así

Y nadie puede negarlo  
No importa lo que diran  
Porque soy valioso, adorable, capaz  
Soy valioso, adorable, capaz  
Porque nació así

~ ~ ~

### LOS MOVIMIENTOS:

*Toca tu cabeza por valioso,  
tocar tu corazón por amoroso,  
y pon tus manos en tus caderas y párate derecho como superhéroes para ser capaz.*

~ ~ ~

AUDIO – SPANISH: [Spanish VLC Song \(2\).wav - Google Drive](#) (2:11)  
<https://drive.google.com/file/d/1TB6v08uk0wQSibRIMwEILvSCmtFBt3km/view>

~ ~ ~

# “WE ARE VALUABLE”

(VLC for Adults)

Lyrics by: Dr. Diana Chavez Ketterman & Yisraela Ketterman

Musician & Singer: [Nymous](#)

Verse 1:

I remember my birthright and I trust in my worth  
I've been lovable, valuable, capable since my birth  
I never let the world's words bring me down  
I protect myself with my self-worth as my crown

Chorus:

I have value. I have worth  
Even when the world tells me I am not good enough  
I am valuable, lovable and capable  
My birthright is to know my true potential  
I am valuable, lovable. I am valuable and capable (x2)

Verse 2:

With my self-compassion, I believe in me  
Facing fears with positivity  
Overcoming challenges ... achieving goals and dreams  
By knowing my worth so my esteem beams

Chorus:

We all have value. We all have worth  
Even when the world tells us we are not good enough  
We are all valuable, lovable and capable  
Our birthright is to know our true potential  
We are valuable, lovable. We are valuable and capable (x2)

Bridge

We believe in who we are as we try to get along  
With shared compassion, we face our fears and be strong  
We are valuable, lovable, and capable, that is our birthright  
Our unconditional worth shines brightly in us day and night

Chorus:

We all have value. We all have worth  
Even when the world tells us we are not good enough  
We are all valuable, lovable and capable  
Our birthright is to know our true potential  
We are valuable, lovable. We are valuable and capable (x2)

~ ~ ~

“WE ARE VALUABLE”

Music Video coming soon

~ ~ ~

# “SHOW COMPASSION” SONG

Lyrics by: Dr. Diana Chavez Ketterman

Song by: [MC Lilpin](#) (Kenya)

(With accompanying videos – see below)

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

## “SHOW COMPASSION” SONG

VIDEO – ENGLISH, Kids: <https://www.youtube.com/watch?v= YEQ6DJIBgw> (3:43)  
[The Compassion Song]

Video Producer: Yisraela Ketterman, CA, USA, [yisraelah@gmail.com](mailto:yisraelah@gmail.com)

VIDEO – ENGLISH, Adults: <https://www.youtube.com/watch?v=ORRiFTFOyho> (4:02)  
[Show Love Dance Video]

Video Producer: [Lizyy lyrics](#), Nigeria

VIDEO – SPANISH, Adults: <https://www.youtube.com/watch?v=nymvUbeO9Hk> (4:07)  
[Compassion Song Spanish Version]

Video Producer: [Lizyy lyrics](#), Nigeria

VIDEO – SPANISH Lyrics Video: [https://www.youtube.com/watch?v=PnM\\_e4f2zKI](https://www.youtube.com/watch?v=PnM_e4f2zKI) (3:41)  
[Amor y Compasión ... ]

Video Producer: [Isbeth Ortiz](#), Venezuela

~ ~ ~

[Character Champions YouTube Channel](#)

~ ~ ~

*For full credits, including songwriters, singers, mixers, video producers,  
please visit our COMPASSION COUNTS CREDITS.*