

THE V CHANNEL.COM



A simple and fun way to teach kids essential virtues.

KAWHI LEONARD

The V Channel was created to engage and inform parents, teachers and coaches about the power of virtues, and to give them simple and entertaining ways to inspire kids to be their “Best.”

Learn more at theVchannel.com.



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The V Channel is a 501(c)(3) nonprofit corporation not affiliated with any religious or political organizations.

To request “V”TOONS or for information and questions, email us at vtoons@theVchannel.com.

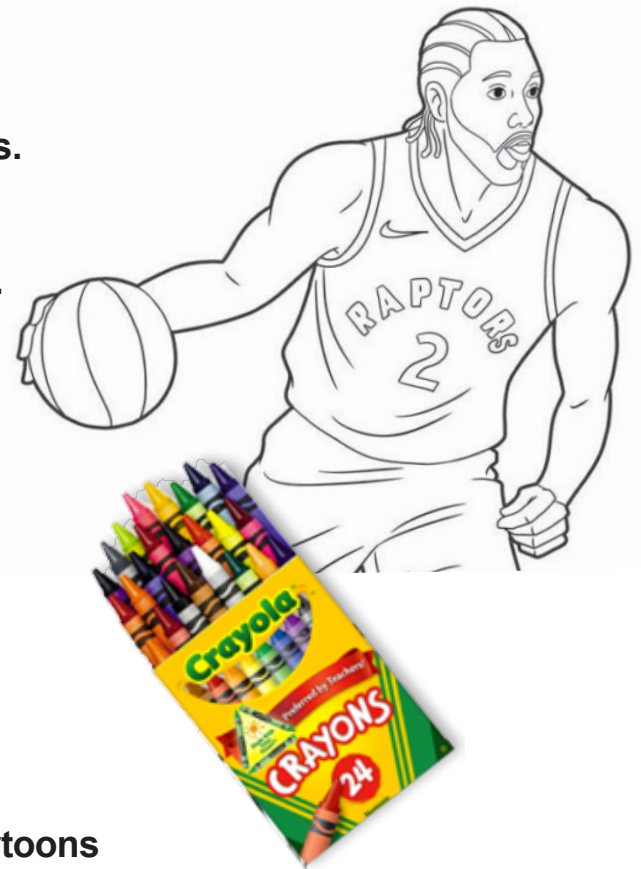
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"V"TOONS inspire kids to be their "BEST" on and off the basketball court!

Featuring popular characters kids love and essential virtues kids need to be their "Best."

Easy as 1-2-3:

1. Download the PDF and print the "V"TOONS Coloring Pages.
2. Get out the crayons, markers or colored pencils and have fun coloring with your kids while reading about the virtues.
3. Display the colored "V"TOONS where your kids will see them—on bedroom walls, the refrigerator door, or create a gallery in your home or classroom as a daily reminder that virtues empower kids to be their best.



"V"TOONS™
COLORING PAGES

Learn more at theVchannel.com/vtoons

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Be your "BEST" on and off the basketball court.

WHAT ARE "VIRTUES"?

Virtues form and define character, empowering kids of all ages to flourish as human beings, both individually and as part of a team.

When kids understand virtues they activate an 'inner coach' that guides them when faced with decisions between right and wrong, good from bad, or when they find themselves challenged at home, school or during a game.

VIRTUES EMPOWER KIDS TO:

- Overcome adversity and achieve their goals
- Rise above negative influences
- Be kind, honest and trustworthy
- And much more!



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Be your "BEST" on and off the

"EXCELLENCE"

**Excellence is the
key to success.**

Excellence is doing your best and giving your all to any task you do, relationship you have, or game you play.

Doing your best helps you find out what talents you have. You may discover something no one has ever thought of before.

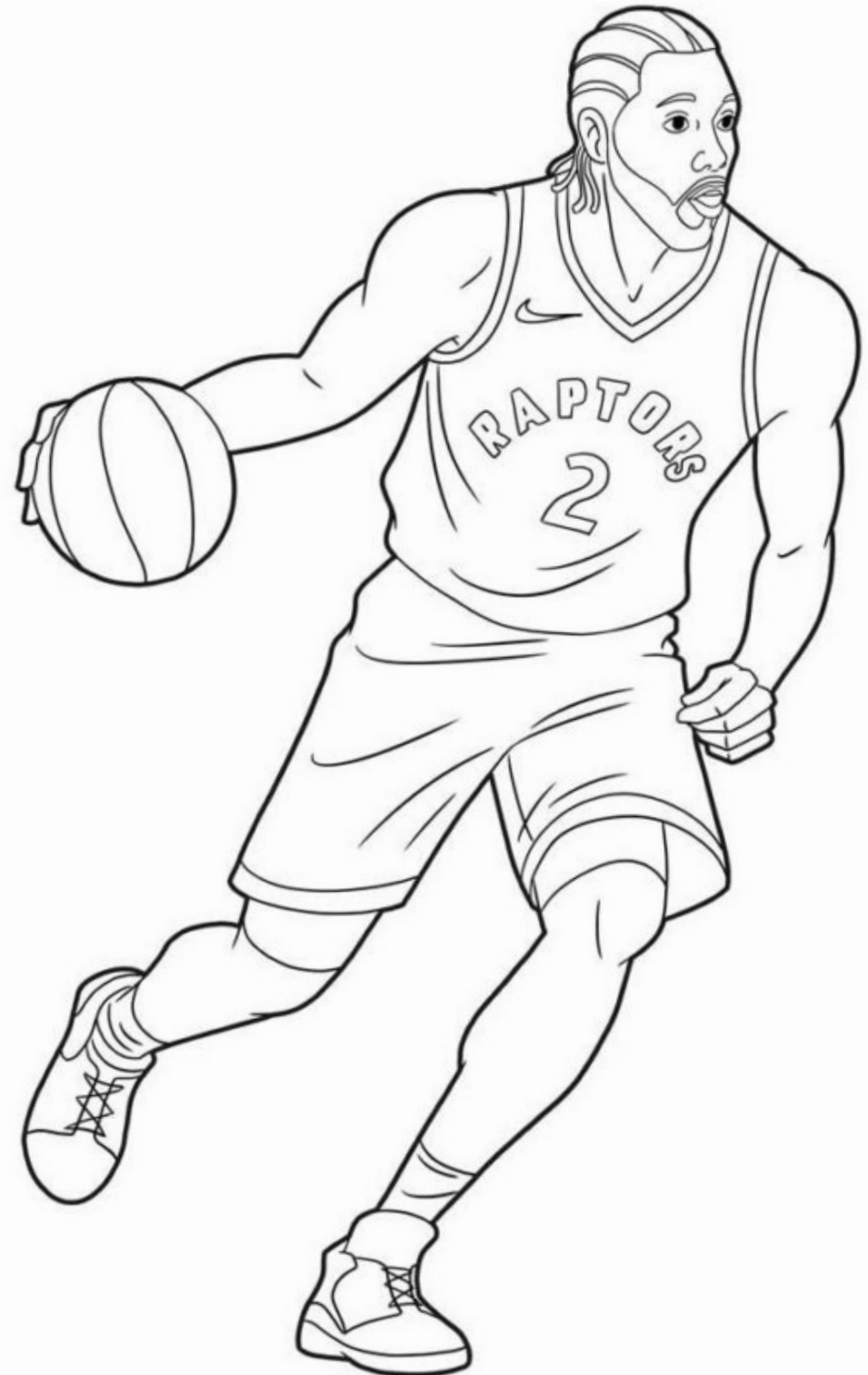
When you practice excellence you learn from your mistakes, so you can do better next time. Day by day, you strive to improve.



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"CONFIDENCE"

You are worthwhile whether you win or lose, succeed or fail.

When you have self-confidence you trust that you have what it takes to handle whatever happens in life. You don't allow doubt or fear to stop you.

Without confidence, you feel worried and uncertain, and afraid of making a mistake.

With confidence, you think positively and you try new things and learn all the time.



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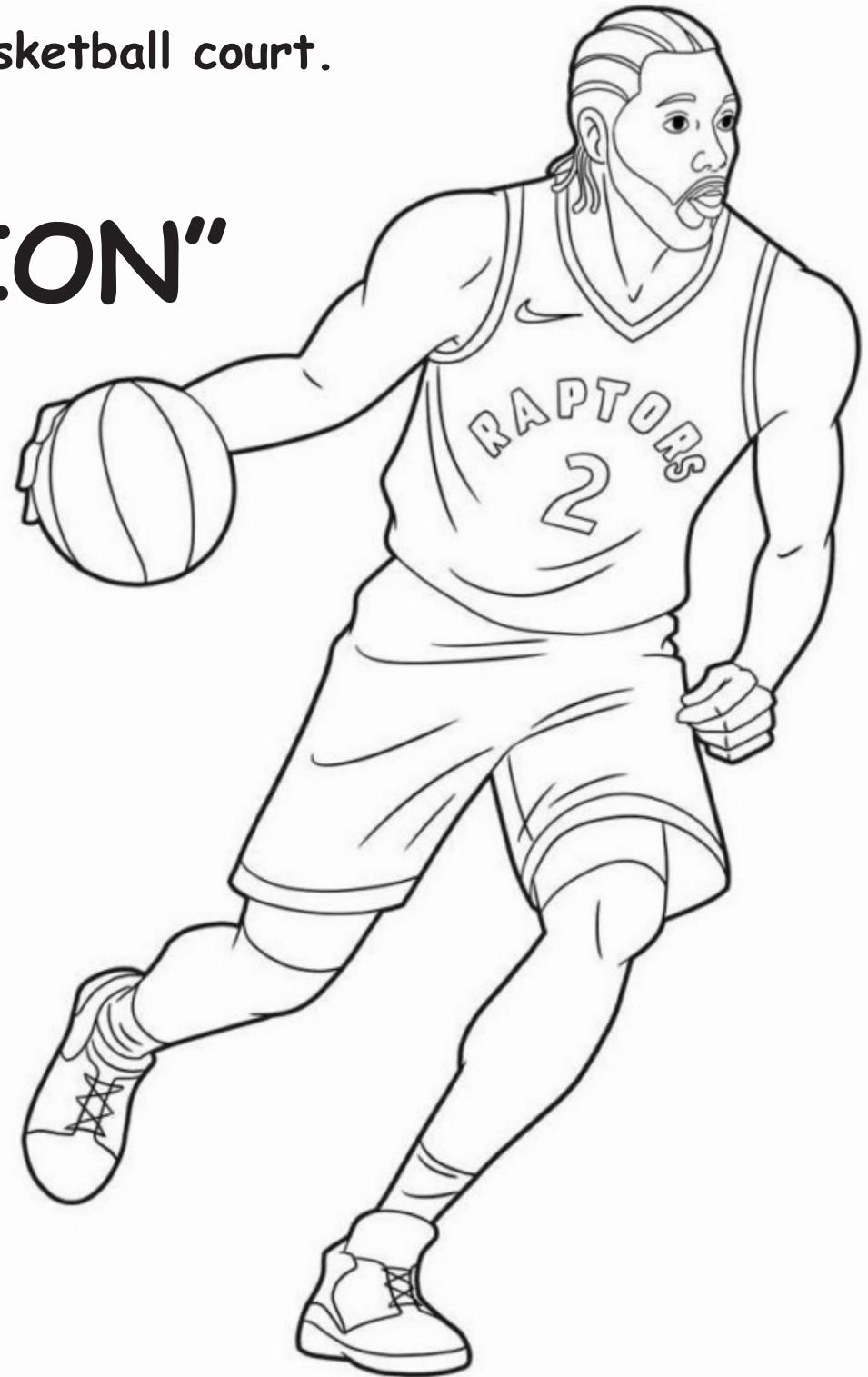
"DETERMINATION"

With determination, we can make our dreams come true.

Determination is using our will power and focusing our efforts on a task and sticking with it until it is finished.

Determination means we never give up. We meet our goals. Even when it is really hard, we still keep going.

Determination empowers us do things that make a difference in the world.



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"ASSERTIVENESS"

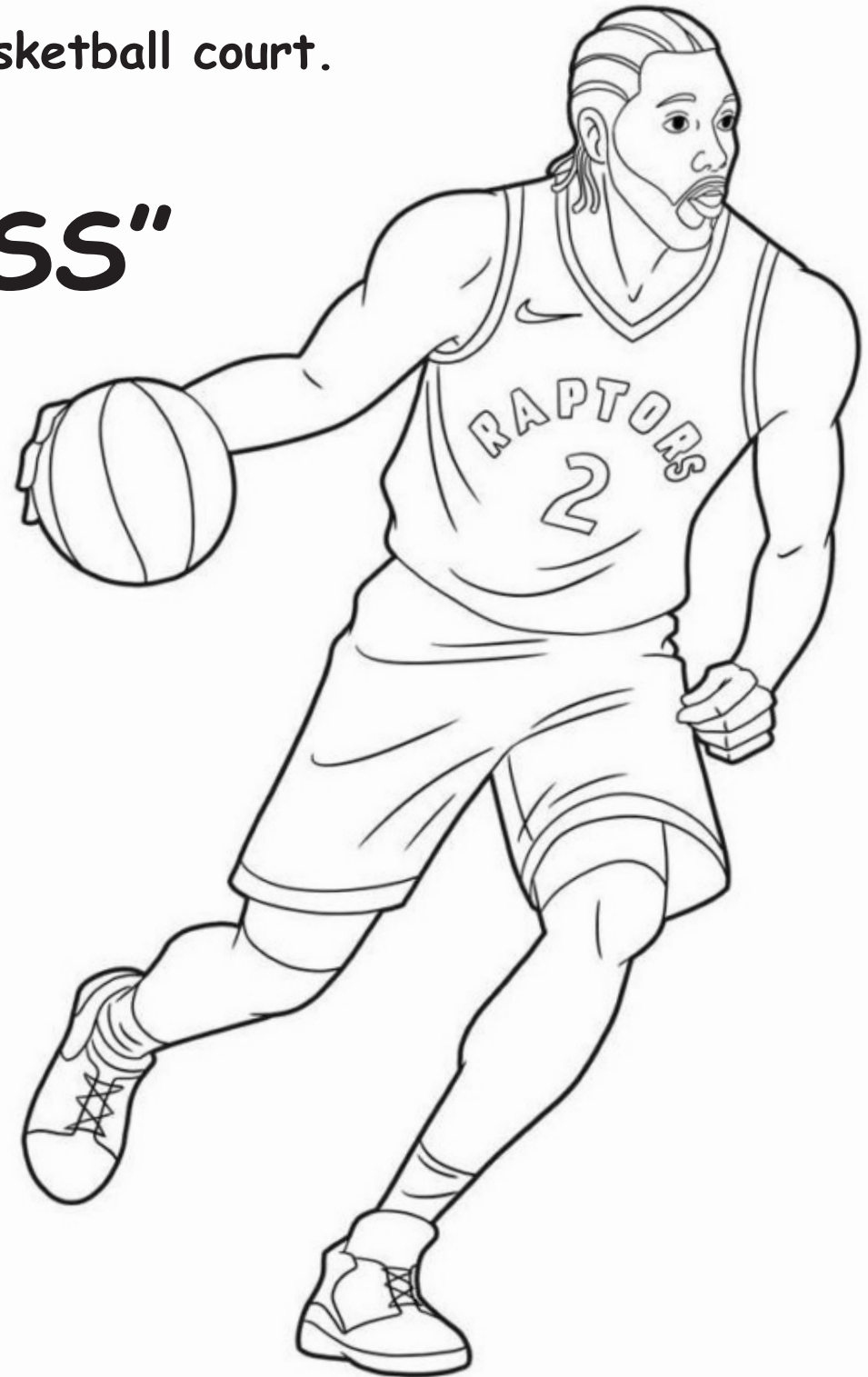
Assertiveness is expressing your own ideas, opinions, and talents.

Being assertive means to be positive and confident. You give 100% in everything you do.

When you have ideas, you speak out, even if you feel shy.

When you are assertive, you think for yourself. You show the strength not to let others hurt you or influence you in negative ways. You don't let people bully or hurt you.

Being assertive does not mean you control things or always get your own way.



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"PATIENCE"

Patience means waiting.

Patience is enduring a delay or bad situation without complaining. It means having self-control because we can't control the way someone else is acting, or when things don't go as planned.

Patience is a commitment to the future. It is doing something now so that something good will happen in the future.



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"OBEDIENCE"

Obedience begins by doing what you are asked to do.

When you are obedient, you obey the rules even when no one is watching. To be obedient is to be trustworthy.

Obedience begins by doing what you are asked to do—by your family, your teachers and your coaches.

Obedience keeps everyone safe and happy.



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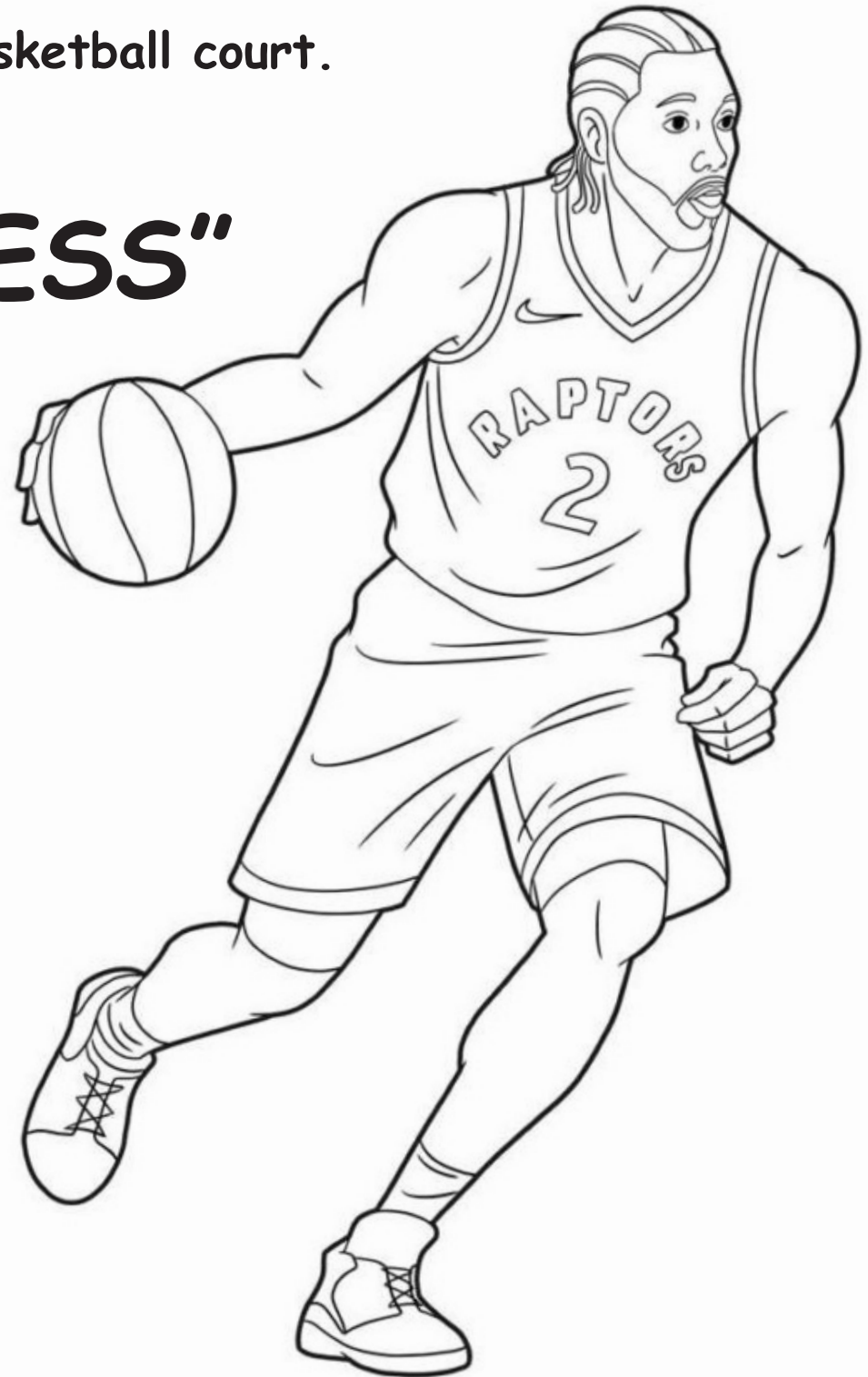
"PURPOSEFULNESS"

To be purposeful means
concentrating on something.

Purposefulness is having a clear focus of what you're doing or why you're doing it. When you have a goal you are working toward, you are acting on purpose.

Being purposeful means you concentrate your efforts so that something good will happen as a result.

Be faithful to your purpose no matter what.



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"SELF-DISCIPLINE"

**Self-discipline means
self-control.**

When we practice self-discipline we don't lose control of ourselves when we feel hurt or angry.

Self-discipline is getting ourselves to do what we really want to do, rather than being tossed around by our feelings like a leaf in the wind.

With self-discipline we can control our own behavior so others don't have to.



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"ENDURANCE"

Endurance is our ability to withstand difficulties and hardship in life.

Endurance is practicing perseverance and patience when obstacles arise. We don't give up or feel hopeless about ourselves. We hold on.

When trouble comes, endurance gives us the strength to stay the course.



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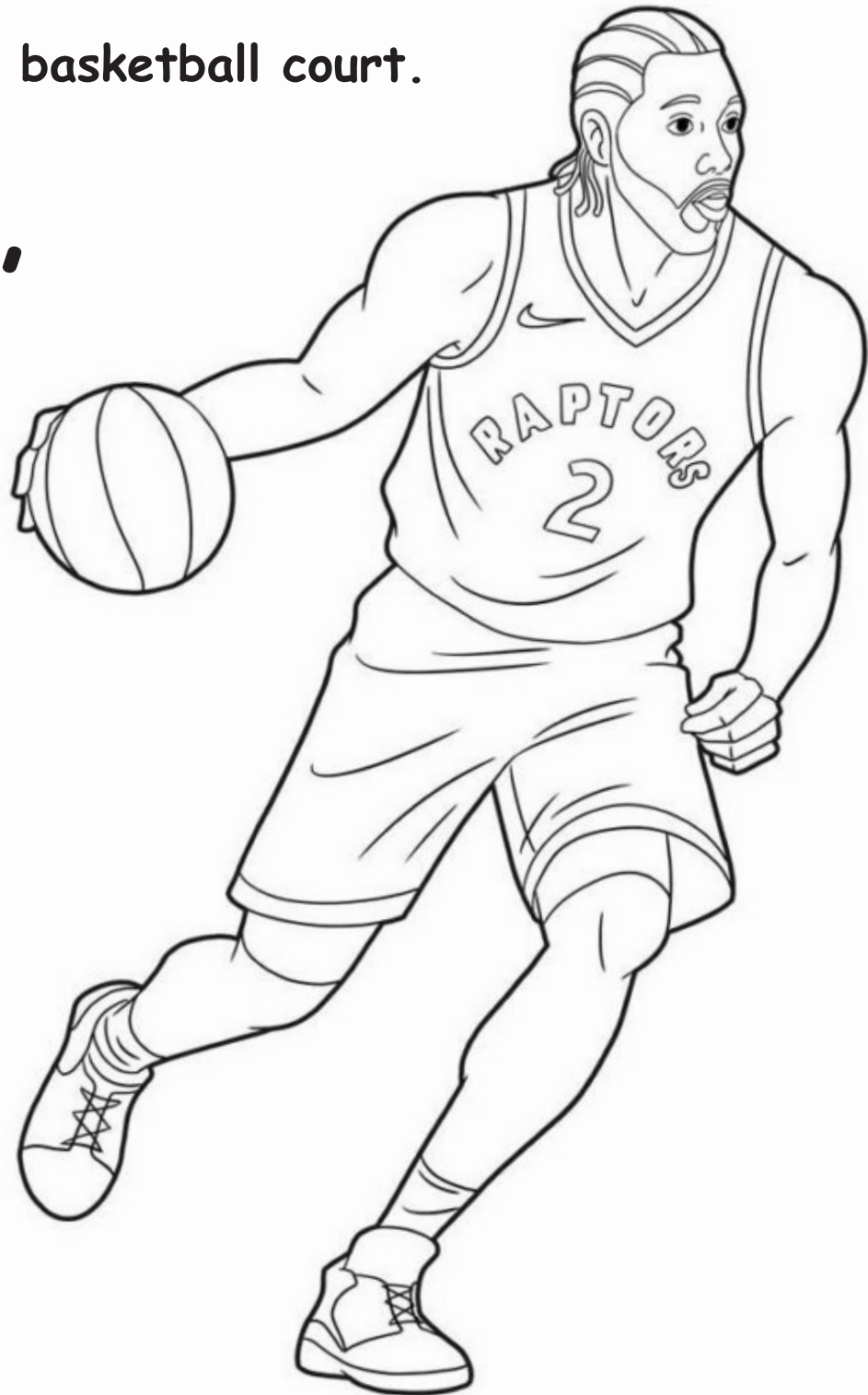
"CREATIVITY"

Creativity is expressing new ideas and inventions.

Creativity means doing things your own way rather than copying other people. You can create new kinds of music, dance, art and even moves on the basketball court!

Creativity is the power of imagination. It is seeing old things in new ways, doing things in a way that has not been done before.

Creativity is a way to use your special gifts to serve the world.



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"FORTITUDE"

Fortitude is the will
to endure no matter
what happens.

Things don't always go as we hope for in life. From time to time we will face obstacles and experience setbacks, failure and loss.

When we practice fortitude we overcome pain and adversity with courage and patience, to keep our goals and dreams alive.

Fortitude is strength of character.



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"UNITY"

When you practice unity,
you value what each part
brings to the whole.

Unity is a very powerful virtue, and it brings great strength. It is a way of seeing the universe as one.

When you practice unity, you allow yourself to feel connected to everything and everyone.

Unity within a family or a team doesn't mean to act or feel the same. When problems come up, you come together and listen to each other. You find a solution together.



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"HOPE"

Hope is looking to the future with trust and faith.

Hope gives us the courage to keep moving forward.
With hope, we know we are not alone. There is always help when we are willing to ask.

With hope, we find the confidence to try and try again.



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We hope you and your kids enjoyed coloring “V”TOONS and learning about virtues.
Please share your experience with us at vtoons@theVchannel.com.

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COMING SOON:

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