

Captain Capable

Lordin Kim

Illustrations by Lisa Plemmons

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DEDICATION

To the three CRW children who were
born to be the leaders of tomorrow.

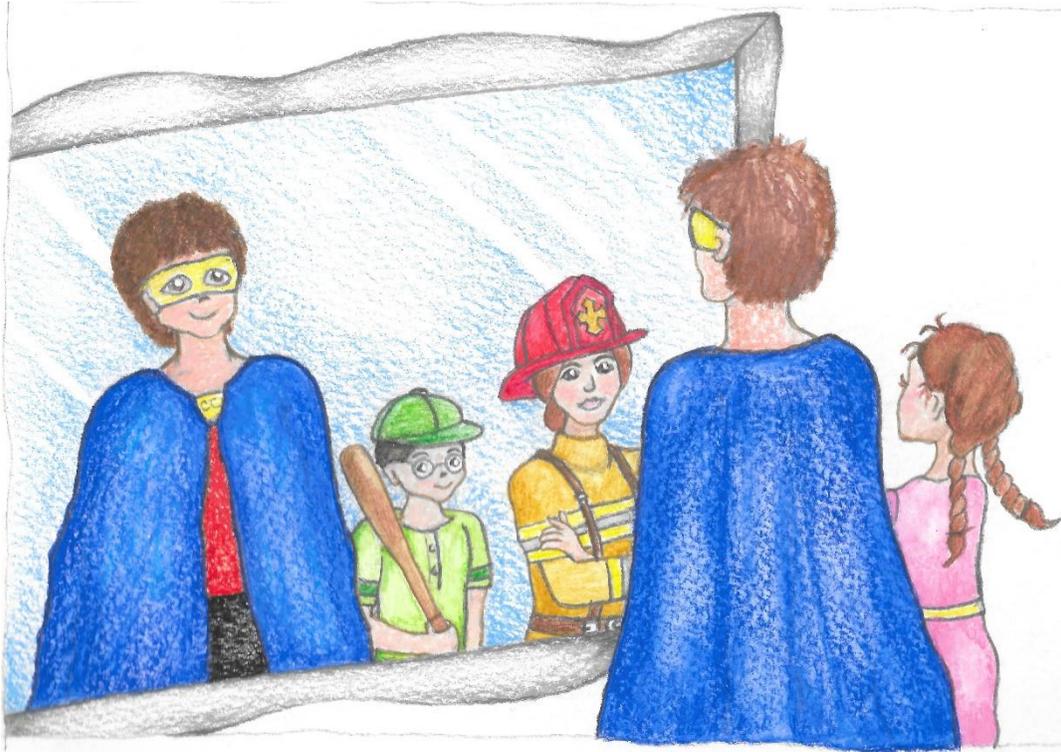
To Junebug and Eli for being the
brightest kids on the block.

Hey, it's you and Captain Capable

Look at you

Standing next to

The world's most unshakable.

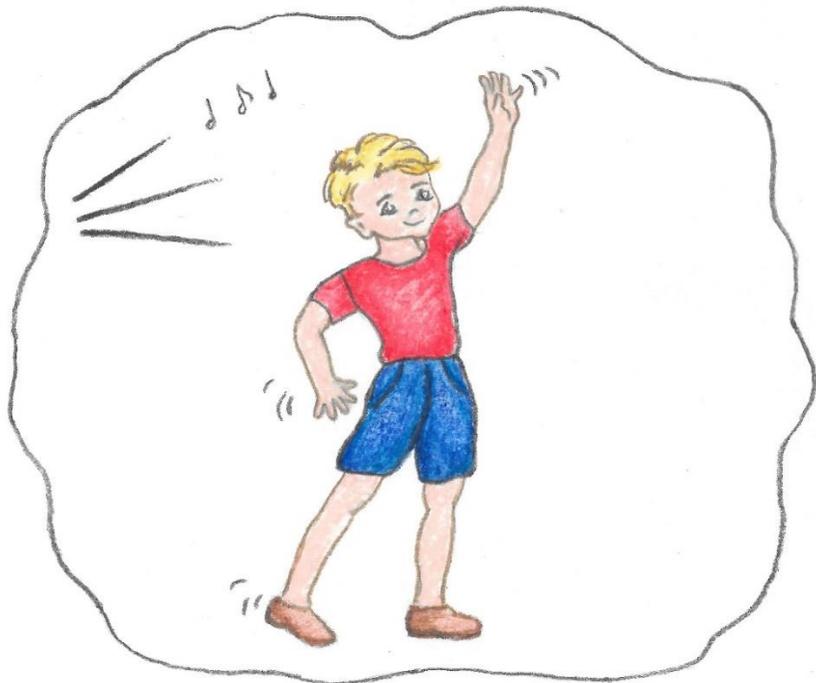


Feel your fingers,

Wiggle your toes,

Dance 'till you drop to the floor.

Are you ready to head out that door?

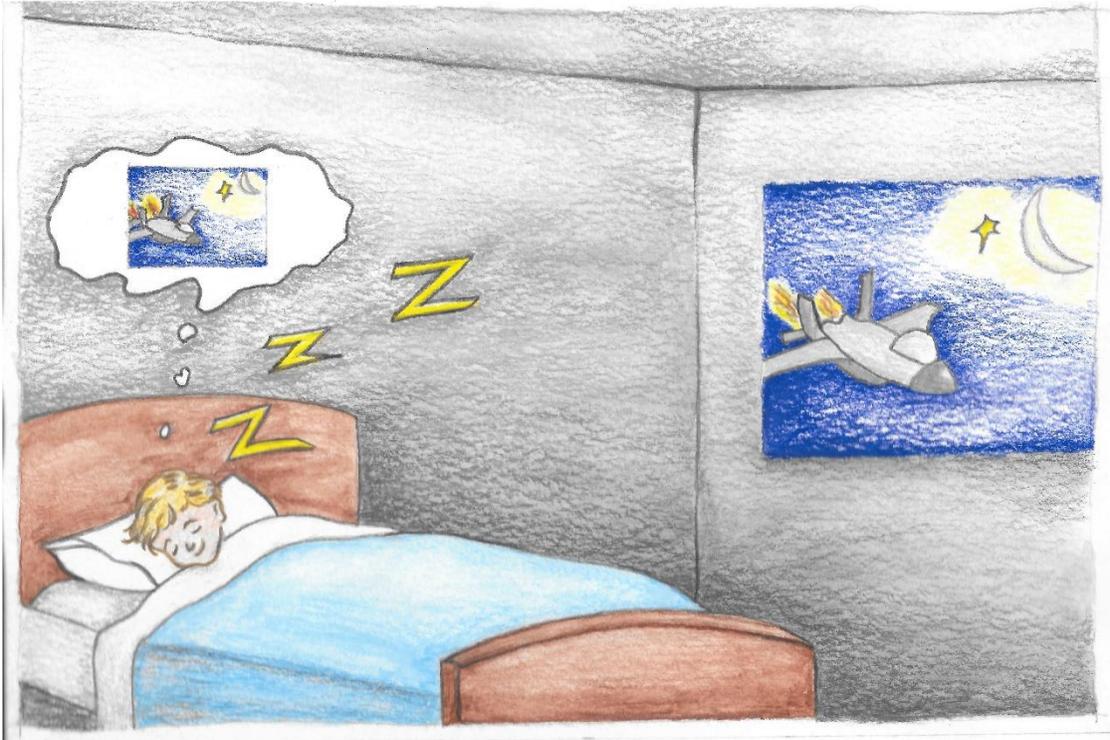


Captain Capable awaits...

If you're ready for adventure, let's
buckle up,

Let's pack our capabilities, for that is
key

Before we go see all the different
things we could be.

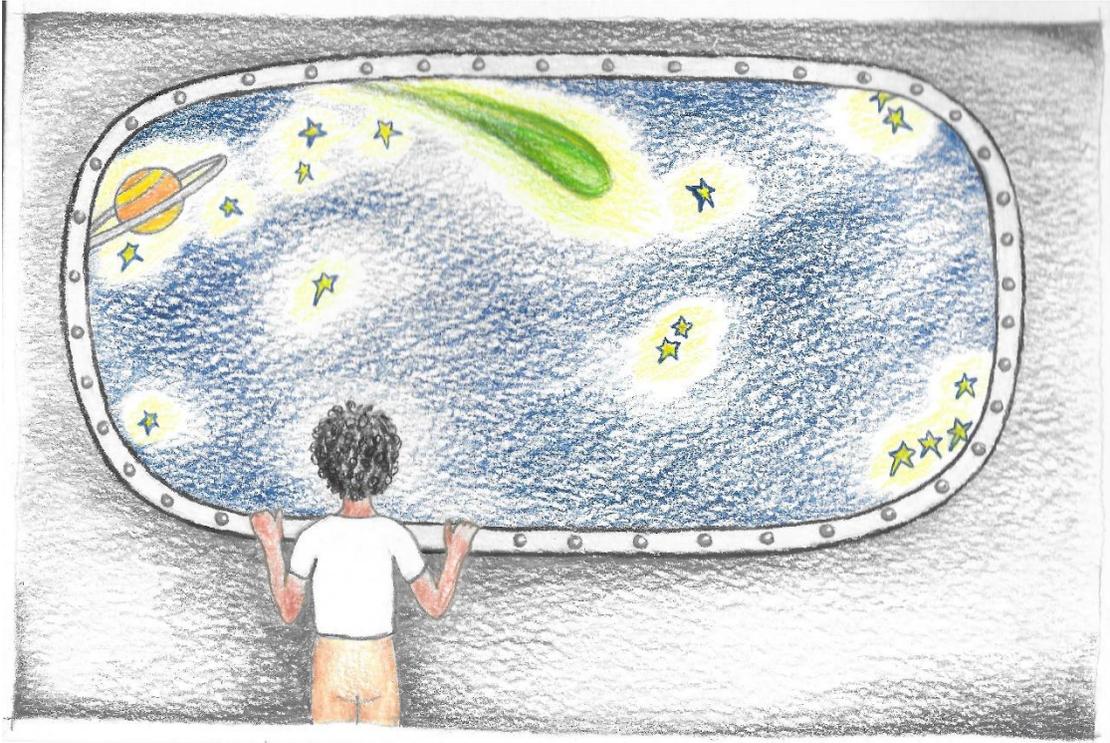


Do you enjoy looking at the stars and the solar system?

Then you have a lot of space to be an astronaut

What would you look like on Mars

Since our neighboring planet has a bunch of stars?



Do you see yourself helping people?

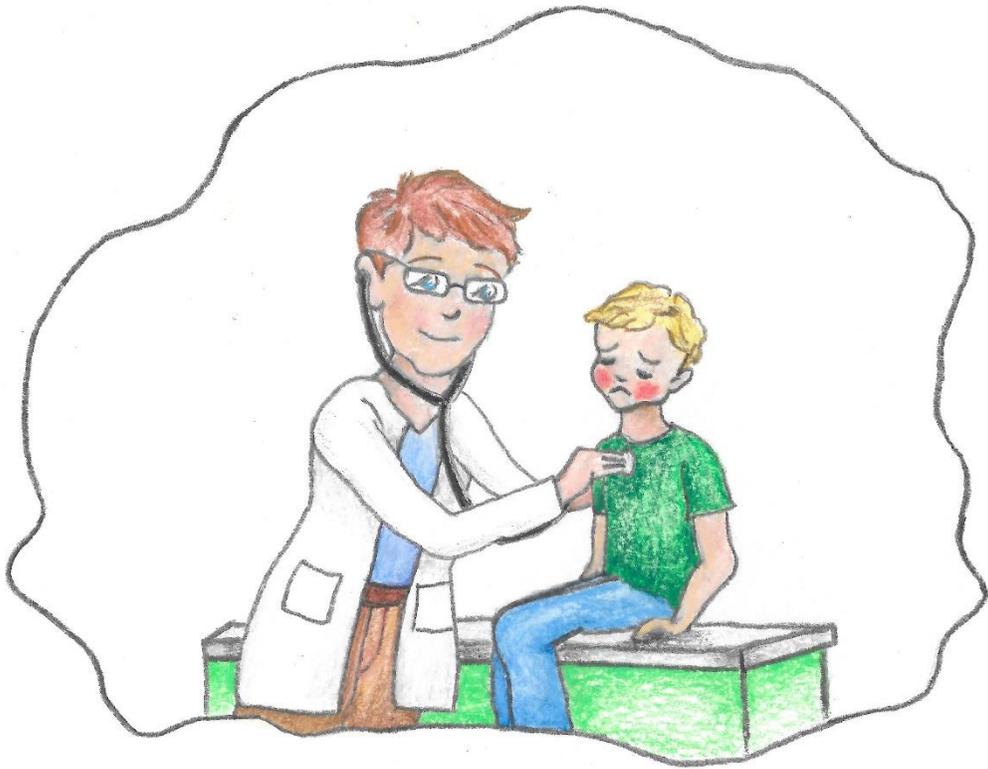
Then it would be cool to be a firefighter.

Can you draw yourself on a fire truck?

Before you start, I would like to wish you luck.



Do you want to heal the world?
Then it wouldn't hurt to be a doctor.
Can we see you behind your big desk?
Go find your pencil and crayons, I'll
give you a sec.

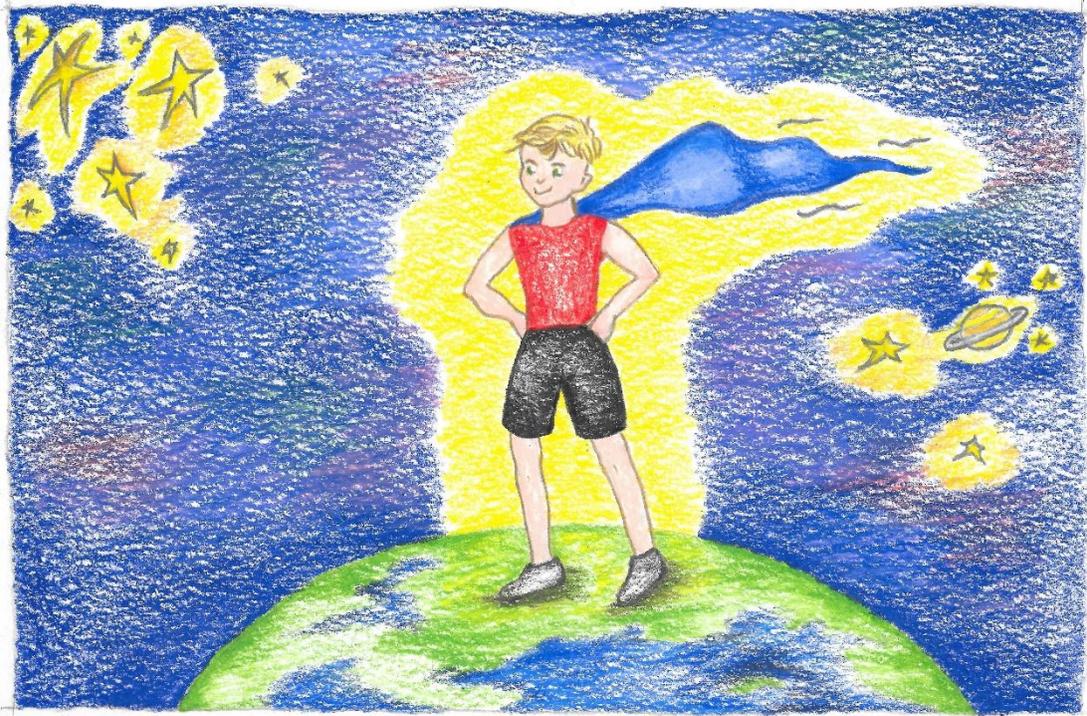


If you don't know what kind of hero
you want to be,

Don't worry,

Captain Capable's patience will not
burst.

Don't forget to be a child first.

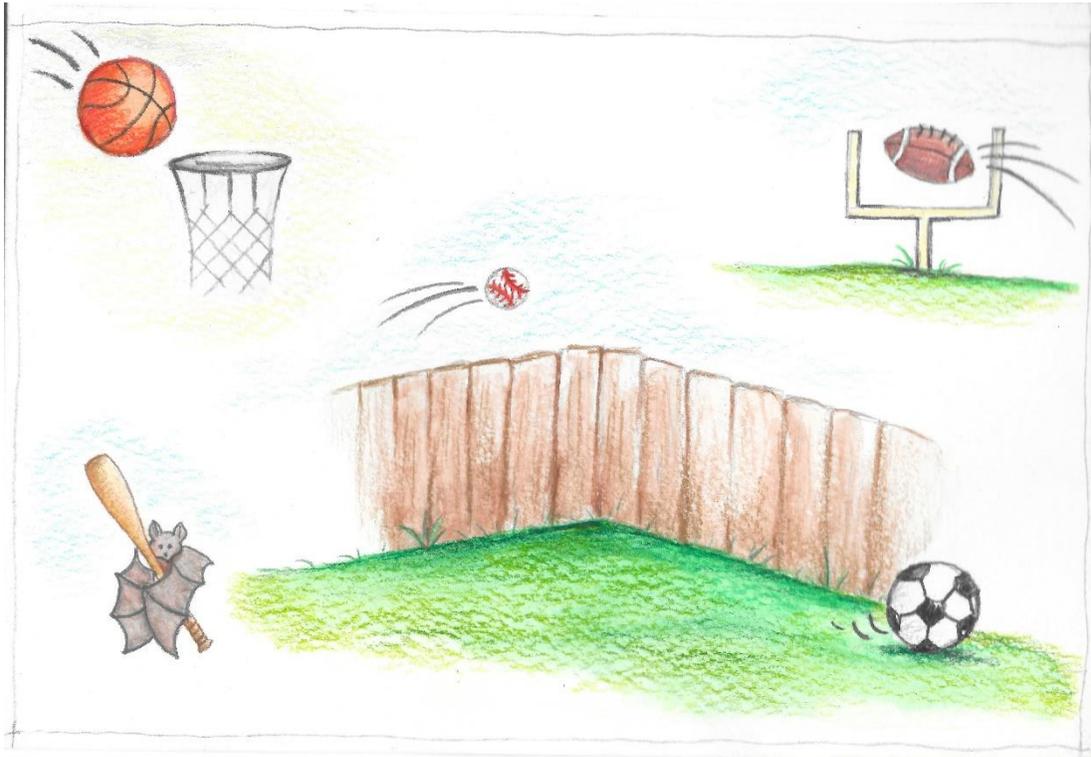


You'll be confident like an athlete if
you

Hit a homerun over the fence,

Run outside and shoot a basketball,

Throw a football far if that makes
sense



Drink your cup of milk every day
And eat lots of vegetables, that's all.
Come on, let's see you use those
hands

To draw yourself kick that soccer
ball.



You'll be content like a chef if you
Help your mom cook and keep the
kitchen clean,
Bring in the groceries with your dad,
Take out the trash so that the house
looks pristine.

Flip your morning flapjacks
And build your own sundae.
Don't forget to add your favorite
toppings
As you'll have a fun day.

You'll be charismatic like a therapist if
you

Talk to your friends through a difficult
time.

Keep everything a secret so it's you they
trust,

Listen to what they have to say, it won't
cost a dime.



Understand how your friends feel
When they cry.
See yourself always being there
As you wipe their tears dry.



You'll be courteous like a police officer if you

Rescue a cat from a tall tree.

Walk along with your grandparents when you cross the street

Under your watch, they can't break free

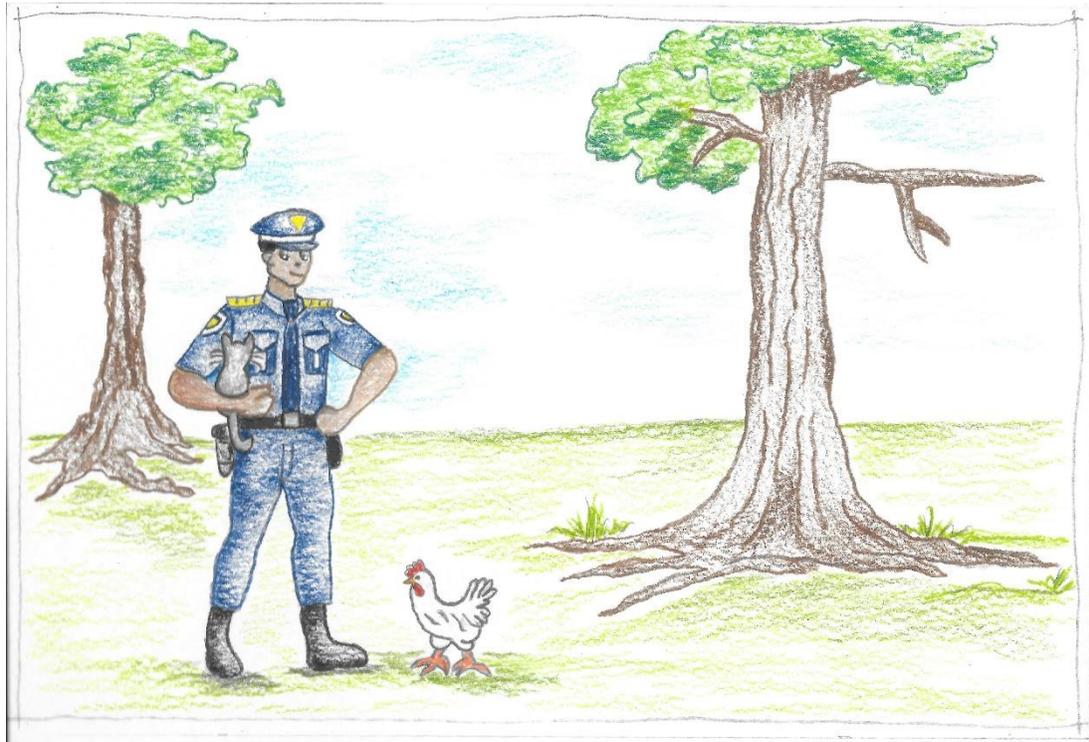


Be honest when you

Hear something wrong.

Show the world how to stand up,

Tell someone and be strong!



Captain Capable is proud that you're
a big kid

I'll tell you a secret that you must
keep between you and me

Do you know what you just did?

You remembered to be the kid that
you always wanted to be



Don't forget to always thank those you
meet along the way

If it's time you need, there's plenty.

You want to give them this book, yes
you may

But just know you're already a hero
to so many.

Would you see the same stars if you were on Mars? How many can you see?

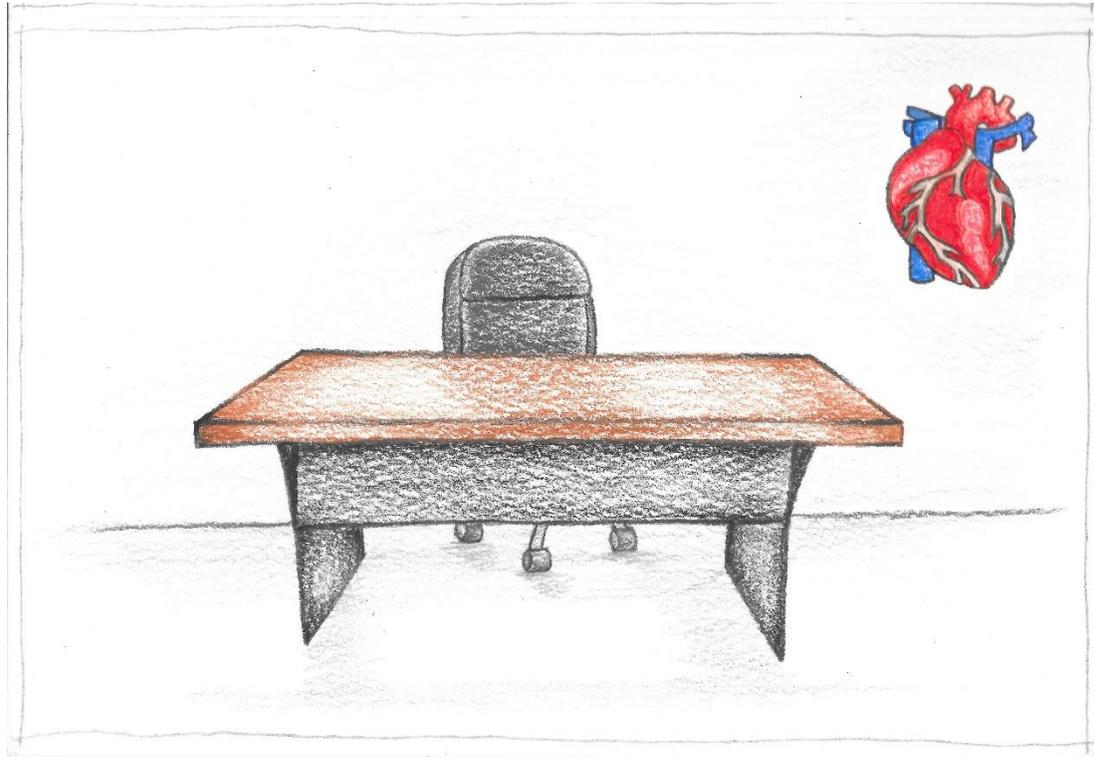


When does this truck show up at your door?



So, can we see you behind this big desk?

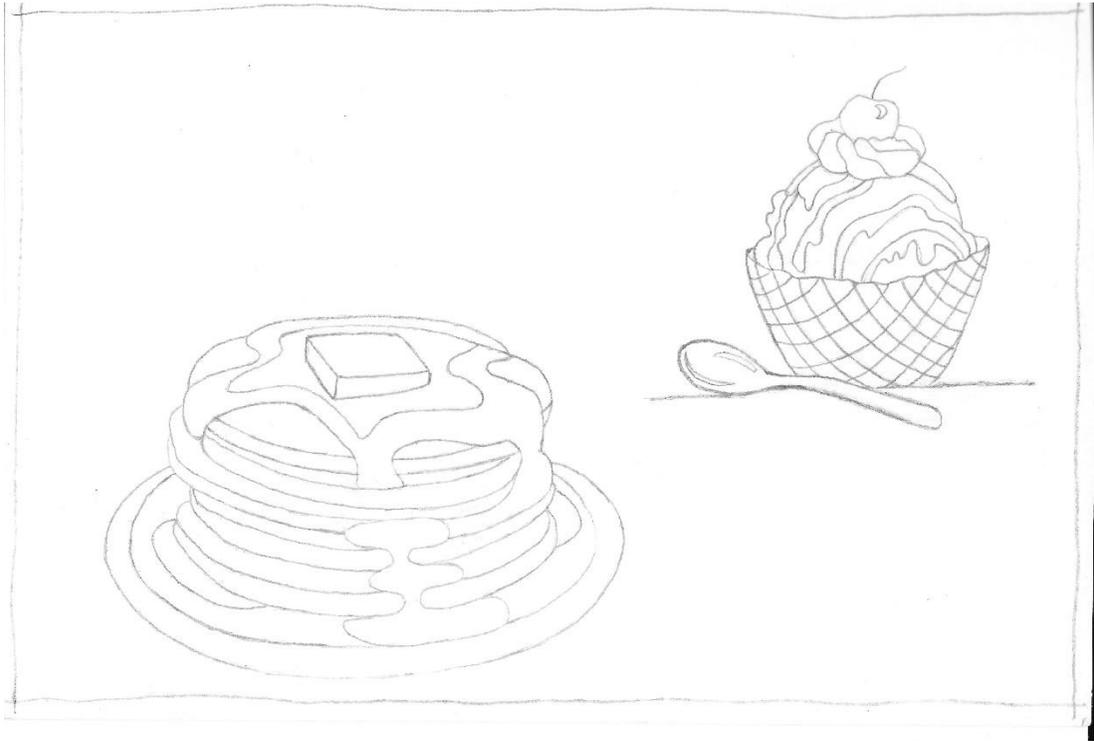
Do you feel this heart beating?



You can't use hands to kick but let's
see you use your fingers to keep score.



Use your crayons to color your favorite breakfast.



What would you do if your friend came crying to you?



How would you show the world how to stand up, how to tell someone, and how to be strong?



ABOUT THE AUTHOR

Lordin Kim is a dedicated children's book author who finds joy in crafting stories inspiring and inspiring young readers. When not penning his next tale, Lordin works in medicine, a role that complements his meticulous nature and care for others. Lordin writes every word with children in mind and how they can impact the world through his work, a passion he carries with him every day. Born and currently residing in California, Lordin continues to weave enchanting narratives that captivate the imaginations of children everywhere.



ABOUT THE ILLUSTRATOR

Lisa Plemmons

Lisa Plemmons is a Registered Nurse and Artist. Her love for drawing began at age 5 while in kindergarten and led her to pursue and obtain a B.F.A. in Fiber Arts/Textile Design from The Savannah College of Art and Design located in Savannah, Georgia. She spent 20 years as an Embroidery Graphic Digitizer working on designs for m&m's, NASCAR, and Bubba Gump Shrimp Company, and others. Her compassion and love of the arts comes through her art.



**DISCUSSION GUIDE FOR BOOK CLUBS, JOURNALING,
OR PERSONAL CONTEMPLATION**

Write or draw your answers.

1. What do you think is the meaning of the color of Captain Capable's suit? What is your favorite color?

2. What would be something that you would want to say to Captain Capable if he were next to you right now? What is something that you wish he would say to you?

3. If Captain Capable were knocking at your door right now, where would you like to go with him? What would you like to do?

4. There are many unique kids in this book. What are some personality traits that make you unique?

5. You would have to be willing to learn from others and be patient enough to teach what you have learned if you want to keep the power of imagination. Is there something that someone has taught you that your family or teacher didn't already know? How could you explain it to them?

6. Captain Capable has many superpowers as a hero but one superpower, in particular, is that he encourages you to help others. What are some ways that you could help around the house or around your community?

7. Captain Capable also has the superpower of being inclusive with everyone he meets, which is why he has many friends. Was there a time when you made a special effort to include a new classmate or a neighbor with your group of friends? How did you go about doing this?

8. Who is the Captain Capable in your life? Who is that person who motivates you to be better or inspires you always to be strong?

9. The captain is and always will be against bullying, but he wants to know your experience if you had any. Is there a time and place where you have seen or experienced bullying firsthand? What happened? How did it make you feel?

10. Captain Capable is all about setting an example for those who are younger than him. How can you set a good example for those who are younger than you anywhere you go?

11. Captain Capable wants you to enjoy rules because following rules results in a positive outcome, but he also wants to understand you. So, what is one rule that you have at home that your friend doesn't have to follow at their house? Why do you think your friend has this rule?

12. Another idea that results in positivity is respecting those around you, especially grownups like your parents, teachers, or your grandparents. What are some ways that you could show someone your utmost respect?

13. It is always helpful to help around the house. What are some of your favorite chores? Your least favorite? Why?

14. What is something that you thought you could not do and then found out that you really could do it? How did you feel when that happened?

15. How do you feel when you're inspired or motivated? Is there a specific time or place where you feel this way?

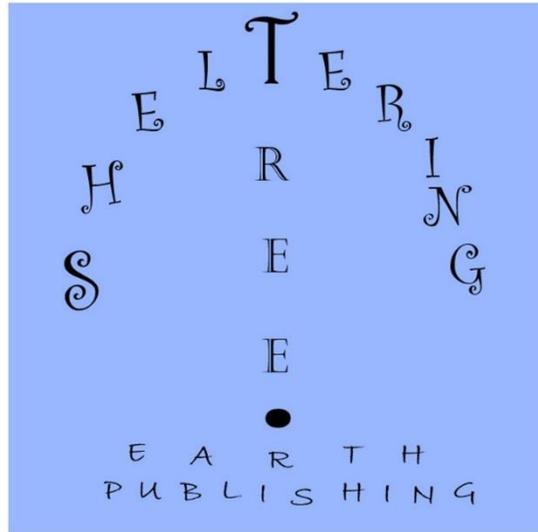
16. What word do you see in Captain Capable's spaceship mobile? How often do you use this word in your life?

17. Did you find anything unusual in the illustrations throughout the story? If you haven't, go back and try to find things that are out of the ordinary.

18. What are some more qualities or character traits that you know you could use in a career field mentioned in the book?

19. What do you want to be when you grow up (it doesn't have to be any of the careers mentioned in this book)? It could be the craziest idea of a career you could think of. What can you do now to be closer to that career goal?

20. What is something about yourself that surprises you? What values do you live by? What advice would you give to someone else or your younger self so that they feel inspired and motivated?



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