



Surf Soup® Reader Guide

For Surf Soup Mom is WOW Upside Down

By Donna Kay Lau
Surf Soup® Series

A Teacher, Parent, & Family Companion



About the Book

In Surf Soup TV: Mom is WOW (Upside Down!), readers celebrate moms, grandmas, aunties, and all the WOW people who care for us. Through silly moments, upside-down fun, and heartwarming surprises, kids learn that every day can be Mother's Day.

This story encourages creativity, empathy, gratitude, and mindfulness, while connecting with Social Emotional Learning (SEL) and STEAM skills.



SEL Connections

Self-Awareness: Identify WOW people in your life and reflect on the love they give.

Social Awareness: Appreciate that families and caregivers come in many forms.

Relationship Skills: Practice kindness and gratitude through cards, hugs, or WOW coupons.

Responsible Decision-Making: Problem-solve daily routines with humor and patience (like Koa's mom!).

Mindfulness: Pause with the "quiet page" to reflect on love, gratitude, or calm moments.



STEAM Extensions

Science (S):

Explore how animal moms care for their young: turtles, kangaroos, peacocks, snails.

Discuss human caregiving compared to animal parenting.

Technology (T):

Create digital flip animations: write MOM, flip it to WOW.

Use apps to practice symmetry and rotation.

Engineering (E):

Build a “WOW Card or Coupon Machine” using paper, cardboard, or recycled materials.

Organize household routines like Koa’s mom in fun problem-solving ways.

Art (A):

Draw upside-down objects or words (MOM → WOW).

Make portraits of your WOW person with mixed media or collage.

Math (M):

Explore symmetry, patterns, and counting with letters, shapes, or objects.

Fold paper to create mirror images or upside-down illustrations.



Self-Care for Moms (and Kids Too!)

Even WOW moms need a little love and care every day.

Families can incorporate simple self-care routines together:

Daily Surf Soup® Self-Care

Morning hugs and giggles

One quiet minute (sip tea, breathe, or watch the waves)

Mini laughter break (share a silly joke or funny Surf Soup moment)

Gratitude shout: name one thing you’re thankful for

Weekly Surf Soup® Self-Care

Family art or craft time

Special snack day with kids helping prep

Outdoor adventure or mini Surf Soup® expedition

WOW Coupon fun: redeem a coupon from a child or make one together

Tip: Self-care can be small, playful, and heartwarming—like sprinkling Surf Soup magic into everyday life!



Discussion Questions

What happens when the word MOM is flipped upside down?
Who are the WOW people in your life, and how do they show love?

Which Surf Soup® mom do you relate to most—Koa’s turtle mom, Eggo’s peacock mom, the kangaroo, the snail, or Grandma? Why?

How can we celebrate WOW people every day, not just on Mother’s Day?

Why is the “quiet page” important? What can stillness teach us?



Activities for the Classroom or Home

Make WOW Coupons: Kids create coupons for hugs, helping, drawing, or fun acts of love.

Family Collage: Collect images or drawings representing different kinds of families or caregivers.

Gratitude Tree: Write the name of a WOW person on each leaf and display.

Upside-Down Art Challenge: Draw an object, then flip the paper to transform it into something new.

Quiet Hug Practice: Spend a few seconds giving silent thanks, a smile, or a hug.

Carrot Mix-Up Kitchen Fun: Try a simple cooking activity inspired by the book (like carrot muffins or snacks).



WOW Coupon Template



WOW COUPON



To: _____

From: _____

This coupon is good for: _____

 WOW COUPON 

To: _____

From: _____

This coupon is good for: _____

 WOW COUPON 

To: _____

From: _____

This coupon is good for: _____

 WOW COUPON 

To: _____

From: _____

This coupon is good for: _____

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