

Surf Soup® Pause, Rewind, and Play
Subtitle

A Social Emotional Learning Story About Big Feelings, Kind
Choices, and Friendship

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Teacher & Parent Reader Guide

Surf Soup® Pause, Rewind, and Play

A Social Emotional Learning Story About Big Feelings, Kind
Choices, and Friendship

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Welcome

Welcome to the companion Reader Guide for Surf Soup®
Pause, Rewind, and Play.

This guide helps children explore one of the most important
life skills of all—learning how to pause before reacting.

Through Koa's story, students practice self-control,
emotional awareness, friendship repair, kindness, empathy,
and making better choices when big feelings show up.

Boomer teaches that before every reaction...
there should be a beat.

A pause.

This guide is designed for:

teachers

school counselors

parents

homeschool families

therapy sessions

SEL classroom lessons

reading groups

behavior reflection activities
elementary social emotional learning
Because sometimes the strongest move...
is pressing pause first.

Before Reading

Ask Students

Have you ever said something too fast and wished you could take it back?

What does it mean to “pause” before reacting?

Why can big feelings make small problems feel bigger?

What does friendship look like when someone makes a mistake?

What helps you calm down when you feel upset?

Discussion Questions

After Reading

Why was Koa having a difficult morning?

What happened when Koa reacted too quickly?

How did Boomer help Koa slow down?

What does “Pause first, then choose” mean?

Why is saying “I’m sorry” important?

How did Koa repair his friendship with Jelly?

What did Cokie learn about gossip?

What does “press play” mean in real life?

Activity 1

Pause Button Practice

Draw four big buttons:

PAUSE

REWIND

FAST FORWARD

PLAY

Ask students:

When would you press PAUSE?

When would you press REWIND?

When would you use FAST FORWARD?

When is it time to press PLAY?

Classroom extension:

Create a giant classroom “Boomer Board” for daily check-ins.

Activity 2

Feelings Check-In

Circle how you feel today:

Happy

Frustrated

Excited

Sad

Nervous

Embarrassed

Angry

Calm

Confused

Proud

Then answer:

Why do I feel this way?

What can help me today?

Who can I talk to?

Activity 3

Rewind and Repair

Think of a time when you said something too quickly.

What happened?

How did the other person feel?

What could you say differently now?

Write your “rewind apology”:

I’m sorry for...

I should have...

Next time I will...

Activity 4

Coconut Wireless Rules

Before sharing news, ask:

Is it true?

Is it kind?

Is it helpful?

Would I want someone saying this about me?

(Cokie is still practicing this one.)

Classroom Challenge:

Try one full day of kindness-only coconut wireless.

Activity 5

Press Play

After we pause and learn...

we move forward.

Ask students:

What does “press play” mean for you?

Trying again?

Apologizing?

Being brave?

Helping a friend?

Starting over?

Write or draw your answer.

Mindfulness Exercise

Boomer’s 4-Count Pause

Breathe in for 4

1... 2... 3... 4

Hold for 4

1... 2... 3... 4

Breathe out for 4

1... 2... 3... 4

Repeat

Pause.

Reset.

Choose.

Teacher Extension Ideas

Morning meeting discussion

Conflict resolution lessons

Friendship week activities

School counseling sessions

Behavior reflection journals

Calm corner printable posters

SEL bulletin board display

Partner role-play activities

Kindness week challenge

Classroom community agreements

Final Reflection

Sometimes the strongest move...
is pressing pause first.

Before reacting.

Before speaking.

Before letting big feelings take over.

Pause.

Rewind.

Learn.

Then...

Press Play.