



## Surf Soup: Hot & Sour Soup – When Moods Bubble Over Reader & Activity Guide

### Think & Talk (Discussion Starters):

Why did the condiments argue about who was the most important?

How are feelings like soup—sometimes too hot, sometimes too sour?

What did Grandma do to help everyone find balance?

What helps YOU calm down when your own “mood soup” boils over?

### Do & Try (Hands-On Fun):

#### Feelings Soup Game:

Write different emotions (happy, mad, silly, excited, nervous, shy) on slips of paper.

Put them in a pot or bowl. Stir with a spoon. Take turns pulling one out and acting it out—no words allowed!

#### Hot & Sour Thermometer:

Draw a big thermometer. On the bottom, write “Calm.” In the middle, “Bubbling.” On top, “Boiling Over!”

Talk about where you are on the thermometer when you feel different emotions.

Add silly faces or doodles to each level.

#### Cool Down Recipes:

Just like Grandma adds the right ingredients to soup, what ingredients help YOU cool down?

Example: 3 deep breaths, 2 minutes of drawing, 1 hug. Write your own recipe for calm!

#### Create & Imagine (Extension):

Draw It: Create your own condiment character (like Salsa Sam or Pickle Pete). What emotion would they bring to the soup?

Write It: Pretend you are the soup pot. Tell the story from your point of view—what does it feel like when all those emotions are bubbling inside?

#### Big Idea Reflection:

Feelings can bubble, boil, or froth over—but with patience, kindness, and a pinch of humor, everything can balance out.

Remember, you are the chef of your own mood soup! 🍲💛