

Reader Guide



Surf Soup TV Presents: No Complaints Whatsoever,
Thank You for Everything
By Donna Kay Lau

A Story About Positivity, Mindfulness & Gratitude



Fun Activity: Gratitude Catchers (Paper Fortune Tellers)
Materials Needed:

Square paper (origami or cut from regular paper)
Markers or crayons
Stickers (optional)
Steps:

Fold the paper into a classic "fortune teller" shape.
On the outside flaps, write positive words like "Kindness,"
"Joy," "Thank You," "Gratitude."
On the inside, write small gratitude challenges:
"Say 3 things you're thankful for."
"Write a thank-you note to someone."
"Share a compliment with a friend."
Decorate and share with classmates or family!



Reading Guide

Before Reading Discussion:

What does the phrase "No complaints whatsoever, thank you
for everything" make you think of?

What is gratitude? Why do we sometimes forget to be
thankful?

During Reading Prompts:

Pay attention to how Roo's attitude changes.
How does Pidgen influence Roo's behavior?

Look for the moments when characters shift from frustration to appreciation.

After Reading Questions:

What caused Roo to complain so much?

What happened when Roo started to be grateful?

Can one simple phrase really change how you feel?

💬 SEL Focus: Gratitude & Emotional Regulation

This book helps children:

Recognize and shift negative self-talk

Practice appreciation and mindfulness

Understand how their attitude affects others

Encourage children to start their day by saying the mantra aloud:

“No complaints whatsoever, thank you for everything.”

✍️ Extension Activity: Gratitude Postcards

Give kids blank notecards or small pieces of cardstock.

Have them draw a picture and write a simple thank-you message.

Mail or deliver them to someone they're grateful for—family, teachers, neighbors, or even themselves!



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