

Surf Soup® Activity Page

Title:  **Surfboard SEL Check-In**

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Surfboard SEL Check-In encourages students to explore and express their emotions visually and verbally. Kids color a surfboard to reflect their current mood, journal about their feelings, and offer encouragement to peers, strengthening emotional literacy, self-awareness, and social-emotional skills. The reflection section helps students notice changes in mood and reflect on personal growth. Fun graphics and clear prompts make self-reflection approachable and playful.

Section 1 – Color-In Surfboards

Students color a surfboard for their current feeling

Learning Outcomes: Emotional literacy, self-awareness

Section 2 – Journaling Prompt

“Why do I feel this way?”

Learning Outcomes: Self-reflection, writing skills

Section 3 – Peer Reflection

“Give encouragement to a classmate.”

Learning Outcomes: Social-emotional skills

Section 4 – Reflection Prompt

“Did my mood change today?”

Outschool Statement:

Donna Kay Lau, creator of the Surf Soup® series, teaches live online classes on Outschool! Students can explore Surf Soup® stories, animation, STEAM projects, and creative activities directly with Donna. Enroll in her classes to bring these exciting learning experiences to life: [https://outschool.com/teachers/Donna-Kay-Lau-Surf Soup?signup=true&usid=yIjQidTH](https://outschool.com/teachers/Donna-Kay-Lau-Surf-Soup?signup=true&usid=yIjQidTH)