

Title

Surf Soup Ocean Mirror

Subtitle

Discover Waves, Reflections, and Fun

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Teacher / Reader Guide

Surf Soup®: Ocean Mirror – Teacher / Parent Guide

Discussion Questions

What do you notice in Koa's reflection?

How do your own feelings shift like waves?

Can you find all the hidden treasures in the illustrations?

What small things make you smile today?

Activities / Experiments

Hidden Object Hunt: Spot waves, shells, crabs, hearts, and clouds on each page.

Mirror Experiment: Look into water or a mirror – how do your expressions change reflections?

Draw Your Feelings: Encourage kids to draw their emotions as waves or clouds.

Observation Game: Ripple the water and notice the changes in reflections, linking science + mindfulness.

Mindfulness & Reflection

Gentle prompts to notice moment-to-moment feelings

Encourage children to explore observation, reflection, and play

Learning Objectives

Introduces mindfulness, observation, and reflection

Teaches emotional awareness through playful story and visuals

Surf Soup® Waves Like Mirrors

Teacher & Reader Guide with STEAM Activities

Big Ideas

Emotional awareness • Mindfulness • Observation • Nature as reflection

This story gently introduces children to the idea that thoughts and feelings change, just like waves in the ocean. By observing nature, children learn to notice emotions without judgment and understand that feelings come and go.

Before Reading

Ask students:

- Have you ever felt grumpy or upset and didn't know why?
- What helps you feel calm again?
- What things in nature move or change?

Explain that the ocean waves can act like mirrors, showing us how feelings move and change.

Vocabulary

Reflection

Observation

Emotion

Wave

Calm

Teachers may introduce these words before reading.

After Reading Discussion

- Why was Koa feeling grumpy at the beginning?
- What did he notice about the waves?
- How did watching the ocean help Koa understand his feelings?
- What are some feelings that come and go like waves?

Encourage students to share their own experiences.

STEAM Activities

Science – Observing Water Movement

Explain that waves move because of energy in water and wind.

Activity:

Fill a shallow tray with water.

Gently blow across the surface or move your hand to create waves.

Ask students:

- What happens when the water moves?
- Do the waves stay the same or change?

Connect this to how feelings move and change too.

Technology – Emotion Tracker

Students create a simple feelings chart.

Columns may include:

- Happy
- Calm
- Curious
- Frustrated
- Excited

Students can place a sticker or mark to track how they feel during the day.

This introduces the idea that emotions shift naturally.

Engineering – Calm Corner Design

Students design a small classroom calm corner.

They can include:

- pillows
- quiet books
- drawing paper
- breathing reminders

Students draw their design and explain how it helps people relax.

Art – Feelings in the Waves

Students draw waves representing different emotions.

Examples:

- tall storm waves for anger
- gentle ripples for calm
- playful splashes for excitement

Encourage color choices that match feelings.

Math – Counting Feelings

Students create a class chart.

Example:

Happy - 8

Calm - 5

Excited - 6

Discuss how numbers change during the day just like emotions.

Mindfulness Practice

Teacher guides students through a short exercise:

Sit comfortably.

Take a slow breath in.

Imagine waves rising and falling in the ocean.

Notice how the breath moves like the water.

Repeat for several breaths.

This connects the story to real emotional regulation skills.

Hidden Picture Exploration

Invite students to search the illustrations for small details such as:

- shells
- crabs
- heart shapes in the sand
- wave patterns

Hidden elements encourage careful observation and curiosity.

Writing Activity

Prompt:

“Describe a time when your feelings changed during the day.”

Students may write or draw their response.

Reflection

Ask students:

- What did the waves teach Koa?
- What can we do when we feel grumpy or upset?
- How can nature help us feel calm?

Encourage students to notice their feelings without judging them.