🌊 Reader Guide for Surf Soup: Wanda the Whale and the Lonely Littlest Sister
By Donna Kay Lau

💬 Discussion Questions
Help children reflect on the story and connect it to their own lives:

How did the Littlest Whale feel when her sisters didn't include her?
Have you ever felt left out? What did you do to feel better?
Why do you think the older whales acted unkindly?
What does gossip mean? How can it hurt others?
What could the older whales have done differently to show kindness?
What did Prana the Piranha teach about mindfulness and calmness?
What makes you unique and special—just like the Littlest Whale?

🎨 Creative Art Activities
1. Draw Your Own Whale Pod!

Draw yourself as a whale and imagine your "pod" of friends and family. Label each whale with their name and what makes them kind or fun to be around.

2. Ocean Feelings Collage

Use paper scraps, old magazines, or drawings to make a collage of ocean waves, coral, and sea creatures. In the waves, write words for different feelings (happy, sad, left out, proud, calm, etc.).

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3. Cokie the Coconut Puppet

Make a gossip-busting puppet! Use a brown paper bag or round paper to create Cokie. On the back, write a positive phrase like:

"I only speak kindness." or "If it's not true or nice, don't say it twice!"

🧘 Mindfulness Moment with Prana the Piranha

Teach kids a simple yoga breath exercise:

Sit cross-legged like Prana.
Inhale for 4 counts (imagine a wave rising).
Hold for 2 counts (like it's crashing).
Exhale slowly for 6 counts (like water flowing back to sea).
Repeat 3 times while thinking of a kind thought.

✍️ Writing Prompts

"I felt like the Littlest Whale when..."
"If I saw someone being left out, I would..."
"Something kind someone said to me was..."
Write a short story about an underwater friend who helps others feel included.

📚 Bonus Activity: Whale Watch & Learn

Research real whales like humpbacks or orcas. How do they communicate? How do they live in pods? Discuss how even animals have families—and how important cooperation and kindness are in every group.