

Reader Guide Surf Soup

Title

Surf Soup Prana the Piranha and the Floating Breath

Subtitle

Gentle Waves for Calm, Fun, and Peaceful Sleep

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Big Ideas

Emotional awareness • Reflection • Observation

Before Reading

Ask students:

What happens when water becomes still?

Can water reflect things like a mirror?

After Reading Discussion

What feeling did Koa start with?

What helped his feelings change?

How are emotions like waves?

STEAM Activities

Science – Reflection Experiment

Use a bowl of water.

Students observe reflections from:

classroom lights

windows

objects

Discuss light reflection.

Technology – Emotion Photography

Students take photos of:

happy
calm
surprised

Create an emotion collage.

Engineering – Calm Jar

Create a glitter jar to represent thoughts settling.

Shake → thoughts busy

Still → thoughts calm

Art – Emotion Waves

Students draw waves showing different emotions.

Math – Feelings Graph

Class tracks emotions throughout the day using a bar chart.

Surf Soup®: Prana and the Floating Breath – Teacher /
Parent Guide

Grade / Age: Pre-K – Grade 2 (Ages 3–7)

Subjects / Focus: Social-Emotional Learning (SEL), Science &
Nature, Mindfulness, Calming / Sleep

Learning Goals

Teach emotional regulation through mindful breathing.

Encourage observation skills using waves, water, and floating
movement.

Promote calmness and restful sleep through guided breath
awareness.

Provide interactive discovery for repeated reading.

Discussion Questions

What happens to Koa’s wiggly feelings as he practices
floating breaths?

How do the waves in the water help him feel calm?

What do you notice in the hidden details (bubbles, hearts,
fish) on each page?

How could you use floating breaths when you feel restless or before bedtime?

Hands-On / SEL Activities

1. Ocean Wave Breathing: Practice slow “in... out... in... out” like waves.
2. Floating Fun: Lie on a soft surface, imagine rising and falling like waves.
3. Hidden Treasures Observation: Spot bubbles, hearts, and fish in illustrations.
4. Calm Before Sleep: Practice floating breaths for 1-2 minutes in your own bed, imagining gentle waves like Koa.
5. Reflection: Draw or share how they feel after practicing floating breaths.