

MY FRIEND BABA AND THE OCEAN OF LOVE
EDUCATOR GUIDE



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ABOUT THE VIDEO

Through beautiful watercolor animation, children meet Baba—a wise grey cat dressed like Fred Astaire—who gently guides a child through contemplative practices woven into everyday moments: waking up, going down the stairs, sitting quietly, spending time in nature, and going to sleep.

Runtime: 7 minutes | **Ages:** 4-10 | **By:** Clementine Moss

LEARNING OBJECTIVES

- Identify practices for cultivating present-moment awareness
- Recognize that feelings are temporary and can be observed without judgment
- Understand the connection between breath, body, and emotional regulation
- Explore the concept of interconnection with nature and others
- Practice finding inner stillness and peace

Aligned with CASEL Social-Emotional Learning Framework: Self-Awareness, Self-Management, Social Awareness

BEFORE VIEWING

Create a calm environment:

- Dim lights slightly if possible
- Invite students to sit comfortably
- Take three slow breaths together
- Say: "We're going to meet a very wise cat named Baba who teaches mindfulness. Notice what you feel in your body as you watch."

DISCUSSION QUESTIONS

Choose 2-4 based on time and age level

About Practice:

- What does Baba teach about the morning? How does the child practice being aware before thoughts come?

- What practices do Baba and the child do together?
- Baba swipes at the child on the stairs. What lesson is he teaching?

About Feelings:

- When the child feels sad, what does Baba say?
- What happened to the sad feeling when the child let themselves feel it fully?
- Have you ever noticed a feeling getting smaller after you let yourself really feel it?

About Connection:

- Baba says "Everything is made of magic dust—we're all the same sweet stuff." What does he mean?
- How does the child practice feeling connected to nature?
- What does Baba teach about the spider?

About Inner Peace:

- Baba talks about "a lake of stillness" inside. What do you think that means?
- When have you felt peaceful or still inside?
- What is "the ocean of love" that the child discovers?

EXTENSION ACTIVITIES

Baba's Morning Practice (5 min): Close eyes, breathe deeply filling belly, feel the space inside, release slowly. Notice how you feel.

Find the Quiet Space (Writing/Drawing): "Before thoughts come, there's a quiet space." Close eyes for 30 seconds. What do you notice? Draw or write about it.

We're All the Same Sweet Stuff (Science): Discuss: How are humans connected to trees, animals, nature? Explore atoms, ecosystems, interdependence.

Feelings Come and Go (Emotion Regulation): Create a Feelings Weather Chart: Draw how emotions are like weather—they come, stay awhile, and move on.

The Spider Perspective (Empathy): Pick an animal you usually don't like. Imagine: What's it like to be them? What do they need? How are they like you?

Heart Check-In (Daily Practice): "Where's the sky inside your heart? The quiet in your heartbeat?" Start or end each day with this check-in.

WHEN TO USE THIS VIDEO

- ✓ Morning meeting or circle time opener

- ✓ After recess or high-energy activities (transition tool)
- ✓ During SEL lessons on emotions, self-awareness, or empathy
- ✓ Before tests or challenging activities (calming/centering)
- ✓ End-of-day closing ritual
- ✓ When students are experiencing difficult emotions

FOR PARENTS

Send this video home! It's perfect for bedtime calm-down routines, weekend family mindfulness practice, times of transition or stress, and teaching emotional vocabulary and regulation.



This resource is offered as a gift to support children's wellbeing. Free for educational use. Please share widely.

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