

Ups And Downs A Book Of Emotions

by WOHNOUTKA, MIKE

Ups And Downs A Book Of Emotions

From delight to disgust, excitement to fear, worry to confidence,

boredom to curiosity, feelings can shift in a heartbeat. Mike Wohnoutka?s simple words and tender, nuanced illustrations follow

three young children as they traverse emotional highs and lows over the course of a school day. The wide spectrum of emotions covered?far beyond happy and sad?invites readers to share their own contradictory, unpredictable, ever-present feelings. Vetted by an expert in the science of children?s emotions, this day in the inner life of three kids encourages first steps toward emotional literacy and is a satisfying narrative that ends with the adorable trio converging after school in the park?ready for play!

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