

Ups And Downs A Book Of Emotions

by WOHNOUTKA, MIKE

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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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