

## 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!

**Price:** \$12.99 (Top Price is \$29.99)  
**Stock:** Plenty Of Stock  
**Item Code:** UPSDOEM

---

**ISBN:** 9781536227376  
**Book Format:** Hardcover  
**Pages:** 32  
**Dimensions:** H 275mm x W 235mm x D 10mm  
**Weight:** 422g

---

