



Ups and Downs: A Book of Emotions

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 invites readers to share their own contradictory, unpredictable, ever-present feelings and gives them a vocabulary for naming—and managing—their emotions.

Use *Ups and Downs* in your classroom to open up discussion about emotions and encourage first steps toward emotional literacy.

HC: 978-1-5362-2737-6 • Also available as an e-book

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- As you read the book, talk about what's happening in each illustration and why it might make the character feel the emotion described.
- Point out the facial expressions and body language of the characters and talk about how they are clues that help us figure out how someone might be feeling.
- Encourage children to share stories of times when they felt the way the characters in the book are feeling.
- Create a list of the many emotions students have felt that day and ask them to choose one and illustrate it.



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