

Tummies Flip, Hearts Skip

A Book About How Feelings Feel

Kris Downing
illustrated by Vivian Mineker



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To my sons, Daniel and Alex, who bring me so much joy and adventure.—KD

For Mat—who makes me feel everything, all at once, and reminds me why it matters.—VM





Sometimes you feel **happy**.

Sometimes you feel **sad**.



Everybody feels these emotions—and other emotions too.
You can feel emotions in your mind *and* in your body.

The feelings in your body are sensations. Noticing them can help you understand your emotions and feel better when you need to.

Where do you feel ***happy*** inside?

Does your chest feel warm where your heart is thumping?



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