

EMOTIONS

Exploring Idioms and Expressions for Emotions



EXPLORING YOUR



EMOTIONS

by learning how to express them creatively in English



Lesson Objectives

1

Learn some
common English
idioms about
emotions.

2

Explore
the meanings of
emotion-related
idioms.

3

Use idioms in
sentences to
better express
emotions.

What are Idioms?

- Idioms are phrases with meanings that differ from their literal interpretation.
- Idioms enrich language and help express emotions vividly.



Idioms for Happiness

- **Over the moon** – Delighted.
- **On cloud nine** – Euphoric.
- **Walking on sunshine** – Elated.
- **Jump for joy** – Excited.



Idioms for Sadness

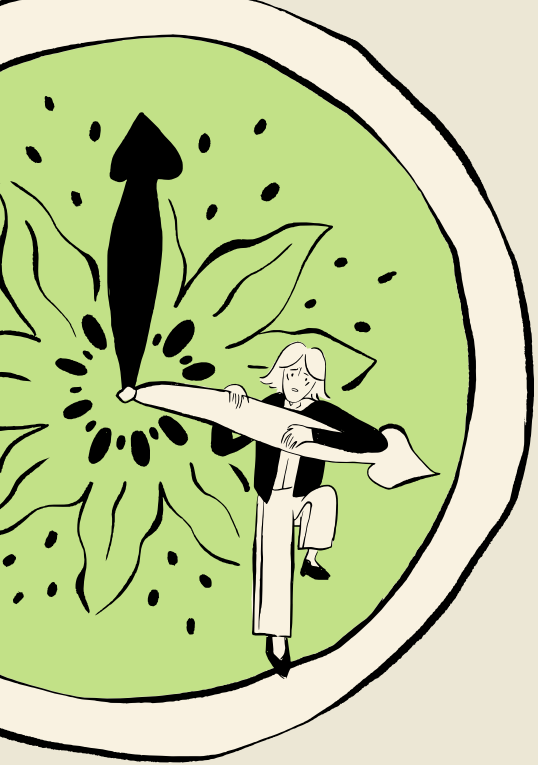
- **Down in the dumps** – Feeling sad.
- **Feeling blue** – Feeling depressed.
- **Have the blues**– Experiencing sadness.





Idioms for Anger

- **Hit the ceiling** – Extremely angry.
- **Flew off the handle** – Intense anger.
- **Blew a fuse** – Sudden anger.
- **Bent out of shape** – Becoming upset.



Idioms for Nervousness & Anxiety



NERVOUSNESS



- **On pins and needles**– Nervous about something upcoming.
- **Sweating bullets**– Feeling very nervous.
- **Heart in your mouth**– Feeling tense or anxious.

ANXIETY

- **Butterflies in my stomach** – Feeling anxious.
- **A bundle of nerves**– extremely nervous or anxious.
- **On edge**– Feeling tense or anxious.

Idioms for Fear

- **Scared stiff** –Extremely frightened.
- **Shaking in your boots** – Trembling with fear.
- **Heart skips a beat**– Feeling sudden fear.
- **Afraid of your own shadow** – Easily scared.



Idioms for Calmness

- **Cool as a cucumber**—Calm and composed.
- **Steady as a rock** — To remain calm dependable, and unshaken.
- **Keep a level head**— To stay rational and calm in challenging situations.
- **Take a breather** — To pause and relax for a short time.





Finish the Sentence



Let's use a few of these expressions to complete the sentences below.

1. Before the big performance, I had butterflies _____.
2. She was so angry about the mistake that she hit _____.
3. During the stressful meeting, he stayed as cool as _____.
4. When the results were announced, she was on pins _____.



Group Discussion



Discuss this presentation and share a couple of idioms you've heard or used to express emotions.



Let's Recap

Recap:

- Idioms make language colorful and help express emotions effectively.

Call to Action:

- Try using idioms in your daily conversations!





Thank You!