

Std.9th

## Activity No. 02

To enable the students to communicates feelings of



The most common way to say you are sad is to use:

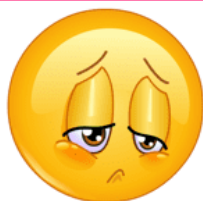
Be sad  
Feel sad

Or

Be unhappy  
Feel unhappy

He was unhappy about not winning the contest.

I feel sad because you don't listen to me well.



# Informal ways of expressing you are happy or sad

**Be down**

**I was a little down**  
when you laughed  
at my mistake.

Or

**Feel down**

**I feel down** about  
my test results.



# You can express stronger feeling of

## sadness:

**Be upset**

**I am very upset**  
you lied to me again.

Or

**Feel upset**

**He felt upset** that  
he got last place  
in the competition.



# You can express different kinds of sadness:

Or

**Be gloomy**

She is **gloomy** these days since she got fired from her job.



**Feel gloomy**

The rainy weather makes me **feel gloomy**.

## Be feeling blue about...

**Jack is feeling blue about his relationship with his friend.**



## Formal:

- 1) I'm (so) sorry to hear that
- 2) That's too bad.
- 3) What can I do to help?

## Examples:

- I'm sorry to hear that.
- What can I do to help?
- That's too bad.
- Would you like to talk about it?



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