

Std.9th

Activity No. 02

To enable the students to communicate feelings of



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

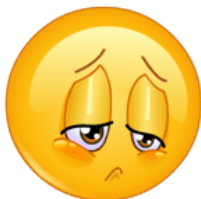
Be sad
Feel sad

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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