

HappySadHappySad

1. Read the metaphor note. Can you put the following expressions in the right column, happy or sad?

METAPHOR NOTE

In English, feeling happy is like being high up or moving upward. Feeling sad is like being low down or like falling.

- *I'm feeling quite down actually.*
- *The news really lifted my spirits.*
- *My heart sank when the phone rang.*
- *Things are looking up today.*
- *He was in the depths of despair.*
- *Don't look so down in the mouth!*
- *Since the phone call, I've been walking on air.*
- *I've been really low recently.*
- *Cheer up!*
- *My spirits rose when I opened the mailbox.*

HAPPY	SAD

2. Being high up or low down are not the only metaphors for happy and sad. Look at the examples on the next page. Pay attention to the words in bold. Can you complete the metaphor box below?

METAPHOR NOTE

In English, happiness is like _____ and

sadness is like _____.

HAPPY	SAD
<i>The future looks bright.</i>	<i>I've been in a black mood all morning.</i>
<i>Her eyes shone with delight.</i>	<i>I was feeling blue last night.</i>
<i>The baby looks radiant in this picture!</i>	<i>I was in the depths of despair.</i>
<i>Every time I see her, my face lights up.</i>	<i>I'm afraid the situation looks very bleak.</i>
<i>The announcement brightened up the whole day for me.</i>	<i>It's a very gloomy city.</i>

3. Bright vs. Bleak

Work with a partner. One person is Bright, the other is Bleak. Read the notes and have a conversation.

You are Mr. or Mrs. Bright

You are happy about a lot of things.

You love your job. You work with really nice people.

Your son just got married. His future looks **rosy**.

Your wife/husband doesn't have a job, but things are **looking up**.

Your favourite football team won the World Cup and you are **walking on air**.

You found some money on the street today.

You meet your friend, Mr. or Mrs. Bleak, in the street. Find out how he/she is. Ask about his/her work, family and other things in his/her life. When you talk about your life, try to use the expressions in **bold**.

You start the conversation: **Hi! How great to see you again! How's work?**

You are Mr. or Mrs. Bleak

You are unhappy about a lot of things.

You hate your job. You think you will probably soon be fired.

Your daughter just got married. You don't think it will last long, and you think your son-in-law is a **gloomy person**.

Your wife/husband doesn't have a job, she/he is in **very low spirits** about this.

You supported a team that didn't do very well in the World Cup. You have been **blue** about this for some weeks now.

You lost your wallet in the street today.

When you talk about your life, try to use the expressions in **bold**.

You meet your friend, Mr. or Mrs. Bright, in the street. Find out how he/she is. Ask about his/her work, family and other things in his/her life.

Mr/Mrs. Bright will start the conversation.

Happy and Sad teaching notes

by Lindsay Clandfield

This is a vocabulary and idiom lesson for intermediate students and above. The aim is to highlight the metaphorical meanings of several words and phrases related to the emotions of happiness and sadness. The emphasis is on meaning, with an activity to incorporate these expressions into use.

Stage One

Tell students to write down on a piece of paper three things that make them happy and two things that make them sad. Then tell them to stand up and find someone whose answer most closely matches their own. Tell them to sit with that person or people for the rest of the class. What things made people happy and sad? Was there anything that lots of people had written down? Ask the students.

Stage Two

Distribute the worksheet and read out the metaphor note. Go through the first one or two examples, explaining what they mean. Students must then classify the other sentences as Happy or Sad. Check back answers as a class and clarify expressions that they don't understand.

ANSWERS:

HAPPY: *The news really lifted my spirits. Things are looking up today. Since the phone call, I've been walking on air. Cheer up! My spirits rose when I opened the mailbox.*

SAD: *I'm feeling quite down actually. My heart sank when the phone rang. He was in the depths of despair. Don't look so down in the mouth! I've been really low recently.*

Stage Three

Tell students to look at the vocabulary box on the next page. In this exercise the language has already been categorised and highlighted, but the students must discover the common metaphor. Ask them to work in pairs and go through the expressions, checking the words in bold in a dictionary if they don't understand. Then tell them to complete the metaphor box on page one. Are these metaphors the same in the students' language? With a monolingual class you could ask your students to translate a few. Do they "work" in the students' language? Are there any other metaphors for happiness that exist in the students' language?

ANSWER: *In English, happiness is like bright light or bright colours and sadness is like darkness or dark colours.*

Stage Four

This is a mini role play to get the students to use some of the language they have learned. Give each student a card. Set a time limit on the activity and go over mistakes you hear. Get students to switch roles and partners and repeat the activity.