

Ups and downs

1. Complete the idioms with the words below and then divide them into two categories: happy and not so much. When you have finished compare with your partner.

Bits, blue, day, dumps, feeling, heaven, moon, out, pink, sorts, throat, world

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| <ol style="list-style-type: none"> 1. To be down in the _____ 2. To be in seventh _____ 3. To be out of _____ 4. To be over the _____ 5. To be thrilled to _____ 6. To be tickled _____ 7. To cry one's eyes _____ | <ol style="list-style-type: none"> 8. To feel _____ 9. To feel on top of the _____ 10. To have a lump in one's _____ 11. To have a sinking _____ 12. To make your _____ |
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2. Complete the idioms with the missing words again (test your memory, don't look at exercise 1) and then interview other students to try and find someone in the classroom:

- Who cried their _____ out when they watched Titanic
- Who _____ on top of the world when they do physical exercise
- Who has a lump in their _____ when they listen to sad pop songs
- Who has a sinking _____ before every exam or a visit to the doctor
- Who is in _____ heaven when they are given chocolate
- Who is often down in the _____ because of the weather
- Who is out of _____ when they are away from home for a long period of time
- Who is _____ to bits when they go camping
- Who is tickled _____ when their grandparents come and visit
- Who often feels _____ for no reason
- Whose friends have recently made their _____ by doing something surprising and unexpected for them