

From Under the Weather to Over the Moon: 4 Feeling Idioms

English learning resource · EN

Full episode script · English

84 lines

Study task: Listen again and notice the expressions you studied.

Martin, you do not look very happy today.

Are you all right?

I am fine emotionally, Julia.

I am just a little under the weather.

Under the weather?

But we are indoors.

Very funny.

It means I am feeling slightly ill.

Good.

Because I have news that may take you from under the weather... to over the moon.

That is quite an emotional journey.

Welcome to Your English Toolbox and Practice Arena Five-Minute English.

I am Martin.

And I am Julia.

Today we are exploring lesson one of our free idioms course: Feelings and Emotions.

The course is a clear path through twenty-five lessons and one hundred useful idioms. Each lesson introduces four expressions in a natural dialogue, then helps you understand their meanings, grammar, common mistakes, and real examples.

You can listen at different speeds, practise with interactive activities, review older idioms, and download the lesson resources.

To find it, visit Your English Toolbox dot com slash idioms, or open the direct link to the free course in this episode's description.

Today's four expressions are under the weather, down in the dumps, over the moon, and on cloud nine.

Listen first, then practise with us.

So, Julia, what is your big news?

First, tell me about your weekend.

You cancelled dinner on Saturday.

Yes.

I was under the weather, so I stayed at home.



Was it serious?

No, just a headache and very little energy.

That is important.

Under the weather normally means slightly ill, not seriously ill.

We often say, "I feel under the weather."

I thought you were down in the dumps because your driving test did not go well.

I was.

Down in the dumps means unhappy, discouraged, or emotionally low.

So under the weather describes health; down in the dumps describes mood.

Then I called you on Sunday with the news.

Yes.

You told me that I had passed the test after all.

There had been a mistake with the results.

And suddenly?

I was over the moon.

Meaning extremely happy and excited.

You also told me, "I am on cloud nine."

I did.

On cloud nine also means extremely happy.

Martin, are over the moon and on cloud nine exactly the same?

They are very close.

Both express intense happiness.

We can say, "She was over the moon when she got the job." Or, "She was on cloud nine."

Notice the grammar.

We say, "I am over the moon."

And, "I am on cloud nine." No article.

Not "on the cloud nine."

Time for a quick challenge.

Say the best idiom before Julia answers.

Situation one.

You have a cold, but it is not serious.

Under the weather.

Situation two.

Your friend feels sad and discouraged after failing an exam.

Down in the dumps.



Situation three.

You receive wonderful news and feel extremely happy.

Over the moon.

On cloud nine could work too.

Sometimes English gives us more than one natural answer.

Final situation.

Complete the sentence: "Since the wedding, they have been..."

On cloud nine.

Now think about this week.

Have you been under the weather or down in the dumps?

Or has something left you over the moon or on cloud nine?

Complete one sentence aloud: "This week, I have been blank because blank."

Quick recap.

Under the weather means slightly ill.

Down in the dumps means sad or discouraged.

Over the moon and on cloud nine both mean extremely happy.

Continue with Idioms Lesson One, Feelings and Emotions, through the direct link in this episode's description.

Four expressions.

One emotional journey.

About five minutes of clear Slow English.

See you next time.

And Martin, get some rest.

I will.

But passing that test still has me on cloud nine.

