

14 idioms para decir cómo estás de verdad

Ficha 2 de 3 · Ficha 2 · cuando no puedes más: at the end of your tether, take it to heart, let off steam y snap at someone

LA REGLA

Con los sentimientos, el adjetivo se queda corto: happy y sad valen para todo y no dicen nada. Estos catorce son los que usa un nativo para decir cuánto y por qué.

¡Ojo! — el fallo típico. Traducir la imagen. En español y en portugués la alegría te pone en las nubes y en italiano en el séptimo cielo; en inglés te pone sobre la luna: over the moon.

1

Don't shout at the children — try not to lose your

☐ temper ☐ nerves ☐ patience temper ☐ anger

2

After three sleepless nights with the baby, she's at the end of her

3

Don't take it to : he criticises everyone's work, not just yours.

☐ heart ☐ the heart ☐ chest ☐ personal

4

I go running after work to let off

5

She out when she saw the size of the spider.

☐ freaked ☐ freak ☐ freaks ☐ freaked off

6

out — the train is not until eight.

☐ Chill ☐ Chilled ☐ Cold ☐ Chill down

7

Sorry I at you this morning; I

hadn't slept.

8 Une cada situación con el idiom que le pega.

down in the dumps · got cold feet · over the moon · snapped at her

The wedding was in two days and he cancelled it	
She has been quiet and tired for weeks	
He answered his colleague badly and apologised later	
They finally got the flat they wanted	

9 ¿Tiene equivalente casi literal en tu idioma? Reparte.

at the end of your tether · butterflies in your stomach · down in the dumps · get cold feet · gutted · let off steam · over the moon · take it to heart

translates almost word for word	no literal equivalent

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Soluciones · ficha 2 de 3

Recorta o dobla esta página antes de dar la ficha.

- 1 Don't shout at the children — try not to lose your temper.
- 2 After three sleepless nights with the baby, she's at the end of her tether.
- 3 Don't take it to heart: he criticises everyone's work, not just yours.
- 4 I go running after work to let off steam.
- 5 She freaked out when she saw the size of the spider.
- 6 Chill out — the train is not until eight.
- 7 Sorry I snapped at you this morning; I hadn't slept.
- 8 The wedding was in two days and he cancelled it → got cold feet · She has been quiet and tired for weeks → down in the dumps · He answered his colleague badly and apologised later → snapped at her · They finally got the flat they wanted → over the moon
- 9 translates almost word for word: butterflies in your stomach, take it to heart · no literal equivalent: over the moon, gutted, get cold feet, at the end of your tether, let off steam, down in the dumps