

There are many ways of expressing **happiness**. You might try using some of those listed below to add variety to your writing. Check out the panel at **sadness** for ideas on how to express the opposite emotion.

being happy

be walking on air
be on cloud nine
be as happy as a sandboy
be as happy as the day is long
be in seventh heaven
be as pleased as Punch
be on top of the world

be thrilled to bits
be as happy as a pig in muck
be as happy as Larry
be full of the joys of spring
be over the moon
be in high spirits
be tickled pink

making someone happy

do someone's heart good
make someone's day

warm the cockles of someone's
heart