

Summary

Sometimes we get out of bed in a rush and we don't look or feel great. Discover a phrase that describes this kind of day, and then get a brush and do something about your hair!

Transcript

Jiaying

Welcome to The English We Speak with me, Jiaying...

Neil

{GRUMPY} And me, Neil.

Jiaying

What's wrong, Neil – you don't sound that happy?

Neil

I'm not. I went to bed late and this morning, I overslept. It's all been a bit of a rush and I haven't even had time for my morning coffee.

Jiaying

Oh dear, Neil. I guess that explains it.

Neil

Explains what?

Jiaying

Why you are a mess – your clothes are scruffy, you've got food stuck to your beard and your hair!

Neil

What about my hair?

Jiaying

It's not very.... tidy.

Neil

Am I having a **bad hair day**?

Jiaying

I think you are! A **bad hair day** describes a day when everything goes wrong, just like there are days when your hair is a mess. Don't worry Neil – you're not alone – listen to these people....

Examples

Today's a **bad hair day** for me – I feel a complete mess.

Oh no! I've got an interview today, and it's a **bad hair day**.

I'm having a **bad hair day** – I think I'll go back to bed!

Jiaying

This is The English We Speak from BBC Learning English and we're talking about a **bad hair day** – a phrase that describes a day when you feel and look messy, especially because of your hair. It can also be used to describe a day that doesn't go well. Oh, Neil, I think you better go and tidy yourself up.

Neil

Really? But I'll need your help.

Jiaying

Do you need a brush?

Neil

No, I need a cup of coffee.

Jiaying

OK. If that will help to make your **bad hair day** become a good hair day.

Neil

It will. Thanks.

Jiaying

Bye.

Neil

Bye.