



# Do you know what 'under the weather' means?

When we say we 'feel under the weather' we mean that we don't feel our best and that we feel poorly.



## Origin - the story:

This phrase has nautical origins from at least two centuries ago.

If a sailor didn't feel well on board a boat, or was seasick, he would be sent below deck to recover so that he could be away from the weather.

**Example:** "You look under the weather today, is there anything I can do?"

