

# 1. The Most Basic Way (A1 Level)

## ✓ Asking Age

- How old are you?
- How old is she/he?
- How old is your brother?

## ✓ Answering

- I am 20 (years old).
- She is 15.
- He is 30 years old.

👉 “Years old” is optional in casual speech.

- ✓ I’m 25.
- ✓ I’m 25 years old.

Both are correct.

## 2. Slightly More Natural (A2 Level)

### Instead of repeating numbers:

- I just turned 18. (It was recently my birthday.)
- I'm turning 30 next month.
- She just turned 40.

### Talking about someone's age indirectly:

- He's in his twenties. (20–29)
- She's in her thirties.

- They're in their early forties. (40–43 approx.)
- mid-twenties (24–26 approx.)
- late thirties (37–39 approx.)

Example:

- I'm in my late twenties.

### 3. More Polite or Indirect (B1 Level)

Sometimes asking age directly can be rude, especially with adults.

#### **Polite alternatives:**

- Do you mind me asking how old you are?
- May I ask your age?
- What year were you born?

## Talking about age without saying the number:

- I'm nearly 40.
- I'm almost 50.
- I'm pushing 60. (informal – getting close to 60)
- I'm over 30.
- I'm under 25.

## 4. Describing Age Stages (B1–B2)

### Childhood & Youth

- a toddler
- a teenager
- a young adult
- a minor
- underage

Example:

- She's still a teenager.

# Adulthood

- middle-aged
- in early adulthood
- of working age
- retired

Example:

- He's middle-aged but very energetic.

## 5. Advanced & Natural Expressions (B2–C1)

- Talking About Aging
- I'm not getting any younger.
- Age is just a number.
- I'm old enough to know better.
- I'm too old for this.
- I'm at that age where...
- I'm at that age where I prefer staying home.

## 6. Idioms About Age

Here are some nice idioms 

### 1. Over the hill

Meaning: Getting old (usually after 40 or 50)

He just turned 50 — he says he's over the hill now.

### 2. No spring chicken

Meaning: Not young anymore

She's no spring chicken, but she runs every day.

### **3. Act your age**

Meaning: Behave appropriately for your age

Stop being silly and act your age!

### **4. Young at heart**

Meaning: Mentally or emotionally young

My grandmother is 80 but young at heart.

## **5. Of a certain age**

Polite way to say “not young anymore”

She’s a woman of a certain age.

## **6. In the prime of your life**

Meaning: At your best age (often 25–40)

You’re in the prime of your life — enjoy it!

## 7. Very Advanced / Literary

- Advancing in years
- Well into his seventies
- Barely out of his teens
- On the wrong side of 40 (past 40)

Example:

- He's well into his eighties but still works every day.

## **Important Cultural Note**

In English-speaking cultures:

Asking a woman's age directly can be considered rude.

In professional settings, age questions are often inappropriate.