This paper examines emotion concepts of SADNESS and HAPPINESS in Kiswahili, a Bantu language spoken in Eastern Africa. Following Lakoff and Kövecses (1989), linguistic expressions for SADNESS and HAPPINESS were collected from both written and oral discourses. These expressions were analyzed using the metaphor identification process (MIP) in order to determine whether they are metaphorical. Applying MIP procedure, which was proposed by Pragglejaz group (2007), Kiswahili metaphorical (as opposed to literal) expressions of SADNESS and HAPPINESS were determined, and the source domains that informs these expressions, established.