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Title

Idioms Booklet Your Guide to Understand and use Idioms

كتيب التعابير الاصطلاحية دليلك لفهم التعابير الاصطلاحية واستخدامها



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الجامعة الإسلامية في مينيسوتا
Islamic University of Minnesota

Idioms Booklet

Your Guide to Understand and Use Idioms

Prepared by
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Dr. Tamer Al-Jarrah

General Supervision
Islamic University of Minnesota
USA- Main Branch

2025



إهداء

- إلى أول من أطلق صافرة انطلاق رحلتي
(أبي رحمه الله تعالى).
- إلى من صفقت لخطواتي الأولى حين ركضت
(أمي حفظها الله).
- إلى أولادي الذين كانوا يفخرون بجهدي فأزدد
ثباتاً نحو هدفي.
- إلى دكاترتي الأفاضل الذين اعطونا خلاصة
علمهم و حصاد سنين معرفتهم، وأخص بالذكر
د.محمود النمر رمز الدعم والتحفيز، وكذلك
د. تامر جراح عميد قسم اللغة الانجليزية
والترجمة ، بالاضافة الى د. طارق مسرات،
د. محمود طعامنة و د. غاده رشاد..
- إلى صديقاتي المقربات وجميع زملاء الدراسة
وخاصة (رائدة هاشم، عيني اليمنى)، وكذلك
غادة الجلامنة ولمياء فضل.
- إلى جامعتي التي أفخر بها دوماً وأعضاءها الكرام
- كما أهدي كتابي هذا لكل من أحسن ظنه
في، وآمن بقدراتي وامكانياتي، وكان له الفضل
بعد الله في الوصول الى ما أنا عليه الان.

فتحية تقدير واحترام لقلوبكم النقية.

أمينة طلحة
Amina

DEDICATION

- * To the first one who sounded the whistle to start my journey (my father, may Allah have mercy on him).
 - * To the one who applauded my first steps as I ran (my mother, may Allah protect her).
 - * To my children, who took pride in my efforts and strengthened my resolve towards my goal.
 - * To my esteemed professors who shared the essence of their knowledge and the results of their years of expertise, especially: Dr. Mahmoud Al-Nimr, a symbol of support and motivation, in addition, Dr. Tamer Al-Jarrah, Dean of the English Language and Translation Department, as well as Dr. Tarek Masarat, Dr. Mahmoud Taamneh, and Dr. Ghada Rashad...
 - * To my close friends and all my fellow students, especially (Raïda Hashem, my right eye), Ghada Al-Jalamneh, and Lamia Fadul.
 - * To my university, of which I am always proud, and its honorable members.
 - * I also dedicate this book to everyone who had deep faith in me, believed in my abilities and potential, and played a role, after Allah, in helping me reach where I am today.
- With respect and admiration for your pure hearts.

Sincerely
Amina Talha



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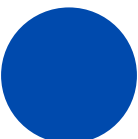
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IDIOMS BOOKLET

BY: AMINA TALHA

Welcome to the Idioms Booklet, your practical companion for exploring some of the most expressive and widely used idioms in English.

This booklet is organized into thematic chapters covering idioms related to emotions, relationships, success, daily life, and other areas of everyday communication. You will find clear explanations, examples, and engaging content to help you understand and use idioms naturally.

We hope this book inspires you to enrich your English and enjoy learning every step of the way.

AMINA TALHA





About the booklet

This booklet is carefully designed to introduce you to a wide range of idioms grouped by real-life themes such as:

- Idioms about feelings and emotions, love and relationships, success and failure, daily conversation, time, weather, and relationships.

Each chapter includes:

- A short story or dialogue using the idioms naturally.
- A table of idioms with figurative meanings and example sentences.
- A set of interactive exercises to ensure you not only understand each idiom but also use it confidently in context.

Whether you're a student, teacher, or self-learner, this booklet offers both practice and insight into the richness of English idiomatic expression.

We hope you enjoy the journey and find this booklet both useful and inspiring.

WHAT IS AN IDIOM?



Idioms are fixed phrases with figurative meanings that cannot be understood by translating each word literally. For example, "spill the beans" means to reveal a secret.

They are an essential part of English because they make language richer, more natural, and more engaging.



Benefits of Learning Idioms

- Enhance Communication by making your speech clear and vivid.
- Sound More Natural and speak like a native speaker.
- Improve Comprehension to understand real English easily.
- Add Personality and give your words unique style.
- Boost Vocabulary by learning new expressions.
- Increase Confidence and feel more fluent.
- Make Learning Fun with interesting idioms.



EVERYDAY LIFE IDIOMS PART

W
N
O

- At Home
- At Work
- At School / University
- At Shopping
- Money Matters





Read the dialogue carefully and pay attention to the idioms used.

Good morning, Amal! You look tired today.
What's up?

Amal: I **hit the sack** really late last night because I was **burning the midnight oil** to finish my project.



Mom: Oh dear! You always **bite off more than you can chew**. You should **take it easy** sometimes.

Amal: I know, Mom. but I didn't want to **let things get out of hand**.



Mom: I understand, but remember, **Rome wasn't built in a day**. You can't do everything at once.

Amal: You're right. I guess I need to learn to **call it a day** when I'm too tired.

Mom: That's the spirit! Now, how about some breakfast to **recharge your batteries**?





After reading the dialogue, check the table below and try to recognize and practice these idioms in your daily life.

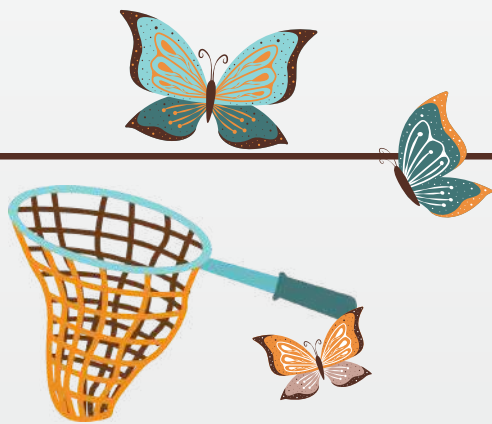


Table of Idioms

Idiom	Meaning	Sentence
Hit the sack	Go to sleep	I'm tired, so I'll hit the sack now.
burning the midnight oil	Working late at night	He kept burning the midnight oil to study for the exam.
Bite off more than you can chew	Take on too much work	I try not to bite off more than I can chew at work.
Take it easy	Relax	You look stressed; take it easy today
Let things get out of hand	Lose control of a situation	Don't let things get out of hand at the party
Rome wasn't built in a day	Big things need time	Be patient, Rome wasn't built in a day
Call it a day	Stop working	I'm tired; let's call it a day
Recharge your batteries	Rest and get energy back	I need to sleep to recharge my batteries



Exercise 1



Fill in the blanks with the correct idiom

1. Last night, I had to _____ to finish my homework before the deadline.

- a- hit the sack
- b- burn the midnight oil
- c- bite off more than you can chew

2. You should not _____; you can't do everything by yourself.

- a- bite off more than you can chew
- b- hit the sack
- c- call it a day

3. I'm really tired now, so I'm going to _____.

- a- burn the midnight oil
- b- bite off more than you can chew
- c- hit the sack

4. Amal was so busy that everything started to _____.

- a- get out of hand
- b- call it a day
- c- hit the sack

5. You look stressed. Why don't you _____ for a while?

- a- take it easy
- b- burn the midnight oil
- c- bite off more than you can chew





Exercise 2

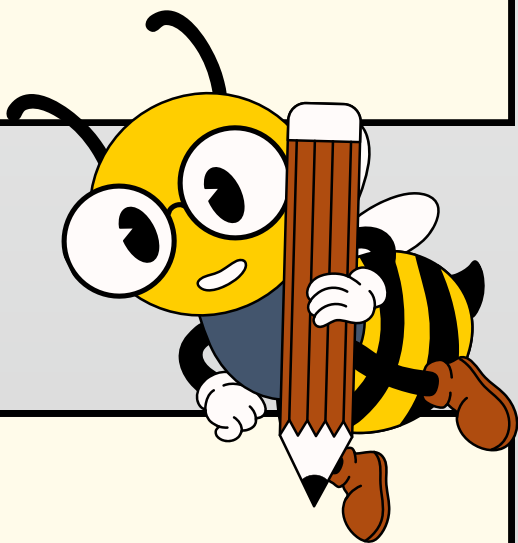


Match each idiom to the correct meaning.

Idiom

Meaning

- | | |
|------------------------------------|---------------------------------|
| 1. hit the sack | a. to work late into the night. |
| 2. burn the midnight oil | b. stop working |
| 3. bite off more than you can chew | c. relax |
| 4. call it a day | d. to go to bed. |
| 5. take it easy | e. to try to do too much |



Exercise 3

 Write your own sentence using each of these idioms:

Call it a day-----

Take it easy -----

Break the ice -----

-

Burn the midnight oil -----

-

Hit the sack -----



 Read the following phone call carefully between Sara (Team Leader) and Ali (New Team Member), notice how the work idioms are used in context.

Sara: Hi Ali, how's your first week going?

Ali : Pretty well, thanks! I'm still **learning the ropes**, but settling in.

Sara: Great to hear. You're already **pulling your weight** and bringing **out of the box** ideas.

Ali: I'm glad. I want to help the team **stay ahead of the curve**.

Sara: That's the spirit. I'll **keep you in the loop** on the project updates.

Ali: Perfect. Ready to **get the ball rolling** on the proposal.

Sara: Awesome. Sounds like you've moved on from that **dead end job**!

Ali: Definitely. Thanks for the support!





After reading the phone call , review the table below and try to identify and practice these idioms in your daily work life.

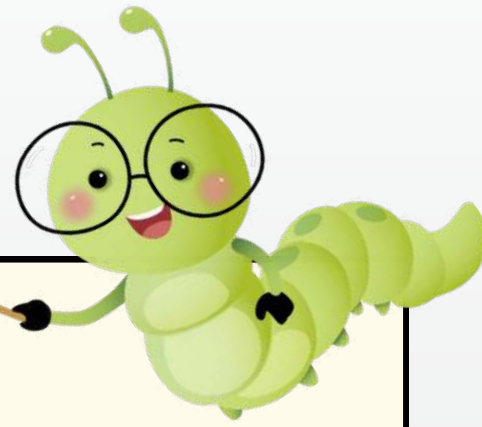


Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Learning the ropes	Getting familiar with a new job or task.	She’s still learning the ropes in her new job.
Pulling your weight	Doing your fair share of work.	If you don’t start pulling your weight, the whole team will suffer.
Out of the box	Creative and original thinking.	We need an out-of-the-box solution.
Stay ahead of the curve	Be more advanced than others.	The company invests in technology to stay ahead of the curve.
Keep (someone) in the loop	Keep someone informed.	I’ll keep you in the loop about the updates.
Get the ball rolling	Start something.	Let’s get the ball rolling on the project.
Dead end job	A job with no future.	He left his dead-end job to follow his passion.



Exercise 1



Fill in the blanks with the correct idiom

1. Ali is encouraged to bring _____ to help the team solve problems creatively.

- a) learning the ropes
- b) keep you in the loop
- c) out of the box ideas

2. The company wants to stay _____ by adopting the latest technology before competitors.

- a) dead end job
- b) ahead of the curve
- c) pulling your weight

3. Sara promised to _____ regarding any updates about the project.

- a) get the ball rolling
- b) keep you in the loop
- c) out of the box ideas

4. Ali finally left his _____ because there was no opportunity for promotion.

- a) dead end job
- b) keep you in the loop
- c) pulling your weight

5. Let's _____ on the new proposal so we can finish it on time.

- a) get the ball rolling
- b) learning the ropes
- c) ahead of the curve



Exercise 2



Match each idiom to the correct meaning.

Idiom	Meaning
1. pulling your weight	a. getting familiar with a new job or task.
2. keep (someone) in the loop	b. keeping someone informed about updates
3. ahead of the curve	c. thinking creatively
4. learning the ropes	d. being more advanced
5. out of the box	e. doing your fair share of work



Exercise 3

Complete each sentence by choosing the correct idiom from the list:

dead end job, keeps me in the loop, pulling his weight, out of the box, learning the ropes.

1. During his first week, Ali was _____, trying to understand how everything worked.
2. He proved that he could handle responsibilities and was _____ in every team project.
3. Many people leave a _____ to find better opportunities.
4. In the brainstorming session, Ali suggested some _____ ideas that impressed everyone.
5. Sara always about project updates.



Read the following story carefully about Lina and Mona (University Students) and notice how the school/university idioms are used in context.

Final weeks

It was finals week, and Lina felt the pressure. She knew she had to **hit the books** if she wanted to succeed. After hours of studying, she began to feel completely **burned out**.

Her friend Mona encouraged her: “Don’t worry, Lina. You can **pull an all-nighter** tonight and still **ace the exam** if you focus.”

Lina sighed. “I hate to **wing it**, but I didn’t finish all the assignments. I guess I’ll have to **cram**.”

During the exam, some questions were tricky, but Lina managed to **think on her feet** and answer them correctly.

She knew that if she hadn’t studied well, she might have **dropped the ball**. Afterward, she realized that **practice makes perfect**.

She promised herself she would never **put off until tomorrow what she can do today** again, even if it meant occasionally **burning the midnight oil**.

By the end of the week, Lina felt proud — she had survived finals and had truly **come through**.





After reading the story , review the table below and try to identify and practice these idioms in your everyday academic activities.



Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Hit the books	To study hard	I need to hit the books tonight because the exam is tomorrow.
Burned out	Feeling exhausted	After studying for five hours, I felt completely burned out.
Pull an all-nighter	To stay awake all night studying or working.	She had to pull an all-nighter to finish her homework.
Ace the exam	To succeed with excellent results.	If you study well, you can ace the exam.
Wing it	To do something without preparation.	I didn't prepare my speech, so I had to wing it.
Cram	To study intensively in a short period of time.	He crammed for the test the night before.
Think on your feet	To make quick decisions under pressure.	During the debate, she had to think on her feet.



Table of Idioms

Idiom	Meaning	Sentence
Drop the ball	To fail or make a mistake.	I really dropped the ball on my project.
Practice makes perfect	Repeated practice leads to improvement.	Don't worry if you make mistakes; practice makes perfect.
Put off until tomorrow what you can do today	Don't delay	Don't put off until tomorrow what you can do today.
Burn the midnight oil	To work late into the night.	I burned the midnight oil to finish my essay.
Come through	To succeed in a difficult situation.	She really came through and helped us at the last minute.





Exercise 1

Fill in the blanks with the correct idiom

1. I need to _____ tonight if I want to pass the math test.

- a) drop the ball.
- b) hit the books.
- c) wing it.

2. After three exams in one day, I felt completely _____.

- a) pull an all-nighter.
- b) burned out.
- c) come through.

3. He didn't prepare at all and had to _____ during the quiz.

- a) cram
- b) burn the midnight oil
- c) wing it

4. She studied hard and managed to _____ in the physics exam.

- a) put off until tomorrow what you can do today.
- b) ace the exam.
- c) think on her feet.

5. Always remember: Don't _____.

- a) drop the ball.
- b) put off until tomorrow what you can do today.
- c) come through.



Exercise 2

Match each idiom to the correct meaning.

Idiom

Meaning

1. hit the books

a. to study intensively in a short period of time.

2. burned out

b. to do something without preparation.

3. wing it

c. feeling exhausted or overwhelmed.

4. cram

d. to make quick decisions under pressure.

5. think on your feet

e. to work late into the night.

6. burn the midnight oil

f. to study hard.



Exercise 3

True or False

1. Cramming a little every day is better than studying everything the night before. ()

b. She had to think on her feet to answer the tricky questions in class. ()

c. If you put off until tomorrow what you can do today, you finish tasks on time. ()

d. Practicing every day will not help you improve. ()

e. She stayed up late to burn the midnight oil for her project. ()

f. I can wing it without any preparation and still get perfect results. ()



Read the following dialogue carefully between Fatima and her friend Abeer and pay attention to how the shopping idioms are used in context.

A Day of Shopping Adventures

Fatima: Let's go to the new mall today and **shop till we drop!**

Abeer: Sure, but remember, I'm **on a shoestring budget.**

Fatima: No problem, we can start with some **window shopping.**

Abeer: Look at that bag — it **costs an arm and a leg!**

Fatima: Yeah, what a **rip-off.** Let's skip it.

Abeer: I'd rather go **bargain hunting.**

Fatima: Good idea! Oh, these sneakers are half price. That's a really **sweet deal!**

Abeer: Perfect for me. And you?

Fatima: I'm a bit of a **big spender,** so I'll take this dress. I know I'll get my **money's worth.**

Abeer: Great choice. Let's grab some coffee.

Fatima: Whoa, we had to **pay through the nose** just for two cups!

Abeer: Right, but it was still a fun day.





After reading the dialogue , review the table below and try to identify and practice these idioms in your everyday shopping situation.



Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Shop till you drop	Buying until you are tired	We shopped till we dropped in Dubai.
On a shoestring budget	With very little money	He traveled on a shoestring budget.
Window shopping	Looking without buying	We went window shopping at the mall.
costs an arm and a leg	Very expensive	That car costs an arm and a leg.
A rip-off	Overpriced	\$10 for water is a rip-off.
Bargain hunting	Looking for cheap deals	She loves bargain hunting on weekends.
Sweet deal	Very good offer	I found a sweet deal on flights.



Table of Idioms



Idiom	Meaning	Sentence
A big spender	Spends a lot	He’s a big spender when dining out.
Get one's money’s worth	When something is worth the price	I use the gym daily, so I get my money’s worth.
Pay through the nose	Pay too much	We paid through the nose for tickets.





Exercise 1



Fill in the blanks with the correct idiom

1. I can't buy that designer bag it would _____!
 a. on a shoestring budget.
 b. Cost an arm and a leg.
 c. window shopping.
2. She goes to the mall just to look at things without buying anything. She loves _____.
 a. window shopping.
 b. Rip-off.
 c. big spender.
3. We managed to find this laptop at a very low price, it was a real _____.
 a. shop till you drop.
 b. pay through the nose.
 c. sweet deal.
4. He spends money on everything without thinking. he's a real _____.
 a. bargain hunting.
 b. big spender.
 c. on a shoestring budget.
5. I bought this phone, but it turned out to be a total _____.
 a. Rip-off.
 b. get your money's worth.
 c. Sweet deal.



Exercise 2

Match each idiom to the correct meaning.

Idiom

Meaning

- | | |
|----------------------------|--|
| 1. shop till you drop. | a. pay too much. |
| 2. on a shoestring budget. | b. with very little money |
| 3. bargain hunting. | c. shopping until you are very tired. |
| 4. get your money's worth. | d. looking for cheap deals . |
| 5. pay through the nose. | e. feeling satisfied that something was worth the price. |

Exercise 3



True or False

1. "He always tries to find the best prices before buying anything; he loves bargain hunting." ()
2. "She went to the mall to shop till she dropped, and she didn't buy anything at all." ()
3. "Buying that luxury car cost him very little; it was on a shoestring budget." ()
4. "I paid a lot for that designer dress, so I really paid through the nose." ()
5. "He bought the old phone for a great price and really got his money's worth." ()
6. "Window shopping means you only buy things online."

Idioms for Money Matters



Read the following dialogue carefully between Fatima and her friend Abeer and pay attention to how the shopping idioms are used in context.

Time Is Money

Mohamed and Ali wanted to open a small café together. Mohamed was worried because the initial investment **cost an arm and a leg**, and he didn't want to **break the bank**.

Ali said, "Don't worry! Some customers might get free coffee today, **on the house**, to celebrate our opening." Mohamed smiled and replied, "Good idea, but we should not **throw money down the drain** on unnecessary decorations."

Both friends work hard every day to **bring home the bacon**. Ali reminded Mohamed, "Remember, **money doesn't grow on trees**, so we need to manage it wisely." Mohamed nodded and said, "Yes, and **time is money**, so let's serve the customers quickly."

After a month, their café became a **cash cow**, and they were finally **in the black**. They were proud of their hard work and smart decisions.



Idioms for Money Matters



After reading the story, review the table below and try to identify and practice these idioms in situations related to money matters.

Table of Idioms



Idiom	Meaning	Sentence
Cost an arm and a leg	Very expensive.	The new café equipment cost an arm and a leg.
Break the bank	To spend more money than you can afford.	This dress looks nice and it won't break the bank.
On the house	Free of charge.	Today the dessert is on the house.
Throw money down the drain	To waste money.	He threw money down the drain by investing in a fake company.
Bring home the bacon	To earn money to support oneself or family.	They work hard every day to bring home the bacon.
Money doesn't grow on trees	Money is difficult to get, so don't waste it.	Be careful with your spending, money doesn't grow on trees.
Time is money	Time is valuable	We should work quickly, time is money.



Table of Idioms



Idiom	Meaning	Sentence
Cash cow	A reliable source of steady income.	Their café soon became a cash cow.
In the black	Financially healthy	After one year, the business was finally in the black.





Exercise 1



Fill in the blanks with the correct idiom

1. That new car is beautiful but it really -----.

- a) bring home the bacon.
- b) on the house.
- c) costs an arm and a leg.

2. We had free dessert at the restaurant today; it was -----.

- a) throw money down the drain.
- b) on the house.
- c) cash cow.

3. Buying too many unnecessary gadgets is like -----.

- a) break the bank.
- b) throw money down the drain.
- c) in the black.

4. He works two jobs to -----.

- a) bring home the bacon.
- b) cost an arm and a leg.
- c) money doesn't grow on trees.

5. Starting a new business can be risky; remember, -----.

- a) money doesn't grow on trees.
- b) time is money.
- c) cash cow.



Exercise 2

Match each idiom to the correct meaning.



Idiom

Meaning

- | | |
|---------------------------------|--|
| 1. in the black. | a. time is valuable. |
| 2. time is money. | b. money is difficult to get. |
| 3. cash cow. | c. to earn money to support oneself or family. |
| 4. money doesn't grow on trees. | d. financially healthy. |
| 5. bring home the bacon. | e. a reliable source of steady income. |

Exercise 3



True or False

1. You can spend all your money freely because money doesn't grow on trees. ()
2. The restaurant gave us a free dessert because it was on the house. ()
3. She threw money down the drain by buying too many snacks she didn't eat. ()
4. My part-time job is a cash cow; it helps me pay my bills. ()
5. I bought a new phone and it didn't break the bank. ()
6. This small notebook will cost an arm and a leg. ()

IDIOMS ABOUT EMOTIONS

TWO

PART

- Happiness
- Sadness
- Anger





Read the following dialogue carefully between Ali and his teacher, and pay attention to how happiness idioms are used in context.

Omar's Big Success

Omar: Teacher, I got first place in the exam!

Teacher: Amazing, Omar! You must be on cloud nine.

Omar: Yes, I'm over the moon.

Teacher: I can see—you're walking on air.

Omar: Honestly, I felt in seventh heaven.

Teacher: With such success, you must be on top of the world.

Omar: Exactly! My parents were grinning from ear to ear.

Teacher: I'm sure this made your day.

Omar: It did! I'm full of the joys of spring.

Teacher: This is the time of your life. go paint the town red!

Omar: I will, and I'll jump for joy too!

I'm over the moon !

*I hope this made
your day*





After reading the dialogue , review the table below and try to identify and practice these idioms in situations related to happiness.



Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
On cloud nine	Extremely happy.	She was on cloud nine when she got engaged.
Over the moon	Very delighted.	He was over the moon after passing the test.
In seventh heaven	In a state of great joy.	They were in seventh heaven on their wedding day.
Walking on air	Feeling extremely happy.	After winning, she was walking on air.
On top of the world	Feeling wonderful and successful.	He felt on top of the world after finishing the project.
Grin from ear to ear	Smiling broadly from happiness.	The child grinned from ear to ear when he saw the gift.
Made my day	Made me very happy.	Your kind words really made my day.



Table of Idioms

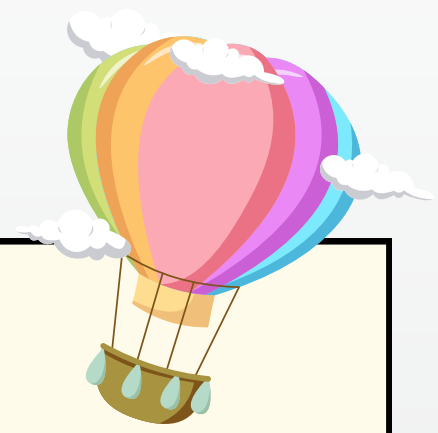
<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Full of the joys of spring	Very lively and happy.	She came to work full of the joys of spring.
The time of my life	The best, most enjoyable moment.	I had the time of my life during the holiday.
Paint the town red	Go out and celebrate.	They painted the town red after the victory.
Walking on air	Feeling extremely happy.	After winning, she was walking on air.
Jump for joy	Show happiness by jumping.	He jumped for joy when he got the ticket.

“Happiness is enjoying what you have.”





Exercise 1



Choose the correct meaning of each idiom

1. What does the idiom “on cloud nine” mean?

- a) Feeling very sad.
- b) Feeling extremely happy.
- c) Feeling nervous.

2. The idiom “grin from ear to ear” shows...

- a) A very big smile.
- b) A loud laugh.
- c) A worried face.

3. If something “made your day”, it...

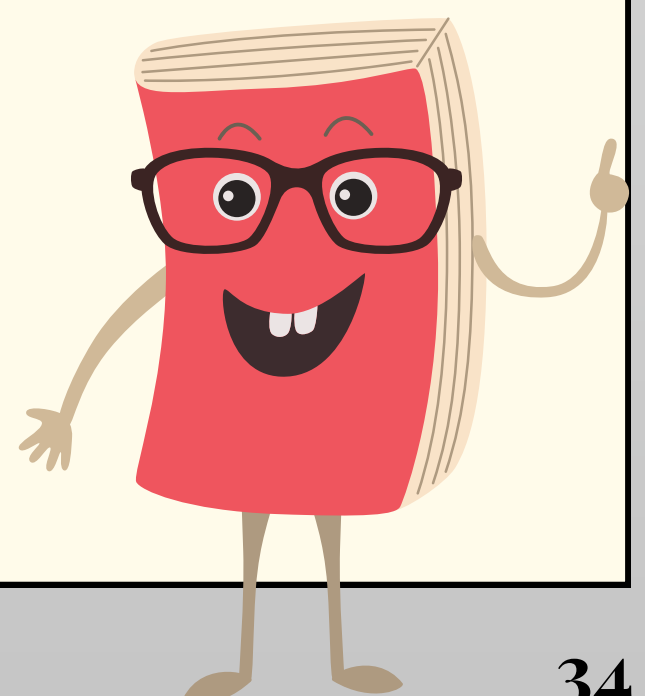
- a) Made you tired.
- b) Made you angry.
- c) Made you very happy.

4. To “paint the town red” means...

- a) To study very hard.
- b) To go out and celebrate.
- c) To clean the city.

5. The idiom “jump for joy” means...

- a) To dance slowly.
- b) To show happiness by jumping.
- c) To run very fast.





Exercise 2

Match each idiom to the correct meaning.

Idiom

Meaning



1. over the moon
2. in seventh heaven
3. walking on air
4. on top of the world
5. the time of my life
6. full of the joys of spring

- a. feeling extremely happy and successful
- b. experiencing the best and most enjoyable moment
- c. so happy that you feel as if you're floating
- d. very delighted about something
- e. very cheerful, energetic, and happy
- f. in a state of perfect happiness



Exercise 3

Complete each sentence by choosing the correct idiom from the list:

made my day, on top of the world , painted the town red, in seventh heaven, grinning from ear to ear

1. When Omar heard the good news, he felt like he was _____.
2. The surprise party really _____.
3. They decided to go out and celebrate, so they _____.
4. After winning the competition, she was _____.
5. He couldn't stop smiling; he was _____.



Read the following story carefully between Fatima and her friend Abeer and pay attention to how the shopping idioms are used in context.

A Friend in Need

Maya and Sara had been best friends since childhood. One afternoon, Maya noticed that Sara, looked **out of sorts**. “What’s wrong?” she asked gently.

Sara sighed. “I’ve been **down in the dumps** all day and really **feeling blue**. I failed my driving test again.”

Maya tried to comfort her. “Don’t worry, it’s **not the end of the world**. You’ll get it next time.”

But Sara frowned. “Everyone else passed on the first try. Saying it doesn’t matter would just be **sour grapes**.”

Maya smiled and shook her head. “Come on, don’t be such a **misery guts**. We can study together. At least you’re improving step by step.”

Sara admitted, “Last night, I even **cried my eyes out**. It really **tore my heart out** to think I had disappointed my family.”

Maya put her arm around her. “Cheer up! Don’t let one failure **put a damper on** your whole life.”

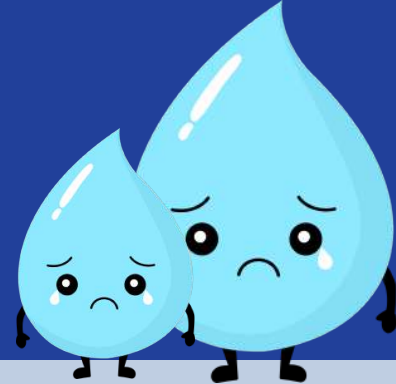
By the end of the day, Sara still **carried a heavy heart**, but with Maya’s support, she felt a little stronger

I’m feeling blue

“It’s okay, it’s not the end of the world.”



Idioms about Sadness



After reading the story , review the table below and try to identify and practice these idioms in situations related to sadness.

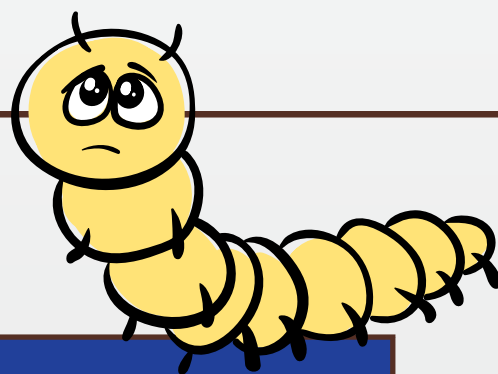


Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Out of sorts	Feeling slightly unwell or in a bad mood .	She felt out of sorts after staying up all night.
Down in the dumps	Feeling sad or depressed	He felt down in the dumps after losing his wallet.
Feeling blue	Feeling sad or unhappy	She was feeling blue because she lost her book.
It’s not the end of the world	Things aren’t as bad as they seem	Forgetting a homework isn’t the end of the world.
Sour grapes	Pretending to dislike something you cannot have	Saying “I didn’t want it anyway” was just sour grapes.
Misery guts	A person who is always unhappy or complaining	Don’t be a misery guts—cheer up!
Cry one’s eyes out	To cry a lot because of sadness	She cried her eyes out after failing the exam.

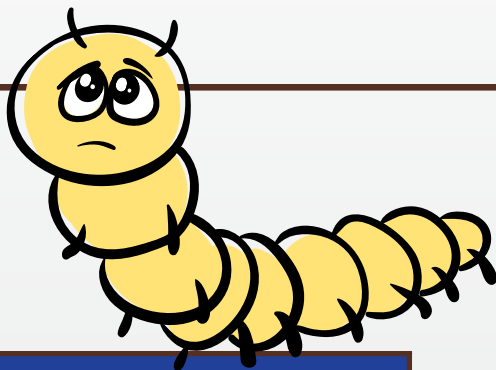


Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Tear one’s heart out	To feel very sad or distressed	The movie made her tear her heart out.
Put a damper on	To make something less enjoyable	The rainy days put a damper on our summer plans.
Carry a heavy heart	To feel deep sadness	She carries a heavy heart since her grandmother passed away.





Exercise 1

Fill in the blanks with the correct idiom

1. After losing her cat, Hanan felt _____.

- a) down in the dumps.
- b) misery guts.
- c) sour grapes.

2. Failing one exam is okay; it's not _____.

- a) downhearted.
- b) the end of the world.
- c) tear one's heart out.

3. Saying "I didn't want it anyway" is just _____.

- a) feeling blue.
- b) sour grapes.
- c) misery guts.

4. Don't be a _____; try to enjoy the weekend!

- a) misery guts.
- b) down in the dumps.
- c) carry a heavy heart.

5. She was so sad that she _____ all night.

- a) cried her eyes out.
- b) feeling blue.
- c) out of sorts.





Exercise 2

Match each idiom to the correct meaning.



Idiom	Meaning
1. feeling blue	a. Feeling sad or unhappy
2. out of sorts	b. Feeling slightly unwell or in a bad mood
3. misery guts	c. A person who is always unhappy or complaining
4. down in the dumps	d. Feeling very sad or distressed
5. tear one's heart out	e. Feeling sad or depressed



Exercise 3

True or False

- 1. After losing his job, John was feeling blue all day. ()
- 2. Maria was out of sorts because she won the lottery. ()
- 3. Tom felt down in the dumps after his team won the championship. ()
- 4. Sam is always grumpy and is called a misery guts by his friends. ()
- 5. Watching the sad movie, Lisa tears her heart out. ()
- 6. The sudden rainstorm really put a damper on our picnic. ()



Read the following dialogue carefully between Father, Mother and their son Ahmed. and pay attention to how the anger idioms are used in context.

Tempers at Home

Father: Ahmed, I told you twice not to play football inside! I'm about to **hit the roof** if you don't stop.

Mother: Calm down, dear. No need to **fly off the handle**. He's just a child.

Ahmed: But mom, dad always gives me **a piece of his mind** even for small things.

Father: Because you always test my patience. I have **a short fuse** these days because of work stress.

Mother: I know, but don't **see red** for every little mistake.

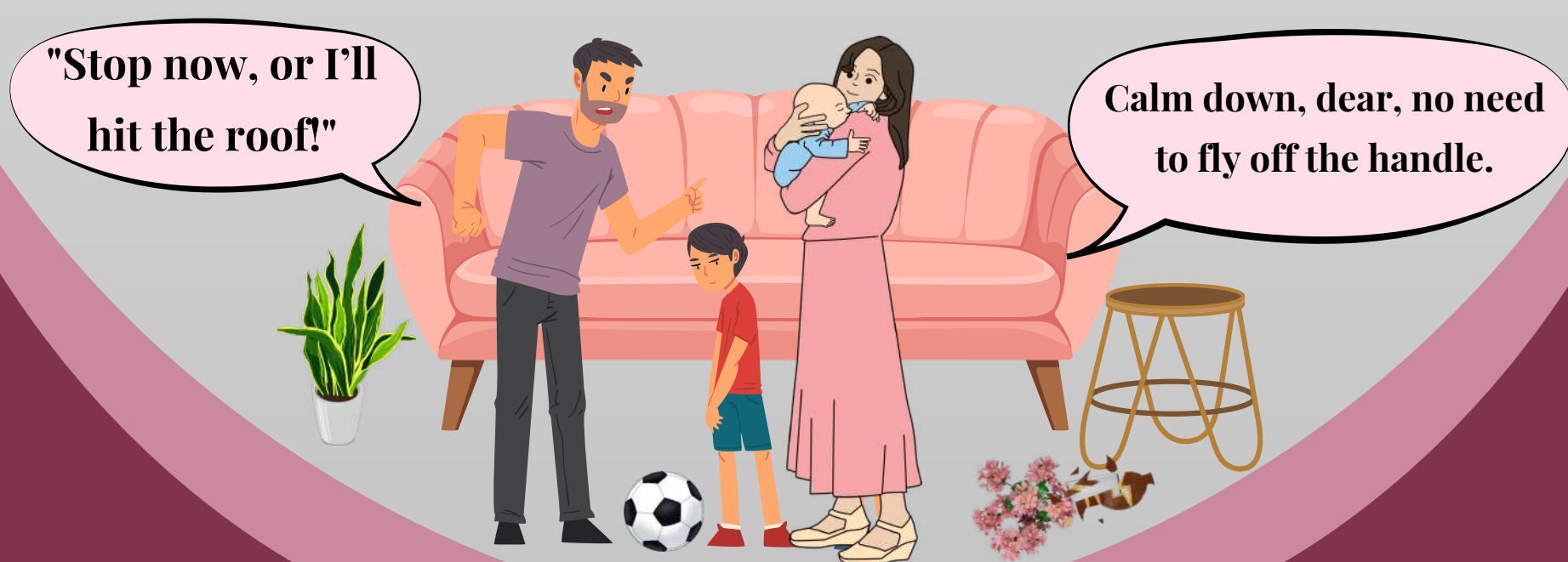
Ahmed: I'm sorry, Dad. I didn't know it would make you so angry.

Father: I'm not just angry. If you break the vase again, I'll **skin you alive**!

Mother: Oh dear, stop saying that. You're **hot under the collar** already.

Ahmed: Okay, I promise to be careful. Please don't **get steamed up** about my games.

Father: Good. Because when you behave well, I'm not **on the warpath** anymore and we can all enjoy our time.



Idioms about Anger



After reading the dialogue , review the table below and try to identify and practice these idioms in situations related to anger.



Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Hit the roof	Become very angry	When she saw the broken window, she hit the roof.
Fly off the handle	Suddenly lose control and get very angry.	He flew off the handle when he heard the bad news.
Give someone a piece of your mind	Tell someone angrily what you think	The teacher gave the students a piece of her mind for being late
Have a short fuse	Get angry easily	My boss has a short fuse, so be careful.
See red	Suddenly become extremely angry	He saw red when someone scratched his car.
Skin someone alive	Punish or scold someone severely	Mom will skin you alive if you break her phone.
Hot under the collar	Angry or embarrassed.	Father: Don't make me hot under the collar.

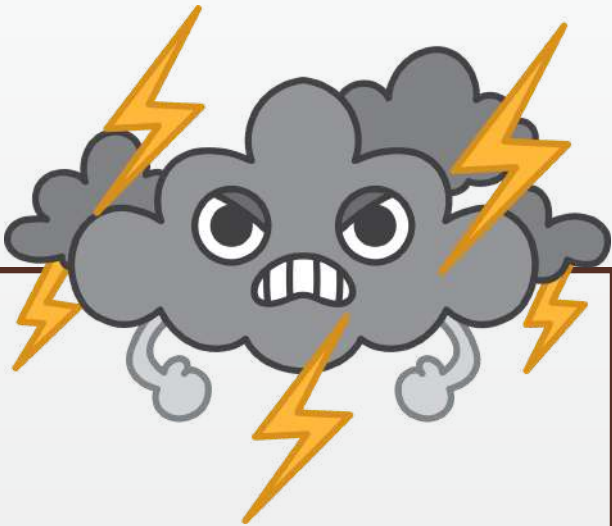


Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Get steamed up about (something)	Get very angry about something	Don't get steamed up about small mistakes.
On the warpath	Very angry and ready for confrontation	The manager was on the warpath after the mistake.





Exercise 1

Fill in the blanks with the correct idiom

1. When Dad saw the broken TV, he _____ and shouted loudly.

- a) fly off the handle.
- b) hit the roof.
- c) on the warpath.

2. Don't _____ about a small mistake; it's not a big deal.

- a) get steamed up.
- b) skin alive.
- c) hit the roof.

3. My little brother always _____; he gets angry very easily.

- a) has a short fuse.
- b) sees red.
- c) on the warpath.

4. The boss was so angry about the delay; he's really _____ today.

- a) on the warpath.
- b) fly off the handle.
- c) hot under the collar.

5. When she found out he lied, she _____ and started yelling.

- a) saw red.
- b) get steamed up.
- c) skin him alive..





Exercise 2



Match each idiom to the correct meaning.

Idioms

- 1. skin someone alive
- 2. hot under the collar
- 3. get steamed up
- 4. give someone a piece of your mind
- 5. have a short fuse
- 6. on the warpath

Meaning

- a. feeling angry or embarrassed.
- b. scold or punish someone very severely.
- c. speak angrily to someone.
- d. become upset or angry about something.
- e. become angry easily.
- f. very angry and looking for confrontation

Exercise 3

Use the following idioms in your own sentences

- 1. hit the roof :-----
- 2. have a short fuse -----
- 3. see red -----
- 4. give someone a piece of your mind -----
- 5. hot under the collar -----



IDIOMS ABOUT HEALTH PART

WE
RE
HI
T

- Feeling Sick
- Healthy lifestyle
- Recovery





Read the following story carefully and pay attention to how the health idioms are used in context.

Back on Her Feet

Last week, Laila felt **under the weather**. She had a cold and a fever. By the next day, she was **as sick as a dog** and told her mother, “I’m **not feeling myself** today.”

Her mother comforted her: “Don’t worry, you’ll soon be **back on your feet**.”

The doctor visited her and said, “**Remember, prevention is better than cure**. Eat healthy food, drink water, and rest well.”

Laila followed his advice. She started taking short walks, eating vegetables, and going to bed early. Soon she felt **on the mend** and her energy began to return. After another week, she was **fit as a fiddle** again.

Her best friend saw her and said, “Wow, you really **look like a million bucks** now!”

Laila laughed and replied, “Yes, I’ve learned that **you are what you eat**. From now on, I’ll make better choices, because **health is wealth**. And you know what? **An apple a day keeps the doctor away!**”

Laila smiled, happy to be **alive and kicking** again.

“Don’t worry, you’ll soon be back on your feet.”



“Remember, prevention is better than cure.”



After reading the story, review the table below and try to identify and practice these idioms in health-related situations.



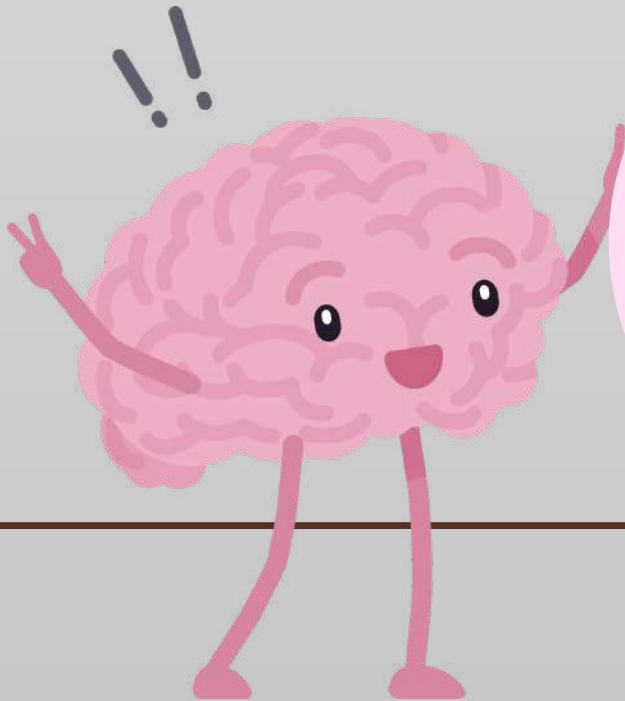
Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Under the weather	Feeling ill	I'm feeling under the weather today, so I won't go to school.
As sick as a dog	very sick	He was as sick as a dog after eating that spoiled food.
Not feeling myself	Not feeling normal	She's not feeling herself since she got the flu.
Back on your feet	Recover	After two weeks of rest, he's finally back on his feet.
On the mend	Improving after illness	My grandmother is on the mend after her surgery.
Fit as a fiddle	very healthy	Despite being 80, my grandfather is still fit as a fiddle.
Look like a million bucks	Look great/healthy	You really look like a million bucks in that outfit!
Alive and kicking	Full of energy	After a long illness, the cat is now alive and kicking.



Table of Proverbs

Proverb	Meaning	Sentence
Prevention is better than cure	It's better to avoid problems than fix them later.	I always wear a helmet when cycling because prevention is better than cure.
You are what you eat	Your food affects your health and body.	Eat more vegetables; remember, you are what you eat.
Health is wealth	Good health is the most valuable thing you can have.	Don't skip exercise and rest, because health is wealth.
An apple a day keeps the doctor away	Eating healthy food helps prevent sickness.	I eat fruit every morning because an apple a day keeps the doctor away.

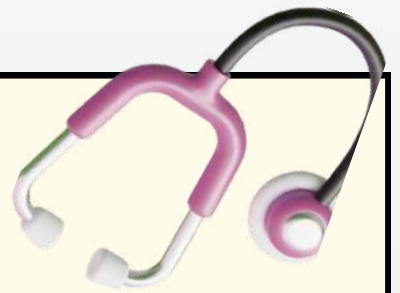


"A healthy mind resides in a healthy body."



Exercise 1

Fill in the blanks with the correct idiom



1. After working all night without sleep, I'm really _____ this morning.

- a) under the bridge.
- b) under the table.
- c) under the weather.

2. After the operation, the nurse said the patient would be _____ in a few days.

- a) back on his feet.
- b) back on the road.
- c) back on his phone.

3. Ali exercises every day and eats healthy food. That's why he's _____.

- a) fast as a horse.
- b) fit as a fiddle.
- c) cool as ice.

4. When she wore her new dress to the party, everyone said she looked _____.

- a) like a million bucks.
- b) like a cold fish.
- c) like a small change.

5. My grandmother always tells me to eat well and sleep early because _____.

- a) silence is golden.
- b) time is gold.
- c) health is wealth.





Exercise 2

Match each idiom to the correct meaning.

Idioms

1. as sick as a dog.
2. I'm not feeling myself.
3. on the mend.
4. you are what you eat.
5. an apple a day keeps the doctor away.
6. alive and kicking

Meaning

- a. full of energy and active after a difficult time.
- b. what you eat affects your health and character.
- c. getting better after illness or injury.
- d. feeling very ill.
- e. feeling not well.
- f. eating healthy food helps prevent sickness.



Exercise 3

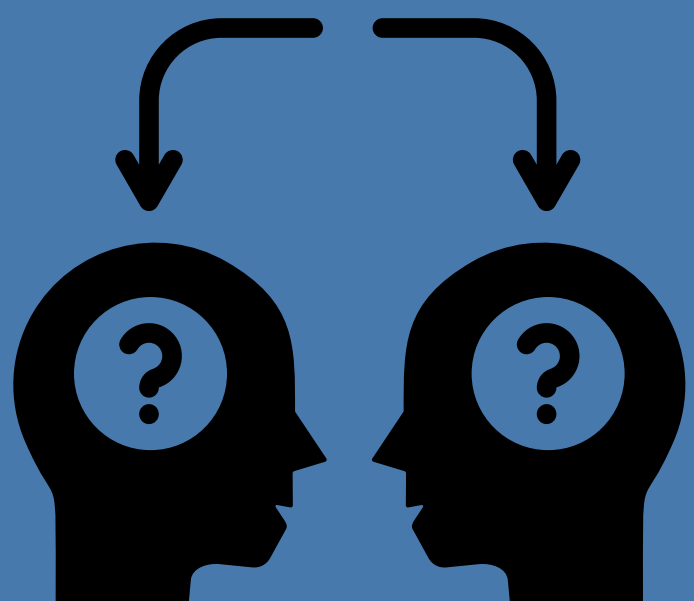
Complete the sentences with the correct idiom or proverb from the box:

you are what you eat, alive and kicking, prevention is better than cure, under the weather, health is wealth, on the mend.

1. After two days of rest, the patient started feeling _____ again.
2. My grandmother always tells me, "_____", so eat well and stay active."
3. Yesterday I felt tired and sick; I was really _____.
4. He changed his diet and exercises more now, because he believes "_____."
5. After the exam stress ended, she was _____ and ready for the next challenge.
6. Doctors always remind us that "_____", so wash your hands and stay healthy."

IDIOMS ABOUT Relationships & Communication PART

- Building Connections
- Conflict
- Problem Solving





Read the dialogue carefully and notice how the idioms are used to describe making friends and building connections.

Hit it off

Jana: Hi Abdullah! It's so nice to see you again. I'm glad we could finally **break the ice** at the conference last month.

Abdullah: Absolutely! I think we really **hit it off** from the start.

Jana: Yes! I feel like we **get along** really well. Meeting new people is always easier when you **make friends** quickly.

Abdullah: Definitely. That's why I always try to **build bridges** with everyone, even if we don't know each other well.

Jana: I agree. And it's great when you're **on the same wavelength** with someone—it makes working together so much easier.

Abdullah: Exactly. We should **keep in touch** after this event so we can collaborate in the future.

Jana: For sure! I want to **hit the ground running** on our new project.

Abdullah: Perfect. I'll **get in touch** with you tomorrow to set up a meeting.

Jana: Sounds like a plan! I'm really excited to work with you.

Abdullah: Me too! Let's make this project a success.



Idioms about Building Connections



After reading the dialogue, review the table below and try to identify and practice these idioms in relationship- building situations.

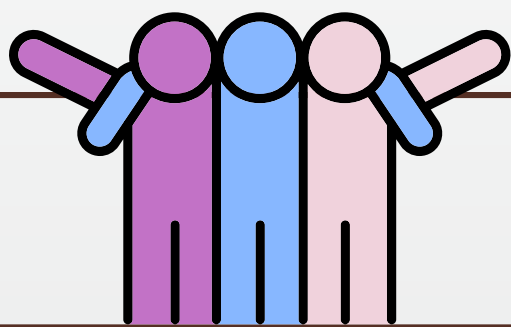
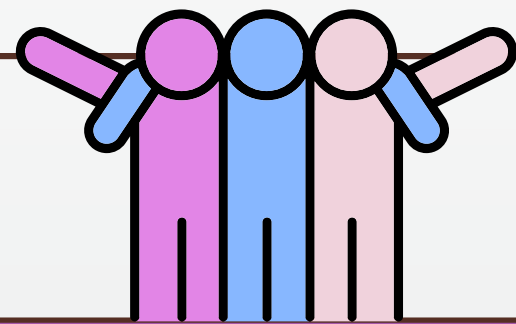


Table of Idioms

Idiom	Meaning	Sentence
Break the ice	Do or say something to relieve tension and start a conversation	The teacher told a funny joke to break the ice on the first day of class.
Hit it off	Quickly form a good connection with someone	Jana and Abdullah hit it off the moment they met at the workshop.
Get along	Have a friendly relationship	Even though they are from different countries, they really get along well.
Make friends	Form friendships	Children usually make friends easily at the playground.
Build bridges	Improve relationships / reduce differences	The manager organized a team lunch to build bridges among employees.
Be on the same wavelength	Think or feel alike	They work well because they are on the same wavelength”



Table of Idioms



<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Keep in touch	Stay in contact	After finishing the course, the classmates decided to keep in touch through social media.
Hit the ground running	Start something successfully with energy	The new employee hit the ground running and impressed everyone with her ideas.
Get in touch	Contact someone	Please get in touch with me if you have any questions about the project.

“A single rose can be my
garden... a single friend,
my world.”
Leo Buscaglia



Exercise 1



Fill in the blanks with the correct idiom

1. Even though they had just met at the networking event, Sarah and Tom really _____ and spent hours talking.

- a) hit the ground running.
- b) hit it off.
- c) build bridges.

2. To help new employees feel comfortable, the manager organized a fun activity to _____.

- a) break the ice.
- b) keep in touch.
- c) hit it off.

3. Even though they had different backgrounds, the team managed to _____ and collaborate smoothly.

- a) get along.
- b) build bridges.
- c) keep in touch.

4. John and Sarah were _____ during the brainstorming session, so their ideas matched perfectly.

- a) on the same wavelength.
- b) hit it off.
- c) build bridges.

5. Even after leaving the company, Maria promised to _____ with her former colleagues regularly.

- a) hit it off.
- b) get in touch.
- c) break the ice.

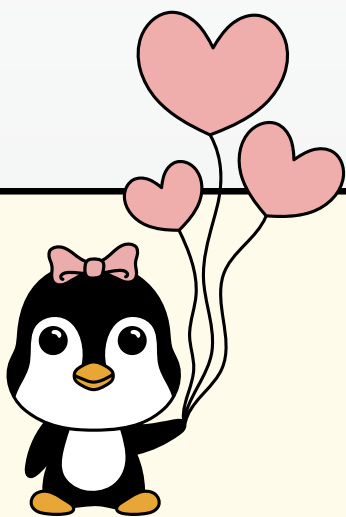


Exercise 2

Match each idiom to the correct meaning.

Idioms

Meaning



- | | |
|---------------------------|--|
| 1. hit it off | a. to start working immediately and effectively |
| 2. break the ice | b. to have a friendly relationship with someone from the first meeting |
| 3. build bridges | c. to maintain contact with someone |
| 4. keep in touch | d. to make a situation less awkward or tense |
| 5. hit the ground running | e. to have a good relationship and cooperate well with others |
| 6. get along | f. to improve relationships between people or groups |

Exercise 3

Use the following idioms in your own sentences

hit it off -----

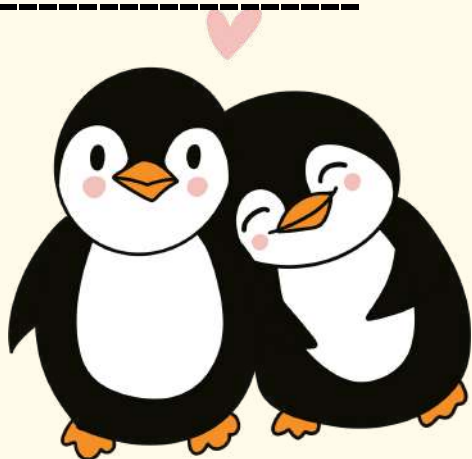
break the ice -----

Keep in touch -----

hit the ground running -----

get along -----'

build bridges -----





Read the story carefully and notice how the idioms are used to describe conflicts and disagreements.

The Office War

Sarah and Khaled used to be good friends at work, but lately there's been **bad blood** between them. Every meeting they are **at each other's throats**, arguing over the smallest details. Last week, Khaled made a mistake, and instead of calming things down, Sarah decided to **add fuel to the fire** by criticizing him in front of everyone.

Khaled felt insulted, but when Sarah later mocked his idea, it really **added insult to injury**. He gave her a **dirty look**, but she didn't stop. Finally, he stood up to give her a **piece of his mind**.

Sarah realized Khaled had always seemed to have a **chip on his shoulder**, and maybe she had too. So, later that day, she called him to a café to **clear the air**. They decided to **agree to disagree** on some issues and work together professionally again.





After reading the story, review the table below and try to identify and practice these idioms of conflict in real-life situations.

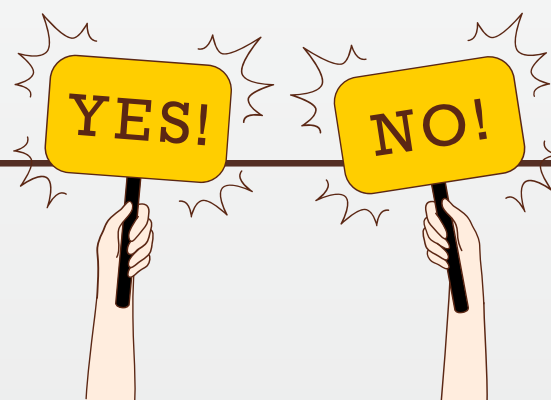


Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Bad blood	Long-standing anger between people	There has been bad blood between the two families for years.
At each other's throats	Constantly fighting or arguing	The politicians were at each other's throats during the debate.
Add fuel to the fire	To make a bad situation worse	Shouting at him will only add fuel to the fire.
Add insult to injury	To make someone's bad situation even worse	Losing the game was tough, but hearing the crowd laugh added insult to injury.
Give someone a dirty look	To look at someone angrily	She gave him a dirty look when he interrupted her.
Give someone a piece of one's mind	To tell someone angrily what you think	The manager gave the employee a piece of his mind for being late.



Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Have a chip on one's shoulder	To be easily offended or always ready to argue	Ahmed always has a chip on his shoulder because he feels people don't respect his experience.
Clear the air	To remove tension or misunderstandings	After the argument, they met to clear the air.
Agree to disagree	To accept differences in opinion without further arguing	They decided to agree to disagree about politics.

"Differences of opinion are not obstacles; they are opportunities to learn."



Exercise 1



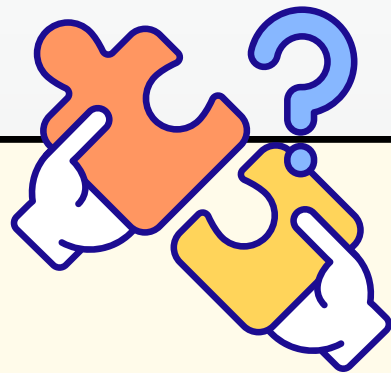
Fill in the blanks with the correct idiom

1. When Tom criticized the new design in front of the team, it only _____.
 - a) cleared the air.
 - b) added fuel to the fire.
 - c) gave a piece of his mind.
2. During the meeting, the two managers were _____, refusing to listen to each other.
 - a) at each other's throats.
 - b) have a chip on one's shoulder.
 - c) bad blood.
3. After forgetting her best friend's birthday, Jane felt embarrassed, and then her sister teased her, which really _____.
 - a) gave a dirty look.
 - b) added insult to injury.
 - c) agreed to disagree.
4. After the misunderstanding, the neighbors decided to meet and _____ so they could continue living peacefully.
 - a) have a chip on his shoulder.
 - b) give a piece of mind.
 - c) clear the air.
5. Ever since he was unfairly blamed for the project delay, Mark seems to _____ and reacts angrily to minor comments.
 - a) added fuel to the fire.
 - b) have a chip on his shoulder.
 - c) at each other's throats.



Exercise 2

Match each idiom to the correct meaning.



Idioms

1. give someone a dirty look.
2. give someone a piece of one's mind.
3. agree to disagree.
4. bad blood.
5. add fuel to the fire.
6. clear the air.

Meaning

- a) to tell someone angrily what you think.
- b) to remove tension or misunderstandings.
- c) long-standing anger or resentment between people.
- d) to look at someone angrily.
- e) to accept differences in opinion without further arguing.
- f) to make a bad situation worse.



Exercise 3

Complete the sentences with the correct idiom from the box:

add fuel to the fire, at each other's throats, add insult to injury, clear the air, give him a piece of his mind.

1. During the meeting, the two coworkers were _____, arguing over every tiny mistake.
2. When Maria criticized Tom's presentation in front of the team, it only _____.
3. After the argument with her friend, Sara decided to meet her to _____ and restore their friendship.
4. The manager was very angry and finally decided to _____ about the repeated mistakes.
5. Forgetting his birthday and then teasing him really _____ for John.

Idioms about Problem Solving



Read the story carefully and identify the idioms used for solving problems.

Back to Square One

Last month, I started a small project with my friend. At first, everything was fine, but soon things started **going downhill**. Everyone began **pointing fingers**, and no one wanted to **face the music** for the mistakes we made.

When our first plan **fell apart**, we found ourselves **back to square one**. I decided to **take the bull by the horns** and talk to my friend. I told him we shouldn't **throw in the towel** yet — **two heads are better than one**.

We needed to **think outside the box** if we wanted to fix things.

After a long discussion, we **put our thinking caps** on and tried new ideas.

Slowly, we **got our ducks in a row**, and things started **falling into place**.

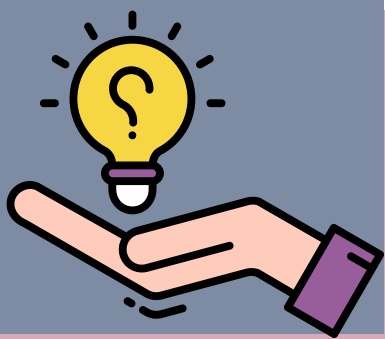
Of course, there were still problems — we were **putting out fires** every day — but we didn't give up.

We **kept our chins up**, and finally, we could **see the light at the end of the tunnel**.

In the end, I learned that **every cloud has a silver lining** — even failure can teach us something valuable.



Idioms about Problem Solving



After reading the story, review the table below and try to identify and practice these idioms in real-life problem-solving situations.”

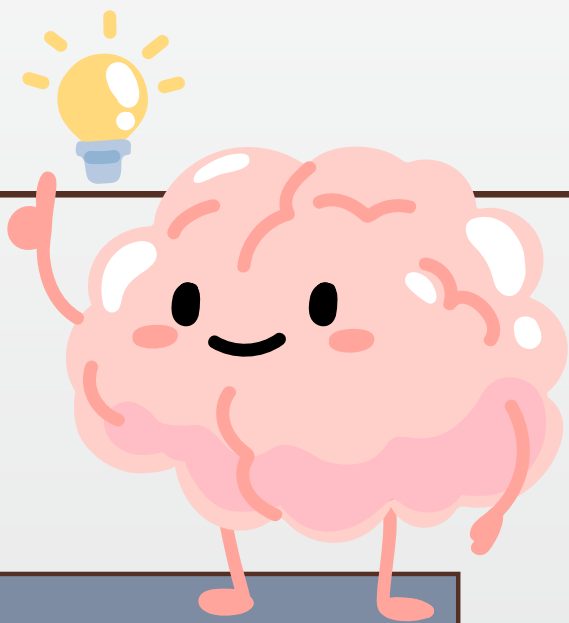


Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Going downhill	To get worse or decline	After the manager left, the company started going downhill.
Pointing fingers	Blaming others instead of taking responsibility	Instead of pointing fingers, they should have worked together to solve the problem.
Face the music	To accept the consequences of one’s actions	He knew he had to face the music after missing the deadline.
Fell apart	To fail completely	The team’s plan fell apart when the server crashed.
Back to square one	To start over after a failure	After the experiment failed, the scientists were back to square one.
Take the bull by the horns	To confront a difficult situation directly	She decided to take the bull by the horns and negotiate with her client directly.

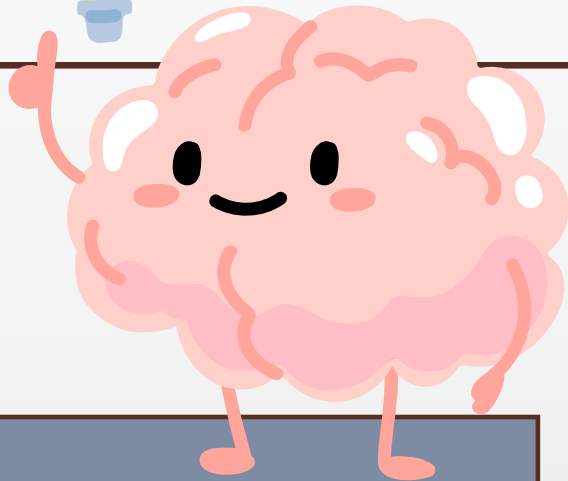
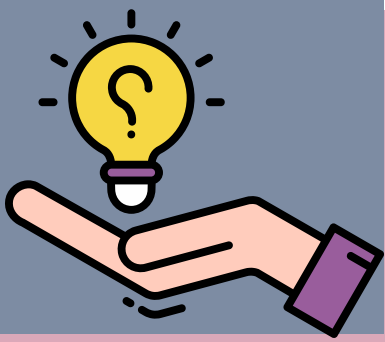


Table of Idioms

Idiom	Meaning	Sentence
Throw in the towel	To give up	Even though the business faced huge losses, the owner didn't throw in the towel and kept looking for new opportunities.
Two heads are better than one	It's better to solve a problem with someone else than alone.	Let's solve this together — two heads are better than one.
Think outside the box	To think creatively	To market the product successfully, we need to think outside the box.
Put your thinking caps on	To think carefully and seriously	Everyone, put your thinking caps on and come up with new ideas.
Get your ducks in a row	To organize and prepare things properly	Before the presentation, make sure you get your ducks in a row.
Falling into place	To confront a difficult situation directly Things start to happen successfully after effort	After weeks of effort, everything started falling into place.

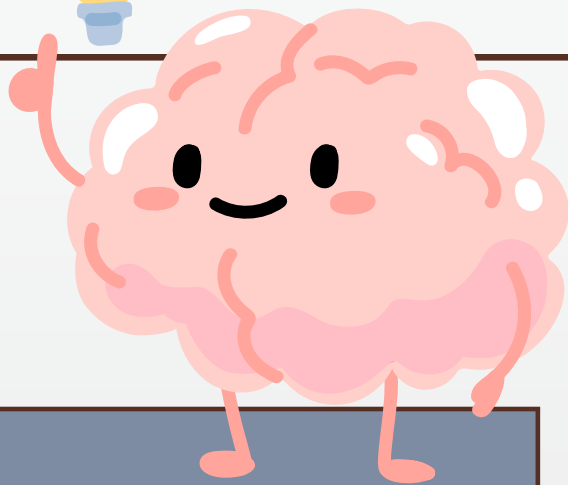
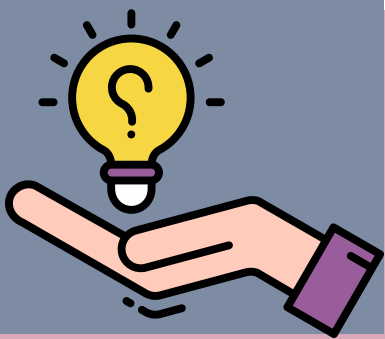


Table of Idioms

<i>Idiom</i>	<i>Meaning</i>	<i>Sentence</i>
Putting out fires	Dealing with urgent problems constantly	The manager spent the day putting out fires in the office.
Keep your chin up	Stay positive even in difficult situations	Keep your chin up — things will improve soon.
See the light at the end of the tunnel	To see signs of improvement after difficulties	Losing that job was tough, but every cloud has a silver lining — it led him to a better opportunity.
Every cloud has a silver lining	There is something good in every bad situation	Everyone, put your thinking caps on and come up with new ideas.

“The best way to solve a problem is to face it head-on.”



Exercise 1

Fill in the blanks with the correct idiom

1. The new manager faced many challenges on his first day, but he decided to _____ and solve them directly.

- a) throw in the towel.
- b) take the bull by the horns.
- c) fall apart.

2. Our initial plan didn't work at all, so we had to start over and go _____.

- a) back to square one.
- b) thinking outside the box.
- c) putting out fires.

3. When the company faced unexpected problems, the team was constantly _____ to fix urgent issues.

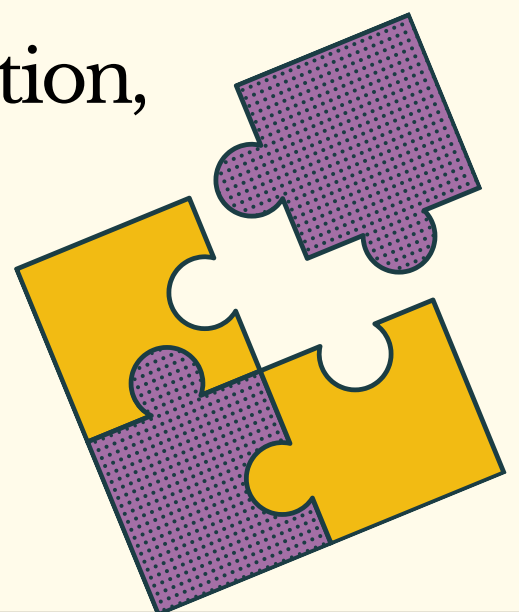
- a) putting out fires .
- b) getting ducks in a row.
- c) going downhill.

4. Even though the project was very difficult, we tried to stay positive and _____.

- a) see the light at the end of the tunnel.
- b) keep our chins up.
- c) throw in the towel.

5. After weeks of planning and preparation, everything finally started _____.

- a) falling into place.
- b) pointing fingers.
- c) face the music.



Idioms about Problem Solving



Exercise 2



Match each idiom to the correct meaning.

Idioms

1. face the music.
2. think outside the box.
3. get your ducks in a row.
4. every cloud has a silver lining.
5. throw in the towel.
6. put your thinking cap on.

Meaning

- a) to think creatively or differently.
- b) to accept the results of your actions.
- c) to give up or quit.
- d) to stay organized and well-prepared.
- e) to find something good in a bad situation.
- f) to think seriously about a problem.

Exercise 3

True or False



1. After the meeting, everyone was happy because things started falling into place. ()
2. When the manager saw the problem, he decided to throw in the towel and fix it immediately. ()
3. We had to take the bull by the horns and deal with the angry customer directly. ()
4. The team was well-organized and ready to start — they really went downhill. ()
5. It was a tough week, but we tried to keep our chins up and stay positive. ()

Idioms about Problem Solving



Exercise 4



Complete the dialogue using the correct idiom from the box.

think outside the box, face the music, two heads are better than one, putting out fires, every cloud has a silver lining, back to square one.

1. A: Our project didn't go as planned. The boss wants to talk to us.

B: I guess it's time to _____ and take responsibility.

2. A: We've been dealing with small problems all day long!

B: Yeah, we've just been _____ since morning.

3. A: We need a new idea to attract customers.

B: Let's _____ and come up with something creative.

4. A: This report is really hard to finish alone.

B: Don't worry, I'll help you. You know, _____.

5. A: I know you're sad we lost the deal, but maybe it's for the best.

B: Yeah, you're right. _____ — maybe we'll find a better opportunity.

6. A: We lost all our data because of the system crash!

B: Oh no... I guess we're _____ and have to start again.

Conclusion & Answer Key

Review

PART



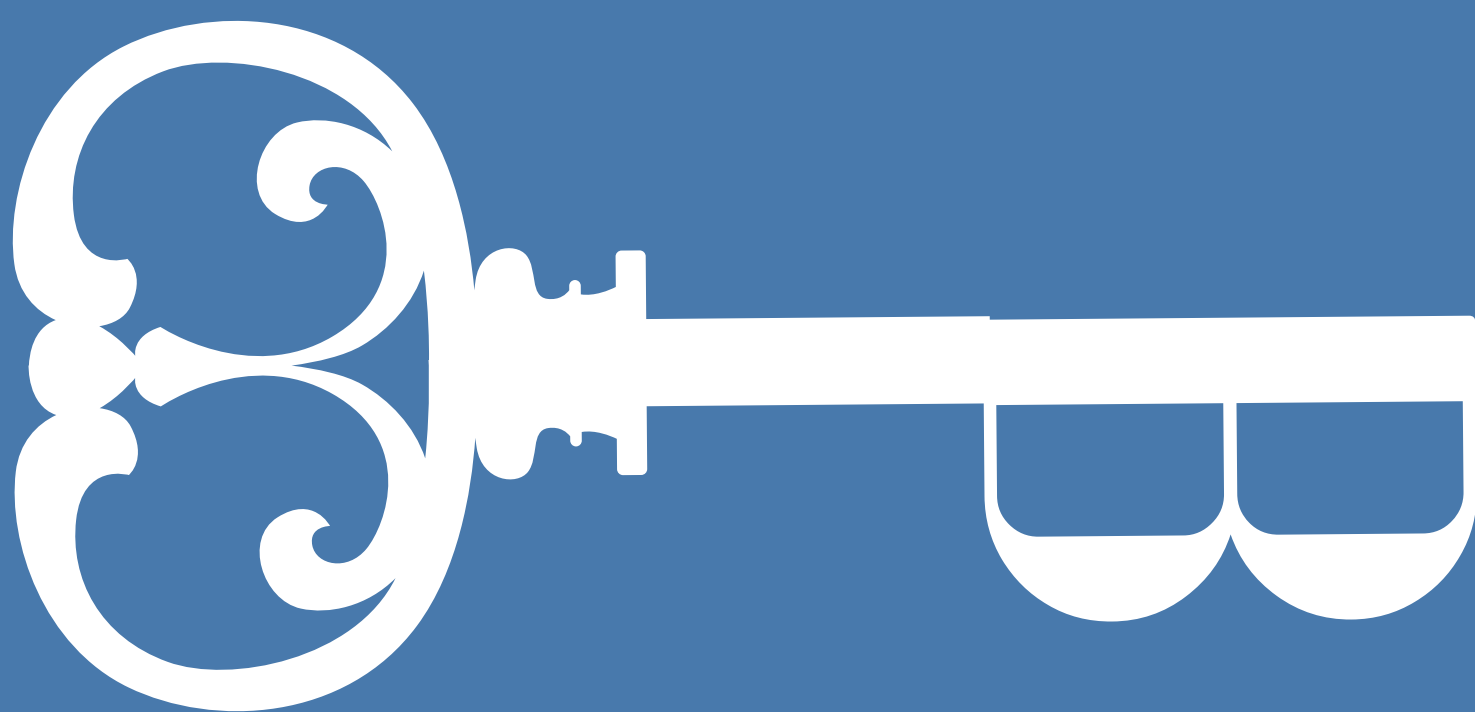
Conclusion

Idioms are an important part of language, adding color and meaning to everyday communication. This book has introduced idioms about daily life, emotions, health, and relationships, helping readers understand how native speakers express ideas naturally.

Learning and practicing these idioms improves your communication, makes you sound more fluent, and allows you to express yourself with confidence. I hope this book inspires you to use idioms correctly and enjoyably in real conversations.

AMINA TALHA





ANSWER KEY

Idioms at Home

Answer key

1. Fill in the blanks with the correct idiom

1. → d → go to bed.
2. → a → to work late into the night
3. → e → to try to do too much
4. → b → stop working
5. → c → relax

2. Match each idiom to the correct meaning.

1. → d → go to bed
2. → a → to work late into the night
3. → e → to try to do too much
4. → b → stop working
5. → c → relax

3. Write your own sentence using each of these idioms:

Answers will vary

Idioms at Work

Answer key

1. Fill in the blanks with the correct idiom

1. → c → out of the box ideas
2. → b → ahead of the curve
3. → b → keep you in the loop
4. → a → dead end job
5. → a → get the ball rolling

2. Match each idiom to the correct meaning.

1. → e → doing your fair share of work
2. → b → keeping someone informed about updates
3. → d → being more advanced
4. → a → getting familiar with a new job or task.
5. → c → thinking creatively

3. Complete each sentence by choosing the correct idiom from the list:

1. → learning the ropes
2. → pulling his weight
3. → dead end job
4. → out of the box
5. → keeps me in the loop

Idioms at School

Answer key

1. Fill in the blanks with the correct idiom

1. → b → hit the books
2. → b → burned out
3. → c → wing it
4. → b → ace the exam
5. → b → put off until tomorrow what you can do today

2. Match each idiom to the correct meaning.

1. → f → to study hard
2. → c → feeling exhausted or overwhelmed
3. → b → to do something without preparation
4. → a → to study intensively in a short period of time
5. → d → to make quick decisions under pressure
6. → e → to work late into the night

3. True or False

1. → True
2. → True
3. → False
4. → False
5. → True
6. → False

Idioms at Shopping

Answer key

1. Fill in the blanks with the correct idiom

1. → b → Cost an arm and a leg
2. → a → window shopping
3. → c → sweet deal
4. → b → big spender
5. → a → Rip-off

2. Match each idiom to the correct meaning.

1. → c → shopping until you are very tired.
2. → b → with very little money.
3. → d → looking for cheap deals.
4. → e → feeling satisfied that something was worth the price
5. → a → pay too much

3. True or False

1. → True
2. → True
3. → True
4. → True
5. → True
6. → False

Idioms for Money Matters

Answer key

1. Fill in the blanks with the correct idiom

1. → c → costs an arm and a leg
2. → b → on the house
3. → b → throw money down the drain
4. → a → bring home the bacon
5. → a → money doesn't grow on trees

2. Match each idiom to the correct meaning.

1. → d → financially healthy
2. → a → time is valuable
3. → e → a reliable source of steady income
4. → b → money is difficult to get
5. → c → to earn money to support oneself or family

3. True or False

1. → False
2. → True
3. → True
4. → True
5. → True
6. → False

Idioms about Happiness

Answer key

1. Choose the correct meaning of each idiom

- 1. → b → Feeling extremely happy
- 2. → a → A very big smile
- 3. → c → Made you very happy
- 4. → b → To go out and celebrate
- 5. → b → To show happiness by jumping

2. Match each idiom to the correct meaning.

- 1. → d → very delighted about something
- 2. → f → in a state of perfect happiness
- 3. → c → so happy that you feel as if you're floating
- 4. → a → feeling extremely happy and successful
- 5. → b → experiencing the best and most enjoyable moment
- 6. → e → very cheerful, energetic, and happy.

3. Complete each sentence by choosing the correct idiom from the list

- 1. → a → on top of the world
- 2. → b → made my day
- 3. → c → painted the town red
- 4. → d → in seventh heaven
- 5. → e → grinning from ear to ear.

Idioms about Sadness

Answer key

1. Fill in the blanks with the correct idiom

1. → a → down in the dumps
2. → b → the end of the world
3. → b → sour grapes
4. → a → misery guts
5. → a → cried her eyes out

2. Match each idiom to the correct meaning.

1. → a → Feeling sad or unhappy
2. → b → Feeling slightly unwell or in a bad mood
3. → c → A person who is always unhappy or complaining
4. → e → Feeling sad or depressed
5. → d → Feeling very sad or distressed

3. True or False:

1. → True
2. → False
3. → False
4. → True
5. → True
6. → True

Idioms about Anger

Answer key

1. Fill in the blanks with the correct idiom

1. → b → hit the roof
2. → a → get steamed up
3. → a → has a short fuse
4. → a → on the warpath
5. → a → saw red

2. Match each idiom to the correct meaning.

1. → b → scold or punish someone very severely
2. → a → feeling angry or embarrassed
3. → d → become upset or angry about something
4. → c → speak angrily to someone
5. → e → become angry easily
6. → f → very angry and looking for confrontation

3. Use the following idioms in your own sentences

Answers will vary

Idioms about Health

Answer key

1. Fill in the blanks with the correct idiom

1. → c → under the weather
2. → a → back on his feet
3. → b → fit as a fiddle
4. → a → like a million bucks
5. → c → health is wealth

2. Match each idiom to the correct meaning.

- 1 → d → feeling very ill
- 2 → e → feeling not well
- 3 → c → getting better after illness or injury
- 4 → b → what you eat affects your health and character
- 5 → f → eating healthy food helps prevent sickness
- 6 → a → full of energy and active after a difficult time

3. Complete the sentences with the correct idiom or proverb from the box:

1. → a → on the mend
2. → b → health is wealth
3. → c → under the weather
4. → d → you are what you eat
5. → e → alive and kicking
6. → f → prevention is better than cure

Idioms about Building Connections

Answer key

1. Fill in the blanks with the correct idiom

1. → b → hit it off
2. → a → break the ice
3. → b → build bridges
4. → a → on the same wavelength
5. → b → get in touch

2. Match each idiom to the correct meaning.

1. → b → to have a friendly relationship with someone from the first meeting
2. → d → to make a situation less awkward or tense
3. → f → to improve relationships between people or groups
4. → c → to maintain contact with someone
5. → a → to start working immediately and effectively
6. → e → to have a good relationship and cooperate well with others

Use the following idioms in your own sentences

Answers will vary

Idioms about Conflict

Answer key

1. Fill in the blanks with the correct idiom

- 1 → b → added fuel to the fire
- 2 → a → at each other's throats
- 3 → b → added insult to injury
- 4 → c → clear the air
- 5 → b → have a chip on his shoulder

2. Match each idiom to the correct meaning.

- 1. → d → to look at someone angrily
- 2. → a → to tell someone angrily what you think
- 3. → e → to accept differences in opinion without further arguing
- 4. → c → long-standing anger or resentment between people
- 5. → f → to make a bad situation worse
- 6. → b → to remove tension or misunderstandings

Complete the sentences with the correct idiom from the box

- 1. → at each other's throats
- 2. → add fuel to the fire
- 3. → clear the air
- 4. → give him a piece of his mind
- 5. → add insult to injury

Idioms about Problem Solving

Answer key

1. Fill in the blanks with the correct idiom

- 1 → b → take the bull by the horns
- 2 → a → back to square one
- 3 → a → putting out fires
- 4 → b → keep our chins up
- 5 → a → falling into place

2. Match each idiom to the correct meaning.

- 1. → b → to accept the results of your actions
- 2. → a → to think creatively or differently
- 3. → d → to stay organized and well-prepared
- 4. → e → to find something good in a bad situation
- 5. → c → to give up or quit
- 6. → f → to think seriously about a problem

3. True or False

- 1. → True
- 2. → False
- 3. → True
- 4. → False
- 5. → True

Complete the dialogue using the correct idiom from the box.

- 1. → face the music
- 2. → putting out fires
- 3. → think outside the box
- 4. → two heads are better than one
- 5. → every cloud has a silver lining
- 6. → back to square one





الجامعة الإسلامية في مينيسوتا
Islamic University of Minnesota

Idioms Booklet

Your comprehensive resource for understanding
and using daily idioms

Prepared by
Amina Talha

Supervised by
Dr. Tamer Al-Jarrah

General Supervision
Islamic University of Minnesota
USA- Main Branch

2025

Give someone the cold shoulder



Don't cry over spilt milk

