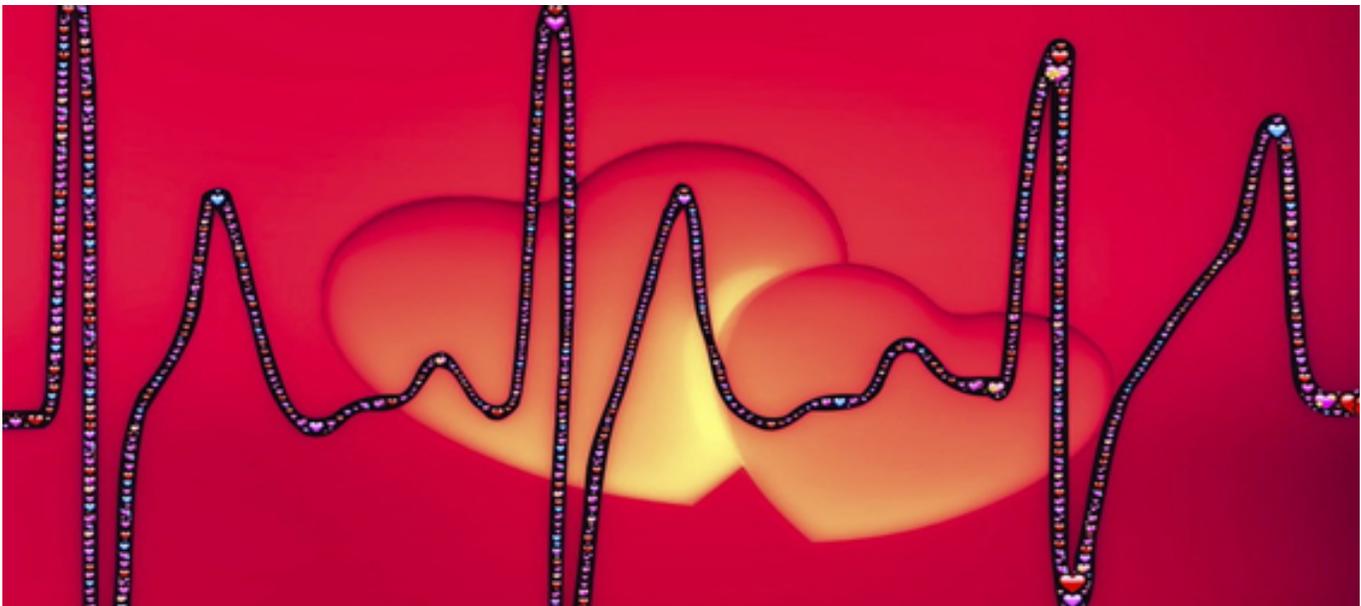


Look at the pictures. Can you guess what the topic idiom is about?



EXERCISE A: Match the idioms in column A with their meanings in column B.

A

1. a bag of bones
2. at death's door
3. come down with a cold
4. feel on top of the world
5. back on her feet

B

- a. very thin
- b. feeling very happy or glorious
- c. very near death
- d. recovered from an illness or became physically healthy again
- e. to become sick with something, to catch an illness

EXERCISE B: Complete the following sentences by filling in the appropriate idioms.

came down with a cold at death's door back on his feet
 feeling on top of the world a bag of bones

1. He was a _____ when he came home from the war.
2. My niece _____ and was unable to visit me last week.
3. He's _____ after being sick for several weeks.
4. The CEO was _____ after he suffered a stroke.
5. I have been _____ since I got promoted.

EXERCISE C: Make sentences using the learned idioms.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

EXERCISE D: Answer your teacher's questions.

1. How do you stay healthy?
2. How often should people have health checks?
3. How do we take care of our mental health?
4. What kind of health problems are the worst?
5. What are some different ways that people can do to improve their health?
6. Do you think reading health and life style magazines is important? Why or why not?
7. Name a person who you think is physically fit and how does he or she remain healthy?
8. Which job is the best and worst for people's health?
9. Why do some people exercise?
10. What can you say about health and wellness programs or institutions?

Look at the pictures. Can you guess what the topic idiom is about?



EXERCISE A: Match the idioms in column A with their meanings in column B.

A

1. stand a chance
2. not get one's hopes up
3. dash one's hopes
4. never say die
5. live in hope

B

- a. to be hopeful and optimistic about something
- b. to not become excited about something that is going to happen
- c. to destroy someone's hopes
- d. to refuse to give up or get discouraged
- e. to have the possibility of success or survival

EXERCISE B: Complete the following sentences by filling in the appropriate idioms.

dashed my hopes not get your hopes up live in hope
stand a chance never say die

1. She's very smart. I think she'll _____ of winning first place.
2. There are still a dozen of job vacancies that you haven't tried. _____.
3. Anna _____ when she said she wouldn't marry me.
4. The rain could stop so we can go to the beach, but you should _____.
5. None of my poems have been published yet, but I _____.

EXERCISE C: Make sentences using the learned idioms.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

EXERCISE D: Answer your teacher's questions.

1. Do you think hope keeps you going?
2. What is your primary life goal?
3. What do you hope to have in the future?
4. Who do you talk to for encouragement and inspiration?
5. How can you make yourself believe more in yourself?
6. How can you motivate others to have hope when there seems like there's no hope?
7. What do you do when you feel depressed?
8. What would a hopeless world look like?

What is the nature of hope, and where do we as human beings place our hope in?

10. How could hope be shared to individuals that are seriously broken and probably incapable of functioning in, or gainfully contributing to society (i.e., the mentally ill, physically/intellectually disabled, terminally ill, chronically homeless, etc...)?

Look at the pictures. Can you guess what the topic idiom is about?



EXERCISE A: Match the idioms in column A with their meanings in column B.

A

1. bite my tongue
2. cover one's track
3. dark horse
4. behind closed door
5. keep under wraps

B

- a. In secret, privately, with no observers or intruders
- b. to be quiet or stop yourself from speaking
- c. to keep something secret and not reveal it to anyone
- d. someone who unexpectedly wins a competition or secretive
- e. to conceal or destroy evidence of one's whereabouts, activities, intentions or involvement

EXERCISE B: Complete the following sentences by filling in the appropriate idioms.

kept under wraps behind closed doors covered his tracks
 dark horse bite my tongue

1. The director’s meeting is held _____.
2. I find it difficult to prevent myself from giving a comment so I had to _____.
3. Charlie was sorry he hadn’t _____ better when his wife discovered he had been unfaithful.
4. My neighbor is a bit of a _____. I don’t know much about him except for the fact that he’s not married.
5. The plan was _____ until the contract was officially signed.

EXERCISE C: Make sentences using the learned idioms.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

EXERCISE D: Answer your teacher’s questions.

1. Do you think everyone has secrets?
2. Have you ever told someone’s secret to others?
3. Who do you tell your secrets to?
4. Why do people keep secrets?
5. Do you think different people keep different secrets?
6. Why do some people have tendencies to reveal someone’s secret?
7. Which job or organization deals with secrecy?
8. What type of information should people not disclose?
9. If one of your friends did something bad, would you tell it to others?
10. What do you think of keeping secrets within marriage?

Look at the pictures. Can you guess what the topic idiom is about?



EXERCISE A: Match the idioms in column A with their meanings in column B.

A

1. make one's blood run cold
2. heart in one's mouth
3. butterflies in one's stomach
4. afraid of one's own shadow
5. ignorance is bliss

B

- a. very nervous or easily frightened
- b. shocks or scares you a lot
- c. feeling very nervous
- d. if you don't know about a problem or unpleasant fact, you won't worry about it
- e. extremely anxious or nervous faced with a dangerous or unpleasant situation

EXERCISE B: Complete the following sentences by filling in the appropriate idioms.

heart in her mouth made my blood run cold butterflies in my stomach
 ignorance is bliss afraid of her own shadow

1. The look in the murderer's eyes _____!
2. Emma had her _____ when she witnessed an accident on the road.
3. I didn't know our neighbor was an escaped prisoner until the police arrived - _____!
4. I always have _____ every time I talk to my beautiful teacher.
5. I've never seen anyone so easily scared. She's _____!

EXERCISE C: Make sentences using the learned idioms.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

EXERCISE D: Answer your teacher's questions.

1. What are you personally most afraid of?
2. What are you scared of for the world?
3. How do you feel about your fears?
4. What do you think will happen to a person being controlled by his or her fear?
5. Do you think fear is everywhere in our society?
6. When something frightens you, what part of your body reacts to it?
7. What will fear be like in the 21st century?
8. If you are put in situations where you have fear, what will you do?
9. Do you ever have nightmares (bad dreams)? Do you know how to interpret them?
10. Have you overcome any of your fears?

Look at the pictures. Can you guess what the topic idiom is about?



EXERCISE A: Match the idioms in column A with their meanings in column B.

A

1. lose one's train of thought
2. slip one's mind
3. if my memory serves me well
4. refresh one's memory
5. bear in mind

B

- a. to remember it because it is important
- b. forget about something
- c. if I remember correctly
- d. to remind someone of facts he/she seems to have forgotten
- e. to forget what you were saying after a disturbance or interruption

EXERCISE B: Complete the following sentences by filling in the appropriate idioms.

refresh your memory if my memory serves me well slipped my mind
 bear in mind lost my train of thought

1. You must _____ that their culture is different from ours.
2. I _____ when I heard the news about my friend passing the board exam.
3. Let me _____ - you've already missed three classes this term.
4. Oh dear! It _____ that the shops were closed today!
5. You're Mia's childhood friend, _____.

EXERCISE C: Make sentences using the learned idioms.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

EXERCISE D: Answer your teacher's questions.

1. What kind of memories do you have?
2. What is your most memorable moment?
3. Are you good at remembering?
4. Is being able to remember things important? Why or why not?
5. What was your most memorable event in your life?
6. What would your life be like if you had lost your memories from dementia?
7. If you were given the chance to change your memories, which would you erase and which would you make clearer?
8. Are there any photographs that you still keep? What memories do you have with those photos?
9. How would you erase bad memories if you could?
10. How can having a perfect memory change people's lives?

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