

Idioms:

Ten idioms about feelings

 Worksheet Age: adults / teens B1-B2 Level**1****Match these idioms with their definitions.**

1 to keep one's chin up

2 to be cool

3 over the moon

4 to turn one's stomach

5 up in the air

6 to hang in there

7 all over the place

8 to have a change of heart

9 to shake like a leaf

10 to blow off steam

a. to release pent-up anger or frustration through physical activity or venting.

b. uncertain or undecided; not yet determined.

c. to change one's opinion or feelings about something.

d. to remain positive and optimistic in difficult situations.

e. feeling disorganized, scattered, or confused.




f. to persevere and stay strong during challenging times.

g. to cause nausea or disgust.

h. to be calm, collected, and in control of one's emotions.













i. extremely happy and excited about something.

j. to tremble or shiver uncontrollably, usually due to fear or nervousness.

2**Fill in the gaps in the communicative situations with the idioms from Exercise 1 and put them in the right tense if needed:** Hey Mike, you seem really stressed out. What's going on? I just need _____.(1). Work has been crazy lately. I know you've been struggling with your studies, but just _____.(2). You can do it. Thanks, Jenny. I appreciate it. So, what are your plans for the weekend? It's still _____.(3), but I might go camping with some friends. Did you hear about the new restaurant that opened up downtown? Yeah, but the reviews _____.(4). It seems that the food is disgusting there. I think I'll pass.

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-  Why are you ____ (5)? Are you okay?
-  I'm just nervous for my presentation. I always get anxious speaking in front of a group.
-  I need ____ (6) during this presentation. Any tips on how to calm my nerves?
-  Just take a deep breath and remember to speak slowly and clearly. You'll do great!
-  I got accepted into my dream college! I'm ____ (7)!
-  Congratulations, Sarah! That's amazing news.
-  I know you didn't get the job you wanted, but ____ (8). Another opportunity will come along.
-  Thanks, Dad. I'll try to stay positive.
-  I heard you and your boyfriend broke up. Is everything okay?
-  I don't know how I feel... I'm just ____ (9), you know.
-  I used to hate sushi, but I've had a ____ (10). It's my favorite now.
-  Really? I can't believe you used to hate it.

3

Rephrase these sentences using the idioms from Exercise 1.

1. She **trembled with fear** when she saw the spider crawling towards her.
2. He was **extremely happy** when he found out he won the lottery.
3. Despite failing the test, she **stayed optimistic** and studied harder for the next one.
4. After the breakup, she **felt emotionally unstable**.
5. He **changed his mind** and decided to apologize for his rude behavior.
6. Despite the pressure, she managed to **keep calm** during the presentation.
7. After a long day at work, he went to the gym **to release stress**.
8. It's been a challenging year, but I'll **stay strong** and keep pushing forward.
9. The future of the project is still **uncertain**, as we haven't received a decision yet.
10. The smell of rotten eggs **made him feel nauseous**, and he had to leave the room.

4

Come up with 10 sentences using all the words provided in each prompt. Each sentence should include one of the idioms from Exercise 1.

- | | |
|-------------------------|--------------------------|
| 1. over/moon/university | 6. fish/turned/eat |
| 2. lost/chin/staying | 7. all/place/promotion |
| 3. work/steam/friend | 8. cool/exam/yet |
| 4. winter/hang/more | 9. stick/decision/heart |
| 5. plans/air/end up | 10. shaking/speech/class |

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5

Match each idiom from Exercise 1 with the picture that illustrates it:





Correct answers

Exercise 1

1. d
2. h
3. i
4. g
5. b
6. f
7. e
8. c
9. j
10. a

Exercise 2

1. to blow off steam
2. hang in there
3. up in the air
4. have turned my stomach
5. shaking like a leaf
6. to stay cool
7. over the moon
8. keep your chin up
9. all over the place
10. change of heart

Exercise 3

Possible answers:

1. She was shaking like a leaf when she saw the spider crawling towards her.
2. He was over the moon when he found out he won the lottery.
3. Even though she failed the test, she kept her chin up and studied harder for the next one.
4. After the breakup, she felt all over the place.
5. He had a change of heart and decided to apologize for his rude behavior.
6. Despite the pressure, she managed to stay cool during the presentation.
7. After a long day at work, he went to the gym to blow off steam.
8. It's been a challenging, but I'll hang in there and keep pushing forward.
9. The future of the project is still up in the air, as we haven't received a decision yet.
10. The smell of rotten eggs turned his stomach and he had to leave the room.

Exercise 4

Possible answers:

1. I am over the moon about getting accepted into my dream university.
2. Even though she lost her job, she's keeping her chin up and staying positive.
3. After a long day at work, I needed to blow off steam so he called his best friend.
4. This cold and wet winter is almost over, we need to hang in there a bit more.
5. The plans for the weekend are still up in the air, so I'm not sure what we'll end up doing.
6. The smell of fish turned my stomach and I couldn't eat anything.
7. Her emotions were all over the place after receiving the news of her promotion.
8. Take deep breaths and try to stay cool, the exam isn't over yet.
9. He seemed determined to stick to his decision, but suddenly had a change of heart.
10. She was shaking like a leaf when she had to give a speech in front of the whole class.

Exercise 5

1. over the Moon
2. to stay cool
3. to hang in there
4. to shake like a leaf
5. to turn one's stomach
6. to keep your chin up
7. to blow off steam
8. up in the air
9. all over the place
10. to have a change of heart