30 BODY IDIOMS

EBOOK

#1 "RACK YOUR BRAIN"



- MAKE A GREAT EFFORT TO THINK OR REMEMBER SOMETHING
- 2. TO THINK VERY HARD
- 3. TO TRY VERY HARD TO THINK OF SOMETHING

I've been racking my brain all day but I can't remember her name.

He's racking his brain about how to deal with the situation.

Samantha has been racking her brain for a solution to the problem.

I was racking my brain trying to find the answer, but I ran out of time.

She's racking her brain trying to remember where she put her keys.

My dad was racking his brain trying to remember where he put his wedding ring.

The student was racking his brain trying to remember the definition of the word "huge".

The detective kept racking his brain to solve the mystery.

#2 "FACE THE MUSIC"



- TO BE CONFRONTED WITH THE UNPLEASANT CONSEQUENCES OF ONE'S ACTIONS
- 2. TO RECEIVE PUNISHMENT
- TO ACCEPT RESPONSIBILITY FOR SOMETHING YOU HAVE DONE

Michael broke a vase and had to face the music when his father got home.

After failing a history exam, Samantha had to go home and face the music.

Smith was returned to the US from Cuba to face the music for his part in a robbery more than 10 years ago.

When the missing handbag was noticed, he chose to disappear rather than face the music.

You have to face the music eventually.

Stop worrying about it and just face the music.

The students all had to go to the principal's office and face the music.

After the little girl broke the car window, she knew that she would have to go home and face the music.

#3 "HAVE EGG ON YOUR FACE"



- 1. TO LOOK FOOLISH
- 2. TO BE EMBARRASSED
- 3. TO LOOK STUPID BECAUSE OF SOMETHING THAT YOU HAVE DONE

This latest scandal has left the government with egg on its face.

Trump's comments last night about immigrants left him with egg all on his face.

Matthew had egg on his face after saying he could easily do fifty push-ups, and then giving up after doing just twenty five.

The policeman had egg on his face because he arrested and beat up an innocent guy.

Sarah had egg on her face after saying she was much better than everyone else in math, and then receiving the lowest score on the final math test.

I was completely wrong, and now I have egg on my face.

He's really got egg on his face!

If the computer issues continue, the manager will have egg on his face.

#4 "IT'S WRITTEN ALL OVER YOU FACE



- THE EXPRESSION ON SOMEONE'S FACE IS SHOWING THEIR TRUE FEELINGS
- 2. MEANS THAT IT IS CLEAR WHAT A PERSON IS THINKING OR FEELING
- IT IS VERY EVIDENT WHEN LOOKING AT SOMEONE'S FACE

I know she's guilty. It's written all over her face.

I know my son stole the money. The guilt was written all over his face.

I can tell something amazing has happened. It's written all over your face. Tell me what it is!

I know you did it. It's written all over your face.

I know he is sad. It's written all over his face.

She could tell that he was upset. It was written all over his face.

I am not the one who made the mess in the room. Come on, it's written all over your face.

I know he likes her. It's written all over his face.

#5 "LOSE FACE"



- 1. TO SUFFER A LOSS OF RESPECT
- 2. TO BE HUMILIATED
- 3. TO LOSE STATUS OR TO BECOME LESS RESPECTABLE

Samantha is more afraid of losing face than losing money.

Things will go better if you can explain to him where he was wrong without making him lose face.

The boss lost face with his employees when he continually promised things that he couldn't deliver.

She refused to admit she made a mistake because she didn't want to lose face.

Mark lost face when his assistant was promoted and became his boss.

A good CEO can let someone know they've made a mistake without causing them to lose face.

Allen's spoken English is not improving because he thinks he'll lose face if he makes a mistake. So, he never says anything.

Barbara made Sarah lose face in front of her friends when she said Sarah was not really pretty.

#6 "LET ONE'S HAIR DOWN"



- 1. BEHAVE IN AN UNINHIBITED OR RELAXED MANNER
- 2. TO RELAX AND ENJOY ONESELF
- 3. TO ALLOW YOURSELF TO BEHAVE MUCH MORE FREELY THAN USUAL AND ENJOY IT

Oh let your hair down for once!

Our teacher is very serious. So it is hard to imagine her letting her hair down and having fun.

It's Saturday night! Why don't you stop being so serious and just let your hair down for a change?

After a long day at work, the office workers decided they needed to let their hair down.

Did you have a good time? Yeah! I spent time at the beach, ate lots of food, and I really let my hair down.

Mandy spent the weekend letting her hair down by watching 3 movies back to back.

I had a really stressful day today. I think I'm just going to let my hair down by taking a long bath at home.

The party gives you a chance to let your hair down at the end of the week.

#7 "COME TO YOUR SENSES"



- 1. TO START TO UNDERSTAND THAT YOU HAVE BEEN BEHAVING STUPIDLY
- 2. TO STOP BEING FOOLISH AND BECOME SENSIBLE AGAIN
- 3. TO BECOME REASONABLE AFTER BEING FOOLISH

Eventually the world will come to its senses and get rid of them.
Her death brought many people to their senses.
They were waiting for him to come to his senses and realize that he was wrong.
I wish you would come to your senses and look for a better job.
His mother wanted him to come to his senses and start studying for his exam.
I'm glad she finally came to her senses and went on to college.
I wish you would come to your senses and break up with him. He is not a good guy.
Once James came to his senses, he was happy to admit that he'd been wrong.

#8 "GO OVER YOUR HEAD"



- 1. GO TO A MORE IMPORTANT OR POWERFUL PERSON TO GET WHAT YOU WANT
- 2. TO TAKE AN ISSUE TO SOMEONE WHO HAS MORE AUTHORITY THAN YOUR OWN BOSS
- 3. TO BE TOO DIFFICULT FOR SOMEONE TO UNDERSTAND

I was furious that he went over my head and complained to my manager.

She would occasionally go over her manager's head to complain to the top financial officer.

She was being sarcastic, but he took her seriously. The joke totally went over his head.

I really don't want to go over her head, but if she won't listen to me I have no choice.

A lot of what was said in the meeting went right over my head.

The conversation really went over my head. Was it important?

The students did not understand what the teacher said. Her explanation went completely over their heads.

Did my explanation go over your head?

#9 "HAVE ONE'S HEAD IN THE



- 1. TO BE DAYDREAMING AND NOT PAYING ATTENTION TO WHAT IS HAPPENING
- 2. TO BE OUT OF TOUCH WITH THE EVERYDAY WORLD AND TO BE UNREALISTIC
- 3. TO HAVE IMPRACTICAL IDEAS OR DREAMS

If you think the government is going to help you, you have your head in the clouds.

Jane must have her head in the clouds if she thinks that her insurance company is going to pay the full cost of rebuilding and refurnishing her house.

Michael's head is in the clouds. He needs to be more realistic.

Sam thinks the company will pay for all of the expenses of his round-the-world trip. I think he has his head in the clouds. They will not do that!

You definitely have your head in the clouds.

You are never going to be able to learn everything in just 3 months.

She had her head in the clouds, so she didn't realize that he was a bad guy.

My friend has his head in the clouds if he thinks he is going to become the president of America.

He is not even American.

Hey, you have your head in the clouds! That is totally impossible.

#10 "HEAD START"



- 1. TO START BEFORE OTHER CONTESTANTS IN A RACE (SPORTS)
- 2. AN EARLY START THAT RESULTS IN AN ADVANTAGE
- 3. AN INITIAL ADVANTAGE IN A COMPETITIVE SITUATION

A good education gives your child a head start in life.

I'll get a head start on the paperwork this weekend.

Cindy gave her younger brother a five minute head start in the Easter egg hunt.

I want to leave at dawn to get a head start over the competition.

The inheritance money gave him a head start in life.

I was able to get a head start on my reading during the holidays.

He was able to get a head start on his homework because his class finished early today.

Even though it is summertime my mom told me to get a head start on my reading for next year.

#11 "IN OVER ONE'S HEAD"



- 1. MORE THAN ONE CAN HANDLE
- 2. A PERSON HAS MORE DIFFICULTIES OR PROBLEMS THAN THEY CAN MANAGE
- 3. ONE IS TOO DEEPLY INVOLVED WITH SOMETHING OR SOMEONE

Sean tried to pay his gambling debts, but he was in over his head.

The young man tried to get out of the gang, but he was already in over his head.

Sally wanted to finish the project quickly, but she realized that she was in over her head.

Everyone could tell that the man was in over his head.

Go ahead and lead the meeting today. If you get in over your head I will help you out.

After Tom got the job he realized that he was way in over his head.

Even though Samantha was in over head, she was still able to stay calm.

Have you ever found yourself in over your head?

#12 "LOSE YOUR HEAD"



- 1. LOSE SELF-CONTROL
- 2. PANIC
- 3. LOSE ONE'S COMPOSURE

He usually stays very calm in meetings but this time he just lost his heads.

I was afraid so at that point I lost my head and started panicking.

If you get lost, don't lose your head. Just think and retrace your steps.

After he ignored me, I lost my head and started yelling at him.

Try not to lose your head when you get stopped by a cop.

We were all surprised when the teacher suddenly lost her head and started hitting the board.

Don't lose your head over him. He's not worth it.

She got upset and lost her head.

#13 "THICK IN THE HEAD"



- 1. INFLEXIBLE AND QUITE FOOLISH
- 2. STUPID
- 3. DULL-WITTED

The blow would have hurt a regular person, but it hardly seemed to affect the thickheaded man.

You already know that he is thick in the head, so don't stress yourself.

Don't be thick in the head. Think logically about this situation.

He's a little thick in the head.

The woman said that the other woman was thick in the head, so they started to fight.

He said that she is thick in the head.

After explaining everything 5 times, the impatient teacher rudely said that the little boy was thick in the head.

She said that a lack of education can make a person thick in the head.

#14 "AN EYE-OPENER"



- 1. AN EVENT OR SITUATION THAT PROVES TO BE UNEXPECTEDLY ENLIGHTENING
- 2. SOMETHING THAT SURPRISES YOU AND TEACHES YOU NEW FACTS ABOUT LIFE, ETC.
- 3. SOMETHING STARTLING, SURPRISING, OR ENLIGHTENING

Living in another country can be a real eye-opener.
Her story about her childhood was a real eye-opener.
The movie was a real eye-opener for me. I never understood how serious global warming was before.
Sally said her trip to Japan was quite an eye-opener.
The book was a real eye-opener.
His answer to my question was a real eye-opener.
The kids went on their first visit to the zoo today, and it was a real eye-opener for them.
Traveling to a poor country can be a real eye-opener.

#15 "EASY ON THE EYES"



- 1. EASY TO LOOK AT
- 2. ATTRACTIVE OR BEAUTIFUL
- 3. SOMEONE OR SOMETHING THAT IS GOOD TO LOOK AT

That model is definitely easy on the eyes.
The trainer at the gym is very easy on the eyes.
Many people say the actress is easy on the eyes.
You should give your number to him. He's pretty easy on the eyes.
The teacher was easy on the eyes, so all of the little boys wanted to sit in the front row.
The magazine mentioned 10 actors who are easy on the eyes.
Most people think that he is easy on the eyes, but I don't think so.
The new president is easy on the eyes.

#16 "KEEP AN EYE ON"



- 1. KEEP UNDER CAREFUL OBSERVATION
- 2. TO WATCH SOMEONE OR SOMETHING CLOSELY
- 3. TO WATCH OR GIVE ATTENTION TO SOMEONE OR SOMETHING

I have my eye on those basketball shoes at the Nike store.

I have my eyes on the fruit tree over there. When the apples ripen, I will go harvest them.

Please keep an eye on the children while we are gone.

Can you ask your friend to keep an eye on my bag for a minute?

He asked his friend to keep an eye on his house while he was out of the country.

The teacher had to keep an eye on the students.

The mother sat on the edge of the bench, keeping an eye on her sons as they played.

The little girl kept an eye on her baby brother.

#17 "I'M ALL EARS"



- 1. YOU HAVE MY ATTENTION, SO YOU CAN TALK FREELY
- 2. I AM LISTENING VERY CLOSELY TO YOU
- 3. YOU HAVE MY FULL AND COMPLETE ATTENTION

Hey what's up? You can tell me. I'm all ears.
If you have a better idea, then I'm all ears.
If you know someone who would make a good candidate, I'm all ears.
Honey are you okay? You can tell me. I'm all ears.
He was all ears as she poured out her heart to him.
The students were all ears as the teacher told them the amazing story.
Hurry up and tell me. I'm all ears.
Tell me what happened. I'm all ears!

#18 "PLAY SOMETHING BY EAR"



- 1. TO ACT SPONTANEOUSLY AND ACCORDING TO THE SITUATION
- 2. TO DECIDE ONE'S NEXT STEPS AFTER ONE IS ALREADY IN A SITUATION
- 3. TO BE ABLE TO PLAY A PIECE OF MUSIC AFTER JUST LISTENING TO IT A FEW TIMES

If we go to the meeting unprepared, we will have to play everything by ear.
The teacher decided to play everything by ear.
The college student never prepared for her presentations. Instead, she just played it by ear.
I'm not sure if I can go out with you tonight or not. Let's just play it by ear.
He's not sure about his plans for this weekend. So let's just play it by ear.
My brother can play anything on the piano by ear.
She can play "Chopsticks" by ear on the piano.
Some people can play Chopin's music by ear.

#19 "MUSIC TO YOUR EARS"



- 1. SOMETHING THAT IS PLEASANT OR GRATIFYING TO HEAR OR DISCOVER
- 2. A WELCOME SOUND TO SOMEONE
- 3. NEWS THAT SOMEONE IS PLEASED TO HEAR

He said that we would get paid tomorrow. That was music to my ears!

The decision to restore the old building was music to my ears.

Their decision to stay a little longer was music to my ears.

His compliment about her dress was music to her ears.

The announcement that she had gotten the job was music to her ears.

When his teacher told him that he had passed the class it was music to his ears.

When she said they would make a profit, it was music to Matthew's ears.

The accused man said it was music to his ears when the judge said not guilty.

#20 "KEEP YOUR NOSE CLEAN"



- 1. STAY OUT OF TROUBLE
- 2. TO AVOID TROUBLE
- 3. TO AVOID GETTING INTO TROUBLE OR DOING ANYTHING ILLEGAL

I'm trying to keep my nose clean by staying away from those rough guys.

Samantha, if you don't learn how to keep your nose clean, you are going to end up in jail.

Since being released from prison, Mark has kept his nose clean.

I have been trying to keep my nose clean, but it is not that easy.

If you have to become a good politician, you need to keep your nose clean.

My father always taught me the importance of keeping my nose clean.

If you keep your nose clean you will be successful one day.

Her son Daniel is in trouble with the police again. I really wish he would learn to keep his nose clean.

#21 "MY LIPS ARE SEALED"



- 1. USED TO CONVEY THAT ONE WILL NOT DISCUSS OR REVEAL SOMETHING
- 2. MEANING THAT ONE KEEPS SECRETS VERY WELL
- 3. I WILL TELL NO ONE THIS SECRET OR THIS GOSSIP

Don't worry. My lips are sealed.
I hope you don't tell anyone about this. // My lips are sealed.
I'd prefer you not to mention this to anyone else. // My lips are sealed.
You can trust her. Her lips are sealed.
Stop worrying. I won't tell anyone what you told me. My lips are sealed.
You can trust me with the details of the lawsuit - my lips are sealed.
Jack's lips were sealed, so Jane was not afraid at all.
She told me that her lips were sealed.

#22 "SWEET TOOTH"



- TO HAVE A GREAT LIKING FOR SWEET-TASTING FOODS
- 2. TO LIKE EATING SWEET FOODS
- 3. A FONDNESS OR CRAVING FOR SWEETS

It was easy to tell that the woman had a sweet tooth. She always had some candy in her purse.

If you have a sweet tooth, you should try to eat a lot of fruit.

While we may have been taught since a very young age that all chocolate is bad for you, it's okay to indulge your sweet tooth sometimes.

The man decided to indulge his sweet tooth, so he bought a big ice cream cone.

Even though the little boy has a sweet tooth, his mom refuses to give him any sweets.

She does not want him to get a cavity.

I have a sweet tooth, and if I am not careful, I will gain a lot of weight.

That man must have a sweet tooth.

Do you have a sweet tooth?

#23 "BY THE SKIN OF ONE'S



- 1. BY A VERY NARROW MARGIN
- 2. BARELY
- 3. TO JUST MANAGE TO ACCOMPLISH SOMETHING

#24 "BITE/HOLD YOUR TONGUE"



- 1. MAKE A DESPERATE EFFORT TO AVOID SAYING SOMETHING
- 2. TO STOP YOURSELF FROM SAYING SOMETHING THAT YOU WOULD REALLY LIKE TO SAY
- 3. TO REFRAIN FROM SAYING SOMETHING

She had to bite her tongue and accept the explanation.

I wanted to tell him exactly what I thought of him, but I had to bite my tongue.

The man made her very upset, but she decided to hold her tongue instead of reacting.

Wisdom is knowing when to speak and when to hold your tongue.

I wanted to tell Matthew that he was being careless, but I bit my tongue and just sat there.

You're going to have to learn to hold your tongue instead of saying whatever comes to your mind.

The man was upset but he decided to hold his tongue.

Sometimes it is wiser to bite your tongue when someone is yelling at you.

#25 "KEEP ONE'S CHIN UP"



- 1. REMAIN CHEERFUL IN DIFFICULT CIRCUMSTANCES
- 2. DON'T GIVE UP
- 3. EVEN WHEN SOMETHING IS HARD, ONE SHOULD STAY ENCOURAGED

Keep your chin up, we have not lost yet.

Don't let stress get to you. Keep your chin up.

Even if you guys argue, always keep your chin up. Everything will eventually work out.

Hey, Samantha keep your chin up. We still have some time to work things out.

Being the wife of a soldier, she tried to keep her chin up when she heard that the enemy had attacked.

My father always taught me to keep my chin up in every situation.

Keep your chin up, we will overcome this situation.

The young woman always kept her chin up in difficult situations.

#26 "NECK AND NECK"



- 1. EVEN IN A RACE, COMPETITION, OR COMPARISON
- 2. CLOSE COMPETITION
- 3. EQUAL WITH EACH OTHER

Michael and Brandon were neck and neck in the race.

The two presidential candidates were neck and neck in the election.

The horses were neck and neck as they crossed the finish line.

The two women were neck and neck as they started the last lap of the race.

The runner was neck and neck with her rival, but in the end she won.

John and Michael finished the race neck and neck.

Ally and Amber were neck and neck in the math contest.

The two car companies are neck and neck in the competition to win over customers.

#27 "NECK OF THE WOODS"



- 1. A PARTICULAR AREA OR LOCALITY
- 2. A REGION
- 3. A NEIGHBORHOOD

Have you ever seen her in your neck of the woods?
I will stop by the next time I am in this neck of the woods.
In my neck of the woods we have a lot of restaurants.
He is from my neck of the woods.
In his neck of the woods people don't usually greet each other.
Even though you are overseas, you should still know what is going on in your neck of the woods.
Did you know that he is from your neck of the woods?
If you're in our neck of the woods, we hope you will come see us.

#28 "STICK YOUR NECK OUT"



- 1. TO TAKE A RISK
- 2. TO MAKE ONESELF VULNERABLE
- 3. TO GIVE AN OPINION WHICH OTHER PEOPLE MAY NOT LIKE OR AGREE WITH

Why should I stick my neck out for them? They never helped me out before.
She stuck her neck out for the deal because she thought she could make lots of money.
He really sticks his neck out to help those in need.
Don't stick your neck out for her; she won't appreciate it.
The young man was not afraid of sticking his neck out for his friends.
Have you ever had to stick your neck out for anyone?
I would gladly stick my neck out for him.
Thank you for sticking your neck out for me. I will never forget it.

#29 "HARD TO SWALLOW"



- 1. SOMETHING THAT IS DIFFICULT TO ACCEPT
- 2. SOMETHING THAT IS DIFFICULT TO BELIEVE
- 3. NOT EASY TO BELIEVE

The fact that my own son had done something so horrible was hard to smallow.
The terms of the divorce were hard to swallow.
My mother's anger was very hard to swallow.
We found their excuse hard to swallow.
I found her story rather hard to swallow.
Your story is pretty hard to swallow, but I am beginning to believe it.
Her pride was hard to swallow.
The decision was hard to swallow.



- 1. TO STRONGLY CRITICIZE YOU OR SCOLD YOU
- 2. TO SUDDENLY GET UPSET AND BEGIN TO ATTACK SOMEONE VERBALLY
- 3. TO RESPOND TO WHAT SOMEONE HAS SAID IN A SUDDEN AND CRITICAL WAY

He was only 30 minutes late, but the manager jumped down his throat. He was super mad.

Jane's parents jumped all over her for failing her exam.

My mom will jump all over me if get home after my curfew.

Luther's boss will jump down his throat if he doesn't finish this project on time.

Brandon jumped all over his daughter for being late.

The manager jumped down his throat for getting the information wrong.

When I showed him my report card, my dad jumped all over me and said I wasn't studying hard enough.

Hey, you don't have to jump all over me just because I'm a little late.

Guess what?

YOU LEARNED 30 BODY IDIOMS

Now Let's Speak English!