



# Idioms 18

Vocabulary > Advanced 7



## Exercise 1 – Vocabulary

<b>get cold feet</b>	To become nervous or frightened before a planned activity.
[phrase]	<i>Ex: I always <b>get cold feet</b> before presentations.</i>

<b>an eye-opener</b>	A situation or event that gives a person a new understanding of something.
[phrase]	<i>Ex: This documentary was <b>an eye-opener</b> for me.</i>

<b>a gut feeling</b>	An instinctive feeling; a feeling of being certain about something, without knowing why.
[phrase]	<i>Ex: I have <b>a gut feeling</b> that I shouldn't go there.</i>

<b>a breath of fresh air</b>	Something new and different, in a pleasant way.
[phrase]	<i>Ex: The fish tank was <b>a breath of fresh air</b> in the office.</i>

<b>go all out</b>	To put all of your money, energy, effort, etc. into something.
[phrase]	<i>Ex: We need to <b>go all out</b> if we want to win this match.</i>



## Exercise 2 – Reading

*Read the text aloud with your tutor.*

### A Vacation to Remember

I was getting tired of city life, so I planned a trip to a small village on the coast. My friends couldn't join me, so I decided to go alone. I **got cold feet** before getting on the plane because I realized that I would be living completely alone for an entire week. When I arrived, I **went all out** and rented a tiny old house 10 minutes away from the beach. It was **a breath of fresh air** compared to my cramped apartment in the city. The holiday was great. It was **an eye-opener** for me. I realized how much I needed some peace and quiet. Ever since that holiday, I've had **a gut feeling** that, when I retire, I will go back to that village and live there until the end of my days.



## Exercise 3 – Fill in the Blanks

*Fill in the blanks with the correct idioms.*

1. This book on global warming was \_\_\_\_\_.
2. Rebecca \_\_\_\_\_ before her wedding.
3. Tim is \_\_\_\_\_ in this company; he has a lot of good ideas.
4. I have \_\_\_\_\_ that this place is dangerous.
5. My mom \_\_\_\_\_ for the party. I had never seen so many balloons in one room!
6. I hate public speaking; I always \_\_\_\_\_.
7. We \_\_\_\_\_ for our holiday; we even stayed at a 5-star hotel!
8. His speech on poverty was \_\_\_\_\_ for Susan.



## Exercise 4 – Sentence Construction

*Create sentences using the following idioms.*

**Example:** get cold feet → I really want to try bungee jumping, but I'm worried that I'll get cold feet.

### Content:

1. get cold feet
2. an eye-opener
3. a gut feeling
4. a breath of fresh air
5. go all out