



# Idioms 30

Vocabulary > Advanced 7



## Exercise 1 – Vocabulary

<b>fill one's head with</b>	To put ideas into someone's head.
[phrase]	<i>Ex: Who has been <b>filling your head with</b> such ridiculous ideas?</i>

<b>keep a cool head</b>	To stay calm and think clearly in a difficult or stressful situation.
[phrase]	<i>Ex: If you want to pass the test, you have to <b>keep a cool head</b>.</i>

<b>head start</b>	An early start on something, which helps one be successful.
[phrase]	<i>Ex: I was able to get a <b>head start</b> on the project last week.</i>

<b>be in over one's head</b>	To be involved in a very difficult situation; to be overwhelmed by something.
[phrase]	<i>Ex: I am <b>in over my head</b> with homework.</i>

<b>get one's head around</b>	To understand the meaning or how something works.
[phrase]	<i>Ex: She tried explaining the rules of that card game a couple of times, but I simply cannot <b>get my head around</b> them.</i>



## Exercise 2 – Reading

*Read the text aloud with your tutor.*

### A Tough Period

It was just another day at the office, the boss of the company had assigned the duties for each employee. After receiving his task, Mr. Smith tried to get a **head start**. However, he soon realized that he **was in over his head** with the analysis and asked his co-worker, Mr. Grey, for help. During the next few hours, Mr. Grey tried to help Mr. Smith **get his head around** the price range issue and suggested **keeping a cool head**. But, Mr. Smith was still worried that they would lose a lot of money if they didn't finish the analysis soon. It seemed as if the situation was hopeless for Mr. Smith. In the end, Mr. Grey told Mr. Smith that the project could be done in time, and advised him not to **fill his head with** worries.



## Exercise 3 – Fill in the Blanks

*Fill in the blanks with the correct idioms.*

1. I am \_\_\_\_\_ with this renovation. I can't seem to do anything right!
2. I can't \_\_\_\_\_ how this machine works.
3. Who has been \_\_\_\_\_ all this nonsense?
4. If you \_\_\_\_\_, you will have no problem passing the exam.
5. She's \_\_\_\_\_ throughout the entire tournament, that's why she won!
6. Ford had a \_\_\_\_\_ over the other car companies because they invented the assembly line.
7. She is good at math, but she just can't \_\_\_\_\_ chemistry!
8. I think I am a faster runner than you. I will even give you a \_\_\_\_\_ and I will still win the race!



## Exercise 4 – Sentence Construction

*Create sentences using the following idioms.*

**Example:** fill one's head with → He has filled her head with lies about our neighbors.

### Content:

1. fill one's head with
2. keep a cool head
3. head start
4. be in over one's head
5. get one's head around