

600 English Words and Phrases

Look back at 12 of my
YouTube videos that
contain hundreds of useful
words and phrases to help
you expand your range of
vocabulary in English.





LEARN 600 WORDS AND PHRASES IN ENGLISH

Welcome to this epic compilation video packed with over 600 words and phrases. Yes, that's right! That's more than 600 opportunities to expand your range of vocabulary in English, express yourself with greater precision and improve your fluency. I mean, what's not to love about learning new vocabulary?

This wonderful ebook contains all the words and phrases from the lessons in this video along with some top tips to help you commit them to memory and use them when the time is right!

So, what are you waiting for? Let's get started!

Table of Contents

Please look over the Table of Contents to familiarise yourself with the content of this PDF. You can also jump to any section you'd like to review.

Content	Pages
English I Use Everyday 1	3-11
25 Smart Sentences for Daily Use in English Conversation	12-20
100 Most Common English Words	21-29
100 Important Antonyms (B1-C1 Level)	30-48
50 Important Phrasal Verbs	49-62
English I Use Everyday 2	63-70
21 Advanced Phrases to Build Your Vocabulary	71-76
Advanced Verbs	77-82
15 Stunningly Beautiful English Words	83-85
Rhyming Reduplication	86-89
111 Advanced English Idioms	90-124
100 Body Part Words	125-150



ENGLISH I USE EVERY DAY 1

The best way to learn new vocabulary is by seeing new words and phrases used in context. In this lesson, I will recount my attempt at giving my husband an unforgettable birthday while providing you with some common English terms and phrases that I use daily. You can also test your understanding with a follow-up quiz at the end.

Will's 30th Birthday: Vocabulary Breakdown

PARAGRAPH 1

So this was a few years ago now. As many of you know, my husband Will used to be a farmer, and because his birthday is in July and clashes with “high season” in the farming world, he’d never had a birthday party as an adult. So I wanted to arrange something special for him, and I settled on surprising him with a golf tournament. But I wasn’t sure how to **get it off the ground**. So, I turned to Will’s best friend, Charlie, who first told me it was **the best idea ever** (go me!) and then gave me some advice. He said, “**If I were you, I’d** call the club first. Then get a small group together to play and invite the partners for dinner afterwards.”

VOCABULARY

to get sth off the ground

Use:

This is such a common phrase among native speakers which means **to make something start to happen or to succeed**.

Example:

*I have so many ideas, but I never seem able to **get them off the ground**.*



the best day ever

Use:

We use this structure with a superlative in English to respond with enthusiasm.

In speech, we often omit **the** and just say—

best idea ever!

worst film ever!

hardest exam ever!

Example:

*I can't believe you made me watch that — **worst film ever!***

If I were you, I'd...

Use:

You might recognise this as the second conditional, and it's such a common use of this structure as we LOVE to give advice.

Example:

***If I were you, I wouldn't** invite Jack to the party; he always gets overexcited.*

PARAGRAPH 2

So I went to the golf club where Will played and told them what I wanted. **They were all**, “What a brilliant idea!” blah blah, and they told me that they had a special menu available around the time that I was planning Will’s get-together. The chef even popped out and said, “Oh, **you’re in for a treat.**” It looked a bit pricey, but they assured me it was well worth the money. Then they started recommending me some very expensive whiskey I could have ready for Will when he finished playing. I politely said, “Hmm, **I’m not sure about that. Let me have a think.**”



● VOCABULARY

They were all...

Use:

Native speakers use the expression **He was all...** or **I was all...** etc. in spoken English, often to convey that someone had strong feelings about something, whether or not we think they're being sincere.

Example:

*I invited Geri to the party, and **she was all**, “Awesome! I’ll be there!” and then she didn’t turn up.*

you’re in for a treat

Use:

We love using this phrase **to say that something is a good idea**.

We also sometimes use it **sarcastically** to say that something is going to be challenging or not very good.

Example:

A: *I signed up for a spinning class with Helen tomorrow.* B: *Oh, **you’re in for a treat!***

I’m not sure about that

Use:

We Brits use this all the time because we hate saying no or disagreeing directly.

Example:

I think we should have a picnic for Olivia’s birthday. - ***I’m not sure about that.***

Let me have a think

Use:

This is another really common expression that basically means **no**, but I don’t want to say it right now.



Example:

*That's sounds like a great plan, mate, but **let me have a think**, yeah?*

PARAGRAPH 3

I **got the ball rolling** with the invitations by calling some of Will's closest friends. "**Are you free on** Saturday the 3rd of June?" "**Do you fancy** coming down to celebrate Will's 30th?"

VOCABULARY

to get the ball rolling

Use:

This is another common phrase that we use meaning **to make something start to happen.**

Example:

*It looks like no one wants to speak first, so I'll **get the ball rolling!***

Are you free on...?

Use:

This is one of the most common ways **to ask someone to attend an event you're planning.**

Example:

***Are you free on** Sunday? We're thinking of going out for a pub lunch.*

Do you fancy...?

Use:

We use this phrase as another way **to ask if someone wants to do something.**

Example:

***Do you fancy** going out for a bite to eat?*



BONUS!

I said **Will's 30th**, not **Will's 30th birthday**. It's common to shorten significant birthdays like this: Lucy's 18th, Pete's 60th.

PARAGRAPH 4

The forecast said it was going to rain on the day, but I decided **to play it by ear** and didn't make any other plans. It turned out to be gorgeous weather, and Will **was over the moon** when I told him what was happening. When we got to the gold club, it turned out that I had been told the wrong prices, and instead of £60 a head, it was £100 a head on Saturdays. I literally trembled as I handed over my credit card. He and his mates played a round of golf and had a tipple between holes. We finally sat down to eat, and Will, who was slightly tipsy and feeling generous, accidentally said, "Don't worry, guys, **we got this**." He accidentally offered to pay for everyone's meal. Now **bear in mind** that the golf club had put their prices up, so it was going to be incredibly expensive. We were also in the middle of a mortgage application, so cash was a bit tight. At the time, when I had to pay for all of those rounds of golf and a meal for, I think, about 14 people! But what could we do? Everyone had an amazing time, and they said the food was **out of this world**. We finally **called it a night** at about midnight. I needed a little **lie-down** when I saw the bill, but it was Will's first birthday party in about ten years, so no regrets.

● VOCABULARY

to play it by ear

Use:

We use this phrase **to talk about how we will deal with a situation as it develops rather than making plans**.

Example:

*I don't know how many people are coming; **we'll have to play it by ear**.*



to be over the moon

Use:

We use this idiom a lot as it means **to be very happy**.

Example:

*My sister was **over the moon** when I offered to babysit her children for the night.*

We've/I've got this

Use:

This a common expression **used when offering to pay for something**.

Example:

*Don't worry about lunch today. **I've got this**. I owe you one.*

bear in mind

Use:

This widely used expression means **remember or consider**.

Example:

***Bear in mind** that I only cooked for ten people, but over 30 turned up.*

out of this world

Use:

This is a great expression **used to emphasise how fantastic something is**.

Example:

*The decorations were **out of this world**!*

to call it a day/night

Use:

This means **to stop what you are doing because you feel like you've done enough or you don't want to do it any more**.



Example:

At 10pm, I decided **to call it a night** and finish up in the morning.

a lie-down | to have/to need a lie-down

Use:

We use this term both **literally, when we're tired**, and **metaphorically, when something shocks us profoundly**.

Example:

After seeing the price tag on the dress, I needed **a lie-down**.

Will's 30th Birthday: Full Story

So this was a few years ago now. As many of you know, my husband Will used to be a farmer, and because his birthday is in July and clashes with “high season” in the farming world, he’d never had a birthday party as an adult. So I wanted to arrange something special for him, and I settled on surprising him with a golf tournament. But I wasn’t sure how to **get it off the ground**. So, I turned to Will’s best friend, Charlie, who first told me it was **the best idea ever** (go me!) and then gave me some advice. He said, “**If I were you, I’d** call the club first. Then get a small group together to play and invite the partners for dinner afterwards.”

So I went to the golf club where Will played and told them what I wanted. **They were all**, “What a brilliant idea!” blah blah, and they told me that they had a special menu available around the time that I was planning Will’s get-together. The chef even popped out and said, “Oh, **you’re in for a treat**.” It looked a bit pricey, but they assured me it was well worth the money. Then they started recommending me some very expensive whiskey I could have ready for Will when he finished playing. I politely said, “Hmm, **I’m not sure about that. Let me have a think.**”

I **got the ball rolling** with the invitations by calling some of Will’s closest friends. “**Are you free on** Saturday the 3rd of June?” “**Do you fancy** coming down to celebrate Will’s 30th?”



The forecast said it was going to rain on the day, but I decided **to play it by ear** and didn't make any other plans. It turned out to be gorgeous weather, and Will **was over the moon** when I told him what was happening. When we got to the golf club, it turned out that I had been told the wrong prices, and instead of £60 a head, it was £100 a head on Saturdays. I literally trembled as I handed over my credit card. He and his mates played a round of golf and had a tipple between holes. We finally sat down to eat, and Will, who was slightly tipsy and feeling generous, accidentally said, "Don't worry, guys, **we got this.**" He accidentally offered to pay for everyone's meal. Now **bear in mind** that the golf club had put their prices up, so it was going to be incredibly expensive. We were also in the middle of a mortgage application, so cash was a bit tight. At the time, when I had to pay for all of those rounds of golf and a meal for, I think, about 14 people! But what could we do? Everyone had an amazing time, and they said the food was **out of this world**. We finally **called it a night** at about midnight. I needed a little **lie-down** when I saw the bill, but it was Will's first birthday party in about ten years, so no regrets.

QUIZ!

Choose the correct answer for each question.

1) "This dessert is _____," he said as he took a bite.

- a. out of this world
- b. the best idea ever
- c. in for a treat

2) What phrase indicates you need time to consider an idea?

- a. I'm not sure about that.
- b. Let me have a think.
- c. Sounds good to me.

3) _____ that our budget is quite limited for this event.

- a. Bear in mind
- b. Bearing it in mind
- c. Bearing mind

4) To be over the moon means to feel sad and downcast.

- a. True
- b. False

5) Let's not set a strict schedule; we'll just _____.

- a. play it with ears
- b. play it by year
- c. play it by ear

6) How would you give advice using hypotheticals?

- a. You can...
- b. You should definitely...
- c. If I were you, I'd...

7) It's time to _____ on our new project.

- a. get the ball rolling
- b. getting started
- c. get something off the ground

8) _____ grabbing a coffee later?

- a. Are you fancy
- b. Do you fancy
- c. Are you free on

The End!



25 SMART SENTENCES FOR DAILY USE IN ENGLISH CONVERSATION

In this lesson, you will learn 25 fresh phrases you can add to your daily conversations to break out of the routine of sticking to the same few lines. These phrases are popular in the UK but used pretty universally.

PART 1

First, let's discuss the phrases we can use when we meet someone that we either do or do not know.

1. It's nice to bump into you.

You would use this phrase if you are at the very least **familiar** with a person, so maybe you know of them. To know of someone is to have heard about them, to know their name, but we normally say this when we do, at the very latest, know of someone.

If you have seen someone recently, you can say, "**it's nice to bump into you again**". Now, the literal meaning of 'to bump into someone' is to **collide** with someone, for example, "**I bumped into someone at the supermarket and dropped my milk**" for example. However, in this context, the context of meeting someone, 'to bump into someone' means to meet someone unexpectedly.

Example:

I bumped into your mum at the swimming pool.

Meaning:

I unexpectedly met your mum.

2. It's great to finally meet you in person.

This a phrase that we use if we **don't know someone**. We haven't met them before, but we have maybe heard of them before or we have **communicated** with them **digitally**. Maybe we've been talking over email, or something like that. I say this so much after the pandemic. I met so many people online, over Zoom, and now I can finally meet them in real life.

Example:

Ah, it's so nice to finally meet you person!



3. Speak of the devil.

This phrase has a very specific usage. This is said when a person **appears** just after being mentioned.

Example:

If I'm talking to a colleague about someone's excellent presentation, and then that person appears, I could say—

"Speak of the devil; we were just talking about your excellent presentation."

This can be a great way to **make someone new feel included**, especially if you have been complimenting them behind their back.

4. I've heard so much about you.

Number four, another one to use if you **haven't met** someone before but you want to **pay them a nice compliment**. Obviously, only say this if you actually have heard good things said about this person.

Good responses to this:

"All good things, I hope."

"All positive, I hope."

5. I don't think we've crossed paths before.

And the last one, number five, is a nice way of saying, "**I don't know who you are, so please introduce yourself to me.**" It avoids an awkward situation.

To **cross paths** with someone is to **meet someone by chance**. And if we haven't crossed paths before, well, we've never met. But I think it's a little bit nicer than saying, "**Who are you? I don't know who you are.**"

PART 2

Okay, next section. Let's say for now that you have met someone that you do know; you're going to want to catch up with them. And to catch up with someone is to talk about everything that's happened since you last saw each other.



6. How is everything going?

If you can't specifically remember what they've been doing, "*How is everything going?*", is a great way to **let them lead the conversation**. It gives them room to open up. This might refer to their **family**, their **work**, their **personal life**, **romantic life**, who knows. But you can let them lead the conversation because they decide what 'everything' is.

7. What have you been up to?

This is a really friendly phrase. I've used this before. I've taught it before in my Stop Saying How Are You? video. If you are '*up to something*', it means that you are doing something **mischiefous**. You're doing something **troublesome**. This phrase is very warm and friendly. It's saying '*what trouble have you been causing? What have you been doing?*' It's something that we use a lot with children or animals. We use it with friends as well. It's very casual, but it's not inappropriate for professional situations, but it is appropriate if you know the person quite well.

Example:

I often say to my dog—

"What have you been up to Diego?"

Good responses to this:

"Oh, not much."

"I've not been up too much."

8. What have I missed? Fill me in!

So if you haven't caught up with someone for a while, this is a good way to ask them what has happened since you last spoke. To **fill someone in** is **to give someone missing information** or **to inform someone more fully of a situation**. So if I'm saying, '*fill me in*', I'm saying, tell me all this missing information.

9. We've got so much to catch up on.

This means, "**we've got so much to talk about**". So much has happened since we last saw each other.



10. There's so much to say, but I can't go into it now.

This is one that you can use if you've seen or met someone that you know you need to spend a long time talking to, but it's not the right time. 'To go into something' is to **discuss** or **explain something in a careful and detailed way**. This implies that there are lots and lots of details, too many for now. Maybe it would be impolite to talk a lot; maybe there are some people around that shouldn't hear what you're talking about. It's a good one to use or to have up your sleeve—to have something ready for later.

PART 3

So we've discussed talking to people that we have met before; now, what should we do with people that we haven't met before? We should get to know them, shouldn't we? We should ask some good open-ended questions to get them talking.

11. How did you get into X?

Often we want to ask people, "*How did you get your job? How did you end up working here?*" That's not so polite. So this phrase is a really good alternative. 'To get into something' in this context is **to become involved with**. Then, they can tell you their life story.

Example:

How did you get into marketing?

Meaning:

How did you become involved with marketing?

12. What do you do for fun?

Another nice way of getting to know someone is to ask them what they do for fun. And in American English especially, this is a very common question. I would say it's not so common in the UK, but we do see it in movies, and TV shows a lot. I just noticed this question was asked a lot to me when I visited to US, and I thought it was really nice. It was a **really good way of making conversation that isn't about work**.

Example:

So, what do you do for fun?



13. What do you do outside of work? / What do you do when you're not working?

In British English, we might say something more like these two phrases. It's maybe **a bit nicer** than asking someone what they do for fun because I know when someone asks me what I do for fun, I think, "*Oh my word, I'm not that fun a person. I like running. Is running fun enough to answer this question? Do they think that running is fun enough?*" So these alternatives are pretty safe.

14. What makes you tick?

Another good thing to talk about is **motivation**, and we want to know what motivates people. But instead of just simply saying, "*what motivates you?*" You could say, "**what makes you tick?**" And this is sort of asking, "**what are you passionate about?**" or "**what keeps you going?**"

Example:

Helping my students gain confidence really makes me tick.

15. What gets you out of bed in the morning?

This is another similar one that basically asks, "**what do you get up for?**" Or a really fun and cheeky one is, "**what floats your boat?**" That means, "**what brings you joy?**" This comes from the phrase, "**whatever floats your boat.**" Whatever you like. And this is something that we say when somebody says they like something that we think is a bit strange. So, for example, if someone says they like running marathons every weekend, I might say, "*whatever floats your boat; not my thing, but good for you.*" The question, "**what floats your boat?**" is a variation of that.

PART 4

Now, when we meet people, and we have a really, really good conversation, the next step is to ensure further contact. But we don't just want to say, "**What's your number? I would like to talk again.**" Although, I quite like the direct approach. There are some other ways of doing this—



16. I'd love to carry this on at a later date/time.

This is saying, "I would like to continue this conversation". So you're sort of stopping them there, saying pause, but let's continue this later on.

17. I feel like we've got so much more to talk about.

This is good one to use if you can see that a conversation is coming to an end, maybe it's like a break in a conference, and you know that the next lecture is starting, but you still want **to make sure you remain in contact with this person**. This is a really nice one because it's sort of passing the baton. It's passing the responsibility over to the other person. And it gives them the opportunity to say, "**well, let's stay in touch. Let's exchange contact details.**" It's good to use if you don't know if they want to stay in touch, if you're kind of testing the water. If they say yeah, let's stay in touch, brilliant. If they don't, well there we are. At least we know.

18. We should discuss this over lunch.

This one is used to suggest that something be discussed over a consumable, a food or a beverage. For example—

- **We should discuss this over lunch.**
- **We should chat over coffee.**
- **We should talk over dinner.**

If you think about it, using the word 'over' is quite appropriate because normally, two people having a meeting at dinner, we are speaking over the top of the food. The conversation flows over the food or drink.

19. We should do this again.

This is another very simple, very casual one which implies **we should see each other again**.



20. Here's my email/number. Drop me a line, and we'll sort something out.

This is a great one if you want to be very direct and give your contact details. 'To drop someone a line' is to [write a brief message](#). We also say, 'drop me a text' or 'drop me a WhatsApp'. And 'to sort something' out is [to organise something](#)—we'll arrange another meeting.

PART 5

And now on to the last set of phrases. And for me, the hardest part of any conversation is leaving the conversation. I'm terrible at parties. I end up talking to one person intensely for the whole event, and then it comes to the end, and I think, "Ugh, I have not met many people here." It's just so awkward, isn't it?

21. Oh, I'm a bit pressed for time.

This is a great one if you don't have much time. This is [a nice way of saying, "I don't have any time; I need to go."](#)

22. Right, I need to make a move.

In the UK, we always sort of clap our hands or if we're sitting down, we slap our thighs and say, "Right, I've got to be going." 'To make a move' is [to begin to leave or just to leave](#). I'm going to make a move—I'm going to leave. It's just a nicer way of saying it because we're beating around the bush; we're avoiding the topic. I don't wanna say I'm leaving, so I'm going to say I'm making a move.

23. I'm going to have to get going. / I need to get going.

This is a very similar one to number 22. Again, [this is to begin to leave](#). But by saying '*have to*', it's implying that you don't want to; I just have to. I'm obliged to leave. It's not my choice; I need to.



24. I don't want to hog you, so I'm going to go over here.

Now this is a really nice one; it's interesting, but ever so slightly manipulative but I learnt it from someone that I really respect, an older woman in my village. I always really enjoy talking to her at parties in our village. But, I probably enjoy speaking to her more than she enjoys speaking with me. And once, she said this wonderful phrase when she wanted to leave our conversation, but she did it in such a nice way.

'To hog something' is **to take or use something good all for yourself** so that other people can't have it. And she was saying, I don't want to keep you all to myself, so I'm going to make sure other people can talk to you too. And it's implying that whoever you're talking to is so great that they need to talk to lots of people; lots of people can benefit from talking to them. It wouldn't be right to deny others the chance of talking to this person. I thought it was really interesting, kind of like reverse psychology.

25. I've already taken so much of your time.

This is a lovely way of saying, "*you know, I don't want to leave, but I've wasted your time, so I'm going to go because it's fair on you.*"



QUIZ!

Choose the correct phrase from below that best complete each missing part of the story.

Jenna stepped into the expat bar, her weary traveller's eyes scanning the crowd for familiar faces. Just as she was about to grab a seat, she spotted a group of people she had met during her time in Indonesia. With a smile, she approached them, but there were a few new faces among them. "No way! It's so wild (1) _____," she exclaimed.

One of her friends quickly turned round and gave her a big hug. (2) "_____; we were just talking about you," he said warmly. Jenna blushed, feeling a mix of excitement and curiosity. She looked at the group of people, extending her hand for introductions. (3) "_____."

As they settled into a booth, Jenna couldn't believe how small the world truly was. (4) "_____" she asked, eager to catch up. (5) "_____ since Indonesia?" Her friends eagerly shared their stories, describing their adventures across Southeast Asia.

Ana Luisa, another of Jenna's friends, showed up a bit later in the evening. She hurriedly sat down next to Jenna. "What have I missed? (6) _____," she said, her voice brimming with anticipation. They laughed, realising how much they had to catch her up on. They chatted into the late hours of the night until Jenna remembered she had a completely full day of tourist activities the next day. (7) "Right, _____," she blurted out, slapping her thighs. The group stood up and exchanged well wishes, and went their separate ways. As she was walking back to her hostel, she felt a tap on her shoulder. It was her friend Pierre. He handed her a piece of paper. (8) "_____ if you are ever in France; I'd love to see you again," he said shyly. Jenna took the piece of paper and flashed a nervous smile. "Of course; see you soon!" she said sincerely.

Phrase Bank

a. Fill me in	b. What have you been up to	c. Speak of the devil	d. I'm going to have to get going
e. Drop me a line	f. How is everything going?	g. to bump into you all again	h. I don't think we've crossed paths

The End!



100 MOST COMMON ENGLISH WORDS

VOCABULARY LESSON

 YOUTUBE.COM/ENGLISHWITHLUCY

There are over 170,000 unique words in the English language. The average adult native English speaker knows between 15 and 20,000 different word families. However, native speakers get by only using a fraction of these words in daily speaking and writing. Some words are used much more than others. This lesson will teach 100 of the most commonly spoken and written words in the English language. Understanding these words and knowing how to use them will get you on your way to mastering English.

NOUNS

A noun is a word that refers to a place, a person, a thing, a quality or an activity. You can't have a sentence without the use of some sort of noun.

No.	Word	Pronunciation	Example
1	man	/mæn/	The <u>man</u> sat quietly on the chair.
2	day	/deɪ/	It was the last <u>day</u> of summer.
3	people	/'pi:pl/	Many <u>people</u> travel abroad for their holiday.
4	time	/taɪm/	What <u>time</u> will they come to the house today?
5	woman	/'wʊmən/	He saw the <u>woman</u> from across the room.
6	life	/laɪf/	Jack spent his whole <u>life</u> writing his novel.
7	world	/wɜ:ld/	The <u>world</u> is a big place; go out and see it!
8	thing	/θɪŋ/	We have both brought the same <u>thing</u> .



9	year	/jɪə(r)/ /jɜ:(r)/	This <u>year</u> has been one of the craziest yet!
10	child	/tʃaɪld/	She was only a <u>child</u> , but she could play the piano better than anyone.

PRONOUNS

A pronoun is used to substitute a noun or a noun phrase in a sentence. We can only use a pronoun if the noun or noun phrase has been referred to previously.

No.	Word	Pronunciation	Example
1	he	weak - /hi/ strong - /hi:/	<u>He</u> likes to go out ice skating.
2	her	weak - /hə(r)/ strong - /hɜ:(r)/	<u>Her</u> shoes were left out in the rain all night.
3	him	/hɪm/ /ɪm/	Can you take <u>him</u> to the station, please?
4	I	/aɪ/	<u>I</u> am from England.
5	it	/ɪt/	<u>It</u> looks as if she's been crying.
6	me	weak - /mi/ strong - /mi:/	Don't give <u>me</u> that look!
7	my	/maɪ/	<u>My</u> new phone should arrive today.
8	our	/a:(r)/ /'aʊə(r)/	<u>Our</u> new home is in the village not far from here.
9	she	weak - /ʃi/ strong - /ʃi:/	<u>She</u> is from a posh family; what do you expect?
10	them	weak - /ðəm/ strong - /ðem/	I went with <u>them</u> to see the play.
11	that	weak - /ðæt/ strong - /ðət/	<u>That</u> picture frame is crooked.
12	their	/ðeə(r)/	<u>Their</u> payments are overdue.
13	these	/ði:z/	<u>These</u> flowers are beautiful.



14	they	/ðeɪ/	<u>They</u> missed the train, so they walked home instead.
15	this	/ðɪs/	<u>This</u> is the road I used to take to school as a child.
16	us	weak: /əs/ strong: /ʌs/	We always bring a few snacks with <u>us</u> .
17	we	weak: /wi/ strong: /wi:/	<u>We</u> had just started hiking when Jerry hurt his knee.
18	who	/hu:/	<u>Who</u> was that in your office?
19	you	weak - /jə/ strong - /ju:/	<u>You</u> shouldn't do that!
20	your	weak - /jə(r)/ strong - /jɔ:(r)/	<u>Your</u> sister came over yesterday looking for you.

VERBS

Every sentence requires the use of a verb. We use verbs to represent actions, feelings and states of being. When learning English, it is easy to use the same verbs repeatedly. So, in addition to teaching you some of the most commonly used verbs, you will also be given **synonyms** (words that have the same meaning) to help add some variety to your conversations and writing.

No.	Word	Pronunciation	Example	Synonyms
1	come	/kʌm/	<u>Come</u> to my house tonight - we're making pizza!	appear, arrive, occur
2	find	/faɪnd/	I can't <u>find</u> the remote control!	discover, identify, locate
3	give	/gɪv/	Can you <u>give</u> me a minute?	allow, award, grant
4	get	/get/	I hope I <u>get</u> a raise this month.	gain, obtain, earn
5	go	/gəʊ/	Sheila, <u>go</u> and speak with your father!	flee, depart, progress



6	have	weak - /həv/ strong - /hæv/	I <u>have</u> the forms in my bag.	acquire, accept, possess
7	know	/nəʊ/	I <u>know</u> this can't be easy to hear.	perceive, realize, notice
8	listen	/'lɪsn/	<u>Listen</u> to his new song - it's great!	accept, take notice, observe
9	look	/lʊk/	They will <u>look</u> at the sculpture for hours.	glance, peer, stare
10	make	/meɪk/	What are you going to <u>make</u> for the school picnic?	compose, generate, produce
11	say	/seɪ/	Don't <u>say</u> things you don't mean.	announce, convey, express
12	see	/si:/	I could <u>see</u> she was angry from her facial expression.	detect, notice, view
13	take	/teɪk/	Manny <u>took</u> the bad news in stride.	accept, capture, seize
14	tell	/tel/	<u>Tell</u> him about it after his birthday.	advise, disclose, inform
15	think	/θɪŋk/	I always <u>think</u> about leaving my job.	consider, determine, understand
16	use	/ju:z/	Can I <u>use</u> baking powder instead of baking soda?	adopt, employ, manipulate
17	want	/wɒnt/	They <u>want</u> to take a cruise this year.	choose, crave, wish

AUXILIARY VERBS

Auxiliary verbs are extremely useful in English. They are also referred to as “helping or modal verbs.” Auxiliary verbs help to form certain verb tenses, voices and moods. Needless to say, we use them quite often.



No.	Word	Pronunciation	Example
1	be	weak - /bi/ strong - /bi:/	I'll <u>be</u> swimming tomorrow morning.
2	can	weak - /kən/ strong - /kæn/	<u>Can</u> you lift the chair so I can sweep under it?
3	could	weak - kəd/ strong - /kud/	I <u>could</u> leave work early to pick up the wine.
4	do	weak - /də/ strong - /du:/	<u>Do</u> they always come this late?
5	shall	weak - /həv/ strong - /hæv/	I <u>shall</u> ask him tomorrow.
6	might	/maɪt/	They <u>might</u> stay a little longer.
7	must	weak - /məst/ strong - /mʌst/	You <u>must</u> allow me to take you for dinner!
8	should	weak - /ʃəd/ strong - /ʃud/	I <u>should</u> really be going now.
9	would	weak - /wəd/ strong - /wʊd/	I <u>would</u> like a skateboard for Christmas.
10	will	/wɪl/	We <u>will</u> write to you as soon as we arrive.

ADJECTIVES

Adjectives add detail to your speaking and writing. They are used to describe nouns, and they provide the reader or listener with additional information. If you want to liven up your conversations, adjectives are the way to go!

No.	Word	Pronunciation	Example
1	all	/ɔ:l/	Did you put <u>all</u> of the food away?
2	any	/'eni/	I don't have <u>any</u> patience for you right now!
3	different	/'dɪfrənt/	Can you get me a <u>different</u> mug?



VOCABULARY

4	even	/'i:vn/	He really wants the painting to be <u>even</u> on the wall.
5	first	/fɜ:st/	Ben was the <u>first</u> person to call me after my break-up.
6	just	/dʒʌst/	It wasn't <u>just</u> of him to treat you that way.
7	last	/la:st/	This is my <u>last</u> phone call.
8	white	/waɪt/	When I opened my eyes, I saw <u>white</u> walls.
9	many	/'meni/	We have too <u>many</u> boxes to move.
10	more	/mɔ:(r)/	Please, could I have <u>more</u> potatoes?
11	new	/nju:/	Her <u>new</u> shoes are black.
12	one	/wʌn/	My dog has <u>one</u> blue eye, and the other is brown.
13	some	weak - /səm/ strong - /sʌm/	Can I borrow <u>some</u> money for a coffee?
14	two	/tu:/	The <u>two</u> trees in the garden need to be chopped down.

ADVERBS

Adverbs are brilliant words that help you describe a verb, an adjective, another adverb or entire sentences. You may have learned that most adverbs end in -ly, this may be true, but the most common adverbs might surprise you.

No.	Word	Pronunciation	Example
1	also	/'ɔ:lsəʊ/	We <u>also</u> live up the hill!
2	here	/hɪə(r)/	I live <u>here</u> too!
3	how	/haʊ/	He didn't know <u>how</u> to speak Italian.
4	no	/nəʊ/	Call <u>no</u> later than 7:00 PM.
5	not	/nɒt/	It is <u>not</u> snowing today.
6	now	/naʊ/	Are you ready to go <u>now</u> ?



7	so	/səʊ/	She was <u>so</u> early for the party.
8	then	/ðen/	We can't go back to how it was <u>then</u> .
9	very	/'veri/	Dave was <u>very</u> angry after the meeting.
10	when	/wen/	<u>When</u> will you be leaving?

CONJUNCTIONS

Conjunctions are a crucial part of speaking English fluently. Conjunctions allow us to link short, simplistic sentences into long, beautifully complex ideas. Conjunctions join together other words, clauses or phrases. Without conjunctions, reading would be painfully boring.

No.	Word	Pronunciation	Example
1	and	weak - /ənd/ strong - /ænd/	Clean your room <u>and</u> the bathroom!
2	because	/bɪ'kəz/ /bɪ'kɒz/	I can't come tonight <u>because</u> I have work in the morning.
3	but	weak - /bət/ strong - /bʌt/	They don't have a size 3, <u>but</u> they do have a size 4.
4	if	/ɪf/	She will cover for me <u>if</u> I stay late tomorrow.
5	or	/ɔ:(r)/	We can go to get Chinese <u>or</u> Indian - it's up to you.
6	than	weak - /ðən/ strong - /ðæn/	I would rather stay at home <u>than</u> go to the nightclub.

PREPOSITIONS

Prepositions show how one noun in a sentence is related to another. Prepositions help to explain direction, time, location, and space. Without prepositions, we wouldn't know where anything is!

No.	Word	Pronunciation	Example
1	about	/ə'baut/	I'll be there in <u>about</u> 5 minutes.
2	at	weak - /ət/ strong - /æt/	Turn right <u>at</u> the end of the street.



3	by	/baɪ/	My purse is <u>by</u> the dining room chair.
4	for	weak - /fə(r)/ strong - /fɔ:(r)/	Is all of that <u>for</u> you?
5	from	weak - /frəm/ strong - /frɒm/	The present is <u>from</u> all of us.
6	in	/ɪn/	Just put it <u>in</u> the box.
7	into	weak - /'ɪntə/ strong - /'ɪntu:/	Put it <u>into</u> the fridge, not the oven.
8	on	/ɒn/	The book is <u>on</u> the shelf.
9	to	weak - /tə/ strong - /tu:/	We're going <u>to</u> the fair today.
10	with	/wɪð/	Don't leave me <u>with</u> him.

ARTICLES

Prepositions show how one noun in a sentence is related to another. Prepositions help to explain direction, time, location, and space. Without prepositions, we wouldn't know where anything is!

No.	Word	Pronunciation	Example
1	a	weak - /ə/ strong - /eɪ/	A man came to see you today.
2	an	weak - /ən/ strong - /æn/	Is that <u>an</u> orange on the sofa?
3	the	weak - /ðə/ strong - /ði:/	<u>The</u> new table looks wonderful!

ACCORDING TO
SOME SOURCES, THE
KOREAN LANGUAGE
HAS THE MOST
WORDS LISTED IN A
STANDARD
DICTIONARY WITH
OVER 1,000,000
ENTRIES.

DID
YOU
KNOW?



Activity

Choose the part of speech that best represents the underlined word in each sentence.

1) She knew that there were going to be a lot of people there - but 500? That's insanity!

- a. noun
- b. adjective
- c. verb

2) What time are we meeting tomorrow?

- a. noun
- b. article
- c. verb

3) I want all of you to write a letter to the prime minister requesting more funding.

- a. preposition
- b. adjective
- c. adverb

4) Should you be doing that right now? It doesn't look safe.

- a. auxiliary verb
- b. adverb
- c. verb

5) Leave your things by the door - you can get them later.

- a. noun
- b. preposition
- c. article

6) She will drive because you've had too much to drink!

- a. adverb
- b. preposition
- c. conjunction

Choose the correct word to complete each sentence.

7) You _____ pick up the cake at noon on Monday.

- a. couldn't
- b. are
- c. can

8) Your husband cooks _____ cleans up afterwards? It sounds like you are living a dream!

- a. but
- b. and
- c. or

1) c 2) a 3) b 4) a 5) b 6) c 7) c 8) b

The End



100 IMPORTANT ANTONYMS (B1-C1 LEVEL)

In this lesson, we are exploring the world of opposites. You are going to learn over 100 new adjectives and antonyms to give your vocabulary skills a well-deserved boost. I will give you each word's IPA transcription, definition and an example sentence so you feel confident learning these new terms. I've also created a quiz to test your comprehension skills!

What are antonyms?

Before we jump into a lesson all about antonyms, it's important that you understand what they are. An **antonym** is a word that has **the opposite meaning to another word**. Think '**happy**' and '**sad**', '**short**' and '**tall**', but in this lesson, we're breaking away from these common antonyms. Instead, we are going to have a look at some more advanced ones spanning from B1 to C1.

In this lesson, I'll give you an adjective and then tell you its antonym or antonyms because many words have more than one antonym. Keep in mind that some of the antonyms might be more advanced than the adjective I give you. I've also tried to weave in some mini-stories so you can see how these opposite words work together.

B1-Level Antonyms

1

grateful /'greɪtfəl /

feeling or showing thanks

*Molly was extremely **grateful** when Tim helped her move house.*

unappreciative /ʌnə'priːʃətɪv/

not feeling or showing thanks

*Tim felt Molly was **unappreciative** when she forgot to thank him for his hard work.*



VOCABULARY

2

amazed /ə'meɪzd/

greatly surprised or impressed

unimpressed /ʌnɪm'prest/

not feeling admiration or respect

*June was **amazed** at the view from the mountaintop.*

*Martha was **unimpressed** by the view, claiming she had seen better.*

3

cheerful /'tʃɪəfl/

happy and optimistic

grumpy /'grʌmpi/

bad-tempered and irritable

*My cousin is always **cheerful** in the mornings.*

*I, for one, am typically quite **grumpy** before I've had my coffee.*

4

private /'praɪvət/

intended for a particular person or group, not for people in general to know about

public /'pʌblɪk/

*Lucile prefers to keep her life **private**.*

known to everyone

*Her uncle, Mark, on the other hand, is an open book and lives a very **public** life.*

5

rough /rʌf/

having an uneven surface

smooth /smu:ð/

*The road by our house was so **rough** that driving became a challenge.*

evenly flat or level

*Once the road was resurfaced, it became **smooth**, and now it's my favourite road to drive on.*



VOCABULARY

6

qualified /'kwɒlɪfaɪd/

competent or knowledgeable enough to perform a job

*Janet is highly **qualified** for her role in finance and feels confident at work.*

incompetent /ɪn'kɒmpɪtənt/

not having the skills to do something well

*But for many years, she was **incompetent** and often made many errors.*

unfit /ʌn'fit/

not suitable or qualified

*Her former boss thought she was **unfit** for her previous position, leading to her dismissal.*

7

fascinating /'fæsɪneɪtɪŋ/

extremely interesting

*Paul is an absolute history buff and finds all things history **fascinating**.*

dull /dʌl/

not interesting

*Unfortunately, his daughter thinks his 'fun history facts' are incredibly **dull**.*

8

shy /ʃaɪ/

nervous or timid in social situations

*I've always been **shy** and prefer smaller gatherings.*

outgoing /'aʊt'gəʊɪŋ/

sociable and eager to meet people

*Unlike me, my sister is quite **outgoing**, making new friends wherever she is.*

9

basic /'beɪsɪk/

elaborate /ɪ'læbərət/



VOCABULARY

very simple

detailed and complicated

*This recipe for banana bread is fairly **basic** but delicious.*

*A more **elaborate** version of the recipe includes exotic spices.*

10

proud /prəʊd/

humble /'hʌmbl/

feeling deep pleasure or satisfaction as a result of achievements

not having or showing feelings of superiority

*Carla is **proud** of her accomplishments and doesn't forget to celebrate her small wins.*

*In contrast, her colleague, Ben, is extremely **humble** and downplays his achievements to a fault.*

11

brave /breɪv/

cowardly /'kɔʊədli/

showing courage and fearlessness

lacking courage or resolution

*It was very **brave** of you to stop that man from stealing my bag.*

*His actions were those of a **cowardly** man, especially when he tried to deny the whole thing.*

12

generous /'dʒenərəs/

selfish /'selfɪʃ/

willing to give more of something, especially money or time, than is strictly necessary or expected

lacking consideration for others; concerned chiefly with one's own personal profit or pleasure

*My mum is very **generous**, always volunteering and donating to charity.*

*My father can be rather **selfish** and doesn't often think about others.*



VOCABULARY

13

obvious /'ɒbviəs/

easily perceived or understood

*I thought it was so **obvious** that Max was into you!*

unclear /ʌn'klɪə/

not easy to understand

*But after reading the messages he sent you, it's rather **unclear**.*

14

calm /ka:m/

feeling a sense of peace

*Sophie remained **calm** during the heated debate, effortlessly making her points.*

frenzied /'frenzid/ or /'frenzi:d/

wildly excited or uncontrolled

*In contrast, her opponent became **frenzied**, raising his voice and speaking rapidly.*

agitated /'ædʒɪteɪtɪd/

feeling or appearing troubled or nervous

*Even after the debate ended, he still appeared **agitated**, unable to relax.*

15

standard /'stændəd/

conforming to established norms

*The doctor described the procedure as being quite **standard** and following all normal guidelines.*

unconventional /ʌnkən'venʃənl/

not based on what is generally done

*However, he stated that there was a new approach that was **unconventional** but more effective.*

16

tight /taɪt/

loose /lu:s/



firmly held in place

not securely held in place

*I made sure the knot on my son's shoe was **tight** and secure before he ran off to play.*

*30 minutes later, the knot became **loose** again and needed retying.*

17

confident /'kɒnfɪdənt/

uncertain /ʌn'sɜːtn/

certain of oneself or of an outcome

not sure

*Roger was **confident** he would get the lead role in the Christmas pantomime.*

*I was **uncertain** about his chances after seeing his dreadful audition.*



B2-Level Antonyms

18

aggressive /ə'gresɪv/

confrontational and assertive

*James's **aggressive** negotiating style often puts others off.*

passive /'pæsɪv/

accepting without resistance

*His colleague Brenda adopts a **passive** approach during business dealings, never voicing her ideas or concerns.*

19

anxious /'æŋkʃəs/

worried and tense

*We all felt **anxious** about the coming exam, constantly reviewing our notes when we had downtime.*

relaxed /rɪ'lækst/

free from tension and anxiety

*But come exam day, we all felt shockingly **relaxed** because of our excessive studying.*

20

dishonest /dɪs'ɒnɪst/

not honest

*My neighbour's children were decidedly **dishonest** when I questioned them about my broken window.*

truthful /'tru:θfl/

honest and straightforward

*When their father got involved, the children suddenly became **truthful**, admitting that they had indeed broken the window while playing cricket in the garden.*

21

confusing /kən'fju:zɪŋ/

difficult to understand

straightforward /streɪt'fɔ:wəd/

easy to understand



The lecture was so **confusing** that even the brightest students were left scratching their heads.

Luckily, the professor's clarifications were **straightforward**, instantly clearing up the confusion.

22

dramatic /drə'mætɪk/

striking or sensational in appearance or effect

*The sunset was **dramatic**, painting the sky in vivid hues.*

understated /ʌndə'steɪtɪd/

appearing or expressed in a subtle way

*The following morning had an **understated** beauty, with soft light illuminating the horizon.*

mundane /mʌn'deɪn/

ordinary and dull

*My daily commute on the underground felt **mundane** compared to the spectacle of nature I'd witnessed.*

23

offensive /ə'fensɪv/

causing someone to feel hurt or upset

*Carlo is a popular comedian whose jokes are so **offensive** that people often walk out of his shows.*

inoffensive /ɪnə'fensɪv/

not causing offence or harm

*He decided to change his routine, and his opening act was surprisingly **inoffensive**, appealing to a broader audience.*

pleasant /'pleznt/

giving a sense of happy satisfaction

*His entire set turned out to be quite **pleasant**.*



VOCABULARY

24

desperate /'despərət/ or /'desprət/

feeling or showing a hopeless sense that a situation is so bad it's almost impossible to deal with

hopeful /'həʊpfəl/

feeling optimistic about a future event

Out of work and low on funds, Joanne felt desperate.

However, after a promising job interview, she became hopeful.

25

steady /'stedi/

not moving; held firmly in place

shaky /'ʃeɪki/

not firm or securely fixed; likely to move or break

The surgeon's steady hand was crucial during the delicate operation.

The intern's shaky hand made everyone nervous.

26

accurate /'ækjərət/

free from error, especially conforming to fact or truth

The journalist prided herself on providing accurate information.

incorrect /ɪnkə'rekt/

not in accordance with fact; wrong

erroneous /ɪ'rəʊniəs/

wrong or false

However, she published a rumour about a local politician that turned out to be incorrect, damaging her reputation.

She had to issue an apology for publishing the erroneous article before checking all of the facts.



27

optimistic /ɒptɪ'mistik/

hopeful and confident about the future

*Despite the setbacks, Roen remained **optimistic** about the project's success.*

pessimistic /'pesɪmɪstɪk/

tending to see the worst aspect of things or believe the worst will happen

*His team, however, were more **pessimistic** and started looking for other opportunities.*

negative /'negətɪv/

not hopeful or enthusiastic; expecting the worst

*The **negative** atmosphere became a self-fulfilling prophecy, causing the project to fail.*

28

modest /'mɒdɪst/

not having or showing a high opinion of your own importance

*Despite her achievements, our CEO remained **modest** about her talents.*

arrogant /'ærəgənt/

having an exaggerated sense of one's own importance or abilities

*Our CFO, however, could definitely be described as **arrogant**, often dismissing others' contributions.*

pretentious /prɪ'tenʃəs/

attempting to impress by affecting greater importance or merit than is actually possessed

*His **pretentious** demeanour was off-putting, leading people to favour Emily's modest approach.*



29

temporary /'temprəri/

lasting for only a limited period of time; not permanent

*Their housing arrangement was only **temporary** until she found something more stable.*

permanent /'pɜːmənənt/

lasting or intended to last indefinitely

*They eventually found a **permanent** home where they felt secure and settled.*

enduring /ɪn'djuərɪŋ/

lasting over a long period; durable

*Their **enduring** friendship with her neighbours made the new place feel like home.*

30

sincere /sɪn'sɪə/

free from pretence or deceit; genuine

*Our new manager is **sincere** and very straightforward with his expectations.*

disingenuous /dɪsɪn'dʒenjuəs/

lacking in sincerity or honesty

*Our former boss was ultimately held accountable for his **disingenuous** actions.*



C1-Level Antonyms

31

sceptical /'skeptɪkl/

doubting or questioning

Anne was **sceptical** about the so-called 'miracle diet' Martina had recommended.

credulous /'kredʒələs/

ready to believe, especially with little evidence

Martina was known to be **credulous**, buying into every health fad she heard about.

trusting /'trʌstɪŋ/

willing to trust without suspicion

Anne is very **trusting** of her friend, but she does her own research before believing anything.

32

hasty /'heɪsti/

done or acting with excessive speed or urgency

Patricia is always **hasty** when she orders food. She just gets the first item on the menu.

deliberate /dɪ'lɪbərət/ or /dɪ'lɪbrət/

done consciously and intentionally

Her friend Anna liked to take her time and make a **deliberate** choice after considering all the options.

cautious /'kɔ:ʃəs/

careful to avoid potential problems or dangers

Paul was more **cautious** and decided to consult the waiter before ordering anything.



VOCABULARY

33

resilient /rɪ'zɪliənt/

vulnerable /'vʌlnərəbl/

able to withstand or recover quickly from difficult conditions

susceptible to physical or emotional harm

*Despite losing her job, Emily remained **resilient** and started her own business.*

*Her partner, Richard, was emotionally **vulnerable** and found it hard to adjust to the new challenges.*

34

candid /'kændɪd/

deceptive /dɪ'septɪv/

truthful and straightforward

giving an appearance or impression different from the true one

*I try to be **candid** with all of my clients so they know exactly what to expect from our products.*

*Unfortunately, my boss prefers a more **deceptive** approach in order to boost sales.*

35

infallible /ɪn'fæləbl/

incapable of making mistakes or being wrong

*Sue believed her strategy was **infallible** and would guarantee success.*

unreliable /ʌnri'laiəbl/

imperfect /ɪm'pɜ:fɪkt/

not able to be relied upon

not perfect; faulty or incomplete

*Steve, however, was rather **unreliable**, missing key deadlines that put the plan at risk.*

*The strategy itself turned out to be **imperfect** once Sue realised she was missing several key components.*



36

coherent /kəʊ'hiərənt/

logical and consistent

Jane's argument was **coherent** and persuasive, winning over the audience.

disjoined /dɪs'dʒɔɪntɪd/

lacking a coherent sequence or connection

Her opponent's rebuttal was **disjoined** and failed to counter her points effectively.

37

tangible /'tændʒəbl/

clearly exists or can be physically felt

The **tangible** benefits of the new policy were felt immediately, with increased wages and improved working conditions.

abstract /'æbstrækt/

existing in thought or as an idea but not having a physical or concrete existence

However, its **abstract** goals, like employee satisfaction, were harder to measure.

38

erratic /ɪ'rætɪk/

not even or regular in pattern or movement

Mike's **erratic** behaviour made it difficult to anticipate his next move.

consistent /kən'sɪstənt/

unchanging in nature, standard or effect over time

His wife, however, was **consistent** and always followed the same daily routine.

predictable /prɪ'dɪktəbl/

able to be predicted

Not surprisingly, her **predictable** schedule made it easier for everyone to coordinate with her.



39

profound /prə'faʊnd/

very great or intense; having deep insight or understanding

*Megan's presentation had a **profound** impact on how her community viewed recycling.*

shallow /'ʃæləʊ/

lacking depth of intellect, emotion or knowledge

*She took on many of the **shallow** arguments made against her stance.*

superficial /su:pə'fiʃl/

existing or occurring at or on the surface

*Luckily, most of the community agreed that the counterarguments were just **superficial**.*

40

robust /rəʊ'bʌst/

strong and healthy; vigorous

*Despite his advanced age, Graham remains **robust**, walking three miles every day.*

feeble /'fi:bl/

lacking physical strength, especially as a result of age or illness

*He always feared becoming a **feeble** old man, but he's not slowing down yet.*

41

minimal /'mɪnɪml/

of a minimum amount, quantity or degree

*The damage was **minimal**, thanks to the quick response of emergency services.*

extensive /ɪk'stensɪv/

abundant /ə'bʌndənt/



covering or affecting a large area	existing or available in large quantities (typically more positive)
<i>The neighbouring city wasn't so lucky and suffered extensive damage from the storm.</i>	<i>Luckily, abundant help was available as the community pulled together to assist in the clean-up.</i>

42

absurd /əb'sɜ:d/

wildly unreasonable, illogical or inappropriate

*It seemed **absurd** that someone would abandon their brand new phone on the bus.*

logical /'lɒdʒɪkl/

of or according to the rules of logic or formal argument

*On second thoughts, it is **logical** to assume someone had simply lost it.*

sensible /'sensəbl/

able to make good judgments based on wisdom

*However, any **sensible** person would have checked their pockets before getting off the bus.*

43

cooperative /kəʊ'pərətɪv/ or /kəʊ'pɒrətɪv/

involving mutual assistance in working towards a common goal

*The team was **cooperative** and completed the project ahead of schedule.*

obstructive /əb'strʌktɪv/

causing or tending to cause difficulties and delays

*One team member seemed to be deliberately **obstructive**, constantly throwing up barriers to progress.*



44

eager /'eɪgər/

wanting to do or have something very much

*Ben was **eager** to start his new job and make a good impression.*

apathetic /æpəθ'etɪk/

showing or feeling no interest, enthusiasm or concern

*His co-workers appeared to be quite **apathetic** and didn't share his enthusiasm.*

indifferent /ɪn'dɪfrənt/

having no particular interest or sympathy; unconcerned

*They just went about their business, **indifferent** to the fact that Ben was even there.*

45

overwhelming /əʊvə'welmɪŋ/

very great in amount; overpowering

*The first week at university was **overwhelming** for Leon, with so many new experiences and challenges.*

manageable /'mænɪdʒəbl/

able to be managed, controlled or accomplished without great difficulty

*However, after settling in, he found the coursework to be quite **manageable**.*

46

trivial /'triviəl/

of little value or importance

*Many thought the debate was focused on **trivial** matters that diverted attention from real issues.*

significant /sɪg'nɪfɪkənt/

important

*In contrast, the subsequent discussion addressed **significant** topics that mattered to the community.*



47

persistent /pə'sɪstənt/

continuing firmly or obstinately in a course of action in spite of difficulty or opposition

*Though Raul and his kids had never built a tree house, they remained **persistent** in their efforts.*

inconsistent /ɪnkən'sɪstənt/

not staying the same throughout

*Unsurprisingly, his kids' dedication to getting the project done was **inconsistent**.*

sporadic /spə'rædɪk/

occurring at irregular intervals

*Their **sporadic** bursts of energy and interest in everything other than the tree house meant that Raul was alone to finish the task.*



QUIZ!

Choose the correct answer for each question.

1) The CEO's decision to donate a large sum to charity was considered _____.

- a. selfish
- b. generous
- c. basic

2) Harry's _____ actions during the fire saved everyone in the building.

- a. cowardly
- b. shy
- c. brave

3) Even after reviewing the evidence, Clara was still _____ about what to believe.

- a. confident
- b. uncertain
- c. grateful

4) Despite her achievements, Ella remained _____.

- a. humble
- b. pretentious
- c. fascinating

5) She was _____ when she heard she didn't get the job.

- a. fascinated
- b. dull
- c. disappointed

6) The hotel offered _____ services like a personal butler and a private jet.

- a. standard
- b. unconventional
- c. tight

7) David was extremely _____ when a stranger returned his lost wallet.

- a. grateful
- b. unappreciative
- c. rough

8) The keynote speaker's talk was _____, with every point logically connected to the next.

- a. disjointed
- b. coherent
- c. rough

9) My son was being _____ when he lied to me about taking the biscuits.

- a. dishonest
- b. arrogant
- c. truthful

10) The recipe is quite _____, so it shouldn't take too long to make.

- a. elaborate
- b. temporary
- c. basic

The End!



50 IMPORTANT PHRASAL VERBS

In this lesson, you will learn 50 of the most common phrasal verbs. I've prepared 5 short stories for you to see how these phrasal verbs are used in context. This way, you can learn how to use them in real-life situations. I will give you their meanings, transcriptions and example sentences, too. I've also included additional vocabulary to ensure you understand each story. Don't forget to take the quiz at the end to see how much you've learnt!

Emily's First Job

Way back in my uni days, my best friend, Emily, started her first job as a waiter in a bustling café. Nervous but determined, she decided to **look up** some tips while sitting on the bus to work. Just as she was starting to relax, the bus suddenly **broke down**.

She quickly **got off** the bus and **shot off** on foot. Her new colleague, Sarah, helped her **calm down** and **get on with** her duties. Emily **came across** challenging customer after challenging customer, but she managed to keep her cool. Sarah's guidance was invaluable as she continued to **look after** Emily throughout her shift.

During the busy lunch rush, Emily **knocked over** a tray of glasses onto her phone. Her phone went black and wouldn't **turn on**. As the day came to an end, Emily felt a sense of relief. What a day!

● PHRASAL VERBS

(t) - A **transitive phrasal verb** requires a direct object, which shows who or what receives the action in a sentence.

(i) - An **intransitive phrasal verb** does not require a direct object. Intransitive phrasal verbs cannot be separated.

(s) - A **separable phrasal verb** allows the object to go between the main verb and the particle or after the particle.

1. **to look up** (t-s) /lʊk 'ʌp/ - to search for information or advice

She looked up the recipe online before attempting to bake the cake.

2. **to break down** (i) /breɪk 'daʊn/ - to stop functioning or fail suddenly

Unfortunately, my car broke down on my way out of town.



3. **to get off** (t) /'get 'ɒf/ - to leave or exit from a vehicle or transportation
We need to get off at the next station.
4. **to shoot off** (i) /ʃu:t 'ɒf/ - to move quickly or suddenly
As soon as the bell rang, the children shot off towards the playground.
5. **to calm down** (i, t -s) /,ka:m 'daʊn/ - to become less anxious or agitated
I always try to take a deep breath to calm down before giving a presentation.
6. **to get on with (sth.)** (t) /,get 'ɒn wɪð 'sʌmθɪŋ/ - to continue with a task or activity, especially after an interruption
Right, that's enough TV - time to get on with your homework,
7. **to come across** (t) /,kʌm ə'krɒs/- to encounter or find a person or thing unexpectedly
You won't believe who I came across at the bookshop today!
8. **to look after** (t) /,lʊk 'a:fɪə/ - to take care of or provide assistance to someone
Jane will look after the children while we're at dinner.
9. **to knock over** (t-s) /,nɒk 'əʊvə/ - to accidentally cause something to fall or tip over
The strong wind knocked over many of the newly planted trees in the park.
10. **to turn on** (i, t-s) /,tɜ:n 'ɒn/ - to activate or start a device or appliance
Can you turn on the heater? It's freezing in here!

This is an ergative verb. It can be transitive and intransitive.

● EXTRA VOCABULARY

bustling adj /'bʌslɪŋ/ - full of busy activity

The market was bustling with shoppers preparing for the festival.

to keep one's cool phr /ki:p wʌnz ku:l/ - to remain calm and composed, especially in a stressful situation

Even when the meeting became intense, Maria kept her cool.

invaluable adj /ɪn'veljuəbl/ - extremely useful or valuable

Phil's advice was invaluable to the success of our project.



lunch rush phr /'lʌntʃ rʌʃ/ - the period during lunchtime when restaurants and cafes are especially busy

We should avoid going out during the lunch rush if we want a quiet meal.

Arthur's Tea Shop

Now I want to tell you about the time my cousin, Arthur, decided to **set up** a charming little tea shop in our hometown. He was known for **whipping up** tasty scones and aromatic brews. However, when he applied for a loan, the bank manager **turned him down**, believing his venture wouldn't **work out**. Despite this minor setback, Arthur refused **to give up** on his dream.

Focused on proving them wrong, he **took on** the challenge of transforming our grandmother's dilapidated cottage into a delightful tearoom. He **dusted off** some old family recipes, **figured out** the perfect blend of teas and even **caught up on** the latest baking trends.

As the grand opening day approached, villagers started to queue outside his tearoom, eager to taste his treats. Arthur had truly turned the tables on his doubters. His tearoom became a thriving success, and even the bank manager had to eat humble pie when he came to enjoy a cuppa. Arthur never missed the chance to offer his doubters a treat when they came by as opposed to **telling them off**. He made sure not to **faff about** when it came to achieving his dreams.

● PHRASAL VERBS

11. **to set up** (t-s) / set 'ʌp / - to establish or create something, like a business or organisation

Sarah decided to set up a charity to help underprivileged children in her community.



12. **to whip up** (t-s) /'wɪp 'ʌp/ - to quickly and skillfully prepare something, usually food

My mum used to whip up the most delicious pasta in just a few minutes.

13. **to turn down** (t-s) /tɜːn 'daʊn/ - to reject an offer, request or opportunity

Unfortunately, we've had to turn down several incredible job applicants due to budget constraints.

14. **to work out** (i) /wɜːk 'aʊt/ - to have a positive outcome

I haven't found a publisher for my book yet, but I'm sure it'll all work out.

15. **to give up (on)** (i, t) /gɪv 'ʌp/ - to quit or stop trying,

usually due to difficulties or challenges

After hours of trying to solve the puzzle, she finally gave up.

Adding 'on' makes the action more targeted, requiring the use of an object.

16. **to take on** (t-s) /teɪk 'ɒn/ - to accept a responsibility or challenge

Mark was eager to prove himself to the higher-ups and quickly agreed to take on the team leader role.

17. **to dust off** (t-s) /dʌst 'ɒf/ - to revive or reuse something neglected or

forgotten

Ali decided it was time to dust off the guitar he bought as a teenager and learn to play once and for all.

18. **to figure out** (t-s) /'figə(r) 'aʊt/ - to find a solution to a problem or discover a way to do something

He read the instructions several times but still couldn't figure out how to assemble the bookshelf.

19. **to catch up (on)** (i, t) /kætʃ 'ʌp/ - to get up to date or reach the same level as others

After missing a few classes, Lisa needed to catch up on her coursework.

When we use 'on' we need a direct object.

20. **to tell off** (t-s) /tel 'ɒf/ - to scold or reprimand someone for their behaviour or actions

We sat in silence as Ms Langford told Rachel off for being 10 minutes late to class.



21. **to faff about** (i) /fæf ə'baut/ - to waste time or engage in unproductive activities

Instead of studying for his exams, Tom would often faff about on social media.

● EXTRA VOCABULARY

scone n /skɒn/ - a small, round and usually slightly sweetened bread or cake, often served with tea

She baked fresh scones and served them with clotted cream and jam.

aromatic adj /ærə'mætɪk/ - having a strong and pleasant smell

The kitchen was filled with the aromatic scent of roasted garlic.

loan n /ləʊn/ - an amount of money that is borrowed, usually from a bank and has to be paid back

They took out a loan to buy their first house.

venture n /'ventʃə/ - a risky or daring journey or undertaking

Starting his own business was a big venture for him.

dilapidated adj /dɪ'læpɪdeɪtɪd/ - (of a building or object) in a state of disrepair or ruin due to age or neglect

They decided to renovate the dilapidated old mansion.

to turn the tables idiom /tɜ:n ðə 'teɪblz/ - to reverse a situation, making one's own position stronger and the opponent's weaker

The underdog team turned the tables in the second half and won the game.

to eat humble pie idiom /it 'hʌmbl paɪ/ - to admit one's mistake and apologise

After doubting her solution, he had to eat humble pie when she was proven right.

to come by phr v /kʌm baɪ/ - (AmE) to visit a place or person quickly

I will come by your house later to get the books.



My Childhood Dream

Have I ever told you about how I'd dreamt of becoming a professional violinist when I was younger? When I **brought up** my interest in the violin to my parents, they got me a beginner violin to practise with. But I always struggled to nail the right fingerings and bow technique. One day, I met an older woman named Isabella, who was a fantastic violinist. Her passion for music **rubbed off on** me instantly. Luckily, she took me under her wing and taught me a lot.

As the years **went by**, I began to lose interest in the violin, and I **cut back on** how much I was playing. It felt like I was **letting** Isabella **down** and my own dreams. I contemplated giving it up altogether. It was a difficult decision to make, but I decided to **call off** my pursuit of becoming a professional musician.

I **sorted out** my priorities and decided the best decision was to give up so I could pursue whatever truly made me happy. I found a new path in life, and I **looked forward to** all that life had in store for me.

In the end, the lessons I learnt from Isabella about passion, determination and following one's heart **paid off** in ways I couldn't have imagined. Life can be funny, but it always **turns out** exactly as it's supposed to.

● PHRASAL VERBS

22. **to bring up** (t-s) / bṛɪŋ 'ʌp / - to mention or introduce a topic or subject in conversation

Sarah decided not to bring up the fact that she was moving out of the country during the family dinner.

23. **to rub off (on/onto sb.)** (i, t) / rʌb 'ɒf (ɒn/ 'ɒntu) / - to have a positive influence on someone, causing them to adopt certain qualities or habits



Her enthusiasm for volunteering began to rub off on her friends, inspiring them to join, too.

24. to go by (i) /'gəʊ 'baɪ/ - to pass or elapse

The years seemed to go by quickly as she watched her children grow up.

25. to cut back (on sth.) (i, t) /kʌt 'bæk (/ɒn 'sʌmθɪŋ/) - to reduce something
I need to cut back on the amount of money I spend on takeaways.

26. to let down (t-s) /let 'daʊn/ - to disappoint or fail to meet someone's expectations

Marion says she will be here tomorrow - she won't let me down, will she?

27. to call off (t-s) /kɔ:l 'ɒf/ - to cancel or terminate an event, plan or activity

Due to bad weather, they had to call off the outdoor picnic and reschedule it.

28. to sort out (t-s) /sɔ:t 'aʊt/ - to resolve or organise a situation or problem

I've got to sort out the plumbing issue in the kitchen; it's becoming quite a nuisance.

29. to look forward to (t) /lʊk 'fɔ:wəd tu:/ - to anticipate or be excited about a future event or experience

The whole family looks forward to the annual reunion; it's the highlight of the year!

30. to pay off (i) /peɪ 'ɒf/ - to yield positive results or success as a result of hard work

Putting effort into your studies now will pay off in the long run.

31. to turn out (i) /tɜ:n 'aʊt/ - to result or develop in a particular way, often unexpectedly

Despite initial doubts, the project turned out to be a great success.

● EXTRA VOCABULARY

fingering n /'fɪngərɪŋ/ - the placement of the fingers on the strings of a stringed instrument to produce the correct notes

Proper fingerings are crucial for playing the piece accurately.



to take someone under one's wing *idiom /tək 'sʌmwʌn 'ʌndə wʌnз wiŋ/* - to guide, protect or mentor someone

When I was a new employee, Mrs Thompson took me under her wing.

to contemplate *v /'kɒntəmplɪt/* - to think deeply or carefully about something

He sat by the window, contemplating his life choices.

pursuit *n /pə'sju:t/* - the action of chasing or seeking something

My younger sister travelled the world in pursuit of her dreams.

to have in store *phr /həv ɪn stɔ:/* - to have something planned or ready for someone or for the future

You never know what life has in store for you.

A Love Gone Wrong

Now, let me tell you the juicy story of Tom and Elizabeth. They were inseparable throughout sixth form and were the envy of all their peers. But in our final year, something changed dramatically. Their relationship, once unbreakable, suddenly **fell apart** in the most public way possible, right in the common room. It was quite ugly, with harsh words exchanged and tears shed.

Despite their friends' encouragement to **make up**, they couldn't **come up with** a way to reconcile. It seemed like their love had withered, replaced by bitterness and resentment.

Tom, always the stubborn one, **insisted on** maintaining his distance. On the other hand, Elizabeth desperately wanted **to take back** what she'd said and rekindle what they once had.

Weeks **turned into** months, and the tension between them refused to budge. They would merely **brush** one another **off** when they were in the same room.



But time has a way of healing wounds, and slowly but surely, they began to **cheer up**. A sense of gratitude gradually **grew on** them, allowing them to **move on** separately.

● PHRASAL VERBS

32. **to fall apart** (i) /'fɔ:l ə'pa:t/ - to disintegrate or break down, often referring to relationships or structures

As the years passed, the once grand mansion began to fall apart, its walls crumbling.

33. **to make up** (i) /'meɪk 'ʌp/ - to reconcile or resolve differences, typically after a disagreement or conflict

They knew they had to make up and mend the rift in their friendship after their heated debate.

34. **to come up with sth.** (t) /kʌm 'ʌp wið 'sʌmθɪŋ/ - to devise or create a solution, plan or idea

In her quest for adventure, she often came up with creative ways to appreciate the small things in her life.

35. **to insist on** (t) /ɪn'sist 'ɒn/ - to demand firmly, even if others disagree

Abraham's dedication to his art was evident; he insisted on perfection, even if it meant countless revisions.

36. **to take back** (t-s) /teɪk 'bæk/ - to admit that something you said or thought was wrong

She wanted to take back her hurtful words but knew the damage was already done.

37. **to turn into** (t) /tɜ:n 'ɪntu:/ - to become

Their casual flirtation turned into a deep, meaningful connection that neither could ignore.

38. **to brush off** (t-s) /brʌʃ 'ɒf/ - to dismiss or ignore someone or something casually, often without consideration



He refused to brush off criticism and instead used it as motivation.

39. **to cheer up** (i, t-s) /tʃɪə(r) 'ʌp/ - to become happier or make someone feel happier

Music has a magical way of cheering up the soul, even in the most difficult times.

40. **to grow on** (t) /grəʊ 'ɒn/ - to gradually become more likeable or acceptable over time

At first, our new colleague seemed reserved, but over time, he began to grow on everyone.

41. **to move on** (i) /mu:v 'ɒn/ - to continue with life after a challenging period

After a period of unemployment, she managed to move on by starting her own business.

● EXTRA VOCABULARY

envy n /'envi/ - a feeling of resentful longing for someone else's possessions, qualities or luck

She felt a pang of envy when she saw her friend's new car.

to reconcile v /'rekənsaɪl/ - to restore friendly relations

It took them years to reconcile after their big argument.

to wither v /'wɪðə/ - to become weaker or less important

The once vibrant community spirit in the neighbourhood had withered away, leaving behind a sense of isolation among its residents.

resentment n /rɪ'zentmənt/ - bitter feelings or anger at having been treated unfairly

He harboured resentment towards his boss for overlooking him for a promotion.

stubborn adj /'stʌbən/ - determined not to change one's mind or actions, even in the face of good arguments or reasons to

No matter how much evidence was presented, he remained stubborn in his beliefs.



to rekindle v /ri:kɪndl/ - to revive something that has been lost or diminished, like a feeling or relationship

They went on a trip to rekindle their romance.

to budge v /bʌdʒ/ - to move or shift slightly; (metaphorically) to change opinion, attitude or state

Despite numerous meetings, her stance on the issue wouldn't budge.

A Grand Adventure

One sunny afternoon, while I was busy working on a project at home, I accidentally left the garden gate slightly ajar. Diego, my mischievous dog, and Alfonso, my curious cat, seized the opportunity to **set out** on a grand adventure together.

I only **found out** about their escape when I heard a commotion outside and saw the gate wide open. Panic filled my heart as I rushed out, calling their names.

As I searched the village, I **ran into** my neighbour, Ms Jenkins, who told me that she had seen the unlikely duo gallivanting around the park. I wondered to myself what they could possibly be **getting up to**.

I hurried to the park, and there they were, Diego and Alfonso, chasing butterflies. I could see that they were **warming to** the excitement of their little adventure. Before I could reach them, they decided to make a dash through the bushes. My attempt to **cut them off** was useless. I ended up letting them have their day. I **tagged along** behind them wherever they went, just observing.



Hours later, as the sun began to set, they finally turned up, looking tired and muddy. When Will arrived home, I **filled** him **in** on what had happened. All he could do was shake his head and laugh as he looked at our two exhausted pets, fast asleep on the floor.

● PHRASAL VERBS

42. **to set out** (i) /set 'aut/ - to begin a journey or start an activity

The explorers set out to try to reach the South Pole.

43. **to find out** (t-s) /faɪnd 'aut/ - to discover or learn something, often unexpectedly

I found out too late that my favourite singer was coming to town.

44. **to run into** (t) /rʌn 'intu:/ - to meet someone or something by chance

While shopping, I ran into a childhood friend I hadn't seen in years.

45. **to get up to** (t) /get 'ʌp tu:/ - to be involved in or busy with something, especially something unexpected

He used to get up to all kinds of mischief when he was younger.

46. **to warm to** (t) /wɔ:m 'tu:/ - to begin to enjoy something or become more enthusiastic about something

My dad finally warmed to the idea of moving in with us.

47. **to cut off** (t-s) /kʌt 'ɒf/ - to block or intercept someone or something's path

My husband cannot walk in a straight line and always cuts me off whenever we walk down the street together.

48. **to tag along (with/behind** (i, t) /tæg ə'lɔŋ/ - to go somewhere with a person or group, usually when you have not been invited

I used to always tag along with my older sister and her friends when they went out for the day.

49. **to turn up** (i) /tɜ:n 'ʌp/ - to arrive at a place or event, often unexpectedly or after being missing



Just when we thought he wouldn't make it, he turned up at the party with a surprise gift.

50. **to fill sb. in (on sth.)** (t-s) /fɪl sʌmbədi 'ɪn (ɒn 'sʌmθɪŋ)/ - to provide someone with information or details about an event or situation
Could you please fill me in on the details of the project? I've been out of the loop.

● EXTRA VOCABULARY

rascal n /'ræskəl/ - a mischievous or cheeky person or animal
That little rascal has been stealing biscuits from the jar!

ajar adj /ə'dʒə:/ - slightly open
He left the window ajar to let in some fresh air.

mischiefous adj /'mɪstʃɪvəs/ - inclined to playfully annoy or cause trouble
Her mischievous grin gave away that she was up to something.

to seize an opportunity phr /sɪ:z ən ,ɒpə'tju:nɪtɪ/ - to take advantage of a chance or opportunity quickly or eagerly
When the company expanded, she seized the opportunity and applied for a higher position.

commotion n /kə'məʊʃn/ - a state of confused and noisy disturbance
There was a commotion outside as the parade passed by.

to gallivant v /'gælɪvænt/ - to go around from one place to another in the pursuit of pleasure or entertainment
Instead of working, he spent his days gallivanting around town.

to dash v /dæʃ/ - to run or move quickly and suddenly
She had to dash to catch the bus.



QUIZ!

Choose the correct phrasal verb to replace the underlined portion of each sentence.

1) The chef was able to quickly prepare a delicious meal with just a few ingredients.

- a. whip up
- b. take on
- c. turn into

2) He quickly devised a clever idea to get us out of the tricky situation.

- a. came up with
- b. insisted on
- c. took back

3) I accidentally met an old friend while I was out shopping.

- a. cut off
- b. tagged along
- c. ran into

4) He discovered through his own research that the company had a history of unethical practices.

- a. set out
- b. found out
- c. turned up

5) My little brother always accompanies me uninvited when I go out with my friends.

- a. cuts off
- b. tags along
- c. sets up

6) After driving around in circles for ages, they eventually arrived, albeit a bit late.

- a. turned up
- b. sorted out
- c. let down

7) The rainy weather forced them to cancel the plans for the scheduled outdoor event.

- a. turn down
- b. call off
- c. work out

8) We need to resolve the issue with our supplier as soon as possible.

- a. turn on
- b. set up
- c. sort out

9) He was very careful not to disappoint her by not keeping his promise.

- a. call her off
- b. let her down
- c. set her up

10) Her positive attitude began to influence her friends to become more optimistic.

- a. rub off on her friends
- b. go by her friends
- c. cut back on her friends

The End!



English I Use Every Day 2

In this lesson, we're focusing on everyday English that people actually use. You'll learn 19 common phrases that I, and many others, use all the time. These are the expressions that make daily conversations flow smoothly. By the end of this lesson, you'll be more comfortable using these phrases confidently in an English-speaking setting. I've also included a practice exercise at the end. Let's get started and make these everyday phrases part of your vocabulary bank.

Common everyday English phrases

While I like to imagine that I have a huge vocabulary and I use all kinds of interesting phrases every day, the truth is that **I repeat myself quite often from one day to the next.**

Like you, I spend most days doing similar activities: working, eating, hanging out with friends. And **I have a bank of phrases that I use every day without even thinking about them.** And that's what I want to give you in this lesson.

Learn these phrases and you'll be able to get through a lot of the day in an English-speaking environment without having to think too hard about what you're saying.

General Phrases

1. What a shame!

IPA Transcription: /wɒt əʃeɪm/

This is such a great **response to something negative or unfortunate** that happens or someone tells you about. It's better to use it for small inconveniences, like "Jean can't come tonight. She's busy. What a shame!" Don't use this when someone tells you their pet died or something more serious happened!



2. I haven't (got) a clue.

IPA Transcription: /aɪ 'hævnt (gɒt) ə klu:/

This phrase means **I really don't know**. I wouldn't recommend using this phrase with your boss or when something is very important! I use it with friends and family, for example -

- Do you know where the binoculars are?
- I haven't got a clue, sorry.

3. To cut a long story short...

IPA Transcription: /tə kʌt ə lɔŋ 'stɔːri ʃɔ:t/

I really do need to work on making long stories shorter...

We use this phrase to say **I'm going to tell you the main point of the story**. We often say this when we realise we've been waffling on for a while and we need to get to the point. Sometimes, we preface this phrase with '**Anyway**', which is another word I use about 150 times a day.

Lucy's Note!

to waffle on - to talk about something for a long time

4. Make up your mind.

IPA Transcription: /meɪk ʌp jɔ: maɪnd/

This is the last general one. It means **decide!** Or **make a decision!** We tend to use this phrase when we are a bit frustrated because someone can't or won't decide. I say it to my dog Diego when he's standing in the doorway, wondering whether to go outside or not, letting in lots of cold air!



Morning Phrases

I'm starting in the morning, but I only have three phrases to put here because... who talks a lot in the morning? However, if I'm saying anything at 7am, these are the ones that I'd use.

5. Mind if I grab the last...?

IPA Transcription: /maɪnd ɪf aɪ græb ðə la:st/

Mind if I grab the last... piece of toast/bagel/teabag? etc. This is a way **to ask if you can eat or use the last of something**. It's a question I ask my husband (and he asks me) several times a day. Notice how we omit 'Do you' from the beginning of the question - this ellipsis is common in informal questions.

6. I've got to dash.

IPA Transcription: /aɪv ɡɒt tə dæʃ/

This means I have **to leave quickly**. You can use it at any time of the day, but I say it most often in the mornings because that's usually when I am in a hurry.

7. Let's get a move on/get going.

IPA Transcription: /lets ɡet ə mu:v ɒn/ get 'gəʊɪŋ/

And finally, this is a phrase that we often say when we really want to leave or we need to leave with someone else. It means, "**Come on! We need to go.**" It's quite colloquial and it's not rude exactly, but it isn't the politest thing to say, so use it with friends and family, not with your boss.



Daytime Phrases

Let's move on to some things that I say every day during my work day.

8. Let's get cracking.

IPA Transcription: /lets get 'krækɪŋ/

I said this one at the beginning - it means **let's begin**. I love using this phrase because it's just more interesting than saying, "Let's start."

9. I've got back-to-back meetings today.

IPA Transcription: /aɪv ɡt ,bæk tə 'bæk 'mɪ:tɪŋz tə'deɪ/

This really is my life at the moment. If I'm not filming a video, which is my favourite part of my job, I'm in a meeting. It means **I have one meeting after another with no breaks**. You could use it with any task you need to do one after another - back-to-back presentations/classes/filming (!)

10. I'm up to my ears...

IPA Transcription: /aɪm ʌp tə mər 'ɪəz/

This one is related to the previous phrase, and it means **I'm very busy**. We can simply say, "I'm up to my ears" or we could add "I'm up to my ears **in** work."



11. I'm going to power through.

IPA Transcription: /aɪm 'gəʊɪŋ tə 'paʊə θruː/

This is a phrase I say when **I'm going to work until I have finished**. We often say this when we're tired or if the task is particularly difficult. You can also say 'power on through'.

12. Give me (Gimme) a minute!

IPA Transcription: /gɪv miː ə 'mɪnɪt/

Classic. When someone needs me, **I often want to finish what I'm working on**. And when speaking quickly, '**Give me**' turns into '**Gimme**' /'gɪmi/.

13. I need to clear my head.

IPA Transcription: /aɪ nɪd tə 'klɪə mər̩ hed/

I use this phrase to say that **I need to take a break or do a different activity for a while**, usually because I'm feeling stressed or confused. If I've had back-to-back meetings or filming, I often need a bit of fresh air to clear my head.

14. I could do with a little pick-me-up!

IPA Transcription: /aɪ kʊd duː wɪð ə 'lɪtl̩ ,pɪk mi 'ʌp/

We use this phrase to say I need something, usually a drink or a snack, to boost my energy and/or my mood. **I often have a coffee or some biscuits as a pick-me-up in the afternoon**. In American English, people often say, **I could use a little pick-me-up!**



Evening Phrases

At last, the day is coming to an end. Here are some things that I say every evening.

15. I'm just wrapping up for the day.

IPA Transcription: /aɪm dʒʌst 'ræpɪŋ ʌp fə ðə deɪ/

This first one means **I am just finishing work or my tasks for the day**.

16. Next round's on me!

IPA Transcription: /'nekst 'raʊndz ən mi:/

What do Brits do when they finish work? Often, we go to the pub. This phrase means **I will buy the next set of drinks for our group**. I've talked a bit about rounds before in my videos, but it's very common in the UK, Ireland, Australia and some other English-speaking countries for people in a group to take turns buying drinks for everyone. Be careful before getting into a round of drinks with a big group of people - you might end up buying eight and drinking eight...

17. I'm a bit peckish.

IPA Transcription: /aɪm ə bɪt 'pekiʃ/

And after the pub, we need to eat something. This phrase means **I'm hungry**. Not super hungry, but I could eat.



18. Fancy a nightcap?

IPA Transcription: /'fænsi ə 'naɪtkæp/

A little more about alcohol now. This question means **do you want one last drink before you go to bed?** It's usually alcohol, but it can actually refer to any drink. A hot cocoa could technically be a nightcap, though most English speakers will think you're offering them a whisky or a brandy or something like that.

19. I'm going to turn in.

IPA Transcription: /aɪm 'gəʊɪŋ tə ,tɜːn 'ɪn/

And finally, this phrase means **I'm going to bed**. And that's how I end my day!

Bonus!

It slipped my mind /ɪt slɪpt maɪ maɪnd/ - a nicer, softer way to say **I forgot**. It means I really wanted and tried to remember, but it just disappeared from my mind. I say this all the time, all day, every day.



QUIZ!

Read each scenario. Choose which phrase matches each situation best. Write the correct letter on the line.

1. You are about to start a meeting, and you want to begin the discussion without any further delay.

Phrase: _____

2. You are late for an important meeting in the city, so you tell your husband/partner you need to leave immediately.

Phrase: _____

3. Your colleague looks at the last piece of pizza and seems hesitant, and then he says...

Phrase: _____

4. You are extremely busy at work, and your colleague asks how you're doing.

Phrase: _____

5. Your friend spills their drink. It's a minor incident, but it's still unfortunate.

Phrase: _____

6. You're at a restaurant, and your friend is taking a long time to choose what to order. You laugh and say...

Phrase: _____

7. Someone asks you about the location of an item you have no knowledge about.

Phrase: _____

8. You've had a long day filled with meetings. When a colleague asks about your schedule, you respond...

Phrase: _____

Phrase Bank

a. I'm up to my ears.	b. I've got to dash.	c. What a shame!	d. Mind if I grab the last slice?
e. I haven't got a clue.	f. I've had back-to-back meetings today.	g. Let's get cracking.	h. Make up your mind.

The End!



21 ADVANCED PHRASES TO BUILD YOUR VOCABULARY

This lesson will teach you 21 advanced, C1-level words and phrases to help improve your fluency when speaking and writing in English. The words and phrases are broken into three categories to help you speak proficiently in various situations.

LIFESTYLE AND WELL-BEING

1) **at face value** /æt feɪs 'vælju:/ - accepting something as it appears to be, without questioning its true nature or authenticity

You shouldn't take everything you read about nutrition at face value; always verify the information is from reliable sources.

2) **to have a crack at sth.** /hæv ə kræk æt 'sʌmθɪŋ/ - to attempt or try something, often for the first time or with great enthusiasm

Even though she had never tried rock climbing before, Tara decided to have a crack at it during the team-building event.

3) **to burn the midnight oil** /bɜːn ðə 'mɪdnæt ɔɪl/ - to work or study late into the night, often to complete a task or prepare for something

With exams approaching, Sarah found herself burning the midnight oil to cover all the required material.

4) **to strike a balance** /straɪk ə 'bæləns/ - to find a compromise or middle ground between two competing factors

It's essential to strike a balance between work and leisure for a healthy lifestyle.

5) **to let off steam** /let ɒf stiːm/ - to do or say something that helps you release some anger or frustration that you feel

I was so furious that I had to go for a walk around the block to let off steam.



6) **to count one's blessings** /kaʊnt wʌnz 'blesɪŋz/ - to make an effort to be grateful for the good things in your life

When I'm feeling down, I try to remember to count my blessings and be grateful for what I have.

7) **to bloom** /blu:m/ - to become healthy, happy and confident; to flourish
Karl bloomed during his six-week holiday in the countryside thanks to the fresh air and healthy food.

Comprehension Check!

1) Which word is missing from this sentence?

I'm going to have a _____ at kayaking today. I'm nervous, but I'm sure it'll be a lot of fun.

- a. crunch b. crush c. crack d. crock

2) If I'm really angry, and I decide to go for a run to calm down, what am I doing?

- a. letting off steam b. letting out a scream

3) Which of the words I just taught you means to develop healthily and happily?

1) C 2) A 3) To bloom

PEOPLE

8) **to stick one's neck out** /stɪk wʌnz nek aʊt/ - to take a risk or expose yourself to possible criticism or danger by doing or saying something

Despite the controversy surrounding the issue, Jane decided to stick her neck out and support the new policy.

9) **a knee-jerk reaction** /ə ni: dʒɜ:k ri'ækʃən/ - an immediate, automatic response to a situation, often without careful consideration or thought

When we heard about the increase in crime rates, our knee-jerk reaction was to insist on more police patrols in the area.



10) **to split hairs** /splɪt heəz/ - to argue or worry about very small details or differences that are unimportant

Sometimes, I feel like my husband splits hairs over insignificant matters, and it leads to unnecessary arguments.

11) **pecking order** /'pekɪŋ 'ɔ:də/ - a social hierarchy in which individuals in a group are all aware of how important everyone is

There's a clear pecking order in their group of friends, with Sally being top of the pile.

12) **shrewd** /ʃru:d/ - someone who is good at understanding and making judgements about situations and makes decisions that will give them an advantage

Claire was a shrewd businessperson, and she made several wise investment decisions when she was still young.

13) **obstinate** /'ɒbstɪnət/- refusing to change your opinion or actions despite people trying to make you do so

Henry was a very obstinate teenager, and he consistently refused to admit he might be wrong about something.

Extra Note: I've seen some students mix up '**obstinate**' with another advanced adjective: **abstinent**, which means to refrain from indulging in a particular behaviour, often related to vices or bad habits.

14) **placid** /'plæsɪd/ - someone who is very calm and isn't easily excited or annoyed

Despite the hullabaloo around her, Ally remained placid and continued with her work.



Comprehension Check!

1) Which word is missing?

My knee-_____ reaction to hearing my son had been arrested was to be utterly livid.

- a. jar b. jam c. jet d. jerk

2. Sometimes it's best to keep your opinions to yourself and not _____ your _____ out.

- a. stick - head b. stack - neck c. stick - neck d. stuck - nose

3. And finally, which words that I just taught you are synonyms for these two words: calm and stubborn?

(1) d (2) b (3) placid and obstinate

WORK

15) **to pull some strings** /pʊl səm strɪŋz/ - to use one's influence or connections, often secretly or unofficially, to achieve a desired outcome
By pulling some strings, Tom was able to get his sister a prestigious position at a London-based accounting firm.

16) **to have a field day** /hæv ə 'fiːld deɪ/ - to take advantage of a situation, typically for personal benefit, often at the expense of others
When the news of the scandal broke, tabloid journalists had a field day writing sensational stories

17) **to be privy to** /bi 'prɪvi tu:/ - to have access to or knowledge of secret or confidential information
The CEO's assistant is privy to all the important decisions in the company.

18) **on the back burner** /ɒn ðə bæk 'bɜːnə/- refers to something that is low priority and is not being dealt with at the present moment
Let's put this project on the back burner and focus on more pressing matters.



19) **cushy** /'kuʃi/ - very easy, requiring little effort

Ellen's got a cushy job that pays well but allows her lots of free time.

20) **to get one's foot in the door** /get wʌnz 'fʊt ɪn ðə 'dɔ:/ - to enter a company or organisation at a low level with a chance of being promoted or being more successful in the future

Lena got her foot in the door as an intern, but she worked her way up to department head in just a few years.

21) **to go belly up** /gəʊ 'beli ʌp/ - often referring to businesses that fail completely and have to close

The business went belly up after just a year of trading.

Comprehension Check!

1) Which word is missing?

I managed to get my _____ in the door at an amazing company early in my career, and I've worked my way up to management level.

- a. head b. foot c. leg d. hand

2) You know the Prime Minister, right? Can you pull some _____ and get me an interview with her?

- a. strikes b. strides c. streams d. strings

3) If a job is very easy and doesn't require much effort, how can we describe it?

QUIZ!

Choose the correct answer for each question.

- 1) The team was very hierarchical and operated according to a strict _____.
a. pecking order
b. field day
c. foot in the door

- 2) What is a "knee-jerk reaction"?
a. an automatic response to a situation
b. a delayed reaction to a situation
c. a well-thought-out plan

- 3) She was nervous about performing in front of a large audience but decided to _____ and pursue her dream of becoming a singer.
a. have a field day
b. stick her neck out
c. establish a pecking order

- 4) Jill was _____ in her negotiations and always knew when to make a move.
a. privy
b. cushy
c. shrewd

- 5) What does the expression "to get one's foot in the door" mean?
a. to enter a company at a high level
b. to enter a company at a low level with a chance of being promoted
c. to start your own business

- 6) What does the expression "to have a crack at something" mean?
a. to give up on something
b. to attempt or try something
c. to avoid doing something

- 7) After receiving therapy, Daniel finally began to _____ and enjoy life once again.
a. bloom
b. have a crack at something
c. establish a pecking order

- 8) The scammer realised that the elderly couple he targeted had a lot of money and decided to _____.
a. make a donation to a charity
b. offer them a discount on a product
c. have a field day and swindle them out of their savings

The End!



ADVANCED VERBS

VOCABULARY LESSON

 YOUTUBE.COM/ENGLISHWITHLUCY

Most English learners reach a point on their English learning journeys where they want to use more advanced vocabulary. This lesson will teach you 20 advanced verbs and how you can use them in context.

to advocate (for) - /'ædvəkət/

to publicly support or recommend a particular policy or action

Present Simple	The celebrity uses her social media platform to advocate for a more sustainable future.
Past Simple	The politician advocated for greater economic equality for all citizens.

to amplify - /'æmplifai/

to make something louder or stronger; to increase the effect or impact of something

Present Simple	The megaphone amplifies the speaker's voice and makes it easier to hear.
Past Simple	The digital marketing campaign amplified the reach and impact of the brand's message.

to articulate - /a:tɪkjulert/

to express or explain something in a clear and effective way; to pronounce words clearly and distinctly

Past Simple	The public speaker articulated her vision for the future with passion and conviction.
Present Continuous	The language learner is practising articulating difficult sounds to improve her pronunciation.

to comprehend - /kəmprɪ'hend/

to understand the meaning or significance of something

Present Simple	The student struggles to comprehend the complex theories presented in the lecture.
Future Simple	The reader will have to re-read the passage multiple times to comprehend the author's message.

to convey - /kən'veɪ/

to communicate or express something to others, often a message or information

Present Simple	The artist uses her paintings to convey her emotions and experiences.
Past Simple	The journalist conveyed the breaking news to the public with accuracy and timeliness.

to corroborate - /kə'rɒbəreɪt/

to confirm or support a statement, theory, or finding with evidence or testimony

Present Simple	The witness is able to corroborate the victim's account of the crime.
Past Simple	The scientist corroborated her hypothesis with multiple experiments.

to decipher - /dɪ'sarfə(r)/

to discover the meaning of something written badly or in a difficult or hidden way

Past Simple	The traveller struggled to decipher the foreign language on the menu.
Future Simple	The detective will have to decipher the hidden meaning behind the suspect's cryptic message.

to differentiate (between) - /dɪfə'rensɪət/

to distinguish or recognize the differences between things or people



Present Simple	The sommelier is able to differentiate between the subtle flavours in the wine.
Past Simple	The teacher developed lesson plans to help students differentiate between similar concepts.

to dissect - /dɪ'sekt/

to analyse or examine something in detail, often by breaking it down into its components or parts

Present Simple	The scientist dissects the specimen to study its internal structure.
Past Simple	The literary critic dissected the novel to explore its themes and symbols.

to efface - /ɪ'feɪs/

to remove or erase something intentionally so that it is no longer visible or noticeable

Past Simple	The politician tried to efface the scandal from his public record with a new campaign.
Present Continuous	The storm winds are so strong that they are effacing the markings on the road.

to elaborate (on/upon) - /ɪ'læbəreɪt/

to add more detail or explanation to something; to expand or clarify a concept, idea or thought

Past Simple	The designer elaborated on her original concept after receiving feedback from the client.
Future Simple	I can see you didn't understand, so I am going to elaborate on my point.

to exacerbate - /ɪg'zæsəbərt/

to make a situation or problem worse

Past Simple	The drought exacerbated the water shortage in the region.
-------------	--



Present Perfect Simple	The medication side effects have exacerbated my existing health problems.
------------------------	--

to extrapolate - /ɪk'stræpələt/

to guess, estimate or forecast something use what you already know

Present Simple	The economist extrapolates future trends from current economic indicators.
Present Simple	We tend to predict the future by extrapolating from the past.

to facilitate - /fə'sɪlɪteɪt/

to make something easier or more convenient to do

Future Simple	The new technology will facilitate communication among team members.
Past Simple	The tutor facilitated the development of her student's skills.

to galvanize - /'gælvənaɪz/

to shock or excite someone into taking action

Past Simple	The tragic event galvanized the community to come together and support one another.
Present Perfect Simple	The recent news has galvanized the public to demand change.

to integrate - /'ɪntɪgrɪteɪt/

to combine or blend things together in a harmonious or functional way

Present Continuous	The new employee is integrating well with the team.
Past Simple	The architect integrated the old and new elements of the building design seamlessly.

to mitigate - /'mɪtɪɡeɪt/

to reduce or alleviate the severity or impact of something, often a problem or negative consequence



Present Simple	The safety measures in place mitigate the risk of accidents.
Present Perfect Simple	The environmental policies have mitigated the damage to the ecosystem.

to perceive - /pə'si:v/

to think of something in a particular way or become aware or conscious of something through the senses or intuition

Present Simple	She perceives that her boss isn't happy with her work because of his constant criticism
Past Simple	The artist perceived the beauty of nature and incorporated it into her work.

to reconcile - /'rekənsaɪl/

to make people become friends again after a break up or an argument; to make two conflicting things compatible

Present Continuous	The mediator is trying to reconcile the differences between the two parties.
Past Simple	The couple reconciled after a period of separation.

to scrutinize - /'skru:tənaɪz/

to examine or inspect something very closely

Past Simple	She scrutinized his essay but couldn't find a single error.
Past Simple	His apology was carefully scrutinized by his PR team before it was made public.



QUIZ!

Choose the correct answer for each question.

- 1) The team worked hard to _____ the new software into their system.
 - a. advocate
 - b. integrate
 - c. mitigate

- 2) My professor was able to _____ the complex maths problem for me.
 - a. decipher
 - b. efface
 - c. dissect

- 3) The government is taking steps to _____ the effects of climate change.
 - a. mitigate
 - b. integrate
 - c. extrapolate

- 4) Jamie, who is an archaeologist, was able to _____ the ancient script on the tablet.
 - a. elaborate
 - b. decipher
 - c. dissect

- 5) The artist used a brush to _____ the colours on the canvas.
 - a. articulate
 - b. integrate
 - c. mitigate

- 6) Our CEO _____ on the benefits of investing in renewable energy.
 - a. elaborated
 - b. effaced
 - c. dissected

- 7) The historian _____ the events that led up to the war.
 - a. advocated
 - b. integrated
 - c. extrapolated

- 8) He _____ his thoughts and ideas clearly to the audience.
 - a. elaborated
 - b. effaced
 - c. articulated

The End!

(1) b (2) c (3) a (4) b (5) b (6) a (7) c (8) c



YOUTUBE.COM/ENGLISHWITHLUCY

15 STUNNINGLY BEAUTIFUL ENGLISH WORDS

VOCABULARY & PRONUNCIATION LESSON & QUIZ

 YOUTUBE.COM/ENGLISHWITHLUCY

1 appealing

/ə'pi:lɪŋ/ - attractive or interesting

His rich vocabulary made him sound so appealing.

2 ineffable

/ɪn'eфəbl/ - too great or beautiful to describe in words

When I heard of their pregnancy I was filled with ineffable joy!

3 nefarious

/n'i фeəriəs/ - criminal; extremely bad

They hacked into my bank account and used the funds for nefarious purposes.

4 ethereal

/ɪ'θeриəl/ - extremely light and beautiful; seeming to belong to another, more spiritual, world

At sunrise, the London skyline looks almost ethereal.

5 epiphany

/ɪ'phi:ni/ - a sudden and surprising moment of understanding

When she took the course, she had an epiphany, and everything became clear.

6 angst

/æŋst/ - a feeling of great worry about a situation, or about your life

I wrote emotional poetry when I was full of teenage angst.

7 euphoria

/ju:'fɔ:riə/ - an extremely strong feeling of happiness and excitement that usually lasts only a short time

After receiving the letter of acceptance I was in a state of euphoria.

8 cherish

/tʃerɪʃ/ - to love somebody/something very much and want to protect them or it

I will always cherish the letter he sent me before he moved away.

9 eternity

/ɪ'te:nəti/ - time without end, especially life continuing without end after death
A mother's love lasts for eternity.

10 quintessence

/kwɪn'tesns/ - the perfect example of something

It was the quintessence of an English country cottage.



YOUTUBE.COM/ENGLISHWITHLUCY

11

plethora

/pləθərə/ - an amount that is greater than is needed or can be used

The article contained a plethora of information.

12

pristine

/prɪsti:n/ - fresh and clean, as if new

Her house is always pristine.

13

surreptitiously

/sʌrəptɪʃəslɪ/ - in a quick or secret way so that other people do not notice

She surreptitiously slid the cheque under his napkin.

14

dulcet

/dʌlsɪt/ - sounding sweet and pleasant

I can always recognise her dulcet tones!

15

docile

/dəʊsəl/ - quiet and easy to control

The puppy was calm and incredibly docile.

TEST YOUR UNDERSTANDING

FILL IN THE GAPS WITH
THE CORRECT 'BEAUTIFUL' WORD

- 1 I could hear her _____ tones from the other side of the auditorium.
- 2 He was the _____ of a British gentleman.
- 3 She entered into a state of _____ when she learned she had passed her driving test!
- 4 I _____ the pieces of jewellery my mother left to me.
- 5 Her _____ beauty was truly remarkable.
- 6 He _____ gestured to the waiter to bring the bill.



- 7 I have a _____ of t-shirts, so I will donate some to charity.
- 8 Her floors were so _____ that you could eat off them!
- 9 The maine coon breed of cat is known for its _____ nature.
- 10 I will love you for all of _____.
- 11 I couldn't play chess, but I had an _____ and I started beating every opponent!
- 12 I don't think the government would approve of your _____ practices!

Answers:

1. dulcet
2. quaintessence
3. euphoria
4. cherish
5. ethereal
6. surreptitiously
7. plethora
8. pristine
9. docile
10. erratic
11. epiphany
12. nefarious

The
End



RHYMING REDUPLICATION

PRONUNCIATION LESSON

 YOUTUBE.COM/ENGLISHWITHLUCY

There is no denying that rhyming is a key feature of English. We tend to enjoy a good rhyme because our brains love to hear rhyming patterns. In today's lesson, we will cover all there is to know about rhyming reduplication. *Okey-dokey*, let's get down to the *nitty-gritty* of rhyming!

important
details

OK

RHYMING REDUPLICATION EXPLAINED

One great aspect of English is the ability to manipulate the language by taking a serious-sounding word and making it sound light-hearted and fun. One way to do this is by using **rhyming reduplication**.

In rhyming reduplication, we alter the beginning of the word, and generally, this is a consonant or a consonant cluster.

bee's-knees

the two words **bee's** and **knees** are essentially a copy apart from the consonant sounds at the start of the words

an idiom meaning excellent

Two-part expressions like this sound extremely informal and bring the register down to a fun level so that you won't sound *hoity-toity*.

behaving like you are better than everyone else

RHYMING REDUPLICATION EXAMPLES

boogie-woogie	the act of dancing	Let's go to a disco next weekend and <u>boogie-woogie</u> !
fuddy-duddy	someone who is old-fashioned	Don't be such a <u>fuddy-duddy</u> and come out tonight!



YOUTUBE.COM/ENGLISHWITHLUCY

silly billy	said to children/pets who aren't behaving in a sensible way	Oh, you are a <u>silly billy</u> , take that plate off your head!
hocus-pocus	silliness, or a magical activity, often used to trick someone	Just be honest and stop all this <u>hocus-pocus</u> !
lovey-dovey	describes people who show public displays of affection	Mum and dad are far too <u>lovey-dovey</u> !
helter-skelter	an adjective to describe hurrying and confusion	We had a <u>helter-skelter</u> journey to the show!
namby-pamby	an adjective meaning weak and excessively emotional	What a <u>namby-pamby</u> idea!
willy-nilly	an adverb to describe doing something in an irregular way	The new agency just sends its proposals <u>willy-nilly</u> .
jeepers creepers	an exclamation showing surprise or shock	<u>Jeepers creepers</u> , knock on the door before you just come in next time!
higgledy-piggledy	confused or jumbled	Our marketing at this point is all <u>higgledy-piggledy</u> .

RHYMING REDUPLICATION WITH NAMES

British people quite like assigning nicknames to each other, and we love them even more if they rhyme!

Here are a few of my own rhyming reduplication inventions:

Smiley Kylie Handy Andy Juicy Lucy

Steady Eddie Merry Geri

In fact, anyone can make rhyming reduplications about anything.

This often happens by replacing the first consonant with /w/ in the reduplication. Beware, it often sounds very childlike:

My friend Jenny-wenny wrote a booky-wooky about a doggy-woggy.



SHM-REDUPLICATION

It's also common to hear people repeat a word but replace the first consonant or consonant cluster with '*shm*'.

rhyming *shmyming*!



the word **rhyming** is repeated, but the consonant **r** was changed for **shm** to create **shmyming**

Shm-reduplication originated in Yiddish and is generally used to indicate irony, sarcasm, scepticism, be dismissive or as an interjection.

It really depends on the context and the intonation!

It is very informal—please don't use this in a job interview!

EXAMPLES:

money shmoney

potential meanings:

money is not important

money is no object

homework shmomework

potential meaning:

there are better things to do than homework

bored shmored

potential meaning:

**a confrontational expression of disbelief:
'I don't believe you, you aren't bored'.**



QUIZ!

Choose the correct answer for each question.

1) Which rhyme means confused?

- a. higgledy-piggledy
- b. okey-dokey
- c. lovey-dovey

2) Which rhyme means old-fashioned?

- a. jeepers-creeper
- b. hocus-pocus
- c. fuddy-duddy

3) Which rhyme involves movement?

- a. namby-pamby
- b. boogie-woogie
- c. bees-knees

4) What comes next: helter-?

- a. delter
- b. belter
- c. skelter

5) What comes next: silly-?

- a. pillly
- b. filly
- c. billy

6) What comes next: lovey-?

- a. roly
- b. dovey
- c. moly

7) What are the reasons for 'shm' reduplication?

- a. irony, sarcasm, scepticism, being dismissive, or as an intensifier
- b. professionalism, authority, using a higher register
- c. comparison, contrast, connecting ideas, conjunction

8) Can you use 'shm' reduplication at a job interview?

- a. yes
- b. no
- c. it depends

The End!



111 ADVANCED ENGLISH IDIOMS

Idioms are essential to learn on your English-speaking journey as they enhance language proficiency beyond grammar and vocabulary.

Understanding idiomatic expressions allows you to communicate naturally, grasp cultural nuances and convey meaning effectively. This eBook will aid you in learning some of the most common idioms so you sound fluent and natural in your daily conversations.

HAPPINESS

1. in seventh heaven

IPA Transcription:

/ɪn 'sevənθ 'hevн/

Meaning:

extremely happy or joyful

Example:

*She was **in seventh heaven** after finding out she was pregnant.*

2. to paint the town red

IPA Transcription:

/peɪnt ðə tаʊn red/

Meaning:

to go out and enjoy oneself by engaging in lively activities

Example:

*After their exams, Oliver and his mates decided **to paint the town red** by hitting as many pubs as they could.*

3. over the moon

IPA Transcription:

/'əʊvə ðə mu:n/



Meaning:

extremely delighted or thrilled

Example:

*When he received his dream job offer, he was **over the moon** with excitement.*

4. on cloud nine

IPA Transcription:

/ɒn kloud næɪn/

Meaning:

a state of complete happiness or euphoria

Example:

*Tabitha was **on cloud nine** when she found out her mum was coming for a visit.*

5. on top of the world

IPA Transcription:

/ɒn tɒp əv ðə wɜːld/

Meaning:

feeling extremely successful, confident and happy

Example:

*I just landed the lead part in the play; I'm **on top of the world!***

6. to have a whale of a time

IPA Transcription:

/hæv ə weɪl əv ə taɪm/

Meaning:

to have an extremely enjoyable and exciting time

Example:

*During their vacation, they **had a whale of a time** exploring the beautiful beaches.*



7. to have the time of one's life

IPA Transcription:

/hæv ðə taim əv wʌnz laɪf/

Meaning:

to have an exceptionally enjoyable or memorable experience

Example:

*With the wind in their hair and the ocean beneath their boards, they surfed, **having the time of their lives.***

8. full of the joys of spring

IPA Transcription:

/fʊl əv ðə dʒɔɪz əv sp्रɪŋ/

Meaning:

to be extremely happy, cheerful or full of enthusiasm

Example:

*Even though the rain showed no signs of letting up, she sat in her cosy chair with her book, **full of the joys of spring.***

9. to make one's day

IPA Transcription:

/meɪk wʌnz deɪ/

Meaning:

to greatly please or delight someone

Example:

*Receiving a handwritten letter from her favourite author **made her day.***

10. in raptures (about/over)

IPA Transcription:

/ɪn 'ræptʃəz ə'baut/'əʊvə/

Meaning:

a state of extreme delight or excitement



Example:

The audience was **in raptures over** the hilarious performance by the improv comedy act.

HEALTH

11. to kick the bucket

IPA Transcription:

/kɪk ðə 'bʌkɪt/

Meaning:

to die or pass away

Example:

No, Bob isn't coming to the reunion; he **kicked the bucket** last spring.

12. a clean bill of health

IPA Transcription:

/ə kli:n bɪl əv helθ/

Meaning:

a statement or certification of being in good health

Example:

After a thorough medical examination, the doctor gave me **a clean bill of health**.

13. like death warmed up

IPA Transcription:

/laɪk deθ wɔ:md ʌp/

Meaning:

looking extremely ill or unhealthy

Example:

Sarah caught a terrible cold but went to work anyway despite looking **like death warmed up**.



14. as fit as a fiddle

IPA Transcription:

/əz fit əz ə 'fɪdl/

Meaning:

in excellent physical health and condition

Example:

*John exercises regularly to remain **as fit as a fiddle** at the ripe old age of 86.*

15. to go under the knife

IPA Transcription:

/gəʊ 'ʌndə ðə naɪf/

Meaning:

to undergo surgery or a medical operation

Example:

*Emily was nervous but knew she had **to go under the knife** to have her appendix removed.*

16. to have one foot in the grave

IPA Transcription:

/hæv wʌn fʊt ɪn ðə greɪv/

Meaning:

to be near death or in very poor health

Example:

*After his heart attack, Tom felt like he **had one foot in the grave** and wasn't about to waste a single moment.*

17. to recharge one's batteries

IPA Transcription:

/ri:tʃə:dʒ wʌnz 'bætriz/

Meaning:

to take a break and rest to regain energy and strength



Example:

*Julia decided it was finally time to have a weekend getaway **to recharge her batteries**.*

18. **as right as rain**

IPA Transcription:

/əz rært əz reɪn/

Meaning:

in perfect order or condition; perfectly fine

Example:

*Although she had been feeling unwell, after a good night's sleep, she woke up feeling **as right as rain**.*

19. **as fresh as a daisy**

IPA Transcription:

/əz freʃ əz ə 'deɪzi/

Meaning:

feeling or appearing refreshed and energetic

Example:

*I felt **as fresh as a daisy** after my long shower, followed by a warm cup of tea.*

20. **as pale as a ghost/death**

IPA Transcription:

/əz peɪl əz ə gəʊst/deθ/

Meaning:

having a very pale complexion, often due to fear, illness or shock

Example:

*The loud crashing sound downstairs caused Jane to turn **as pale as a ghost**.*

21. **a bag of bones**

IPA Transcription:

/ə bæg əv bəʊnz/



Meaning:

a person who is very thin, typically with prominent bones visible

Example:

She felt like a bag of bones after losing weight unintentionally.

WEATHER

22. to kick up a storm

IPA Transcription:

/kɪk ʌp ə stɔːm/

Meaning:

to cause a significant commotion or controversy

Example:

The scandalous revelation kicked up a storm of media frenzy, sparking intense public interest.

23. the calm before the storm

IPA Transcription:

/ðə kæm bɪ'fɔː ðə stɔːm/

Meaning:

a period of relative peace or tranquillity before a more turbulent or difficult situation arises

Example:

The office seemed quiet, but everyone knew it was just the calm before the storm of the new product launch.

24. to steal someone's thunder

IPA Transcription:

/stiːl 'sʌmwʌnz 'θʌndə/

Meaning:

to take attention or credit away from someone by doing or saying something that outshines or eclipses their achievement or idea



Example:

Phyllis had prepared an elaborate surprise, but Jan's unexpected announcement stole her thunder.

25. where there's smoke, there's fire

IPA Transcription:

/weə ðeəz sməʊk ðeəz 'faɪə/

Meaning:

if there are signs or indications of a problem or issue, it is likely that a problem or issue exists

Example:

Rumours about layoffs at the company have been circulating, and where there's smoke, there's fire.

26. to throw caution to the wind

IPA Transcription:

/θrəʊt'kɔ:sən tə ðə wɪnd/

Meaning:

to act without considering the possible risks or consequences

Example:

Despite the warnings, he threw caution to the wind, quite literally, and went skydiving for the first time.

27. to chase rainbows

IPA Transcription:

/tʃeɪs 'reɪnbəʊz/

Meaning:

to pursue unrealistic or unattainable goals or dreams

Example:

Instead of focusing on practical career options, he spent his life chasing rainbows and never achieved stability.



28. a storm in a teacup

IPA Transcription:

/ə stɔːm ɪn ə 'tiːkʌp/

Meaning:

a situation that is exaggerated or blown out of proportion, making it seem more significant or serious than it actually is

Example:

*The argument between the colleagues turned out to be **a storm in a teacup** and was quickly resolved.*

29. snowed under

IPA Transcription:

/snəʊd 'ʌndə/

Meaning:

overwhelmed with a large amount of work, tasks or responsibilities

Example:

*With the approaching exams, she was completely **snowed under** and had to study late into the night.*

30. to have one's head in the clouds

IPA Transcription:

/hæv wʌnz hed ɪn ðə klaʊdz/

Meaning:

to be daydreaming, not paying attention to or aware of what is happening around oneself

Example:

*During the meeting, Pia seemed **to have her head in the clouds** and didn't contribute much.*



31. to take a rain check

IPA Transcription:

/tɛk ə reɪn tʃek/

Meaning:

to decline an offer or invitation at the present time but suggest doing it at a later date

Example:

*Sorry, I can't make it tonight. Can I **take a rain check** and reschedule?*

TRAVEL

32. thirst for adventure

IPA Transcription:

/θɜːst fə əd'ventʃə/

Meaning:

a strong desire or craving for exciting and daring experiences

Example:

*My group of friends and I planned an epic road trip to satisfy our collective **thirst for adventure**.*

33. off the beaten track

IPA Transcription:

/ɒf ðə 'biːtn træk/

Meaning:

in a remote or less-travelled location, away from the mainstream or popular areas

Example:

*They decided to go camping in a small village **off the beaten track** to escape the crowds.*

34. to have itchy feet

IPA Transcription:

/hæv 'ɪtʃi fi:t/



Meaning:

to have a strong desire or restlessness to travel or explore new places

Example:

*After staying in the same city for years, we **had itchy feet** and wanted to experience new cultures.*

35. to get away from it all

IPA Transcription:

/get ə'weɪ frəm ɪt ɔ:l/

Meaning:

to escape or take a break from one's usual routine or responsibilities, often in search of relaxation

Example:

*Escaping to a remote tropical island is the perfect way **to get away from it all**.*

36. to hit the road

IPA Transcription:

/hit ðə rəʊd/

Meaning:

to begin a journey or trip, usually by driving

Example:

*It's time to **hit the road** and start our next adventure.*

37. hustle and bustle

IPA Transcription:

/'hʌsl ən'bʌsl/

Meaning:

busy and noisy activity, often associated with a crowded or lively environment

Example:

*The city centre was full of **hustle and bustle** with people rushing around.*



38. to catch some rays

IPA Transcription:

/kætʃ sʌm reɪz/

Meaning:

to spend time in the sun, often to relax or sunbathe

Example:

*They headed to the beach to **catch some rays** and enjoy the warm summer weather.*

39. a mile a minute

IPA Transcription:

/ə maɪl ə 'mɪnɪt/

Meaning:

at a very fast or rapid pace; quickly and energetically

Example:

*She talks **a mile a minute** but always has something interesting to say.*

40. in the same boat

IPA Transcription:

/ɪn ðə seɪm bəʊt/

Meaning:

in the same situation as others; facing a common challenge or circumstance

Example:

*We may have different backgrounds, but during tough times, we're all **in the same boat**.*

41. right up one's street

IPA Transcription:

/raɪt ʌp wʌnz strɪt/

Meaning:

perfectly suited or aligned with one's interests or preferences

Example:

*With her passion for cooking, this culinary class is going to be **right up her street**.*



TIME

42. round the clock

IPA Transcription:

/raʊnd ðə klɒk/

Meaning:

all day and all night without stopping

Example:

*My mum was a nurse who often worked **round the clock** to take care of her patients.*

43. to call it a day/night

IPA Transcription:

/kɔ:l ɪt ə deɪ/nart/

Meaning:

to stop what you are doing because you do not want to do any more or think you have done enough

Example:

*After hours of negotiations that were going round in circles, they decided **to call it a night**.*

44. the moment of truth

IPA Transcription:

/ðə 'məʊmənt əv tru:θ/

Meaning:

the time when a person or thing is tested or a decision has to be made

Example:

*The job interview had arrived, and it was **the moment of truth** to showcase his skills and qualifications.*

45. donkey's years

IPA Transcription:

/'dəŋkjiz jɪəz/



Meaning:

a very long time

Example:

*He's been telling that same joke **for donkey's years**, but it still manages to get a few laughs.*

46. once in a blue moon

IPA Transcription:

/wʌns ɪn ə bluː muːn/

Meaning:

very rarely

Example:

*He doesn't eat out often; it only happens **once in a blue moon**.*

47. round the corner

IPA Transcription:

/raʊnd ðə 'kɔːnə/

Meaning:

very near or happening soon

Example:

*The deadline for the project is just **round the corner**, so we need to pick up the pace!*

48. like clockwork

IPA Transcription:

/laɪk 'klɒkwɜːk/

Meaning:

happening exactly as planned without any trouble or delay

Example:

*The wedding went **like clockwork**, with every detail perfectly timed.*



49. down to the wire

IPA Transcription:

/daʊn tə ðə 'waɪə/

Meaning:

until the last possible moment

Example:

*With only seconds left on the clock, the game went **down to the wire**, keeping spectators on edge.*

50. at the 11th hour

IPA Transcription:

/æt ði ɪ'levənθ 'aʊə/

Meaning:

at the last possible moment

Example:

*The deal was saved **at the 11th hour** when an unknown investor stepped in with the necessary funds.*

51. in the nick of time

IPA Transcription:

/ɪn ðə nɪk əv taɪm/

Meaning:

just in time; at the last possible moment

Example:

*He arrived at the airport **in the nick of time**, just as his flight was due to depart.*



Quiz 1

Choose the correct idiom to complete each sentence.

1) Sarah received a _____ from her doctor, confirming that she was completely over her illness.

- a. clean bill of health
- b. like death warmed up
- c. on cloud nine

2) After months of hard work, John finally landed his dream job. He was _____.

- a. as fit as a fiddle
- b. over the moon
- c. chasing rainbows

3) Peter's birthday surprise for his sister was a huge success, but then his younger brother _____ by announcing his own surprise gift.

- a. stole his thunder
- b. had one foot in the grave
- c. kicked up a storm

4) The media coverage of the political scandal was blown out of proportion. It turned out to be just a _____.

- a. storm in a teacup
- b. bag of bones
- c. mile a minute

5) Tim is always full of enthusiasm and cheerfulness. He is consistently _____.

- a. having the time of his life
- b. as right as rain
- c. full of the joys of spring

Choose the correct answer for each question.

6) What does the idiom 'on cloud nine' mean?

- a. feeling extremely successful and confident
- b. having a whale of a time
- c. feeling extremely happy or euphoric

7) What does the idiom 'to take a rain check' mean?

- a. to decline an offer or invitation and suggest doing it at a later date
- b. to act without considering the risks or consequences
- c. to pursue unrealistic goals or dreams

8) Which idiom means 'looking extremely ill or unhealthy'?

- a. to look like death warmed up
- b. snowed under
- c. in the same boat

9) If you are recharging your batteries, what are you doing?

- a. feeling exceptionally happy or excited
- b. taking a break to rest and regain energy and strength
- c. planning to travel

10) What does the idiom 'a storm in a teacup' mean?

- a. a situation that is exaggerated or blown out of proportion
- b. overwhelmed with a large amount of work or responsibilities
- c. looking extremely ill or unhealthy



● LOVE/RELATIONSHIPS

52. to fall head over heels

IPA Transcription:

/fɔ:l hed 'əvə hə:lz/

Meaning:

to fall deeply in love or become infatuated with someone or something (like an animal)

Example:

When she saw the adorable puppy, she fell head over heels and knew she had to adopt it.

53. the apple of one's eye

IPA Transcription:

/ði 'æpl əv wʌnz aɪ/

Meaning:

someone or something that is cherished or highly valued

Example:

His daughter is the apple of his eye; he adores her.

54. to tie the knot

IPA Transcription:

/taɪ ðə nɒt/

Meaning:

to get married or enter into a formal union

Example:

After years of dating, they decided it was time to finally tie the knot.

55. to steal one's heart

IPA Transcription:

/sti:l wʌnz hɑ:t/

Meaning:

to captivate or charm someone in a way that they fall in love or become deeply attracted



Example:

*Her infectious laughter and warm personality instantly **stole his heart**.*

56. to pop the question

IPA Transcription:

/pɒp ðə 'kwestʃən/

Meaning:

to propose marriage to someone

Example:

*With the diamond ring hidden in his coat pocket, he planned the perfect moment to **pop the question**.*

57. to play hard to get

IPA Transcription:

/pleɪ hɑ:d tə get/

Meaning:

to act uninterested in order to increase one's desirability or attractiveness to another person

Example:

*It was clear she was interested, but she couldn't resist **playing hard to get**, adding to the excitement.*

58. to hit it off (with someone)

IPA Transcription:

/hit ɪt ɒf/

Meaning:

to have an instant connection or rapport with someone

Example:

*From the moment they met, they **hit it off** and became close friends.*

59. to be stood up



IPA Transcription:

/bi: stʊd ʌp/

Meaning:

to be intentionally or unexpectedly left waiting for someone who doesn't show up for a planned meeting or date

Example:

*Glenda arrived at the restaurant eagerly, only **to be stood up** by her date.*

60. a match made in heaven

IPA Transcription:

/ə mætʃ meɪd ɪn 'hevн/

Meaning:

a couple or pairing that is perfectly suited for each other and seems destined to be together

Example:

*With their shared interests and values, they truly are **a match made in heaven**.*

61. an old flame

IPA Transcription:

/ən əuld flēm/

Meaning:

a past romantic partner or love interest

Example:

*When Marsha moved back to her hometown, she reconnected with **an old flame** from sixth form.*



COLOUR

62. to get the green light

IPA Transcription:

/get ðə grī:n la:t/

Meaning:

to receive permission to proceed with a project or action



Example:

We finally got the green light to start the new marketing campaign.

63. out of the blue

IPA Transcription:

/aʊt əv ðə blu:/

Meaning:

suddenly and unexpectedly

Example:

I hadn't heard from him in years, and then he called me out of the blue.

64. green with envy

IPA Transcription:

/grɪ:n wɪð 'envɪ/

Meaning:

very jealous or envious

Example:

She was green with envy when she saw her friend's new car.

65. to be tickled pink

IPA Transcription:

/bi: 'tɪklɪd pɪŋk/

Meaning:

to be very pleased or amused

Example:

Tony was tickled pink by the surprise party his friends threw for him at the office.

66. golden opportunity

IPA Transcription:

/'gəʊldən ˌɒpə'tju:nəti/

Meaning:

an excellent opportunity that is not likely to be repeated



Example:

This job is a golden opportunity for someone with a background in journalism like yourself.

67. rose-coloured/rose-tinted spectacles

IPA Transcription:

/rəʊz 'kʌləd/tɪntɪd 'spektəklz/

Meaning:

an optimistic perception of something; a positive perspective

Example:

*She always sees the world through **rose-tinted spectacles**, but sometimes I feel she needs a **reality check**.*

Bonus idiom!

a reality check

IPA Transcription:

/ə rɪ'æləti tʃek/

Meaning:

an event or situation that brings a person back to the harsh or practical realities of life

68. a grey area

IPA Transcription:

/ə greɪ 'eəriə/

Meaning:

a situation not clearly defined or that falls between two extremes

Example:

*Their relationship was undefined, existing in **a grey area** between friendship and romance.*

69. to be caught red-handed

IPA Transcription:

/bi: kɔ:t red 'hændɪd/



Meaning:

to catch someone in the act of doing something wrong

Example:

My daughter was caught stealing biscuits red-handed, or should I say, biscuit-faced!

70. yellow-bellied / yellow

IPA Transcription:

/'jeləʊ 'beli:d/ /'jeləʊ/

Meaning:

cowardly or easily scared

Example:

He was too yellow-bellied to confront his boss about the ongoing issues he faced.

71. on a silver platter

IPA Transcription:

/ɒn ə 'sɪlvə 'plætə/

Meaning:

if you are given something on a silver platter, it is given to you without you having to work or make an effort for it

Example:

He expected success to come to him effortlessly, always wanting things served on a silver platter.

● ANIMALS

72. eager beaver

IPA Transcription:

/'e:gə bɪ:və/

Meaning:

a person who is enthusiastic, energetic and eager to work or participate

Example:

Rommel is always the first one to volunteer for new projects; he's such an eager beaver.



73. to take the bull by the horns

IPA Transcription:

/teɪk ðə bʊl bər ðə hɔ:nz/

Meaning:

to confront a difficult or challenging situation directly and decisively

Example:

*Instead of avoiding the issue, he decided **to take the bull by the horns** and address the problem head-on.*

74. to let the cat out of the bag

IPA Transcription:

/let ðə kæt aut əv ðə bæg/

Meaning:

to reveal a secret or disclose confidential information unintentionally or carelessly

Example:

*My dad couldn't contain his excitement and **let the cat out of the bag** about our vacation destination.*

75. until the cows come home

IPA Transcription:

/ən'tɪl ðə kaʊz kʌm həʊm/

Meaning:

for a very long time; indefinitely or without a definite end

Example:

*I know you want to play video games **until the cows come home**, but eventually, you need to do your homework.*

76. to drop like flies

IPA Transcription:

/drɒp laɪk flaɪz/



Meaning:

to rapidly decrease in number or weaken significantly, often due to illness or other negative factors

Example:

*During the flu season, people were **dropping like flies**, and the hospital was overwhelmed.*

77. to hold one's horses

IPA Transcription:

/həʊld wʌnz 'hɔ:sɪz/

Meaning:

to be patient, wait, or stop rushing

Example:

*I know you're excited, but **hold your horses** and let's make a plan first.*

78. to pig out

IPA Transcription:

/,pɪg 'aʊt/

Meaning:

to eat excessively or indulge in large quantities of food, often in an uncontrolled manner

Example:

*After weeks of dieting, he decided **to pig out** and enjoy a cheat day with all his favourite snacks.*

79. to smell a rat

IPA Transcription:

/smel ə ræt/

Meaning:

to suspect or sense that something is wrong or suspicious

Example:

*Carolina's instincts told her to be cautious as she began **to smell a rat** in their business dealings.*



80. to have ants in one's pants

IPA Transcription:

/hæv ænts ɪn wʌnz pænts/

Meaning:

to be unable to sit still or be restless due to impatience, excitement or anxiety

Example:

I've got ants in my pants about this presentation tomorrow—help me calm down!

81. to have other/bigger fish to fry

IPA Transcription:

/hæv 'ʌðə/'bɪgə fɪʃ tə fraɪ/

Meaning:

to have more important or pressing matters to attend to; to be preoccupied with other tasks or concerns

Example:

Sorry, I can't join you for dinner tonight; I have other fish to fry with this project deadline.

PEOPLE

82. chatterbox

IPA Transcription:

/'tʃætəbɒks/

Meaning:

a person who talks a lot

Example:

My little niece is such a chatterbox; she can talk for hours about the most random things!

83. loose cannon

IPA Transcription:

/lu:s 'kænən/



Meaning:

a person who behaves in an uncontrolled or unpredictable manner, often causing damage or danger

Example:

*He's a **loose cannon**, you never know what he might say or do next.*

84. wet blanket

IPA Transcription:

/wet 'blæŋkit/

Meaning:

a person who spoils other people's fun by failing to join in with or by disapproving of their activities

Example:

*Don't invite him to the party; he's such a **wet blanket**.*

85. to blow one's own trumpet

IPA Transcription:

/bləʊ wʌnz əvn 'trʌmpɪt/

Meaning:

to boast or brag about one's own abilities or achievements

Example:

*He never misses an opportunity to **blow his own trumpet**.*

86. the salt of the earth

IPA Transcription:

/ðə sɔlt əv ði ɜ:θ/

Meaning:

a person or people of great kindness, reliability or honesty

Example:

*She's **the salt of the earth**, always ready to help those in need.*



87. fair-weather friend

IPA Transcription:

/'feə weðə frend/

Meaning:

a person who is only a friend when circumstances are pleasant or profitable

Example:

When I was rich, I had many friends, but I found out most of them were just fair-weather friends.

88. jack of all trades

IPA Transcription:

/dʒæk əv ɔ:l treɪdz/

Meaning:

a person who can do many different types of work but who is not necessarily very competent at any of them

Example:

*He's a **jack of all trades**; he can fix anything in the house.*

89. worrywart

IPA Transcription:

/'wʌriwɔ:t/

Meaning:

a person who tends to worry habitually and often needlessly

Example:

*Don't be such a **worrywart**; everything will be fine.*

90. armchair critic

IPA Transcription:

/'ɑ:mtʃeə 'krɪtɪk/

Meaning:

a person who offers advice or an opinion on something in which they have no expertise or involvement



Example:

*He's an **armchair critic**, always talking about football but never playing it.*

91. free spirit

IPA Transcription:

/fri: 'spirit/

Meaning:

a person who lives according to their own wishes and beliefs, unconstrained by society's conventions

Example:

*Shannon's a true **free spirit**, finding joy in simple pleasures and embracing life's little adventures.*

NUMBERS

92. to dress to the nines

IPA Transcription:

/dres tə ðə naɪnz/

Meaning:

to dress in a stylish, elegant or glamorous manner

Example:

*My mum always **dresses to the nines** for special occasions like parties and weddings.*

93. to put two and two together

IPA Transcription:

/put tu: ənd tu: tə'geðə/

Meaning:

to infer or deduce something by combining or connecting available information or clues

Example:

*When she saw the muddy footprints and wet raincoat, she **put two and two together** and realised he had been outside in the rain.*



94. in two minds

IPA Transcription:

/ɪn tuː maɪndz/

Meaning:

uncertain or undecided; to have conflicting thoughts or opinions about something

Example:

*My uncle was **in two minds** about accepting the job offer because it meant moving to a different city.*

95. nine-to-five

IPA Transcription:

/naɪn tə faɪv/

Meaning:

referring to regular office or business hours; a typical full-time job

Example:

*He works a **nine-to-five** job from Monday to Friday and enjoys his weekends off.*

96. back to/at square one

IPA Transcription:

/bæk tə/ət skweə wʌn/

Meaning:

returning to the beginning or starting point of a task or process, often due to a lack of progress or a setback

Example:

*After the computer crashed and deleted all the files, they had to start the project **back at square one**.*

97. the third degree

IPA Transcription:

/ðə θɜːd drɪ'griː/

Meaning:

intense or thorough questioning, often to extract information or elicit a confession



Example:

Detective Roberts gave the suspect **the third degree**, relentlessly questioning and probing for answers to solve the case.

98. two left feet

IPA Transcription:

/tu: left fɪt/

Meaning:

lacking coordination or being clumsy, especially when it comes to dancing or physical activities

Example:

I can't dance; I've got **two left feet** and always end up stepping on my partner's toes.

99. two peas in a pod

IPA Transcription:

/tu: pi:z ɪn ə pɒd/

Meaning:

two people or things that are very similar or nearly identical; often used to describe close friends or siblings

Example:

They have the same taste in music, fashion and hobbies; they're like **two peas in a pod**.

100. forty winks

IPA Transcription:

/'fɔ:tɪ wɪŋks/

Meaning:

a short nap or a brief period of sleep, usually during the day

Example:

I'll just lie down and take **forty winks** before dinner; I'm feeling a bit tired.

101. second to none

IPA Transcription:

/'sekənd tə nʌn/



Meaning:

unmatched or unrivalled; the best or highest quality

Example:

*Their customer service is **second to none**; they always go above and beyond to assist their clients.*

FOOD

102. to bring home the bacon

IPA Transcription:

/brɪŋ həʊm ðə 'beɪkən/

Meaning:

to earn a living or provide financial support for oneself or one's family

Example:

*He took on multiple jobs **to bring home the bacon** and save up for his dream holiday.*

103. one's bread and butter

IPA Transcription:

/wʌnz bred ənd 'bʌtə/

Meaning:

a person's primary source of income or livelihood

Example:

*Writing is her **bread and butter**; you should read some of her early works—masterpieces!*

104. a bad egg

IPA Transcription:

/ə bæd eg/

Meaning:

a person who is dishonest or untrustworthy

Example:

*Watch out for him; he's known to be **a bad egg** who can't be trusted.*



105. the cream of the crop

IPA Transcription:

/ðə kri:m əv ðə krɒp/

Meaning:

the best or finest individuals or things in a particular group or category

Example:

*The Olympic Games bring together athletes who are considered **the cream of the crop** in their respective sports.*

106. to spill the beans/tea

IPA Transcription:

/spɪl ðə bi:nz/ti:/

Meaning:

to reveal a secret or disclose information that was meant to be kept confidential.

Example:

*Do you know who **spilt the beans** about their affair?*

107. not one's cup of tea

IPA Transcription:

/nɒt wʌnz kʌp əv ti:/

Meaning:

something that one does not enjoy, have an interest in or find appealing

Example:

*Horror films are **not her cup of tea**; she prefers a cheesy rom-com.*

108. in a nutshell

IPA Transcription:

/ɪn ə 'nʌtʃel/

Meaning:

in a concise or summarised form; briefly and clearly



Example:

*She explained the entire situation **in a nutshell**, highlighting only the relevant points.*

109. to eat humble pie

IPA Transcription:

/i:t 'hʌmbl paɪ/

Meaning:

to admit one's mistake or defeat and show humility or remorse

Example:

After realising his error, he had to eat humble pie and apologise for his rude behaviour.

110. egg on one's face

IPA Transcription:

/eg ɒn wʌnz feɪs/

Meaning:

to be embarrassed or humiliated by making a mistake or being proven wrong

Example:

*His incorrect prediction left him with **egg on his face** when the opposite outcome occurred.*

111. in a pickle

IPA Transcription:

/ɪn ə 'pɪkl/

Meaning:

in a difficult, complicated or problematic situation

Example:

*We're **in a pickle**; the car broke down, and we're late for an important meeting.*



IDIOM EXTRAS!

to catch the travel bug /kætʃ ðə 'trævl bʌg/ - to have a strong desire to travel across the world

not a moment to lose /nɒt ə 'məʊmənt tu lu:z/ - no time to waste

chinwag /'tʃɪnwæg/ - a chat

to scratch the surface /skrætʃ ðə 'sɜ:fɪs/ - to deal with only a very small part of a subject or problem



Quiz 2

Choose the correct answer for each question.

- 1) What does the idiom 'to hold one's horses' mean?
- a. to be patient or wait
 - b. to ride a horse
 - c. to control one's emotions
- 2) If you let the cat out of the bag, you _____?
- a. go shopping for a new bag
 - b. play with a cat
 - c. reveal a secret
- 3) What does the idiom 'green with envy' mean?
- a. feeling sick after eating something green
 - b. feeling jealous or envious
 - c. having a preference for the colour green
- 4) If someone is dressed to the nines, they are _____?
- a. wearing casual clothes
 - b. dressed in a stylish or elegant manner
 - c. wearing mismatched clothes
- 5) What does the idiom 'to be caught red-handed' mean?
- a. to be caught eating red-colored food
 - b. to be caught doing something wrong
 - c. to be caught wearing red clothes

Choose the correct idiom to complete each sentence.

- 6) When Sarah saw the beautiful dress, she fell _____ and had to buy it.
- a. head over heels
 - b. until the cows come home
 - c. like two peas in a pod
- 7) Lisa couldn't contain her excitement and let _____ about the surprise party.
- a. the cat out of the bag
 - b. the third degree
 - c. a bad egg
- 8) Despite facing numerous challenges, they decided to _____ and continue pursuing their dream of opening a restaurant.
- a. tie the knot
 - b. bring home the bacon
 - c. take the bull by the horns
- 9) Mark's cousin is always the first one to volunteer for community service; he's such an _____.
- a. eager beaver
 - b. armchair critic
 - c. old flame
- 10) Whenever there's a problem, John prefers to hold his horses and _____ before making a decision.
- a. pop the question
 - b. dress to the nines
 - c. put two and two together

100 Body Part Words

Get ready for an incredible journey through the human body! Today, we're going to get up close and personal with every nook and cranny of our physical form. From the top of the head to the tips of the toes, we'll explore the fascinating world of human anatomy. This lesson is packed with over 90 body parts, their pronunciations and fun facts that will make you see the human body in a whole new light. So, let's dive in and discover the wonders of human anatomy together!



The Head

forehead

/fɔ:hed/ or /fɔrid/

the part of the face above the eyebrows and below the hairline

"She gently touched her **forehead** to check for a fever."



temples

/templz/

the flat areas on either side of the forehead

"He massaged his **temples** to relieve his headache."



temporal bones

/tempərəl ˈbəʊnz/

the bones that form the sides and base of the skull

“The **temporal bones** protect important structures in your head.”



tragus

/treɪgəs/

the small flap of cartilage at the front of the ear

“She got her **tragus** pierced when she left for university.”

cartilage

/kɑ:tɪlɪdʒ/

flexible connective tissue found in various parts of the body

“The **cartilage** in your nose gives it its shape.”

earlobe or **lobe**

/ɪələʊb/ or /ləʊb/

the soft, fleshy part at the bottom of the ear

“Jenna wore small stud earrings in her **earlobes**.”

crown

/kraʊn/

the top part of the head

“The **crown** of my dad’s head was starting to go bald.”



scalp

/skælp/

the skin covering the part of the head where hair grows

“He used a special shampoo to soothe his itchy **scalp**.”

occipital bone

/'ɒk'sɪpɪtl bəʊn/

the bone at the back and lower part of the skull

“The **occipital bone** protects the visual processing centre of the brain.”



iris

/'aɪrɪs/

the coloured part of the eye surrounding the pupil

“Her bright blue **iris** stood out against her pale skin.”

pupil

/'pjʊ:pl/

the black centre part of the eye that lets in light

“His **pupils** dilated in the dark room.”

sclera

/'sklɪərə/

the white part of the eye

“My mum’s **sclera** appeared slightly yellow, indicating a possible health issue.”

eyelid

/aɪlɪd/

the movable fold of skin that covers and uncovers the eye

“Her **eyelid** twitched from lack of sleep.”

eyelashes

/aɪlæʃɪz/

the short hairs growing on the edges of the eyelids

“She applied mascara to make her **eyelashes** look longer.”

eyebrows

/aɪbraʊz/

the lines of hair growing on the ridge above the eyes

“Gerald’s **eyebrows** are so expressive; you always know what he’s thinking.”





glabella

/glə'belə/

the smooth part of the forehead between the eyebrows

“She often gets wrinkles on her **glabella** when concentrating.”

frown lines

also called
11's - /ɪ'levnz/

/frəʊn laɪnz/

wrinkles or creases that appear between the eyebrows

“Years of worrying had left deep **frown lines** on his face.”

wrinkle

/rɪŋkl/

a small fold or line in the skin, typically caused by aging

“Kim noticed her first **wrinkles** starting to form around her eyes.”

dimples

/dɪmplz/

small natural indentations in the cheeks, especially when smiling

“His **dimples** appeared whenever he laughed.”

nostrils

/nɒstrəlz/

the two openings of the nose

“She flared her **nostrils** as she caught a whiff of the delicious scent of cookies baking in the kitchen.”

philtrum

/fɪltrəm/

the vertical groove between the nose and upper lip

“The makeup artist highlighted her **philtrum** to enhance her lip shape.”

cupid's bow

/kju:pɪd' bəʊ/

the double curve of the upper lip

“Jasmine’s perfectly shaped **cupid's bow** made her smile even more attractive.”

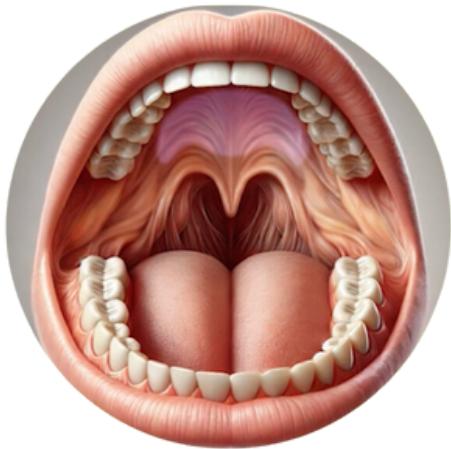


gums

/gʌmz/

the firm tissue in the mouth that surrounds the teeth

“Brush your teeth gently to avoid irritating your **gums**.”



palate

/pælət/

the roof of the mouth

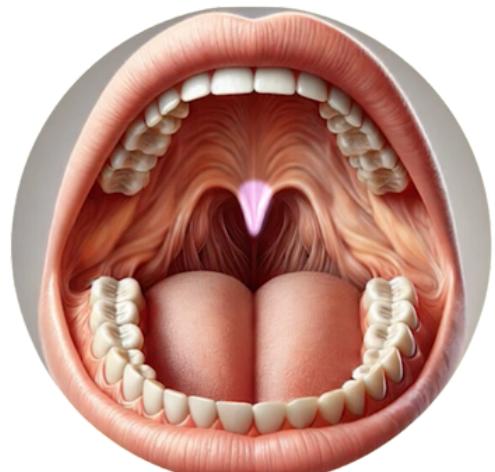
“The hot soup burned my **palate**.”

uvula

/ju:vjələ/

small, fleshy extension hanging from the soft palate

“The doctor examined his **uvula** during the throat check.”





Neck & Shoulders

nape

/neɪp/

the back of the neck

"She tied her hair up, exposing the **nape** of her neck."

Adam's apple

/ædəmz 'æpl/

the visible lump formed by the angle of the thyroid cartilage in the neck

"His **Adam's apple** bobbed as he swallowed nervously."

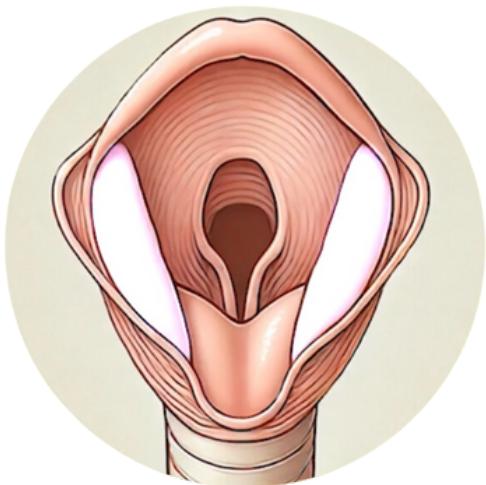


larynx or **voice box**

/lærɪŋks/ or /'vɔɪs bɒks/

the hollow muscular organ forming an air passage to the lungs and containing the vocal cords

"The singer strained her **larynx** during the long performance."



vocal cords

/vəʊkl kɔ:dz/

the pair of folded membranes in the larynx that produce speech sounds

"Jazz is going to the doctor's surgery to have his **vocal cords** examined."

clavicle

/klævɪkl/

the collarbone

"She fractured her **clavicle** in the bicycle accident."



trapezius or traps

/trə'pi:ziəs/ or /træps/

a large triangular muscle extending over the back of the neck and shoulders

"He worked on strengthening his **traps** at the gym."

shoulder blades or scapulae

/'ʃəʊldə blɛɪdz/ or /'skæpjəli:/

large, flat triangular bones in the upper back

“My sister always complain of pain between her **shoulder blades**.”



Torso



torso

/tɔ:səʊ/

the main part of the body

“All that survived after all these years was the **torso** of the statue”

sternum

/stɜ:nəm/

the breastbone

“The CPR instructor showed them how to locate the **sternum** for chest compressions.”





solar plexus

/səʊlə 'pleksəs/

a complex network of nerves located in the abdomen

“The punch to his **solar plexus** left him gasping for air.”

obliques

/ə'blɪ:ks/

the muscles on the sides of the abdomen

“They always do side planks to strengthen their **obliques**.”



navel or belly button

/nəvl/ or /'beli bʌtn/

the depression or scar in the middle of the abdomen

“Skyla got her **navel** pierced for her birthday.”

umbilical cord

/ʌm'bɪlɪkl kɔ:d/

the cord connecting a fetus to the placenta

“The doctor clamped and cut the **umbilical cord** after the baby was born.”



ribcage

/rɪbkeɪdʒ/

enclosing structure formed by the ribs

“He felt a sharp pain in his **ribcage** when he coughed.”

floating ribs

/fləʊtɪŋ 'rɪbs/

the last two pairs of ribs that are not attached to the sternum

“The **floating ribs** provide more flexibility to the lower chest.”



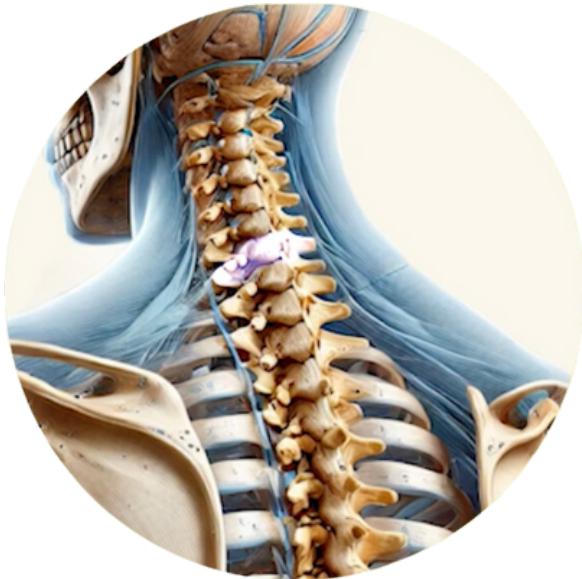
Back

spine

/spaɪn/

the series of vertebrae extending from the skull to the pelvis

“Good posture helps maintain a healthy **spine**.”



vertebrae

/vɜ:tɪbri:/ or /vɜ:tibri:/

the small bones that form the spine

“The **vertebrae** can sometimes fuse together.”

tailbone

<u>cervical</u>	<u>thoracic</u>	<u>lumbar</u>	<u>sacrum</u>	<u>coccyx</u>
/sɜ:vɪkl/ /sə'vaɪkl/	/θə'ræsɪk/ /θɔ:ræsɪk/	/lʌmbə/	/seɪkrəm/ /sækərəm/	/kɒksɪks/
the part of the spine in the neck region	the part of the spine in the upper back	the part of the spine in the lower back	the part of the spine at the base	a small bone at the spine's base





Reproductive System

uterus

/ju:tərəs/

the organ where a fetus develops during pregnancy

fallopian tubes

/fə'ləʊpiən tju:bz/

the tubes that carry eggs from the ovaries to the uterus

ovaries

/əʊvərɪz/

the reproductive organs that produce eggs

cervix

/sɜ:vɪks/

lower, narrow part of the uterus

vulva

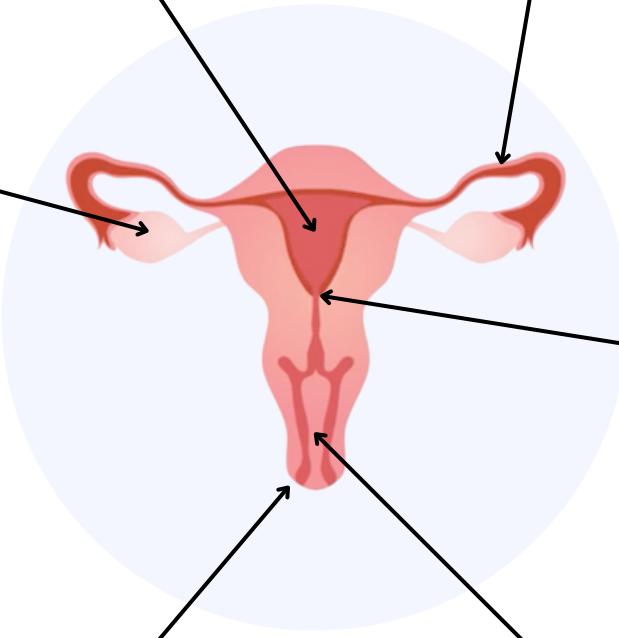
/vʌlvə/

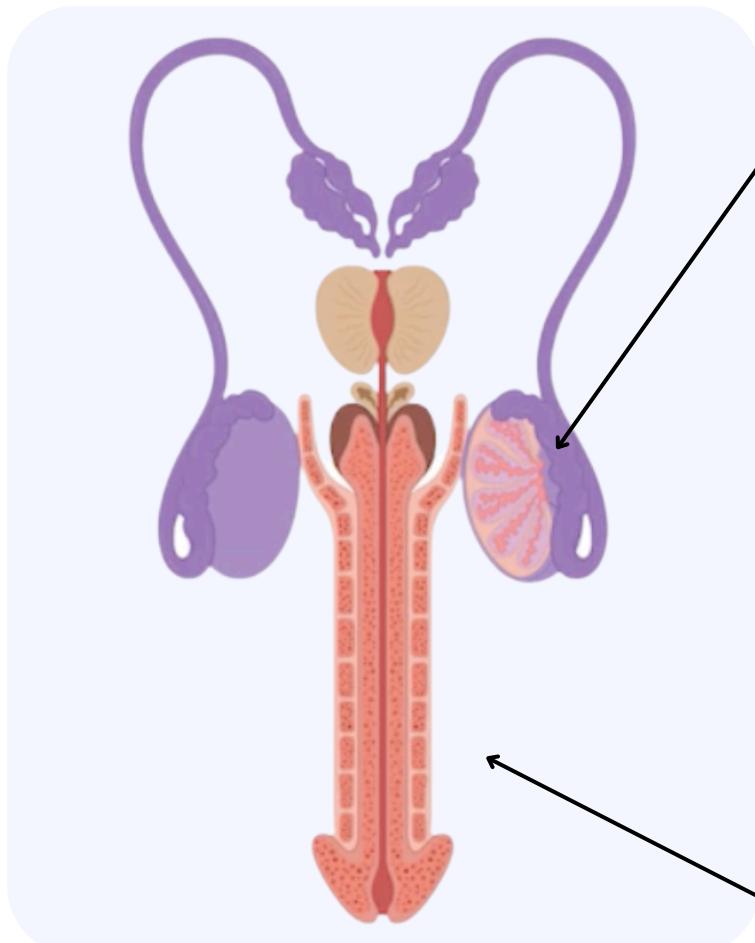
the external female genitalia

vagina

/və'dʒaɪnə/

the muscular tube connecting the external genitalia to the cervix





testicles

/tɛstɪklz/

the reproductive glands that produce sperm and testosterone

penis

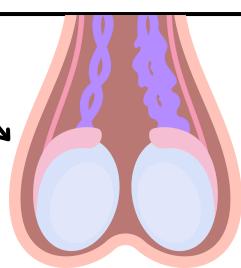
/pi:nɪs/

the external male reproductive organ

scrotum

/skrəʊtəm/

the external sac containing the testicles





Arms & Hands

biceps

/baɪseps/

the large muscle at the front of the upper arm

"He flexed his **biceps** to show off his strength."



triceps

/traɪseps/

the large muscle at the back of the upper arm

"We do push-ups to work our **triceps**."

forearm

/fɔ:rəm/

the part of the arm between the elbow and the wrist

"He had a tattoo on his **forearm**."



VOCABULARY

wrist

/rɪst/

the joint connecting the hand to the forearm

"She wore a brace on her **wrist** to support it while typing."

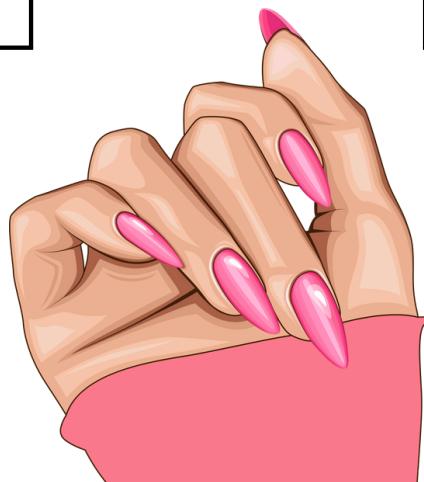


carpals

/ka:płz/

the small bones in the wrist

"The X-ray showed that none of the **carpals** were fractured."



palm

/pɑ:m/

the inner surface of the hand

knuckles

/nʌklz/

the joints of the fingers

fingertip

/fɪŋgətɪp/

the end of a finger

fingernail

/fɪŋgəneɪl/

the hard layer at the tip of the finger

nail bed

/neɪl bed/

the skin beneath the nail plate

cuticle

/kju:tɪkl/

the skin at the base of a fingernail

Legs & Feet

thigh

/θai/

the part of the leg between the hip and the knee

"He felt a burning sensation in his **thigh** after the intense workout."

quadriceps or quads

/kwɒdrɪseps/ or /kwɒdz/

the large muscle group at the front of the thigh

"Squats are an excellent exercise for strengthening the **quadriceps**."



hamstring

/hæmstrɪŋ/

any of the tendons at the back of the knee

"The football player injured his **hamstring** during the match."

tendons

/tendənz/

the tough cords of tissue that connect muscles to bones

"My trainer says I need to work on stretching my tight **tendons**."



kneecap or patella

/ni:kæp/ or /pə'telə/

the flat, round bone at the front of the knee

"She fractured her **kneecap** when she fell on the ice."

bursa

/bɜ:sə/

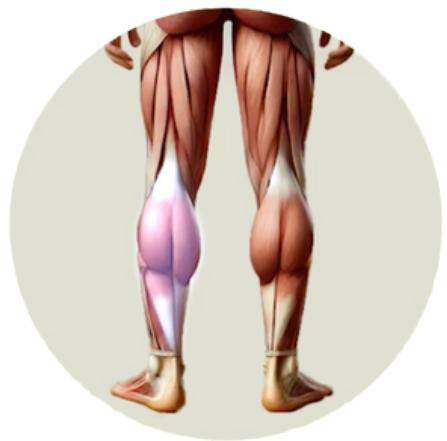
a fluid-filled sac that reduces friction between tissues in the body

calf

/kɑ:f/

the back part of the leg below the knee

"My **calves** were sore after leg day!"



tiptoes

/tɪptəʊs/

the tips of the toes

“She stood on her **tiptoes** to reach the top shelf.”

shin

/ʃɪn/

the front part of the leg below the knee

“He banged his **shin** on the coffee table.”

tibia

/tɪbiə/

the larger of the two bones in the lower leg

“The **tibia** is the second largest bone in the body!”



femur

/fɪ:mə/

the thighbone; the longest bone in the body

Achilles tendon

/ə,kɪlɪ:z 'tendən/

the strong tendon connecting the calf muscles to the heel

“Many runners suffer from **Achilles tendon** injuries.”



calcaneus

/kæl'keiniəs/

the heel bone

sole

/səʊl/

the underside of the foot

“He has a bruise on the **sole** of his foot from stepping on a rock.

ball

/bɔ:l/

the padded part of the foot just behind the toes

"She felt a sharp pain in the **ball** of her foot while dancing."

hallux

/hæləks/

the big toe



pinky toe

/pɪŋki təʊ/

the smallest toe

Skin & Hair

pores

/pɔ:z/

tiny openings in
the skin

sebaceous glands

/sɪ'beɪʃəs glændz/

small glands in the skin
that secrete an oily
substance

sebum

/si:bəm/

the oily substance
of the sebaceous
glands

freckle

/frekl/

a small, light brown spot on the skin, often becoming more pronounced with sun exposure

"Her face was covered with cute **freckles** across her nose and cheeks."

mole

/məʊl/

a small, dark, raised growth on the skin

"Benji had a **mole** removed from his back as a precautionary measure."

pigment

/pɪgmənt/

the natural colouring matter of animal or plant tissue

birthmark

/bɜːθma:k/

a coloured mark on the skin that is present from birth



follicle

/fɒlɪkl/

a small secretory cavity or sac, especially one containing a hair root

cowlick

/kaʊlɪk/

a section of hair that grows in a different direction from the rest, often sticking up



Activity

Choose the correct word from the word bank to complete each sentence.

a. scalp	b. freckles	c. navel	d. sternum	e. uvula
f. spine	g. knuckles	h. dimples	i. shin	j. birthmark

- Proper wrapping technique helps protect a boxer's _____, the joints of the fingers, from injury during fights and training.
- The _____ is the flat bone in the middle of your chest that protects your heart.
- The _____ is where hair grows from on the head.
- Many babies are born with a _____ somewhere on their skin.
- The _____, also known as the belly button, is where the umbilical cord was attached before birth.
- Sun exposure can increase the appearance of _____ on your face and arms, though they are usually harmless.
- The team's striker is out for two weeks after a tackle left him with a bruised _____. This front part of the lower leg is particularly vulnerable in football.
- Maintaining good posture is crucial for a healthy _____. This column of bones supports your entire body.
- Did you know that your _____ helps prevent food from entering your nose when you swallow? This small, hanging structure at the back of your throat plays a crucial role in eating and speaking.
- Fans adore the actor's charming _____, those small indentations that appear on his cheeks when he smiles.

Answers:

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



YOUTUBE.COM/ENGLISHWITHLUCY