

**KONKURS IDIOMY W JĘZYKACH OBCYCH ORGANIZOWANY
PRZEZ I LO W ŚWIDNIKU**

Body Idioms –Explanations

1. **you have your hands full** – you are very busy
2. **to win sth hands down** – to win sth easily
3. **to bite the hand that feeds you** – to harm someone who has helped you or supported you
4. **to look down in the mouth** - to look unhappy
5. **to have a big mouth** – to say too much or tell another person's secrets
6. **to head for something** - to be destined for something, especially something unpleasant
7. **to lose one's head** - to panic
8. **can't make head or tail of sth** – to be unable to understand sth
9. **to put your foot down** - to say very firmly that someone must do sth or must stop doing sth
10. **to get sb on their feet** - to help someone recover or return to a normal condition after an illness or a difficult time
11. **have one foot in the grave** – be very old or very ill
12. **put your foot in your mouth = put your foot in it** – to say sth without thinking carefully, so that you embarrass or upset someone
13. **to make sb's blood boil** - to make someone extremely angry
14. **to make sb's blood run cold** – to make someone feel extremely frightened
15. **It's like getting blood out of a stone.** - It's almost impossible.
16. **to hold your tongue** - not to say anything
17. **say sth with your tongue in your cheek** – say sth as a joke
18. **to make a clean breast of something** - to tell the truth about something wrong that you have done
19. **to get something off your chest** - to tell someone about something that has been worrying or annoying you for a long time
20. **to feel / know something in your bones** - to be certain that something is right / true without being able to explain why
21. **the bare bones** – the most important details of sth
22. **a bone of contention** – sth that causes arguments between people

23. **to be skin and bone** – to be very thin
24. **to need a shoulder to cry on** - to need a person who will listen sympathetically to your troubles and will try to comfort you
25. **to have a chip on your shoulder** - to behave rudely or aggressively (usually because you feel inferior or you think you have been treated unfairly)
26. **a pain in the neck** - something or somebody annoying or irritating
27. **to stick your neck out** - to take a risk, to do something that will make you open to danger
28. **to be all ears** - to listen carefully
29. **your ears are burning** – you think that people are talking about you
30. **to have sth coming out of your ears** – to have too much of sth
31. **to pull sb's leg** - to tell someone something untrue for a joke
32. **to be on your last legs** – to be very tired
33. **to stomach something** - to endure, put up with
34. **to get/put sb's back up** - to do or say something that will make someone annoyed
35. **to give sb a pat on the back** - to show, express approval or praise
36. **to have your back against/to the wall** - to have very great problems which you may not be able to overcome
37. **to stick out like a sore thumb** - to be very obvious or noticeable
38. **to put your finger on something** – to be able to explain exactly what is wrong, different or unusual about a situation
39. **to have a finger in every pie** – to be involved in many activities and to have influence over a lot of people
40. **to have green fingers** – to be good at making plants grow
41. **to have sticky fingers** – to be likely to steal sth
42. **an eyesore** - sth extremely ugly
43. **to turn a blind eye to something** - to pretend not to notice, ignore
44. **have eyes like a hawk** – to notice every small detail or everything that is happening and therefore be very difficult to deceive
45. **to see eye to eye** - to agree, share the same opinions or views
46. **to have/keep your eyes glued to sth** – to be watching sth with all your attention
47. **to make sb's hair stand on end** - to make someone

- very frightened or worried
48. **to let your hair down** – to enjoy yourself and start to relax, especially after working very hard
49. **the hair of the dog** - an alcoholic drink taken as a cure the morning after an occasion when one has drunk too much alcohol
50. **to put on a brave face** - to try not to show how unhappy or upset you really are
51. **let's face it** - an expression used when stating a fact or making a comment about something unpleasant or something one doesn't really want to admit
52. **not to move a muscle** – to remain still, not to do anything
53. **to have a brainwave** - to have a sudden clever idea
54. **rack your brains** – to try very hard to remember or think of sth
55. **to have a nose for something** - to have an instinctive ability to find or recognise something
56. **it's no skin off my nose** – used to say that you do not care what another person thinks or does
57. **to keep your nose to the grindstone** – to work very hard, without stopping to rest
58. **to pay lip service to sb** - to say that you are in favour of something although you really have no intention of supporting it properly
59. **my lips are sealed** – used to say that you will not tell anyone about a secret
60. **to grease sb's palm** – to give someone money in a secret or dishonest way in order to persuade them to do sth