

## Idioms related to the body

Idioms are fascinating linguistic tools that add color and depth to our everyday language. These expressions, often consisting of a group of words whose meaning cannot be deduced from the individual words themselves, bring a unique charm to communication.

Unlike literal language, where words convey their exact, dictionary-defined meanings, idioms rely on cultural context and shared understanding. Imagine telling someone to "hit the hay" when suggesting they go to bed. The literal meaning might involve farm chores, but the idiom is universally understood as an invitation to sleep.

Idioms can be related to anything from food to the weather but in today's blog we are going to talk about idioms that involve a part of the body, here are some examples:

- Learn (off) by heart - Aprender de memoria
- A head start - Una ventaja inicial
- Chin up - Ánimo / Levanta la cabeza
- To get sth off your chest - Sacarse algo de encima
- Off the top of my head - A bote pronto / Sin pensarlo mucho
- To pick sby's brain - Consultar a alguien / Sacarle información a alguien
- On the tip of one's tongue - En la punta de la lengua
- To pick a bone with sby - Tener una queja con alguien
- To be all ears - Estar todo oídos
- Break a leg - Buena suerte (en teatro)
- To get cold feet - Echarse para atrás / Dudar en el último momento
- To be head over heels - Estar perdidamente enamorado
- Over my dead body - Antes muerto que permitirlo
- Play sth by ear - Improvisar / Ir viendo sobre la marcha
- Rule of thumb - Regla general
- See eye to eye - Estar de acuerdo / Ver las cosas de la misma manera
- Stick one's neck out - Arriesgarse / Comprometerse
- Wash one's hands of sth - Lavarse las manos / Desentenderse de algo
- To give/get the cold shoulder - Dar/recibir la espalda
- Get off sby's back - Dejar de molestar a alguien
- To keep at arm's length - Mantener a distancia
- On the tip of one's tongue - En la punta de la lengua
- A sight for sore eyes - Un regalo para la vista

Now that you know what these idioms mean, take a look at the exercise on the next page and match the idiom with their meaning:

1. Learn (off) by heart - To memorize something thoroughly; to know it by memory.
2. A head start - An early advantage or opportunity to begin before others, providing a favorable position.
3. Chin up - A phrase used to encourage someone to stay positive or resilient in the face of challenges.
4. On the tip of one's tongue - When you know something but can't recall it at the moment; the information is almost within reach.
5. To be all ears - To be fully attentive and eager to listen to someone or something.
6. Break a leg - A theatrical expression wishing someone good luck, especially before a performance or presentation.
7. To get cold feet - To become nervous or hesitant about a decision or action, often just before it is to happen.
8. To be head over heels - To be deeply and madly in love or infatuated with someone.
9. Play sth by ear - To handle a situation without a definite plan, improvising as needed.
10. See eye to eye - To agree or have the same opinion on a particular matter.
11. Stick one's neck out - To take a risk or put oneself in a vulnerable position for the sake of something important.
12. To give/get the cold shoulder - To intentionally ignore or be ignored; to treat someone with deliberate coldness or indifference.