

Here are some common idioms. An idiom is a group of words or a phrase that express something that is different from their literal meaning.

Idiom and its meaning	Example
A change of heart A change of opinion	At one time, I hated rollercoasters. As time went on, however, I had a change of heart and now I love them.
A chip on someone's shoulder Feel resentful about something	I don't know why he is so unhappy. He seems to have a chip on his shoulder.
A couch potato A lazy person who sits on the sofa	Stephanie just watches television all day long. She is such a couch potato.
Actions speak louder than words People's intentions can be judged better by what they do than by what they say	The politician gave a speech about recycling, but her actions spoke louder than her words as she was caught littering outside the building.
Bite off more than you can chew Try to do more than you can manage	Harry volunteered to run the school newspaper all by himself, but I think he has bitten off more than he can chew.
Call it a day Decide to stop	I'm fed up with this rehearsal. Let's call it a day.
Clear the air Have a discussion after an argument to apologise or put things right	We need to clear the air after this morning's argument.
Crocodile tears Exaggerated or faked crying	She gave a big speech saying how sorry she was, but she didn't mean it. It was just crocodile tears.
Don't count your chickens before they have hatched Do not assume something will happen before it does	I think I'll do well in my exams. However, I don't want to count my chickens before they have hatched, so I'll still revise before every test.
Early bird A person who arrives or is ready early	What an early bird you are, getting here 10 minutes before the lesson starts.
Flesh and blood A relative	I must help her. After all, she's my own flesh and blood.
Get something off your chest Speak about something that is bothering you	Blake, you do not seem happy. Is there something you would like to get off your chest?
Give someone the cold shoulder Treat someone in an unfriendly way	Why is he giving me the cold shoulder? I haven't done anything wrong.
Have your cake and eat it Pick two conflicting options without any negative consequences	Amita wanted to skip netball practice to spend time with her friends and still win the match on Saturday. Unfortunately, you cannot have your cake and eat it.

In a heartbeat Straightaway	I would go to the seaside in a heartbeat if I could.
In cold blood On purpose and without compassion	The assassin killed his target in cold blood.
In the clear Not considered guilty	I'm in the clear for breaking the window.
In the dark Uninformed	The lawyers kept the judge in the dark about the criminal's previous convictions.
My ears are burning I think someone is saying something about me	She's talking about me – my ears are burning.
Once in a blue moon Very rarely	Once in a blue moon, Asim might be a minute or two late, but in general he is extremely punctual.
Piece of cake Very easy	As Maisy had read the instructions very carefully, she thought that the science project was a piece of cake.
Raining cats and dogs Raining heavily	We had to cancel the picnic as it was raining cats and dogs.
Rock the boat Cause a fuss and create problems for other people	Please don't complain about the food. I don't want to rock the boat.
Scrape the bottom of the barrel Reach for the very last and worst option	We are scraping the bottom of the barrel by choosing these singers for our choir.
Spill the beans Tell a secret	Kwasi spilt the beans about the surprise party.
The best thing since sliced bread Something fantastic	I absolutely love my new popcorn maker – it's the best thing since sliced bread.
The other side of the coin The opposite opinion on an event or idea	I wish they would see the other side of the coin and realise how damaging to the environment petrol cars are.
Turn back the clock Go back in time to change things	My cousin wishes he could turn back the clock and choose different GCSE options.
Turn over a new leaf Begin to behave better or work harder	You have been behaving very well this year; you've really turned over a new leaf.
With flying colours Very successfully	My sister passed her driving test with flying colours.