

Categories of Idioms Part 1

Happiness

Health

Time

Parts of the body

Life

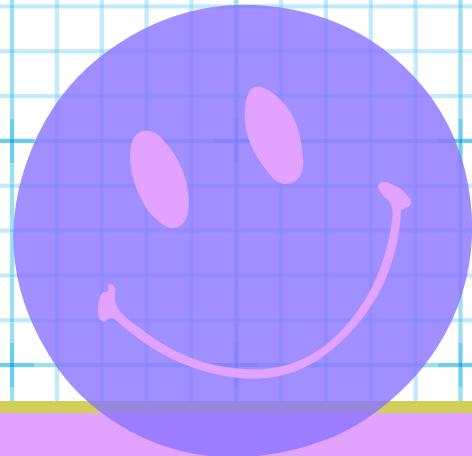
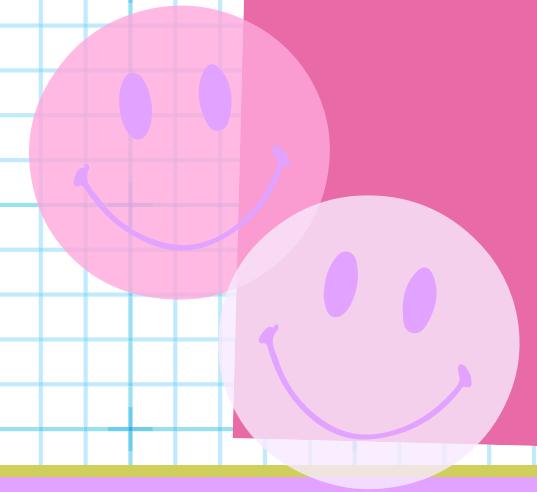
Colour



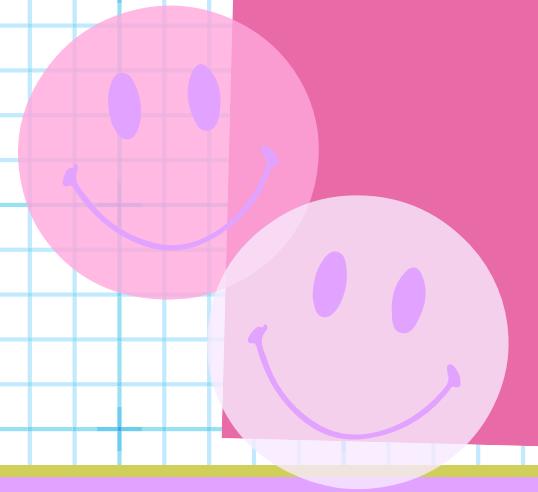
Idioms of Happiness

Idioms of happiness are expressions people use to describe how happy, excited, or pleased they feel – but not in a literal way. These idioms make your speech more colourful and emotional. Just like how you'd use emojis in texting to show how you feel.

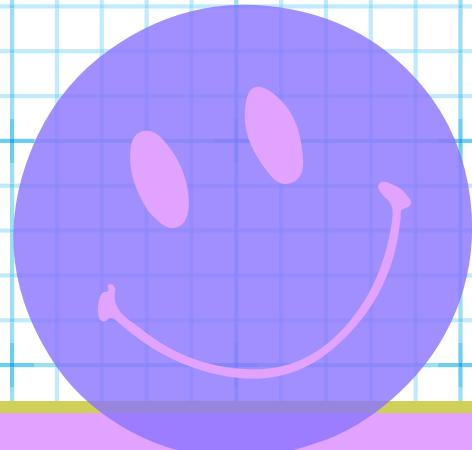
Idioms of Happiness



Idiom	Meaning	Example
In seventh heaven	extremely happy or joyful	Laila was in seventh heaven after finding out she was pregnant.
To paint the town red	to go out and enjoy oneself by engaging in lively activities	After their exams, Adam and his friends decided to paint the town red by taking a road trip to Langkawi
Over the moon	extremely delighted or thrilled	When Cheng got his dream job offer, he was over the moon with excitement
On cloud nine	a state of complete happiness or euphoria	Vivy was on the cloud nine when she found out about the engagement.
On top of the world	feeling extremely successful, confident and happy	He was feeling on top of the world after he won the badminton tournament

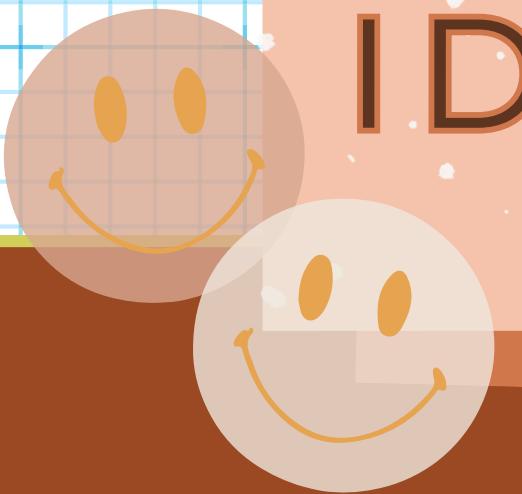


Idioms of Happiness



Idiom	Meaning	Example
Tickled pink	very delighted	Laila was in seventh heaven after finding out she was pregnant.
To have the time of one's life	to have an exceptionally enjoyable or memorable experience	With the wind in their hair and the ocean beneath their boards, the Sumud Flotilla teams are having the time of their lives
Full of the joys of spring	to be extremely happy, cheerful or full of enthusiasm	She seemed full of the joys of spring today, likely due to the good news she received
In raptures	a state of extreme delight or excitement	The audiences were in raptures over the brilliant performance by KRU.
To have a whale of a time	to have an extremely enjoyable and exciting time	During their vacation, they had a whale of a time exploring the beautiful city.

IDIOMS OF TIME

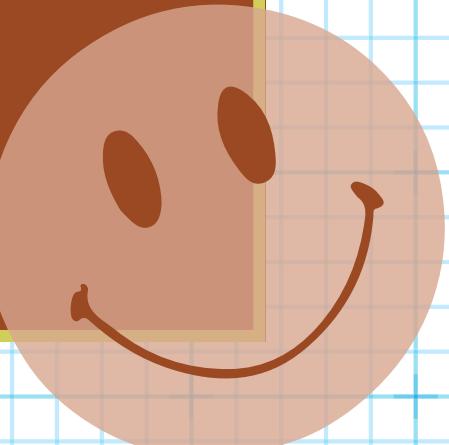


Idioms of health are expressions people use to talk about feeling well or unwell – but they don't mean exactly what the words say.

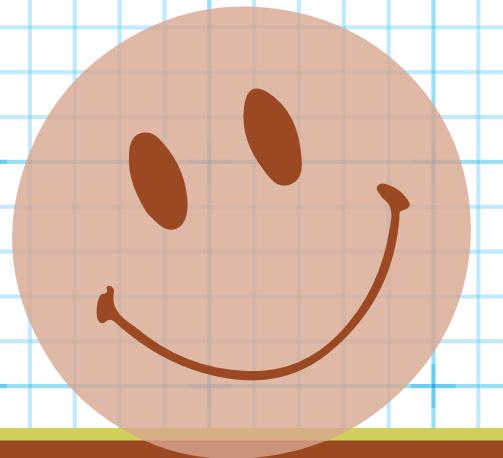
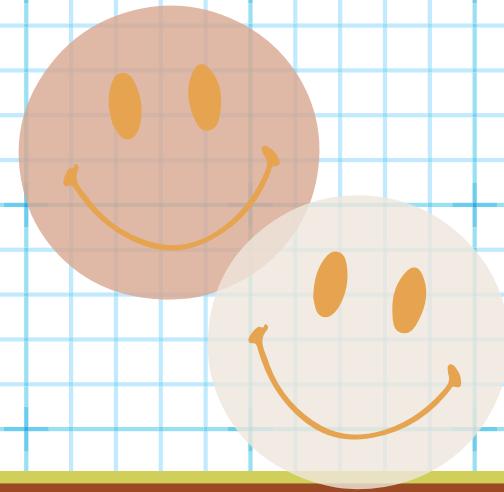
Instead of saying "I'm sick" or "I'm healthy," native speakers use idioms to sound more natural and expressive.

For example, if someone says, "I'm under the weather," it doesn't mean they're standing under rain or clouds, it means they're feeling sick.

These idioms are common in daily conversations, movies, and workplace talk, so understanding them helps you communicate more naturally.

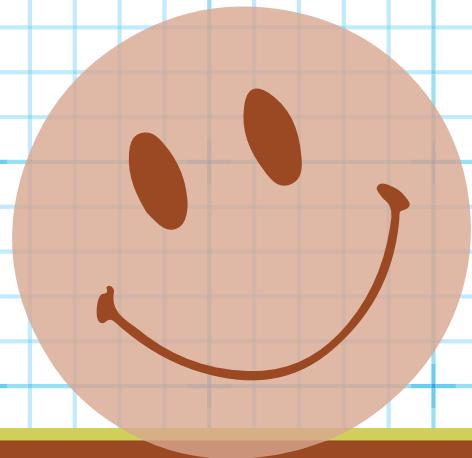
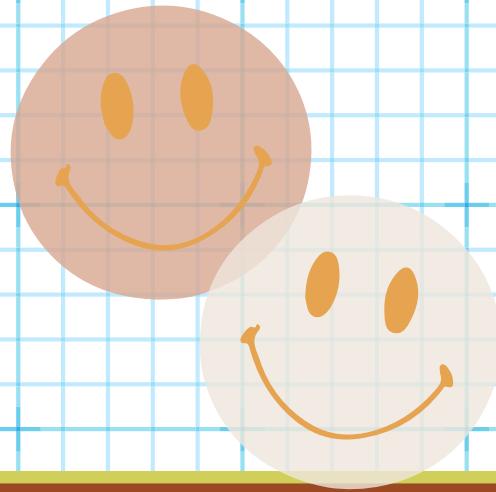


IDIOMS OF TIME



Idiom	Meaning	Example
Around the clock	all day and night without stopping	My mother in law is a nurse who always worked round the clock to take care of her patients.
Once in a blue moon	rarely	We go out camping once in a blue moon.
Beat the clock	finish before time	We managed to beat clock and submit the task early.
In the nick of time	just in time	The team from Sabah arrived in the nick of time.
To call it a day/night	to stop what you are doing because you do not want to do anmore or you think you have done enough	After hours of negotiations, they decided to call it a night

IDIOMS OF TIME



Idiom	Meaning	Example
The moment of truth	the time when a person or thing is tested or a decision has to be made	They lightly banter until the moment of truth.
Down to the wire	until the last possible moment	With only seconds left, the game went down to the wire, keeping the spectators on edge.
At the 11th hour	at the last possible moment	They managed to secure funding at the eleventh hour for the community project.
Donkey's years	a very long time	My husband has been telling the same joke for donkey's years, but my children still laugh at his joke.
Like clockwork	happening exactly as planned without any trouble or delay	Their family vacation went like clockwork with every detail perfectly timed.

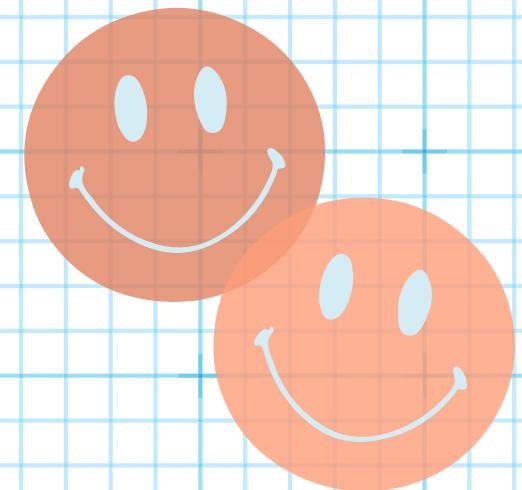
Idioms of Life

Idioms of life are expressions that people use to talk about everyday experiences like making decisions, facing problems, or dealing with changes.

Life is full of ups and downs, and these idioms help you express emotions, lessons, and perspectives in a more colourful and meaningful way.

For example, instead of saying “I stopped working for today,” we can say
“Let’s call it a day.”

Using idioms of life makes your English sound more natural, mature, and conversational.
Just like native speakers!



Idioms of Life



Idiom

Meaning

Sentence

A blessing in disguise

Something that seems bad at first but turns out to be good.

Losing that job was a blessing in disguise because I found a better one.

Every cloud has a silver lining

There is something good in every bad situation.

The flight was delayed for hours, but we made new friends and ended up having a great time—every cloud has a silver lining

The ball is in your court

It's your turn to make a decision.

I've given you all the information, so now the ball is in your court.

Action speaks louder than words

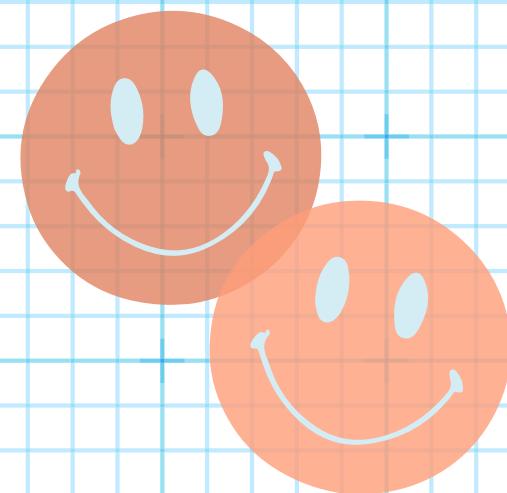
What you do is more important than what you say.

He promised to clean his room, but his actions speak louder than words.

Practice what you preach

Do what you tell others to do.

She tells us to be kind, and she practices what she preaches.

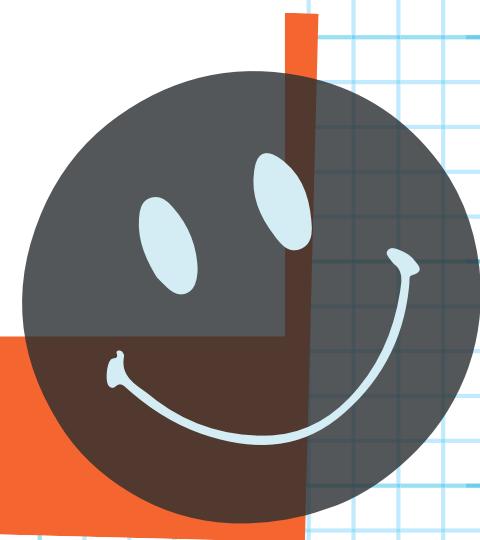
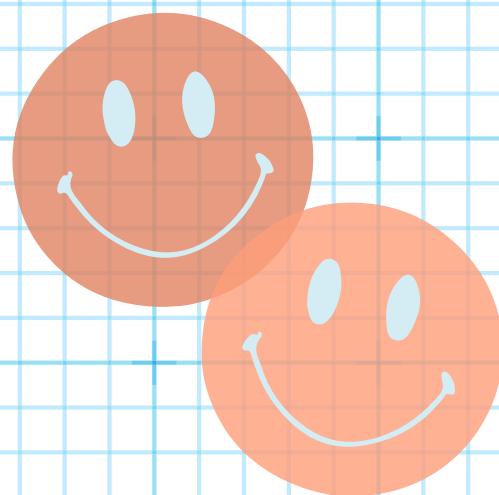


Idioms of Life



Idiom	Meaning	Sentence
Cross the bridge when you come to it	Deal with a problem when it happens, not before.	Don't worry about the test yet; cross that bridge when you come to it.
Curiosity kills the cat	Being too curious can lead to trouble.	She wanted to read her brother's diary, but curiosity killed the cat.
Don't put all your eggs in one basket	Don't rely on one thing; have options.	I applied to several colleges because I didn't want to put all my eggs in one basket.
It takes two to tango	Two people are responsible for a situation.	You can't blame only one person; it takes two to tango.
Let the cat out of the bag	Accidentally reveal a secret.	Don't let the cat out of the bag about my birthday gift!

Idioms of Life



Idiom	Meaning	Sentence
Make ends meet	Manage to pay for your basic needs.	Kamal worked two jobs to make ends meet.
On thin ice	In a risky or dangerous situation	The coach said the team was on thin ice after losing three games in a row.
The grass is always green on the other side	People think others have it better than they do	She thought her friend's house was nicer, but she realized the grass is always greener on the other side.
Rome wasn't built in one day	Great things take time.	My dad always reminds that success takes time because Rome wasn't built in a day.
Don't judge a book by its cover	Don't judge someone or something by appearance	The small café looks plain, but you can't judge a book by its cover—it has the best food!

Idioms of Health



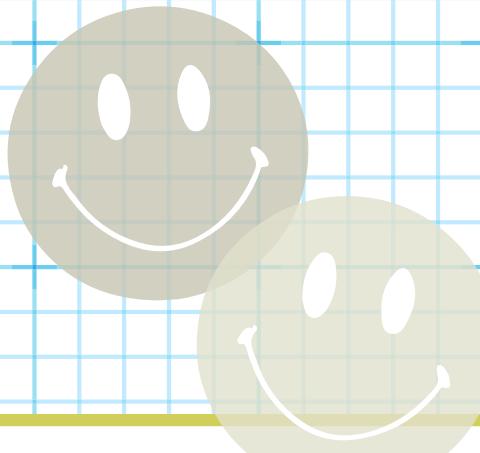
Idioms of health are phrases people use to talk about how they feel physically or mentally, without using the literal meaning of the words.

Native speakers use these idioms often when describing how healthy, sick, tired, or energetic they are.

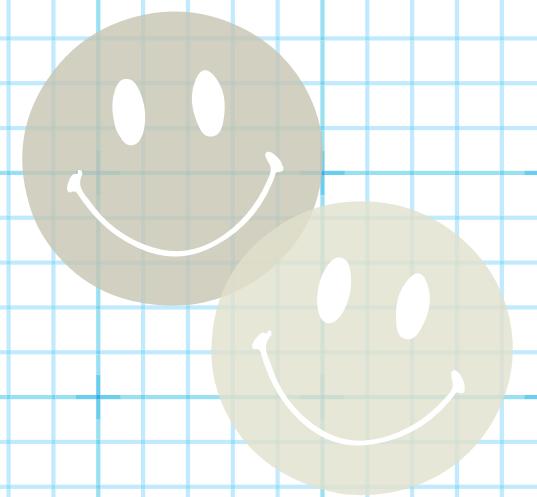
Learning these idioms helps you understand real conversations, movies, and songs, and makes your speech sound more natural and expressive.



Idioms of Health



Idiom	Meaning	Sentence
To kick the bucket	to die or pass away	Bob isn't coming to the reunion; he kicked the bucket last year.
A clean bill of health	a statement or certification of being in good health	After a thorough medical examination, I am so relieved when the doctor gave me a clean bill of health.
As fit as a fiddle	in excellent physical health and condition	My father in law regularly exercises to remain as fit as a fiddle at the ripe old age of 86.
To go under the knife	to go under surgery or a medical operation	Emily was nervous but she knew she had to go under the knife to have her appendix removed.
To have one foot in the grave	to be near death or in very poor health	After his heart attack, Billy felt like he had one foot in the grave and didn't want to waste any single moment.



Idioms of Health

Idiom	Meaning	Sentence
To recharge one's batteries	to take a break and regain energy and strength	Munirah decided it was finally time to have a weekend getaway to recharge her batteries.
Under the weather	to feel ill and unwell	Ikhwan didn't come to class today since he was feeling under the weather.
A bag of bones	a person who is very thin, typically prominent bones visible	He felt like a bag of bones after losing his weight unintentionally.
As pale as a ghost	having a pale complexion, due to fear, illness	The tragic accident at the highway caused Jane to turn as pale as a ghost.
As fresh as a daisy	feeling or appearing refreshed and energetic	Aisyah felt as fresh as a daisy after her long shower followed with a cup of warm tea.

Idioms of Parts of the Body

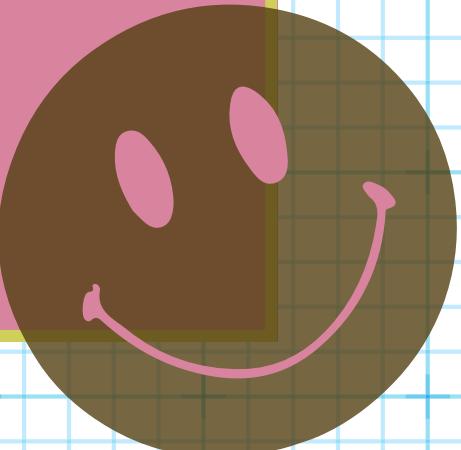
English idioms often use body parts – like the head, hand, eyes, or legs – to describe ideas that go beyond the literal meaning.

For example, when someone says,
“Break a leg!”

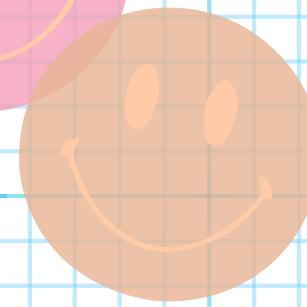
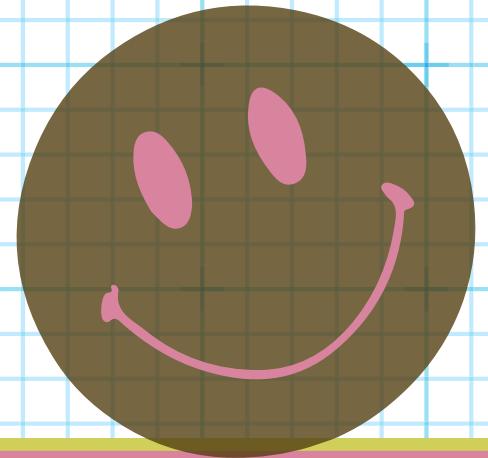
they don’t actually mean you should hurt yourself! 😊

It’s an encouraging phrase that means “Good luck!”

These idioms show how English connects body language and emotions, helping you sound more natural, fluent, and expressive.

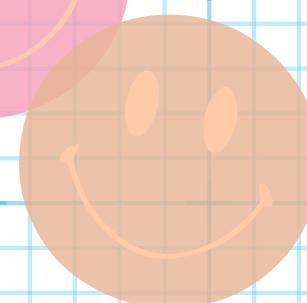
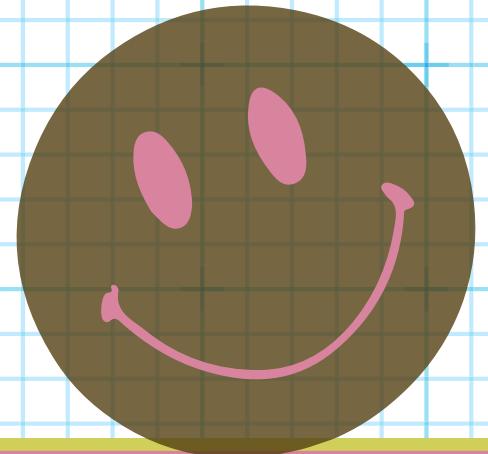


Idioms of Parts of the Body



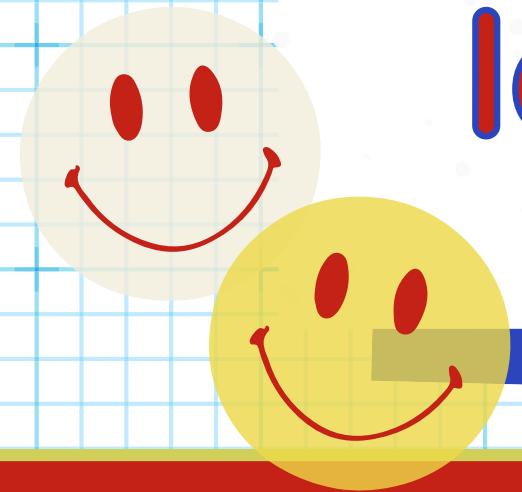
Idiom	Meaning	Sentence
Keep your chin up	to try to stay positive when things seem negative	Keep your chin up! Things will get better soon.
Cold shoulder	To ignore someone	Steve would not talk to James after their argument. He has given him the cold shoulder.
To pick someone's brain	to talk with someone to find out information from them	Yusuf is very good at math, so I picked his brain about a homework problem.
On the tip of my tongue	to be almost able to remember or express	His name was on the tip of my tongue, but I needed to ask him.
Pull a leg	to make someone believe something that is not true as a joke	"They often find themselves pulling each other's leg just for a laugh

Idioms of Parts of the Body



Idiom	Meaning	Sentence
To cost an arm and leg	to be very expensive	That handbag from Hermes costs myself an arm and a leg!
To stick one's neck out	to take a risk	Daniel sticks his neck out when he bought that painting. He hopes it's worth more money later on!
Give someone a hand	to help someone	Can you give me a hand with this box? It's too heavy to carry on my own.
Old hand	To have lots of experience	Izzy has been with the bakery for a long time. She is an old hand at making cakes
All ears	To give someone their full attention	I cannot wait to hear what you have to say. I am all ears!

Idioms of Colours



Colours make language more vivid and expressive and English uses many colour-related idioms to describe feelings, moods, or events.

These idioms don't actually talk about colours themselves. Instead, each colour represents a different meaning or emotion.

For example, if you say,

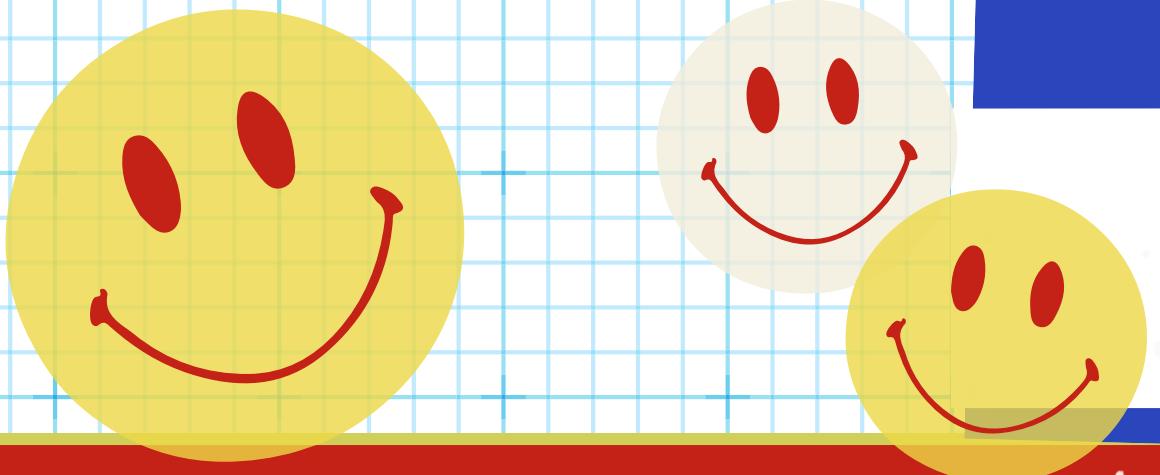
“I was green with envy,”

it doesn't mean you actually turned green!

It means you were jealous of someone.

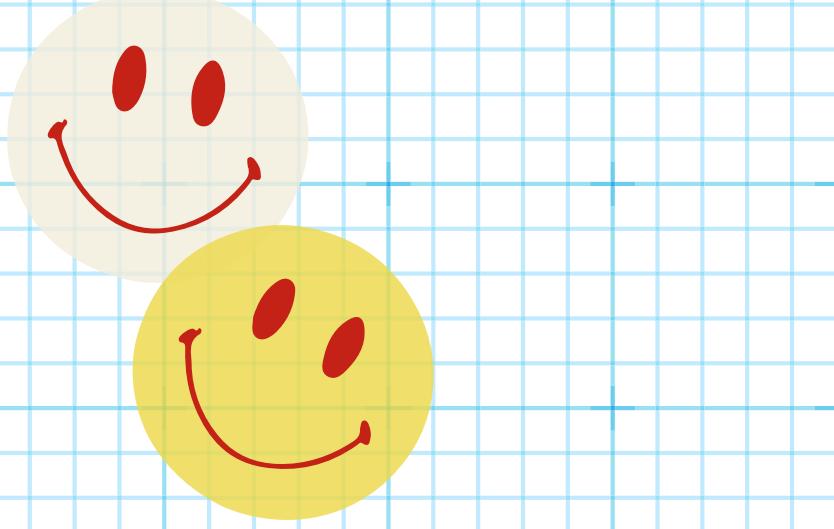
By learning idioms of colours, you can make your communication more natural, emotional, and colourful. Just like painting with words. 





Idioms of Colours

Idiom	Meaning	Sentence
To get the green light	to get permission to proceed with a project or action	We are happy to get the green light to proceed with the mission.
Out of the blue	Suddenly and unexpectedly	I hadn't heard from him in years and then he called me out of the blue.
Golden opportunity	An excellent opportunity that is not likely to be repeated	This chance is a golden opportunity for someone like you.
Rose-tinted spectacles	an optimistic perception of something; a positive perspective	She always sees the world through rose-tinted spectacles, but sometimes I feel she needs a reality check.
A grey area	a situation not clearly defined or that falls between two extremes	My relationship with him exists in a grey area between friendship and romance.



Idioms of Colours



Idiom	Meaning	Sentence
To be caught red-handed	to be discovered in the very act of doing something wrong, illegal, or reprehensible	The politician was caught red-handed embezzling funds from the treasury.
Yellow-bellied	cowardly, easily frightened, or lacking bravery, often used as an insult.	The yellow-bellied coward ran away instead of helping his friends in danger.
On a silver platter	Things given to you without you having to work for it	She has never had to work a day in her life. Her parents hand her everything on a silver platter . Source: theidioms.com
Black and white	Clear and simple	The rules are written in black and white.
Green with envy	Very jealous	She was green with envy when she saw his new car.