

Джуди Грэммер

Английские идиомы на практике

kinoknight

Эффективное запоминание и практика
английского языка



Английские идиомы на практике

Эффективное запоминание и практика английского языка

Джуди Грэммер

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Введение

Идиомы представляют собой неотъемлемую часть английского языка. Они используются как в устной, так и в письменной речи и позволяют выразить мысли, чувства и действия более точно и естественно, чем при помощи отдельных слов. Понимание и умение использовать идиомы является важным аспектом владения языком на уровне B1 и выше, так как многие выражения часто встречаются в повседневном общении, в литературе, средствах массовой информации и онлайн-контенте.

Цель этой книги – представить наиболее употребительные и полезные идиомы через контекст живых ситуаций. Каждая глава посвящена отдельной теме, отражающей реальные жизненные события, эмоции или ситуации, в которых эти выражения могут использоваться. Такой подход позволяет видеть, как идиомы функционируют в речи, и облегчает их запоминание, поскольку изучаемые выражения связываются с конкретным контекстом.

После каждой истории предлагаются упражнения различного уровня сложности. Первые задания помогают закрепить идиомы с опорой на список, последующие – тренируют активное воспроизведение и использование выражений в новых предложениях. Такой метод позволяет не только узнавать новые выражения, но и применять их самостоятельно, постепенно делая их частью своего словарного запаса и речевого поведения.

Книга построена так, чтобы обучение было последовательным. Сначала предлагаются простые и понятные истории с идиомами, затем задания усложняются, требуя более внимательного чтения, анализа контекста и самостоятельного использования изученных выражений. Этот системный подход способствует развитию навыков понимания текста, расширению словарного запаса и формированию уверенности при использовании идиом в разговорной речи.

Изучение английских идиом через истории позволяет не только понять значение выражений, но и увидеть их естественное употребление, оценить нюансы и оттенки смысла, которые они передают. Такой подход делает процесс обучения последовательным, логичным и ориентированным на практическое применение языка в реальных ситуациях.

A Leap of Faith

Список идиом

to be at a crossroads – быть на распутье

Оказаться в ситуации, когда нужно сделать важный выбор.

to step out of your comfort zone – выйти из зоны комфорта

Сделать что-то непривычное или пугающее ради развития.

to take the plunge – решиться на что-то рискованное

Наконец-то принять смелое решение.

to go with your gut – довериться интуиции

Принять решение, опираясь на внутреннее чувство.

to weigh the pros and cons – взвесить все за и против

Тщательно обдумать плюсы и минусы.

once in a lifetime opportunity – шанс, который бывает раз в жизни

Очень редкая и ценная возможность.

to play it safe – действовать осторожно, без риска

Выбрать самый безопасный вариант.

to have second thoughts – начать сомневаться

Испытывать сомнения после принятия решения.

to follow your dreams – следовать за своей мечтой

Стремиться к тому, о чём давно мечтал.

no turning back – пути назад нет

Точка, после которой нельзя отменить решение.

Короткий рассказ

Emma was at a crossroads. She had a stable job in a small town, friendly colleagues, and a comfortable routine. But one evening she received an email that changed everything. A company in another country offered her a position in their marketing team. It was a once in a lifetime opportunity.

At first, Emma decided to play it safe. «I have a good life here,» she told her best friend. «Why risk everything?» Still, she couldn't stop thinking about the offer. She started to weigh the pros and cons, making long lists in her notebook. Better salary, international experience, adventure... but also homesickness, uncertainty, and fear.

Deep inside, she knew she needed to step out of her comfort zone. She had always wanted to travel and follow her dreams, but she had never been brave enough. «Maybe this is my chance,» she thought.

One night, after hours of thinking, she decided to go with her gut. Her intuition told her that staying would be easier, but leaving would help her grow. The next morning, with shaking hands, she wrote an email accepting the offer. She had finally decided to take the plunge.

However, as soon as she pressed «send,» she began to have second thoughts. What if she failed? What if she felt lonely? What if she made the biggest mistake of her life?

Two weeks later, standing at the airport with a one-way ticket, she realized there was no turning back. Surprisingly, she felt calm. For the first time in years, she wasn't choosing safety. She was choosing possibility.

As the plane took off, Emma smiled. Being at a crossroads was scary. But sometimes, the only way to discover who you really are is to be brave enough to choose a new path.

Упражнение 1: Fill in the gaps (с опорой на список)

After graduating from university, I felt I was _____ and didn't know which career to choose.

Before making such a big decision, you should _____ carefully.

It was scary to move abroad, but I knew I had to _____.

This scholarship is a _____ – you won't get another chance like this.

I wanted to start my own business, but I decided to _____ and keep my regular job.

When she bought the ticket, she realized there was _____.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

I knew I had to trust my intuition and go with...

After saying yes to the proposal, he began to have...

She left her office job to follow... and become an artist.

Moving to a new city helped me step out... and grow as a person.

When he invested all his savings, he knew he had taken...

Life often puts us at... where we must choose.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Постарайтесь использовать разные времена (Past, Present, Future) и реальные жизненные ситуации.

Примерные ответы:

Last year I was at a crossroads and didn't know whether to change my job.

She decided to take the plunge and move to another country.

Sometimes you just have to go with your gut instead of overthinking everything.

He followed his dreams and opened his own café.

If you don't step out of your comfort zone, you won't grow.

Ключи

Упражнение 1

at a crossroads

weigh the pros and cons

step out of your comfort zone

once in a lifetime opportunity

play it safe

no turning back

Упражнение 2

go with your gut

have second thoughts

follow your dreams

step out of your comfort zone

taken the plunge

at a crossroads

A Difficult Decision

Список идиом

to be torn between – разрываться между двумя вариантами

Не мочь выбрать между двумя решениями.

to sleep on it – переспать с мыслью

Отложить решение до следующего дня, чтобы всё обдумать.

to make up your mind – принять решение

Окончательно решить что-то.

to think it over – всё обдумать

Тщательно рассмотреть ситуацию перед решением.

to take into account – принять во внимание

Учесть важные факторы.

to face the consequences – столкнуться с последствиями

Принять результат своих действий.

to stick to your decision – придерживаться своего решения

Не менять уже принятое решение.

to change your mind – передумать

Изменить своё решение.

a tough choice – трудный выбор

Очень сложное решение между важными вариантами.

to do what feels right – поступить так, как подсказывает внутреннее чувство

Выбрать вариант, который кажется правильным.

Короткий рассказ

Daniel was torn between two job offers. One was in his hometown, close to his family and friends. The other was in a big city, with a higher salary and more career opportunities. It was

a tough choice.

For days, he couldn't make up his mind. He talked to his parents, his girlfriend, and even his former boss. Everyone had a different opinion. Some told him to stay. Others encouraged him to move. Daniel decided to sleep on it and not rush.

The next morning, he tried to think it over calmly. He wrote down all the advantages and disadvantages and tried to take into account everything: money, career growth, relationships, and his own happiness. The city job looked more exciting, but it also felt risky.

«What if I fail?» he thought. «Am I ready to face the consequences of leaving everything behind?»

That evening, he went for a long walk alone. He realized that deep down, he already knew the answer. He had always dreamed of living in a big city. He just needed the courage to admit it.

The next day, he finally made up his mind. He accepted the job in the city. His parents were surprised, and his girlfriend was worried. For a moment, Daniel almost changed his mind. But he reminded himself why he had chosen this path.

«I have to stick to my decision,» he said firmly. «I need to do what feels right.»

A month later, standing in his small new apartment and looking at the city lights, Daniel felt nervous but proud. It had been a difficult decision, but it was his decision. And whatever happened next, he was ready to face the consequences.

Упражнение 1: Fill in the gaps (с опорой на список)

I was _____ two universities and couldn't decide where to study.

It's an important question. Let me _____ and tell you tomorrow.

She couldn't _____ for weeks about whether to quit her job.

Before signing the contract, you should _____ carefully.

You must _____ all the risks before investing your money.

After choosing this path, you have to _____.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

He was torn... two job offers.

I need to sleep... before I give you my answer.

After thinking for hours, she finally made....

You should take... all the details before deciding.

He wanted to change..., but it was too late.

In the end, she decided to stick... and not listen to criticism.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена (Past, Present, Future) и реальные жизненные ситуации.

Примерные ответы:

I was torn between staying at home and going abroad.

Let me sleep on it and I'll call you tomorrow.

She made up her mind and moved to another country.

Before making a big purchase, I always take into account my budget.

He did what felt right, even though others disagreed.

Ключи

Упражнение 1

torn between

sleep on it

make up her mind / his mind

think it over

take into account

face the consequences

Упражнение 2

torn between

sleep on it

made up her mind / his mind

take into account

change his mind / her mind

stick to her decision / his decision

Feeling Blue

Список идиом

to feel blue – грустить, быть в подавленном настроении

Чувствовать лёгкую или глубокую грусть без особой причины.

to be down in the dumps – быть в унынии

Быть расстроенным и подавленным.

to cheer someone up – подбодрить кого-то

Помочь кому-то почувствовать себя лучше.

to burst into tears – расплакаться

Внезапно начать плакать.

to bottle up your feelings – держать эмоции в себе

Не показывать свои чувства и переживания.

to let it all out – выплеснуть всё

Открыто выразить накопившиеся эмоции.

a shoulder to cry on – жилетка для слёз

Человек, которому можно пожаловаться и поплакаться.

to feel under the weather – плохо себя чувствовать

Чувствовать себя не очень хорошо физически или эмоционально.

to look on the bright side – смотреть на светлую сторону

Пытаться увидеть что-то хорошее в сложной ситуации.

every cloud has a silver lining – нет худа без добра

В любой трудной ситуации есть что-то положительное.

Короткий рассказ

On Monday morning, Anna woke up feeling blue. She couldn't explain why. Nothing terrible had happened, but everything felt heavy and grey. At work, she was quiet and down in the dumps. Her colleagues noticed that she wasn't smiling as usual.

When her manager asked if she was feeling under the weather, Anna just nodded. It was easier than explaining her emotions. The truth was, she had been bottling up her feelings for weeks. Stress, small disappointments, tiredness – everything had slowly built up inside her.

During lunch break, her best friend Kate called. «You don't sound like yourself,» she said. «What's going on?»

At first, Anna tried to look on the bright side. «It's nothing. I'm just tired,» she replied. But suddenly her voice shook, and she burst into tears right there in the office kitchen.

«I can't keep pretending everything is fine,» she said. For the first time in weeks, she decided to let it all out. She told Kate about work pressure, her worries about the future, and how lonely she sometimes felt.

Kate listened patiently. She didn't judge or interrupt. She was exactly the shoulder to cry on that Anna needed.

After the call, Anna still felt emotional, but lighter. In the evening, Kate came over with pizza and a silly comedy movie to cheer her up. They laughed, talked, and even made plans for a short trip together.

Before going to bed, Anna thought about the day. Maybe every cloud has a silver lining. If she hadn't felt so low, she might never have opened up. And sometimes, sharing your sadness is the first step to feeling better.

Упражнение 1: Fill in the gaps (с опорой на список)

I don't know why, but I've been _____ all day.

After failing the exam, he was really _____.

She tried to _____ her friend by inviting her to the cinema.

He kept everything inside and _____ for months.

When she heard the news, she _____.

You should try to _____ and see something positive in this situation.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

I've been feeling... since the weekend.

After the argument, she was really down....

Don't bottle... – talk to someone.

She needed a shoulder... after the breakup.

Try to look... in this situation.

Remember, every cloud....

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I felt blue after moving to a new city.

He was down in the dumps when he lost his job.

Talking to my friend really cheered me up.

She bottled up her feelings for too long.

Every cloud has a silver lining, even if we don't see it at first.

Ключи

Упражнение 1

feeling blue

down in the dumps

cheer up

bottled up his feelings / bottled up her feelings

burst into tears

look on the bright side

Упражнение 2

feeling blue

down in the dumps

bottle up your feelings

shoulder to cry on

look on the bright side

has a silver lining

Over the Moon

Список идиом

over the moon – безумно счастливый

Очень сильно радоваться чему-то.

on cloud nine – на седьмом небе от счастья

Испытывать состояние полного восторга.

to be thrilled to bits – быть в полном восторге

Чрезвычайно радоваться чему-то.

to jump for joy – прыгать от радости

Очень ярко и эмоционально проявлять радость.

to be on top of the world – чувствовать себя на вершине мира

Ощущать полный успех и счастье.

to be walking on air – словно летать от счастья

Чувствовать лёгкость и эйфорию.

to make someone's day – сделать чей-то день

Сильно порадовать кого-то.

to share the good news – поделиться хорошими новостями

Сообщить радостную новость другим.

a dream come true – мечта, ставшая реальностью

То, о чём давно мечтал, наконец случилось.

to celebrate in style – отпраздновать с размахом

Отметить событие ярко и запоминающе.

Короткий рассказ

When Lisa opened her email and saw the word «Congratulations,» she froze. For a second, she couldn't breathe. Then she read the message again. She had been accepted into her dream university.

She was over the moon.

For months, she had been waiting for this answer. She had worked hard, prepared documents, and worried about every detail. And now it was real – a dream come true.

Lisa jumped up from her chair and almost jumped for joy. «I did it!» she shouted. Her little brother ran into the room, confused, but when she told him the news, he hugged her tightly.

She immediately called her best friend. «I'm on cloud nine!» she laughed. «I can't believe it!»

Her friend was thrilled to bits for her. «This totally makes my day,» she said. «You deserve it!»

All afternoon, Lisa felt like she was walking on air. Even the grey, rainy weather couldn't ruin her mood. She felt on top of the world, as if nothing could go wrong.

In the evening, her parents came home from work. Lisa gathered them in the living room to share the good news. When she told them, her mother burst into happy tears, and her

father lifted her off the ground in a hug.

«We have to celebrate in style,» her dad said. «This is huge!»

They ordered her favorite food, opened a bottle of sparkling juice, and took dozens of photos. It wasn't a fancy restaurant or a big party, but it felt perfect.

That night, lying in bed, Lisa smiled at the ceiling. Sometimes happiness comes quietly. And sometimes it arrives with one simple word: «Congratulations.»

Упражнение 1: Fill in the gaps (с опорой на список)

She was _____ when she heard she had won the competition.

Getting this job was a _____ for him.

I was so happy that I wanted to _____.

He called his parents to _____.

Her surprise gift really _____.

They decided to _____ and invited all their friends.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

She was over... when she passed the exam.

After the wedding, they were on....

He felt like he was walking... all day.

The victory made him feel on top....

She was thrilled... when she got the offer.

It was truly a dream....

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I was over the moon when I got my first salary.

She felt on cloud nine after hearing the good news.

Passing the exam was a dream come true for him.

We celebrated in style after finishing the project.

That small compliment really made my day.

Ключи

Упражнение 1

over the moon

a dream come true

jump for joy

share the good news
made my day
celebrate in style
Упражнение 2
over the moon
on cloud nine
walking on air
on top of the world
thrilled to bits
a dream come true

A Heart of Gold

Список идиом

a heart of gold – золотое сердце
Очень добрый, искренний и отзывчивый человек.
to go out of your way – из кожи вон лезть
Прилагать особые усилия, чтобы помочь кому-то.
to lend a hand – протянуть руку помощи
Помочь в деле или в сложной ситуации.
to be there for someone – быть рядом в трудную минуту
Поддерживать человека, когда ему тяжело.
to give someone a hand – помочь кому-то
Оказать практическую помощь.
to do someone a favor – оказать услугу
Сделать что-то по просьбе другого человека.
to have a soft spot for someone – испытывать особую симпатию
Относиться к кому-то с теплотой и нежностью.
to put others first – ставить других на первое место
Думать о потребностях других раньше своих.
to show kindness – проявлять доброту
Вести себя заботливо и по-доброму.
to brighten someone's day – скрасить чей-то день
Сделать кого-то счастливее, пусть даже ненадолго.

Короткий рассказ

Everyone in the neighborhood knew that Mrs. Taylor had a heart of gold. She lived alone in a small house on the corner, but she was never really lonely. People were always knocking on her door.

Whenever someone needed help, she would go out of her way to lend a hand. If a neighbor was sick, she brought homemade soup. If someone needed advice, she invited them in for tea and listened patiently.

One winter, a young student named Mark moved into the apartment next door. He didn't know anyone in the city and often looked worried. Mrs. Taylor seemed to have a soft spot for him from the very beginning.

One evening, she saw him struggling with heavy grocery bags in the snow. She quickly ran outside to give him a hand. «You don't have to do this,» Mark said, embarrassed.

«Oh, nonsense,» she smiled. «We all need someone to be there for us sometimes.»

Over the next few weeks, she often did him small favors – lending him tools, helping him fix a broken chair, even teaching him how to cook a simple meal. She always put others first, even when she was tired.

Mark began to notice something special about her. She didn't help people to get praise. She helped because she truly wanted to show kindness.

One day, Mark surprised her with a small bouquet of flowers. «You've really brightened my day many times,» he said. «I just wanted to say thank you.»

Mrs. Taylor laughed softly. «Kindness is simple,» she replied. «If we all shared a little of it, the world would feel much warmer.»

And in that cold winter, thanks to one woman with a heart of gold, it really did.

Упражнение 1: Fill in the gaps (с опорой на список)

She always _____ and helps her younger sister before thinking about herself.

Can you _____ with these boxes? They're very heavy.

He really has _____ – he's always ready to help.

Thank you for being there for me. You really know how to _____.

She _____ to help her colleague finish the project.

He has _____ for animals and often volunteers at shelters.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

She has a heart... and never refuses to help.

He always goes out... to support his friends.

Could you lend... with this task?

She was always there... when I needed advice.

He decided to do... and drive her to the airport.

That small message really brightened....

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

My grandmother has a heart of gold.

She went out of her way to help me prepare for the exam.

Thank you for lending a hand yesterday.

He always puts others first, even at work.

Her kind words really brightened my day.

Ключи

Упражнение 1

puts others first

give me a hand / give someone a hand

a heart of gold

brighten someone's day

went out of her way

a soft spot

Упражнение 2

a heart of gold

goes out of his way

lend a hand

there for me

do her a favor

brightened my day

Walking on Air

Список идиом

to be walking on air – словно летать от счастья

Чувствовать лёгкость и сильную радость.

over the moon – безумно счастливый

Испытывать огромную радость.

on cloud nine – на седьмом небе от счастья

Быть в состоянии полного восторга.

to grin from ear to ear – улыбаться до ушей

Очень широко и радостно улыбаться.

to have butterflies in your stomach – чувствовать волнение

Испытывать приятное нервное возбуждение.

to feel on top of the world – чувствовать себя на вершине мира

Ощущать абсолютное счастье и успех.

to be thrilled to bits – быть в полном восторге

Очень сильно радоваться.

to share the excitement – разделить радость

Поделиться своим восторгом с другими.

a moment to remember – момент, который запомнится

Очень важное и радостное событие.

to make a wish come true – исполнить желание

Сделать так, чтобы мечта стала реальностью.

Короткий рассказ

Tom had been preparing for months for the music competition. He practiced every evening after work, sometimes until midnight. There were moments when he wanted to give up, but something inside him kept going.

On the day of the final performance, he had butterflies in his stomach. His hands were slightly shaking as he walked onto the stage. The lights were bright, and the audience was silent.

As soon as he started playing the piano, the nervousness disappeared. He focused on the music and forgot about everything else. When he finished, there was a second of silence – and then loud applause.

An hour later, the judges announced the winner.

«First place goes to... Tom Harris!»

For a second, he didn't move. Then he realized they had said his name. He was walking on air as he stepped onto the stage again. He felt on top of the world.

His parents were in the audience, grinning from ear to ear. His best friend was on cloud nine, shouting louder than anyone else. Tom himself was over the moon and thrilled to bits at the same time.

After the ceremony, he couldn't wait to share the excitement with everyone who had supported him. Messages, hugs, photos – it was all happening so fast.

Later that night, sitting quietly in his room with the trophy on the desk, Tom smiled. It was a moment to remember. All those months of hard work had helped him make a wish come true.

And as he turned off the light, he still felt like he was walking on air.

Упражнение 1: Fill in the gaps (с опорой на список)

She couldn't stop smiling – she was _____ all day.

When he heard the news, he was _____ and called all his friends.

I had _____ before my first presentation.

Her parents were _____ when she graduated.

Winning the prize made him feel _____.

That wedding was truly _____ for everyone.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

She was walking... after getting the promotion.

They were over... when their baby was born.

He was on cloud... after passing the exam.

She couldn't stop grinning....

The performance helped him make....

They wanted to share... with the whole family.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I was walking on air after I got my driver's license.

She felt on top of the world when she finished the marathon.

He had butterflies in his stomach before the interview.

They were over the moon about their new house.

It was a moment to remember for our whole family.

Ключи

Упражнение 1

walking on air

over the moon

butterflies in your stomach

grinning from ear to ear

on top of the world

a moment to remember

Упражнение 2

walking on air

over the moon

nine

from ear to ear
make a wish come true
share the excitement

Losing Your Temper

Список идиом

to lose your temper – выйти из себя

Сильно разозлиться и потерять контроль над эмоциями.

to fly off the handle – сорваться с места, выйти из себя

Резко и бурно разозлиться.

to blow up – взорваться от гнева

Резко выражать злость или раздражение.

to hit the roof / hit the ceiling – взбеситься, взлететь до потолка

Очень сильно разозлиться на что-то.

to keep your cool – сохранять самообладание

Оставаться спокойным даже в стрессовой ситуации.

to bite someone's head off – наброситься на кого-то словесно

Резко и грубо отреагировать на человека.

to see red – видеть красным

Сильно разозлиться, почувствовать ярость.

to simmer down – успокоиться

Постепенно остыть после гнева.

to vent your anger – выплеснуть злость

Открыто выразить накопившийся гнев.

to keep your temper in check – держать себя в руках

Контролировать свой гнев и раздражение.

Короткий рассказ

David had a long day at work. Meetings piled up, emails kept coming, and his computer kept crashing. By the time he got home, he was already stressed.

As soon as he entered the kitchen, he saw his little brother had spilled juice all over the new carpet. David felt himself see red.

«David, I'm sorry!» his brother shouted, but David was ready to fly off the handle. He opened his mouth to blow up, but then he took a deep breath. He remembered what his therapist had told him – keep your cool.

Still, it was hard. «I can't believe this!» he muttered, trying not to bite his brother's head off.

His brother looked scared, and David knew he had to calm down. Slowly, he started to simmer down.

Later, he talked to his friend about the situation. «I just wanted to vent my anger,» he admitted. «It felt like I could hit the roof any second.»

His friend laughed and said, «Sometimes it's impossible not to lose your temper. But you managed to keep your temper in check this time.»

David nodded. He knew he would have other stressful days, but he had learned that even when you feel like you're going to fly off the handle, it's possible to take a breath and think before acting.

By the evening, the house was quiet. David even helped his brother clean up the mess. He realized that staying calm didn't make him weak – it made him stronger.

Упражнение 1: Fill in the gaps (с опорой на список)

After losing the match, he started to _____ and shout at everyone.

When she heard the bad news, she nearly _____.

He wanted to scream, but he tried to _____.

I could see him _____ when he found out about the mistake.

Sometimes it's good to _____ instead of holding it all inside.

She tried not to _____ when her coworker interrupted her again.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

He tends to lose... when things don't go his way.

She almost flew... after hearing the news.

I had to take a deep breath to keep....

He was so angry that he could hit....

Sometimes I just need to vent... after a stressful day.

After a few minutes, he began to simmer....

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I saw red when my little brother broke my phone.

She kept her cool during the argument.

He vented his anger after a stressful day at work.

Sometimes I fly off the handle if I don't sleep well.

It's hard not to lose your temper in traffic jams.

Ключи

Упражнение 1

blow up

hit the roof

keep your cool

see red

vent your anger

keep your temper in check

Упражнение 2

lose your temper

off the handle

your cool

the roof

your anger

down

A Rollercoaster of Emotions

Список идиом

a rollercoaster of emotions – буря эмоций, как на американских горках

Сильные и быстро сменяющиеся эмоциональные переживания.

to be on an emotional high – находиться на эмоциональном подъёме

Чувствовать сильное счастье и эйфорию.

to be down in the dumps – быть в унынии

Чувствовать грусть или разочарование.

to go through the roof – выходить из себя, бурно реагировать

Сильная эмоциональная вспышка, обычно гнева или радости.

to have mixed feelings – испытывать смешанные чувства

Одновременно радость и тревогу, сомнение или грусть.

to keep a straight face – сохранять невозмутимое лицо

Не показывать эмоций, оставаться спокойным.

to be on edge – быть на нервах

Чувствовать тревогу, нервозность, раздражение.

to burst into tears – расплакаться

Внезапно начать плакать.

to take it all in – осознать, воспринять что-то полностью

Впитать всю информацию или события и понять их.

to lighten the mood – разрядить обстановку

Сделать атмосферу менее напряжённой, чаще с помощью шутки или доброты.

Короткий рассказ

Sophie had been waiting for the results of her art exhibition for weeks. She knew that her paintings were good, but she also worried that the judges might not like them. She felt like she was on a rollercoaster of emotions – excited one moment, anxious the next.

When she first entered the gallery, she was on an emotional high, seeing her works displayed beautifully. But when she read the note that some paintings had minor issues, she felt down in the dumps.

Her friend Max tried to lighten the mood by joking about her «dramatic faces» in photos. Sophie managed to keep a straight face, but inside she had mixed feelings. Pride, worry, and excitement were all tangled together.

Then, the judges announced the winners. Sophie's name came up for first prize! She almost burst into tears from happiness. Her excitement seemed to go through the roof. Max hugged her tightly, laughing and cheering.

After the ceremony, Sophie needed a quiet corner to take it all in. She was still on an emotional high, but now she also felt grateful and reflective. All the weeks of stress, doubt, and effort had led to this moment. She realized that it was okay to feel nervous and excited at the same time.

By the end of the evening, Sophie was tired but happy. The gallery lights dimmed, and she walked out smiling. Being on a rollercoaster of emotions was exhausting – but it was also unforgettable.

Упражнение 1: Fill in the gaps (с опорой на список)

Before the final performance, I felt like I was on _____.

Winning the award put me on _____.

After hearing the criticism, she felt _____.

When he heard the good news, he almost _____.

I didn't know whether to smile or frown – I had _____.

He told a funny story to _____ during the tense meeting.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

She was on a roller... all day waiting for the results.

He was on an emotional... after the concert.

She tried to keep... even though she wanted to laugh.

The children were on... waiting for the surprise.

Seeing her name as the winner, she burst....

He needed a quiet moment to take... of the amazing view.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I was on a rollercoaster of emotions before my exam results.

She was on an emotional high after her first dance recital.

He burst into tears when he saw his dog again.

I always try to lighten the mood during tense meetings.

Sometimes I have mixed feelings when moving to a new city.

Ключи

Упражнение 1

a rollercoaster of emotions

an emotional high

down in the dumps

burst into tears

mixed feelings

lighten the mood

Упражнение 2

rollercoaster of emotions

emotional high

a straight face

edge

into tears

it all in

An Embarrassing Moment

Список идиом

to make a fool of yourself – опростоволоситься, выставить себя глупо

Сделать что-то неловкое, что вызывает смущение.

to blush with embarrassment – краснеть от смущения

Сильно краснеть, когда чувствуешь стыд или неловкость.

to put your foot in it – попасть впросак

Сказать или сделать что-то неуместное, вызывающее неловкость.

to feel like a worm – чувствовать себя ничтожным

Испытывать сильное смущение и дискомфорт.

to break the ice – разрядить атмосферу

Сделать что-то, чтобы снять напряжение в общении.

to laugh it off – отшутиться

Отреагировать на неловкую ситуацию шуткой или смехом.

to spill the beans – выдать секрет

Непреднамеренно раскрыть что-то, что должно было оставаться тайной.

to save face – спасти репутацию, выйти из неловкой ситуации

Действовать так, чтобы неловкость не привела к потере уважения.

to get red in the face – покраснеть

Сильная реакция на стыд, смущение или злость.

to turn beet red – покраснеть до фиолетового цвета

Очень ярко и сильно покраснеть от смущения.

Короткий рассказ

James loved telling jokes at parties, but sometimes his timing wasn't perfect. Last Friday, he decided to tell a funny story during a dinner with his colleagues. Unfortunately, he put his foot in it when he mentioned something personal about his manager.

Immediately, James felt all eyes on him. He could feel himself blushing with embarrassment. His stomach twisted, and he felt like a worm. «Oh no... what have I done?» he thought.

For a few seconds, the room was silent. Then, trying to save face, he laughed awkwardly and tried to laugh it off. Luckily, one of his colleagues quickly broke the ice by joking about her own funny mistakes.

Later, James realized he had accidentally spilled the beans about a surprise gift for another colleague. He groaned but knew it was too late. Despite everything, he managed to make a fool of himself in a way that was more funny than hurtful.

By the end of the evening, James was still a little embarrassed, but he had learned that sometimes everyone gets red in the face, and it's okay. When he told his friends about it later, he even turned beet red all over again – this time from laughing at himself.

Упражнение 1: Fill in the gaps (с опорой на список)

I accidentally mentioned her secret and completely _____.

He was so nervous during the presentation that he started to _____.

When I realized my mistake, I wanted to _____.

She tried to _____ when she dropped the coffee cup.

To make everyone comfortable, he told a small joke to _____.

After saying the wrong name, he just tried to _____.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

He always seems to put... whenever he talks to his boss.

I could feel myself blushing... after tripping on stage.

She felt like a worm when she forgot her lines.

He tried to save... by smiling and moving on.

I accidentally spilled... about the party.

Sometimes I turn... when I hear an embarrassing story about myself.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I made a fool of myself at the school play.

He put his foot in it during the meeting.

She blushed with embarrassment when she realized her mistake.

I tried to laugh it off when I dropped my phone in public.

Everyone turns beet red sometimes – it's normal.

Ключи

Упражнение 1

make a fool of yourself

blush with embarrassment

feel like a worm

laugh it off

break the ice

laugh it off

Упражнение 2

put your foot in it

with embarrassment

worm

face

the beans

beet red

Put Your Foot in It

Список идиом

to put your foot in it – попасть впросак

Сказать или сделать что-то неуместное, вызывающее неловкость.

to get in hot water – попасть в неприятности

Оказаться в проблемной ситуации из-за своих слов или действий.

to make a blunder – допустить ошибку, опростоволоситься

Сделать глупую или неловкую ошибку.

to step on someone's toes – наступить кому-то на мозоль

Ненароком задеть или обидеть человека.

to offend someone – обидеть кого-то

Сделать или сказать что-то, что заденет чувства другого.

to apologize profusely – многократно извиняться

Очень сильно или много раз извиняться за что-то.

to feel awkward – чувствовать себя неловко

Испытывать смущение или дискомфорт в ситуации.

to smooth things over – уладить ситуацию

Сделать что-то, чтобы исправить неловкость или конфликт.

to embarrass yourself – опростоволоситься, позорно выглядеть

Вести себя так, что вызывает смущение у себя или других.

to talk yourself out of it – выйти из неловкой ситуации словами

Использовать объяснения или шутки, чтобы исправить ситуацию.

Короткий рассказ

During the company meeting, Sarah tried to joke about a recent project. She didn't realize that her comment could put her foot in it. Immediately, she noticed her manager frowning.

«Oh no,» she thought. «I'm in hot water.»

Sarah had made a blunder by mentioning a detail that was meant to stay confidential. She could feel the eyes of her colleagues on her. She worried that she had stepped on someone's toes or even offended someone.

Her face turned red, and she felt awkward. She quickly tried to talk herself out of it, making a light joke. «I guess I shouldn't be sharing trade secrets at a meeting!» she laughed nervously.

Even so, Sarah knew she had to apologize profusely. After the meeting, she went to her manager and said sorry. Luckily, he smiled and said she had smoothed things over well enough.

Although she had embarrassed herself, Sarah learned a valuable lesson: sometimes even small jokes can cause big misunderstandings. Next time, she promised herself to think twice before speaking.

Упражнение 1: Fill in the gaps (с опорой на список)

I really _____ when I mentioned his old mistake in front of everyone.

She accidentally _____ and upset her colleague.

He made a serious _____ during the presentation.

I didn't want to _____, so I stayed quiet.

After realizing the problem, she had to _____.

He tried to _____ with a quick apology and a joke.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

I think I put... when I said the wrong name.

He got in hot... after criticizing the project.

She made a big _____ at the party.

I didn't mean to step... anyone's feelings.

He had to apologize... for his rude comment.

She tried to smooth... by explaining herself.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I put my foot in it when I mentioned my friend's secret.

He got in hot water after missing the deadline.

She made a blunder by sending the email to the wrong person.

I stepped on my boss's toes without realizing it.

I tried to smooth things over by bringing coffee and apologizing.

Ключи

Упражнение 1

embarrassed yourself

offended someone

blunder

step on someone's toes

apologize profusely

talk yourself out of it

Упражнение 2

your foot in it

water
blunder
on
profusely
things over

Make a Fool of Yourself

Список идиом

to make a fool of yourself – опростоволоситься, выставить себя дураком

Сделать что-то неловкое, что заставляет других смеяться или смотреть с удивлением.

to look ridiculous – выглядеть смешно, нелепо

Вести себя или выглядеть так, что вызывает насмешку.

to trip over your words – спотыкаться в словах

Неловко говорить, путаясь и теряя нить речи.

to draw attention to yourself – привлекать к себе внимание

Делать что-то, что сразу замечают другие, часто неловкое.

to make an awkward impression – создать неловкое впечатление

Вести себя так, что другие чувствуют дискомфорт или смущение.

to blush with shame – краснеть от стыда

Покраснеть из-за сильного смущения.

to be caught off guard – быть застигнутым врасплох

Не ожидать чего-то и отреагировать неловко.

to mess up – испортить, облажаться

Сделать ошибку, которая приводит к неловкости.

to feel self-conscious – чувствовать себя неуверенно

Чувствовать смущение и дискомфорт из-за того, как тебя видят другие.

to redeem yourself – исправиться

Сделать что-то, чтобы исправить неловкую или ошибочную ситуацию.

Короткий рассказ

During the school talent show, Mark wanted to impress everyone with his magic trick. But things didn't go as planned. The rabbit he was supposed to pull out of the hat refused to cooperate. He tripped over his words while explaining the trick and accidentally knocked over the table.

He immediately felt like he had made a fool of himself. Everyone laughed, and he looked ridiculous. His face turned red – he was blushing with shame.

Mark had drawn so much attention to himself that he felt completely self-conscious. He had made an awkward impression, and he wished he could disappear. He hadn't expected the rabbit to jump the wrong way – he had truly been caught off guard.

After the show, his best friend encouraged him. «Don't worry, everyone makes mistakes. You'll get another chance!» Mark nodded, determined to redeem himself next time.

A week later, he practiced his trick carefully at home. At the next talent show, everything went perfectly. He smiled confidently, and the audience applauded. He had learned that even if you mess up, you can always try again.

Упражнение 1: Fill in the gaps (с опорой на список)

I really _____ during my speech when I forgot the last line.

She looked _____ in that oversized costume.

He kept _____ and couldn't explain what he meant.

By shouting in class, he _____.

I felt _____ when everyone laughed at my mistake.

After failing the first try, she tried to _____ in the next round.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

He _____ when he slipped on stage.

She looked _____ while trying to dance.

I kept _____ during the interview.

He drew too much attention to himself and made an _____.

She was _____ when asked to sing in front of the crowd.

He practiced every day to _____ at the next performance.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I made a fool of myself at the wedding party.

He looked ridiculous wearing that costume.

I tripped over my words during the meeting.

She felt self-conscious when everyone stared at her presentation.

He redeemed himself by performing perfectly the next day.

Ключи

Упражнение 1

made a fool of yourself

ridiculous

tripped over your words
drew attention to yourself
blushing with shame
redeem yourself

Упражнение 2

made a fool of yourself
ridiculous
tripping over your words
awkward impression
caught off guard
redeem yourself

Bite Your Tongue

Список идиом

to bite your tongue – сдерживать себя

Не говорить то, что хочется, чтобы не обидеть или не попасть в неловкую ситуацию.

to hold your tongue – держать язык за зубами

Оставаться молчаливым, хотя есть желание высказаться.

to keep your mouth shut – молчать, не раскрывать секрет

Не говорить что-то, чтобы не создавать проблемы.

to think before you speak – думать, прежде чем говорить

Обдумывать слова, чтобы не ошибиться или не обидеть.

to swallow your words – проглотить слова

Передумать и не сказать то, что хотел сказать.

to keep a lid on it – держать эмоции под контролем

Сдерживать чувства или раздражение.

to refrain from speaking – воздерживаться от речи

Сознательно не говорить, чтобы избежать конфликта или неловкости.

to avoid saying too much – не говорить лишнего

Стараться не раскрывать информацию или не сказать что-то неуместное.

to bite your lip – прикусить губу

Физически сдерживать слова, чтобы не выдать эмоции или мысль.

to control your temper – сдерживать гнев

Не позволять эмоциям управлять вашим поведением.

Короткий рассказ

During the team meeting, Laura disagreed with a suggestion from her colleague. She felt the urge to speak immediately, but she knew it might come across as rude. She had to bite her tongue.

Her colleague was presenting confidently, and Laura reminded herself to think before she spoke. She tried to hold her tongue, even when her frustration grew. Sometimes, she had to bite her lip to prevent herself from interrupting.

Later, the manager asked for opinions. Laura carefully phrased her thoughts, making sure to keep her mouth shut about personal criticisms and only give constructive feedback. She had successfully swallowed her words earlier and now could speak wisely.

Her friend noticed and said, «I admire how you keep a lid on it even when things get tense.» Laura smiled. She had learned that knowing when to refrain from speaking and avoid saying too much was just as important as having ideas to share.

By the end of the meeting, everyone appreciated her input. Laura felt proud of herself – she had managed to control her temper and express herself thoughtfully.

Упражнение 1: Fill in the gaps (с опорой на список)

I wanted to argue with him, but I decided to _____.

During the argument, she had to _____ several times.

He tried to _____ when his boss made an unfair comment.

Before answering, always _____ to avoid offending anyone.

She realized she had to _____ and not say what she first thought.

He learned to _____ to stay professional during the meeting.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

I had to bite... when my friend made a silly mistake.

She managed to hold... even though she disagreed.

Sometimes it's better to keep... rather than cause trouble.

He remembered to think... before replying.

I had to swallow... after realizing I was too harsh.

She tried to refrain... when the topic became sensitive.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I had to bite my tongue when my friend said something wrong about my favorite show.

She held her tongue during the tense meeting.

He swallowed his words and apologized later.

I bit my lip to avoid laughing at the serious situation.

She refrained from speaking to avoid conflict with her coworker.

Ключи

Упражнение 1

bite your tongue

hold your tongue

keep your mouth shut

think before you speak

swallow your words

keep a lid on it

Упражнение 2

your tongue

your tongue

your mouth shut

before you speak

your words

from speaking

Out of the Frying Pan into the Fire

Список идиом

out of the frying pan into the fire – из огня да в полымя

Попасть из плохой ситуации в ещё худшую.

to make matters worse – что ещё хуже

Ситуацию ухудшает дополнительная проблема.

to dig yourself into a hole – загнать себя в угол

Создать себе трудности своими действиями или словами.

to compound the problem – усугублять проблему

Делать ситуацию ещё более сложной или неприятной.

to get in deeper trouble – попасть в ещё большие неприятности

Ухудшить своё положение, уже находясь в сложной ситуации.

to be in hot water – быть в беде

Оказаться в проблемной или неприятной ситуации.

to worsen things – усугублять ситуацию

Действовать так, что ситуация становится хуже.

to make a bad situation worse – ухудшить и без того плохую ситуацию

Дополнительно осложнить проблему.

to land yourself in trouble – навлечь на себя неприятности

Своими действиями или словами вызвать проблемы.

to turn a situation upside down – перевернуть ситуацию с ног на голову

Сделать так, что ситуация становится ещё более хаотичной или неприятной.

Короткий рассказ

Tom had just lost his wallet on the way home from work. Feeling frustrated, he rushed to the bus stop to catch the next bus. But in his hurry, he dropped his phone into a puddle. He thought, «Well, now I've really gone out of the frying pan into the fire.»

Trying to call his friend from a neighbor's phone, he realized he had dialed the wrong number. This only made matters worse, as the stranger started yelling at him. Tom felt like he was digging himself into a hole.

When he finally got home, his cat had knocked over a vase, breaking it into pieces. Now he was truly in hot water. Each attempt to fix the situation seemed to compound the problem.

His roommate walked in and said, «Tom, you really know how to land yourself in trouble.» Tom groaned. He knew he had to calm down or he would get in deeper trouble.

By the evening, Tom realized that panicking only worsened things. He took a deep breath and began cleaning up, slowly fixing the chaos. He promised himself to be more careful in the future – he definitely didn't want to turn a situation upside down again.

Sometimes life feels like a chain of mistakes, but Tom learned that staying calm can prevent going out of the frying pan into the fire yet again.

Упражнение 1: Fill in the gaps (с опорой на список)

I thought I solved the problem, but it just _____.

He tried to fix his mistake and ended up _____.

Losing my wallet and phone in one day felt like going _____.

Every new mistake seemed to _____.

She warned him that his actions could _____.

He realized he was already _____, and panicking wouldn't help.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

I really went out... when I added more mistakes.

Trying to explain only made....

He kept digging... and it became worse.

She warned him he could get... if he wasn't careful.

Panicking only wors... the situation.

One wrong decision could turn... completely.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I went out of the frying pan into the fire when I tried to fix my mistake.

Sending the email to the wrong person really made matters worse.

He dug himself into a hole by lying about the project.

She got in deeper trouble when she ignored the warning.

Panicking only worsened things during the emergency.

Ключи

Упражнение 1

made a bad situation worse

landed yourself in trouble

out of the frying pan into the fire

compounded the problem

turn a situation upside down

in hot water

Упражнение 2

of the frying pan into the fire

matters worse

yourself into a hole

in deeper trouble

ens

a situation upside down

A Lucky Chance

Список идиом

a lucky chance – счастливая случайность

Случайное событие, которое приносит удачу или выгоду.

to strike gold – найти что-то ценное

Удачно наткнуться на выгодную возможность или решение.

to hit the jackpot – сорвать джекпот

Добиться большой удачи, успеха или выигрыша.

to fall into your lap – свалиться в руки

Получить что-то неожиданно и без усилий.

to have a stroke of luck – удача улыбнулась

Произошло неожиданное событие, которое принесло пользу.

to be in the right place at the right time – быть в нужном месте в нужное время

Удачно оказаться там, где случается что-то полезное.

to stumble upon – наткнуться случайно

Случайно найти или встретить что-то интересное или полезное.

to come up trumps – проявить себя удачно

Неожиданно получить отличный результат.

to catch a break – поймать удачный момент

Получить шанс или возможность, которая облегчает ситуацию.

to luck out – повезти

Испытать везение в какой-либо ситуации.

Короткий рассказ

Emma was walking home from work when she decided to take a different route through a quiet park. She didn't expect anything unusual to happen, but she stumbled upon a small street market she had never noticed before.

Browsing the stalls, she found a beautiful vintage necklace that was exactly what she had been looking for – and for a fraction of the usual price. Emma felt she had truly struck gold.

Later, she realized she had fallen into her lap the perfect opportunity to meet a friend who was organizing a local art exhibition. They talked, and soon Emma was invited to showcase her paintings – an invitation she would never have expected.

«It's incredible!» she thought. «Sometimes you just have a stroke of luck.» She smiled, realizing she had been in the right place at the right time.

At the exhibition, her paintings were a hit. Critics praised her work, and she even managed to sell several pieces. Emma felt like she had hit the jackpot. She couldn't stop thinking how one small detour had led to so many wonderful surprises.

By the end of the week, Emma knew she had truly come up trumps. Sometimes, life surprises you in the most unexpected ways. She had caught a break that could change her life forever.

Emma laughed to herself, thinking, «I really lucked out today.»

Упражнение 1: Fill in the gaps (с опорой на список)

I didn't expect to find a rare book in the shop, but it _____.

She really _____ by meeting the right people at the conference.

The opportunity to travel abroad _____.

He felt like he had _____ when he got the job offer.

Sometimes, just being _____ can lead to great opportunities.

I really _____ when I won tickets to the concert.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

She stumbled... upon an old friend in the city.

He struck... when he discovered the hidden antique shop.

The chance to join the team fell....

I had a stroke... when the train was delayed and I met her.

At the fair, she came... with a perfect find.

He lucked... by finding the wallet on the street.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I stumbled upon a small café that served the best coffee in town.

She struck gold when she found a rare book in the library.

He fell into his lap an amazing opportunity to travel.

We had a stroke of luck during the road trip when it didn't rain.

I really lucked out by getting the last ticket to the show.

Ключи

Упражнение 1

fell into your lap

come up trumps

fell into your lap

hit the jackpot

in the right place at the right time

lucked out

Упражнение 2

upon

gold

into her lap

of luck

up trumps

out

Hit the Jackpot

Список идиом

to hit the jackpot – сорвать куш

Добиться большой удачи, успеха или внезапного выигрыша.

to strike it rich – быстро разбогатеть или неожиданно найти удачу

Получить внезапное финансовое или личное преимущество.

to come into a windfall – получить неожиданный доход

Внезапно получить деньги, имущество или выгоду.

to score big – добиться большого успеха

Получить значительный результат или преимущество.

to be in for a treat – ожидать приятного сюрприза

Ждать чего-то очень приятного и неожиданного.

to cash in on – воспользоваться выгодной возможностью

Использовать шанс для получения выгоды.

to land a prize – выиграть приз или получить награду

Получить что-то ценное в результате случайного или целенаправленного действия.

to be on a winning streak – быть на полосе удачи

Испытывать последовательную удачу в делах или играх.

to make a killing – заработать большую сумму

Получить значительную прибыль или выгоду.

to luck out – повезти

Испытать удачу в какой-либо ситуации.

Короткий рассказ

Alex had been playing the local lottery for months without much success. One Friday evening, he decided to try his luck one more time. «Maybe tonight I'll hit the jackpot,» he thought, half-jokingly.

To his astonishment, the numbers on his ticket matched perfectly. He had really struck it rich! Alex could hardly believe it – he had come into a windfall completely by chance.

Excited, he told his friends, and they all laughed, saying he was in for a treat. «You've really landed a prize tonight,» they cheered. Alex felt like he was on a winning streak, as every little thing seemed to go right after that.

He decided to cash in on his luck immediately by investing some money wisely. Later, he realized he had scored big – not only did he get financial freedom, but he could finally afford the vacation he always dreamed of.

By the end of the week, Alex laughed, thinking about how he had lucked out and truly made a killing with just one ticket. That day had completely changed his life, and he knew he would never forget the moment he hit the jackpot.

Упражнение 1: Fill in the gaps (с опорой на список)

After buying the ticket, I never expected to _____.

He really _____ when he found the rare painting at the flea market.

She _____ and suddenly had enough money to travel the world.

We were all excited because they were _____ at the prize draw.

He decided to _____ his opportunity immediately.

After winning the contest, she felt like she had _____.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

He hoped to hit... at the casino.

She struck... when she discovered the old coin collection.

They were in... when they found the abandoned house full of antiques.

He landed... at the raffle.

Alex felt like he was on... after several small wins.

They really made... by selling the rare comic books.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I hit the jackpot when I found tickets for the sold-out concert.

She struck it rich after selling her painting online.

He came into a windfall when he inherited his uncle's collection.

We scored big at the school fundraiser.

They lucked out and found a free parking spot near the beach.

Ключи

Упражнение 1

hit the jackpot

struck it rich

came into a windfall

in for a treat

cash in on

made a killing

Упражнение 2

the jackpot

rich

the right place at the right time / a windfall

a prize

a winning streak

a killing

Once in a Blue Moon

Список идиом

once in a blue moon – очень редко

Случается крайне редко, почти никогда.

hardly ever – почти никогда

Событие происходит очень редко или едва ли.

few and far between – крайне редко встречается

Очень редкие случаи или явления.

on rare occasions – в редких случаях

Иногда, но нечасто.

once in a lifetime – один раз в жизни

Происходит крайне необычное событие, которое бывает раз в жизни.

to be a rare bird – быть редким человеком или явлением

Человек или событие необычные, исключительные.

to seldom happen – случаться редко

Происходит нечасто.

every blue moon – очень редко

Синоним «once in a blue moon».

to come along – появляться (о редких возможностях)

Редкая возможность, которая появляется неожиданно.

to happen once in a while – случаться время от времени

Иногда, но не часто.

Короткий рассказ

Liam loved astronomy and often watched the night sky. He had heard about a rare comet that passed by Earth once in a blue moon, and he was eager to see it.

Most evenings, Liam would glance at the sky, but such spectacular events hardly ever

happened. His friends laughed at his excitement, saying that moments like this were few and far between.

Finally, one clear night, the comet appeared. Liam knew this was a once in a lifetime experience. He felt lucky to witness it. He knew he was a rare bird among his friends, as most of them didn't even look at the stars.

Occasionally, other comets would appear, but these were also on rare occasions. Liam reminded himself to enjoy them, as such events seldom happen. Watching the comet glide across the sky made him realize that some opportunities come every blue moon.

He shared photos and stories online, hoping others could enjoy what happens once in a while in the world of astronomy. Liam felt grateful that he had taken the time to look up – sometimes the most beautiful moments appear once in a blue moon.

Упражнение 1: Fill in the gaps (с опорой на список)

I only go to the cinema _____ because I'm usually busy.

Such opportunities are _____, so we must take them seriously.

He felt lucky to witness the event – it was truly _____.

Moments like these are _____ in our daily lives.

She is _____; nobody else in our class loves astronomy as much.

The comet appears _____, so don't miss it tonight.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Such events happen once....

Opportunities like this hardly....

Rare experiences are few....

Special moments occur on rare....

The chance to see this is every....

Sometimes amazing things happen....

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I go to concerts once in a blue moon.

Such chances hardly ever come my way.

Rainbows are few and far between in winter.

We go on trips on rare occasions.

Amazing coincidences happen once in a while.

Ключи

Упражнение 1

once in a while
few and far between
once in a lifetime
hardly ever
a rare bird
once in a blue moon

Упражнение 2

in a blue moon
ever
and far between
occasions
blue moon
once in a while

A Stroke of Luck

Список идиом

a stroke of luck – удачный случай

Неожиданное событие, которое приносит пользу или успех.

to turn out well – обернуться хорошо

Ситуация развивается положительно, несмотря на трудности.

to come up trumps – проявить себя удачно

Неожиданно добиться хорошего результата.

to have fortune on your side – быть на стороне удачи

Обстоятельства складываются в вашу пользу.

to hit the right note – попасть в точку

Сделать или сказать что-то идеально подходящее к ситуации.

to make a lucky break – получить удачную возможность

Случайно получить шанс, который приносит выгоду.

to be in luck – быть удачливым

Испытать удачу в какой-либо ситуации.

to strike lucky – повезти

Испытать удачу, получить неожиданный выигрыш.

to land on your feet – выйти из трудной ситуации успешно

Справиться с проблемой и получить положительный результат.

to luck into – случайно получить что-то ценное

Везучим образом получить возможность или вещь.

Короткий рассказ

Emma had missed the train and thought her day was ruined. As she sat at the station, feeling frustrated, a friend called her with an unexpected invitation to a party. She realized it was a stroke of luck.

At the party, Emma met a famous artist who happened to be looking for new assistants. She was nervous, but the conversation turned out well, and the artist seemed impressed. Emma had clearly come up trumps.

She felt that fortune was on her side that evening. Every choice she made seemed to hit the right note, from her outfit to her conversation topics. She knew she had made a lucky break by coming to the party.

Later, her friends told her she was in luck, as opportunities like this didn't happen often. Emma had truly struck lucky – she received an offer to help with the artist's next exhibition.

Even though the day had started badly, Emma landed on her feet and realized that sometimes life surprises you in the best way. She felt grateful that she had lucked into such an incredible opportunity.

Упражнение 1: Fill in the gaps (с опорой на список)

Missing the bus turned out to be _____ because I met my old friend.

Her performance _____ and she received a standing ovation.

He really _____ during the competition and won first prize.

Sometimes it feels like _____ when everything works in your favor.

Choosing the right words really helped me _____ in the meeting.

She knew she had _____ when she got the unexpected job offer.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

It was a stroke... that she found the lost wallet.

The event turned... and everyone was happy.

He came... and impressed the judges.

I feel that fortune... tonight.

Her joke really hit... with the audience.

She struck... by finding a free ticket to the concert.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

Finding a parking spot was a stroke of luck.

The interview turned out well, and I got the job.

He came up trumps in the school competition.

We were in luck when it didn't rain during the picnic.

She lucked into a great opportunity by talking to the right person.

Ключи

Упражнение 1

a stroke of luck

turned out well

came up trumps

fortune on your side

hit the right note

made a lucky break

Упражнение 2

of luck

out well

up trumps

was on your side

the right note

struck lucky

Break a Leg

Список идиом

break a leg – желаем удачи

Традиционное пожелание удачи, особенно перед выступлением.

to wish someone well – пожелать удачи

Сказать что-то хорошее, чтобы поддержать человека.

to cross your fingers – держать кулачки

Надеяться на удачный исход ситуации.

to root for someone – болеть за кого-то

Поддерживать и надеяться, что у человека всё получится.

to send good vibes – посылать положительную энергию

Желать успеха и позитивного результата.

to knock «em dead – впечатлить всех

Показать себя с лучшей стороны, особенно на выступлении.

to have someone's back – поддерживать кого-то

Помогать и быть рядом, чтобы человек чувствовал себя увереннее.

to go for it – действовать смело, не сомневаясь

Попытаться сделать что-то с уверенностью.

to shine on stage – блистать на сцене

Проявить свои таланты в публичной ситуации.

to give it your all – выкладываться полностью

Приложить максимум усилий для достижения цели.

Короткий рассказ

Sophie was nervous before her first big theater performance. Her friend Mia came backstage and whispered, «Break a leg!» Sophie smiled nervously.

She knew Mia was wishing her well and crossing her fingers for her success. All the actors were getting ready, and the audience's chatter made her anxious. But Sophie remembered that her friends were rooting for her.

Taking a deep breath, she tried to send good vibes to herself and focused on the performance. As the curtain rose, she reminded herself to go for it and give it her all.

On stage, Sophie managed to shine. Every line and movement felt natural, and she could hear the audience reacting positively. She had truly knocked «em dead.

After the show, Mia hugged her and said, «See? I told you, everything would be fine. I'll always have your back.» Sophie laughed, feeling proud and relieved. She realized that a little encouragement and support could make all the difference before any big event.

Упражнение 1: Fill in the gaps (с опорой на список)

Before the performance, her friends told her to _____.

I'm really _____ and hoping you do well in the exam.

We were all _____ during the soccer match.

She tried to _____ to herself before going on stage.

He really _____ during the talent show and impressed everyone.

Remember, I'll always _____ no matter what happens.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Her coach told her to break... before the big race.

Everyone was wishing... for his success.

I kept cross... while waiting for the results.

He tried to go... and perform confidently.

She shined... on stage and amazed the audience.

He promised to have... during the difficult project.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

Before my exam, my friend said, «Break a leg!»

I'm crossing my fingers that my team wins.

She knocked «em dead at the school play.

He gave it his all during the competition.

We always root for our friends when they try something new.

Ключи

Упражнение 1

break a leg

wishing her well

rooting for her

send good vibes

knocked «em dead

have your back

Упражнение 2

a leg

someone well

your fingers

for it

on stage

your back

Pull Your Weight

Список идиом

to pull your weight – вкладываться в работу

Делать свою часть работы, выполнять обязанности.

to carry your own weight – справляться с задачами самостоятельно

Брать на себя ответственность и не зависеть от других.

to step up – взять на себя инициативу

Активно действовать, когда нужно больше усилий.

to pitch in – присоединиться к работе, помочь

Помогать команде или группе, внося свой вклад.

to do your fair share – делать свою справедливую часть работы

Не перекладывать обязанности на других, делать то, что положено.

to shoulder responsibility – брать на себя ответственность

Брать на себя важные задачи и последствия.

to work your socks off – усердно работать

Очень много и усердно трудиться, чтобы достичь результата.

to step up to the plate – взять на себя ответственность за сложное дело

Показать готовность справиться с трудной задачей.

to put your back into it – работать с полной отдачей

Стараться максимально, прикладывать усилия физические или умственные.

to give 110% – выкладываться на полную

Давать все свои силы для достижения цели.

Короткий рассказ

At the office, the team was preparing for an important project deadline. Tom noticed that some colleagues weren't contributing as much as they should. He knew he had to pull his weight to keep the project on track.

He had been carrying his own weight all along, but now he also needed to step up to help others. During the team meeting, everyone agreed to pitch in and make sure each person did their fair share.

Tom was ready to shoulder responsibility for the most challenging part of the project. He worked his socks off, often staying late to finish his tasks. When a last-minute problem arose, he knew he had to step up to the plate.

With determination, he put his back into it and inspired others to do the same. By the end of the week, the project was completed successfully. Tom had truly given 110%, and the team appreciated his dedication. Everyone realized that when each person pulls their weight, even difficult projects become manageable.

Упражнение 1: Fill in the gaps (с опорой на список)

If everyone _____, the project will be finished on time.

He always _____ and never leaves work for others.

During the crisis, she decided to _____ and help the team.

We all need to _____ to meet the deadline.

He didn't complain and agreed to _____ for the most difficult task.

She really _____ to make sure everything was done perfectly.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Tom knows how to pull... and keep the project on track.
He has been carrying... since the start of the semester.
Everyone promised to pitch... to finish the event on time.
She decided to step... and take responsibility for the problem.
He really put... during the final preparations.
I always try to give... when working on group assignments.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I always try to pull my weight in group projects.
She stepped up when the team needed help.
He worked his socks off to meet the deadline.
We all pitched in to clean up after the party.
I gave 110% to finish the presentation on time.

Ключи

Упражнение 1

pull your weight

carrying his own weight

step up

pitch in / do your fair share

shoulder responsibility

worked his socks off

Упражнение 2

your weight

his own weight

in

up

his back into it

110%

Burn the Midnight Oil

Список идиом

to burn the midnight oil – работать допоздна

Работать или учиться поздно ночью, чтобы закончить задание.

to stay up late – не ложиться спать

Быть бодрствующим допоздна, чтобы выполнить работу или заниматься чем-то важным.

to work late into the night – работать до поздней ночи

Продолжать трудиться, когда большинство уже отдыхает.

to pull an all-nighter – не спать всю ночь

Учиться или работать всю ночь, чтобы подготовиться к дедлайну.

to slog away – усердно трудиться

Долго и настойчиво работать над чем-то сложным.

to keep burning the candle at both ends – работать чрезмерно

Пытаться делать слишком много, часто работая и днем, и ночью.

to grind away – упорно работать

Терпеливо и настойчиво выполнять задачу.

to put in extra hours – работать сверхурочно

Добавлять к обычному рабочему времени для выполнения задачи.

to toil away – трудиться тяжело и долго

Долго и упорно работать, несмотря на усталость.

to work around the clock – работать без перерыва

Работать весь день и всю ночь без отдыха.

Короткий рассказ

Samantha had a big exam coming up on Monday. She knew she needed to burn the midnight oil to cover all the material. Every night, she would stay up late studying, reviewing her notes and textbooks.

Her friends were surprised that she could work late into the night without losing focus. One evening, she even pulled an all-nighter to finish a difficult essay. Samantha had to slog away at her revision for hours, but she felt it was worth it.

Sometimes she felt exhausted from keeping the candle burning at both ends, but she continued to grind away at problems until she understood them completely. On Sunday, she put in extra hours, going over past exam questions. She had to toil away to ensure she was fully prepared.

Finally, on Monday morning, Samantha felt confident. All her hard work, all the nights she had worked around the clock, paid off when she aced her exam. She knew that sometimes, to succeed, you really need to burn the midnight oil.

Упражнение 1: Fill in the gaps (с опорой на список)

I had to _____ to finish my project before the deadline.

She often _____ to revise for her exams.

He decided to _____ to complete the report on time.

We stayed up all night and even _____ to finish the assignment.

They had to _____ to prepare for the competition.

She continued to _____ to understand the complicated topic.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

I had to burn... to finish the essay.

He stayed up late, working hard, trying to work....

She pulled... to complete the project.

The students had to slog... through all the practice exercises.

We kept grind... until everything was perfect.

They decided to put... to ensure everything was ready.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I had to burn the midnight oil to finish my presentation.

She pulled an all-nighter to study for the exam.

He slogged away on the report until it was perfect.

We put in extra hours to meet the deadline.

They worked around the clock to organize the event.

Ключи

Упражнение 1

burn the midnight oil

stay up late

work late into the night

pulled an all-nighter

slog away

grind away

Упражнение 2

the midnight oil

late into the night

an all-nighter

away

away

in extra hours

Call it a Day

Список идиом

to call it a day – заканчивать работу

Прекращать работу на сегодня, решив, что достаточно сделано.

to wrap things up – подвести итоги

Заканчивать работу или задачу, доводя дело до конца.

to knock off – уходить с работы

Прекращать работу, обычно в конце дня.

to pack up – собирать вещи, завершать работу

Заканчивать деятельность и убирать инструменты или материалы.

to clock off – отмечать конец рабочего дня

Формально или неформально завершать работу на день.

to finish up – доделать до конца

Закончить начатое дело или задачу.

to bring to a close – довести до завершения

Закончить процесс или проект окончательно.

to end on a high note – закончить на хорошей ноте

Завершить работу или событие положительно.

to tie up loose ends – закончить мелкие дела

Доделать оставшиеся небольшие задачи перед завершением.

to wind down – постепенно завершать работу

Постепенно снижать активность и готовиться к концу работы.

Короткий рассказ

After a long day at the office, Jake decided it was time to call it a day. He had completed most of his tasks and felt satisfied. Before leaving, he wrapped things up by organizing his desk and sending the final emails.

His colleague suggested they knock off together, so they packed their laptops and clocked off. Jake made sure to finish up a few small tasks and tie up loose ends before leaving.

On the way out, he smiled, thinking how the team had managed to bring the project to a close successfully. They had ended on a high note, meeting all deadlines and impressing the manager.

At home, Jake took a moment to wind down, enjoying a quiet evening after a productive day. He knew that knowing when to call it a day was just as important as working hard.

Упражнение 1: Fill in the gaps (с опорой на список)

After completing the report, she decided to _____.

He always makes sure to _____ before leaving the office.

It was late, so they agreed to _____ together.

Before leaving, I need to _____ all the small tasks.

We managed to _____ and meet all the deadlines.

After a busy day, I like to _____ at home with a cup of tea.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Finally, we decided to call... after finishing the main work.

She quickly wrap... her tasks before leaving.

He said it was time to knock... and go home.

I need to tie... before the end of the day.

The team worked hard and ended... on a high note.

They slowly wind... after the event.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I called it a day after finishing my homework.

She wrapped things up and left the office.

We knocked off together after a long shift.

He tied up loose ends before going on vacation.

The team ended on a high note after the presentation.

Ключи

Упражнение 1

call it a day

wrap things up

knock off

finish up / tie up loose ends

bring to a close

wind down

Упражнение 2

it a day

things up

off

up loose ends

on a high note

down

In Hot Water

Список идиом

in hot water – в неприятной ситуации

Оказаться в проблеме или трудной ситуации.

in trouble – в беде

Иметь проблемы или неприятности.

in a pickle – в затруднительном положении

Столкнуться с трудной или неловкой ситуацией.

in a jam – в затруднении

Быть в сложной ситуации, когда трудно что-то сделать.

up the creek (without a paddle) – в сложной ситуации без выхода

Оказаться в проблеме без возможности легко её решить.

on the spot – в затруднительном положении

Находиться в ситуации, требующей немедленного решения.

in a tight spot – в трудном положении

Быть в сложной ситуации, где трудно найти выход.

in deep water – в серьёзной опасности или проблеме

Быть в большой опасности или в серьёзной трудности.

between a rock and a hard place – между двух огней

Выбирать между двумя плохими вариантами.

up against it – сталкиваться с трудной ситуацией

Иметь дело с проблемой или сложной задачей.

Короткий рассказ

Jake forgot to submit his project on time, and now he was in hot water with his manager. He realized he was in trouble and needed to explain himself quickly.

When he tried to fix the mistake, he found himself in a pickle – the backup files were

missing. Now he was clearly in a jam. His colleague warned him, «Jake, you're really up the creek without a paddle this time.»

During the meeting, Jake was on the spot, trying to answer questions about the delay. He felt like he was in a tight spot because there was no easy solution. The manager made it clear that he could be in deep water if the problem wasn't resolved.

Jake realized he was between a rock and a hard place – either admit he lost the files or try to recreate everything overnight. He knew he was really up against it, but he stayed calm and began working hard to fix the situation.

By the end of the day, Jake managed to recover most of the data and explain the delay. Though he had been in hot water, he learned the importance of staying organized and asking for help before things got worse.

Упражнение 1: Fill in the gaps (с опорой на список)

He was really _____ after missing the important deadline.

I found myself _____ when the printer broke right before the presentation.

She got _____ after sending the wrong email to the client.

They were clearly _____ because the car broke down in the middle of the highway.

I felt _____ when I had to answer the manager's question immediately.

He was _____ when he forgot to pay the bills on time.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Jake is in hot... after losing the report.

We were in a p... because the files disappeared.

She felt in a j... when the meeting started early.

He realized he was up the c... without a solution.

They were on the s... when asked to explain the mistake.

I was between a r... and a hard place deciding what to do.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I was in hot water when I forgot my sister's birthday.

She got in a jam because her computer crashed.

He was on the spot when asked to solve the problem.

They were in deep water after the unexpected audit.

I found myself between a rock and a hard place deciding which offer to accept.

Ключи

Упражнение 1

in hot water
in a tight spot
in a pickle
in a jam
on the spot
in deep water

Упражнение 2

water
ickle
am
reek
pot
ock

Climb the Ladder

Список идиом

to climb the ladder – продвигаться по карьерной лестнице

Достигать более высокого положения на работе или в профессии.

to move up in the world – продвигаться в жизни или карьере

Добиваться успеха и повышения социального или профессионального уровня.

to rise through the ranks – продвигаться по службе

Постепенно занимать более высокие должности.

to get ahead – продвигаться, опережать

Добиваться успеха, опережая других.

to reach the top – достичь вершины

Достичь высшей точки успеха в карьере или деятельности.

to make it to the top – пробиться наверх

Добиться наивысшего положения в профессии или сфере.

to step up – взять на себя больше ответственности

Проявить инициативу и брать сложные задачи для продвижения.

to earn your stripes – заслужить уважение и опыт

Доказать свои навыки и компетентность через труд и достижения.

to move on up – продвигаться вверх

Постепенно улучшать положение или карьеру.

to break through – пробиться

Преодолеть препятствия и достичь успеха в профессии или жизни.

Короткий рассказ

Sofia started her career as a junior designer in a small firm. She was determined to climb the ladder and make a name for herself. Every day, she worked hard to earn her stripes, learning new skills and taking on challenging projects.

After a year, she began to move up in the world, impressing her manager with her creativity. Sofia rose through the ranks quickly, gaining more responsibility and leading important projects. She knew that to get ahead, she had to constantly improve and show initiative.

Eventually, Sofia reached the top, becoming the creative director of the company. She had truly made it to the top through dedication and perseverance. Her colleagues admired how she stepped up whenever the team faced difficulties.

Sofia's story inspired others to move on up in their careers. She had overcome challenges and broken through obstacles that once seemed impossible. Climbing the ladder wasn't easy, but Sofia proved that consistent effort and hard work pay off.

Упражнение 1: Fill in the gaps (с опорой на список)

She worked hard every day to _____ in her company.

After years of effort, he finally _____ and became manager.

By taking on challenging projects, Maria began to _____ quickly.

He knew he had to _____ to succeed in his career.

Through dedication, she managed to _____ as CEO.

He always tried to _____ and improve his skills for promotion.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Sofia wanted to climb... and become respected in her field.

He worked hard to move... in his profession.

She gradually rose... and earned a senior position.

To get..., you need to take initiative.

After years of dedication, he made... at the company.

She had to break... through several obstacles to succeed.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I want to climb the ladder in my new job.

He earned his stripes by working on tough projects.

She rose through the ranks to become team leader.

They encouraged me to step up when the project needed help.

With persistence, anyone can break through in their career.

Ключи

Упражнение 1

climb the ladder

made it to the top

rose through the ranks

step up

reach the top

earn your stripes

Упражнение 2

the ladder

up in the world

through the ranks

ahead

it to the top

through

Back to Square One

Список идиом

back to square one – начинать сначала

Когда приходится начать дело заново после неудачи или ошибки.

start from scratch – начинать с нуля

Создавать что-то с самого начала без готовой базы.

wipe the slate clean – начать с чистого листа

Забыть прошлые ошибки и начать заново.

begin again – начинать снова

Сделать попытку заново после неудачи.

reset the clock – начать сначала

Вернуться к началу процесса или работы.

go back to the drawing board – возвращаться к чертежной доске

Разрабатывать новый план после того, как предыдущий не сработал.

reboot – перезагрузить

Начать процесс или систему заново, как после сбоя.

redo – переделывать

Сделать снова что-то, что не получилось с первого раза.

start over – начинать заново

Начать процесс или работу с начала.

turn over a new leaf – начать новую жизнь или подход

Изменить подход или привычки, чтобы улучшить ситуацию.

Короткий рассказ

Liam had been working on his startup idea for months, but the prototype failed during testing. He realized he was back to square one.

Feeling frustrated, he decided to start from scratch and rethink the design completely. His team agreed it was time to wipe the slate clean and forget the mistakes of the past.

They met the next day to begin again, creating a new plan and assigning tasks. «Let's reset the clock and take it step by step,» Liam said.

The first attempt didn't work, so they had to go back to the drawing board. Liam knew that sometimes you need to reboot your approach and redo certain parts to achieve success.

Finally, after weeks of work, they decided to start over and incorporate all the lessons learned. Liam felt inspired to turn over a new leaf and approach the project with fresh energy.

By the end, their startup was ready for launch, and Liam knew that even though he had to start from zero, the new beginning made all the difference.

Упражнение 1: Fill in the gaps (с опорой на список)

After the experiment failed, the scientists were _____.

We decided to _____ and make a new plan.

He wanted to forget past mistakes and _____.

The team had to _____ after the initial design didn't work.

Sometimes it's necessary to _____ and approach the task differently.

She decided to _____ and apply new ideas.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

After losing all the data, we were back....

They decided to start... to fix the problem.

He needed to wipe... and focus on the future.

The engineers had to go... to improve the design.

Sometimes it's best to redo... until it works perfectly.

She wanted to turn... and improve her habits.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I had to start from scratch after my essay was lost.

The team went back to the drawing board to redesign the product.

He decided to wipe the slate clean and try again.

We had to redo the project after the first version failed.

She turned over a new leaf and started exercising regularly.

Ключи

Упражнение 1

back to square one

start from scratch

wipe the slate clean

begin again / go back to the drawing board

reset the clock

start over / turn over a new leaf

Упражнение 2

to square one

from scratch

the slate clean

back to the drawing board

the project

over a new leaf

A Friend in Need

Список идиом

a friend in need – друг в беде

Человек, который поддерживает тебя в трудной ситуации.

to have someone's back – поддерживать кого-то

Быть рядом и помогать другу или коллеге в трудной ситуации.

to lend a hand – помочь

Предложить свою помощь, чтобы облегчить задачу или проблему.

to be there for someone – быть рядом

Поддерживать морально или физически в трудный момент.

to go the extra mile – сделать больше, чем требуется

Проявить дополнительное усилие, чтобы помочь или добиться цели.

to stick together – держаться вместе

Поддерживать друг друга и не оставлять в одиночестве.

to offer support – предложить поддержку

Оказать помощь или моральное подбадривание.

to stand by someone – оставаться рядом

Не покидать друга в трудной ситуации, поддерживать его.

to have someone's back in times of trouble – поддерживать в беде

Обеспечивать защиту и помощь, когда друг нуждается.

to help out – выручить

Помочь в решении проблемы или выполнении задачи.

Короткий рассказ

Tom and Alex had been friends since school. One day, Alex lost his job and felt hopeless. Tom knew that a friend in need is a friend indeed. He immediately decided to be there for his friend.

He offered to lend a hand, helping Alex update his resume and look for job openings. Tom was always willing to go the extra mile to support Alex during this tough time. They promised to stick together, no matter what challenges came their way.

Tom consistently offered support, checking in every day and encouraging Alex to keep trying. He was ready to stand by someone in difficult moments, showing that true friendship means helping when it really counts.

Thanks to his help, Alex began to find opportunities and gradually regained confidence. He realized how important it is to have someone's back in times of trouble. Sometimes, just having a friend willing to help out makes all the difference.

Упражнение 1: Fill in the gaps (с опорой на список)

During tough times, it's important to _____.

She was always willing _____ when her friends needed it.

Good friends know how to _____ and offer encouragement.

He promised to _____ no matter what challenges came.

Sometimes you have to _____ to make a difference for someone.

A true friend is _____.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

When she was in trouble, I wanted to be....

He always has... to protect his friends.

They decided to lend... to help the neighbors.

We promised to stick... through thick and thin.

She was willing to go... to help her friend succeed.

He knew a friend... shows support in hard times.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I always try to be there for my friends.

He lent a hand when I was moving to a new apartment.

true friends stick together in difficult times.

She went the extra mile to help her colleague finish the project.

I know I can count on him to have my back in times of trouble.

Ключи

Упражнение 1

be there for someone

to lend a hand

offer support

stand by someone

go the extra mile

a friend in need

Упражнение 2

there for someone

someone's back

a hand

together

the extra mile

in need

Through Thick and Thin

Список идиом

through thick and thin – в хорошие и плохие времена

Оставаться верным и поддерживать кого-то независимо от обстоятельств.

to stick together – держаться вместе

Поддерживать друг друга и оставаться командой или друзьями.

to stand by someone – поддерживать кого-то

Не покидать человека в трудные моменты.

to have someone's back – быть на стороне друга

Поддерживать и защищать кого-то в любых ситуациях.

to weather the storm – пережить трудности

Справляться с трудными ситуациями, оставаясь сильным.

to ride out the rough patch – пережить трудный период

Проходить через проблемы, не теряя надежды.

to remain loyal – оставаться верным

Не изменять другу или команде, несмотря на трудности.

to stick it out – продержаться до конца

Не сдаваться и продолжать, несмотря на сложности.

to be there for someone – быть рядом

Поддерживать морально или физически в трудный момент.

to show unwavering support – проявлять непоколебимую поддержку

Всегда помогать и поддерживать, несмотря на обстоятельства.

Короткий рассказ

Emma and Laura had been best friends since childhood. They promised to stay through thick and thin, supporting each other no matter what.

When Laura faced difficulties at work, Emma stood by her and helped her brainstorm solutions. They always stuck together, sharing both happy and challenging moments. Emma made sure to have her friend's back during stressful times.

When a personal crisis hit Laura, Emma helped her weather the storm, offering advice and encouragement. Together, they managed to ride out the rough patch without losing hope. Laura appreciated that Emma remained loyal and never judged her.

Even when life got complicated, Emma decided to stick it out and continue supporting her friend. She knew the importance of being there for someone and showing unwavering support. Their friendship grew stronger because they honored their promise to stand through thick and thin.

Упражнение 1: Fill in the gaps (с опорой на список)

Best friends should always _____, no matter the situation.

During her difficult time, he promised to _____.

It's important to _____ and face challenges together.

She knew her colleague would always _____ at work.

They managed to _____ and overcome the difficulties.

true friends _____ and never abandon each other.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Emma promised to stay through... with her friend.

They always stuck... when things got tough.

He decided to stand... and support his teammate.

I will always have... no matter what happens.

They tried to ride... during the challenging project.

She knew her friend would remain... and never leave.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I promised to stick together with my friends through thick and thin.

He stood by me when I had problems at work.

We weathered the storm and solved the issue together.

She always has my back when I need help.

They showed unwavering support during the difficult period.

Ключи

Упражнение 1

stick together

stand by someone

stick together

have someone's back

ride out the rough patch / weather the storm

remain loyal

Упражнение 2

thick and thin

together

by someone

someone's back

out the rough patch

Get Along Like a House on Fire

Список идиом

get along like a house on fire – быстро подружиться

Легко и быстро находить общий язык с человеком.

to hit it off – сразу понравиться друг другу

Проявить мгновенную симпатию и наладить хорошие отношения.

to click with someone – «щёлкнуть» с кем-то

Сразу почувствовать взаимопонимание и гармонию с человеком.

to be on the same wavelength – быть на одной волне

Иметь одинаковое понимание или подход к ситуации.

to bond quickly – быстро сблизиться

Сразу установить тесные или дружеские отношения.

to feel at ease with someone – чувствовать себя комфортно с кем-то

Чувствовать себя свободно и непринужденно в компании человека.

to hit it off straight away – подружиться сразу

Начать дружеские отношения с первого общения.

to get on like a house on fire – отлично ладить

Иметь очень хорошие и дружеские отношения с самого начала.

to establish rapport – наладить контакт

Создать дружелюбные и доверительные отношения.

to be fast friends – быстро стать друзьями

Сразу после знакомства стать хорошими друзьями.

Короткий рассказ

When Lucy started her new job, she was nervous about meeting colleagues. But she got along like a house on fire with Emma, who shared similar interests. They immediately hit it off and clicked with each other.

During lunch, they discovered they were on the same wavelength, laughing at the same jokes and enjoying similar hobbies. It was easy to bond quickly over shared experiences. Lucy felt completely at ease with her new friend.

By the end of the first week, they had hit it off straight away with everyone in the team. Their positive energy made it easy to get on like a house on fire with others as well. Lucy had successfully established rapport with her colleagues and was happy to have become fast friends with Emma.

The friendship grew stronger as they supported each other at work and after hours, proving

that sometimes you can meet someone and instantly feel a deep connection.

Упражнение 1: Fill in the gaps (с опорой на список)

From the first day at school, they _____ and became inseparable.

They really _____ and enjoyed talking for hours.

It didn't take long for the new team members to _____.

I immediately felt _____ with my new roommate.

The students quickly _____ during the group project.

We knew we were _____ after our first conversation.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Lucy and Emma got... from the start.

They hit... and started sharing ideas.

We immediately clicked... during the meeting.

She felt at... with her teammates.

The new colleagues bond... over coffee breaks.

They quickly became... after working together.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I got along like a house on fire with my new neighbors.

We hit it off at the party and exchanged numbers.

They clicked immediately and started working well together.

She felt at ease with the new team members.

We became fast friends after meeting at the conference.

Ключи

Упражнение 1

got along like a house on fire

hit it off

clicked with each other

at ease with someone

bonded quickly

become fast friends

Упражнение 2

along like a house on fire
it off
with each other
ease
quickly
fast friends

Break the Ice

Список идиом

break the ice – разрядить напряжение

Сделать что-то, чтобы начать разговор и снять неловкость в общении.

to start a conversation – завести разговор

Начать общение с человеком, чтобы познакомиться или наладить контакт.

to ease the tension – снять напряжение

Помочь людям расслабиться в неловкой или стрессовой ситуации.

to lighten the mood – сделать атмосферу более лёгкой

Сделать обстановку дружелюбной и непринуждённой.

to get the ball rolling – запустить процесс

Начать действия или обсуждение, чтобы событие пошло.

to warm up the room – разогреть атмосферу

Создать комфортную и дружелюбную атмосферу среди людей.

to make someone feel comfortable – помочь человеку чувствовать себя удобно

Сделать так, чтобы человек расслабился и мог свободно общаться.

to initiate conversation – начать разговор

Сделать первый шаг в общении с другими людьми.

to break down barriers – сломать преграды

Устранить напряжение или недопонимание между людьми.

to open up – раскрыться

Начать делиться мыслями и чувствами, открыто общаться.

Короткий рассказ

At the company party, everyone seemed nervous and quiet. Mark decided to break the ice by telling a funny story about his first day at work. The joke helped ease the tension and made people laugh.

Soon, colleagues started to lighten the mood, sharing their own stories and jokes. Mark's

initiative helped get the ball rolling, and soon everyone was chatting comfortably.

He tried to warm up the room by asking questions and showing interest in others. People began to feel comfortable and were willing to open up about their hobbies and experiences. By the end of the evening, the barriers between new and old employees were gone. Mark had successfully broken down barriers and helped everyone relax.

The party turned out to be a success, all thanks to one person who decided to initiate conversation and make the first move to break the ice.

Упражнение 1: Fill in the gaps (с опорой на список)

To start the meeting smoothly, she told a joke to _____.

He tried to _____ by asking friendly questions.

A good story can help _____ in a tense situation.

The manager's funny comment helped _____ quickly.

She wanted to _____ and get people talking at the event.

Mark's humor helped _____ between new employees and the team.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

At the party, he decided to break... by sharing a funny story.

He helped everyone ease... and feel relaxed.

Her speech helped light... and made people smile.

I needed someone to get... so the discussion could start.

She wanted to make... and encourage conversation.

The workshop leader worked to break... and build trust.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I told a joke to break the ice at the team meeting.

He asked friendly questions to make everyone feel comfortable.

A small game helped lighten the mood during the workshop.

She opened up about her experience, and others followed.

He broke down barriers by encouraging everyone to talk.

Ключи

Упражнение 1

break the ice

warm up the room

ease the tension

get the ball rolling

initiate conversation

break down barriers

Упражнение 2

the ice

the tension

en the mood

the ball rolling

someone feel comfortable

down barriers

Hit it Off

Список идиом

hit it off – сразу найти общий язык

Сразу почувствовать взаимную симпатию и легко общаться с человеком.

to click with someone – «щёлкнуть» с кем-то

Испытывать мгновенное взаимопонимание и гармонию.

to get along well – хорошо ладить

Иметь приятные отношения и легко находить общий язык.

to be on the same wavelength – быть на одной волне

Понимать друг друга без объяснений, иметь похожие взгляды.

to bond instantly – сразу сблизиться

Начать близкие дружеские отношения с первого общения.

to connect immediately – сразу установить контакт

Мгновенно наладить дружеское или профессиональное общение.

to be fast friends – быстро стать друзьями

Стать хорошими друзьями сразу после знакомства.

to click instantly – сразу «щёлкнуть»

Моментально почувствовать взаимную симпатию и комфорт.

to establish rapport quickly – быстро наладить контакт

Создать доверительные и дружелюбные отношения сразу.

to take to someone immediately – сразу полюбить человека

Чувствовать симпатию и расположение к человеку с первых минут общения.

Короткий рассказ

When Mia started her new language course, she was nervous about meeting new people. But she hit it off immediately with Clara, who shared her love for books and music. They seemed to click with each other right away.

During the first break, they discovered they were on the same wavelength, enjoying the same jokes and hobbies. It didn't take long for them to bond instantly and feel comfortable sharing stories. Mia realized she had connected immediately with someone who truly understood her.

By the end of the week, they had become fast friends. Everyone noticed how they clicked instantly in group activities. Their ability to establish rapport quickly helped them work well together on projects. Mia felt lucky to have taken to someone immediately on the very first day.

The new friendship reminded Mia that sometimes meeting the right person can make all the difference, and some connections happen almost instantly.

Упражнение 1: Fill in the gaps (с опорой на список)

From the first conversation, they _____ and talked for hours.

We really _____ during the group project.

It didn't take long for them to _____ and become close friends.

They seemed to _____, enjoying the same interests.

She immediately _____ with her new colleague.

He was happy to _____ with someone who shared his hobbies.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Mia and Clara hit... during the first class.

They click... right away and started sharing ideas.

We bond... after working together for just a few minutes.

They were clearly on the... and understood each other perfectly.

He managed to connect... with the new team instantly.

She took... with her new neighbors immediately.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I hit it off with my new teammate on the first day.

They clicked instantly and started planning activities together.

We bonded instantly during the weekend workshop.

She connected immediately with her classmates.

He took to his new roommate immediately.

Ключи

Упражнение 1

hit it off

clicked with each other

bonded instantly

on the same wavelength

took to someone immediately

connected immediately

Упражнение 2

it off

with each other

instantly

same wavelength

immediately

to someone immediately

Bite the Bullet

Список идиом

bite the bullet – собраться с духом

Принять трудное решение или действовать, несмотря на страх или трудности.

face the music – смело принять последствия

Признать свои ошибки и встретить трудности без жалоб.

grit your teeth – стиснуть зубы

Проявить терпение и выдержку в неприятной ситуации.

take the plunge – решиться

Рискнуть или принять смелое решение.

man up – собраться, проявить смелость

Взять ответственность и действовать решительно.

step up to the plate – взять на себя ответственность

Действовать и выполнять задачу, несмотря на трудности.

pull yourself together – взять себя в руки

Успокоиться и сосредоточиться, когда трудно или страшно.

face your fears – столкнуться со своими страхами

Смело преодолеть то, что пугает или тревожит.

take it on the chin – стойко выдержать

Смело переносить трудности или критику.

summon your courage – набраться мужества

Собрать в себе силы, чтобы действовать смело.

Короткий рассказ

Anna had always been afraid of public speaking. But when her manager asked her to present at the company meeting, she knew she had to bite the bullet. She decided to face the music and accept the challenge.

Before the presentation, Anna gritted her teeth and practiced her speech several times. She decided to take the plunge and speak confidently in front of the team. She knew she had to man up and overcome her fear.

During the meeting, she stepped up to the plate and delivered her presentation clearly. Anna had to pull herself together when the projector failed, but she remained calm. By confronting the situation, she faced her fears and proved her abilities.

Though the experience was difficult, she took it on the chin and learned a lot about herself. Anna realized that sometimes you need to summon your courage to achieve something important. In the end, she was proud she had bitten the bullet and succeeded.

Упражнение 1: Fill in the gaps (с опорой на список)

Before the exam, he had to _____ and start studying seriously.

She decided to _____ and apologize for her mistake.

He _____ and continued despite the pain.

It was scary, but I finally _____ and tried skydiving.

You need to _____ and handle the situation.

She managed to _____ when the car broke down on the highway.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Anna had to bite... and deliver her speech.

He decided to face... and accept the consequences.

She grit... before entering the dentist's office.

I finally took... and joined the competition.

He had to step... to handle the emergency.

She tried to pull... and stay calm during the argument.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I had to bite the bullet and start my own business.

He faced the music after missing the deadline.

She gritted her teeth and finished the marathon.

I took the plunge and applied for the scholarship.

He pulled himself together to give the speech confidently.

Ключи

Упражнение 1

bite the bullet

face the music

gritted his teeth

take the plunge

man up / step up to the plate

pull herself together

Упражнение 2

the bullet

the music

her teeth

the plunge

up to the plate

herself together

The Ball is in Your Court

Список идиом

the ball is in your court – теперь твоя очередь

Теперь кто-то должен действовать или принять решение.

it's up to you – решать тебе

Выбор или решение зависит от конкретного человека.

your move – твой ход

Пришла очередь человека действовать или отвечать.

take the reins – взять бразды правления

Взять на себя контроль или ответственность за ситуацию.

make a decision – принять решение

Выбрать, как действовать в определённой ситуации.

call the shots – принимать решения

Быть тем, кто контролирует процесс и определяет действия.

hold the cards – держать козыри

Находиться в выгодной позиции для принятия решений.

take action – действовать

Начать выполнять что-то вместо ожидания.

make your move – сделать шаг

Проявить инициативу или начать действовать.

step up – проявить себя

Взять на себя ответственность и действовать.

Короткий рассказ

After the team meeting, Maria finished presenting her project idea. Now the ball was in Tom's court. He had listened carefully and realized it was up to him to approve or suggest changes.

Tom knew it was his move, so he decided to take the reins and give constructive feedback. He needed to make a decision quickly, as the deadline was approaching. Being the team leader, he often called the shots and knew how to guide the group.

Holding all the information, he felt like he held the cards and had the opportunity to influence the project's direction. Tom decided to take action immediately and make his move, suggesting improvements that would benefit everyone. By stepping up, he showed leadership and responsibility.

Maria appreciated that Tom understood the situation and made wise choices. She knew that sometimes in work and life, the ball is in your court, and it's important to act confidently.

Упражнение 1: Fill in the gaps (с опорой на список)

After presenting your idea, now _____.

It's _____ to choose the next step.

He realized that _____ and carefully considered his options.

She decided to _____ and lead the project.

As a manager, he often _____ and sets the team's direction.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Once I explained the plan, the ball....

It's your responsibility, so it's up... to you.

He knew it was your... to respond first.

She decided to take... and manage the team.

They always call... when important decisions are needed.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

After I explained my idea, the ball was in their court.

It's up to you to decide what to do next.

He made his move and started the new project.

As team leader, she calls the shots during meetings.

I decided to step up and organize the event myself.

Ключи

Упражнение 1

the ball is in your court

up to you

his move

take the reins

call the shots

Упражнение 2

is in your court

to you

move

the reins

the shots

At the Eleventh Hour

Список идиом

at the eleventh hour – в последнюю минуту

Сделать что-то в самый последний момент перед крайним сроком.

under the wire – в последний момент

Завершить задачу прямо перед сроком, когда времени почти не остаётся.

just in time – как раз вовремя

Сделать или получить что-то точно в нужный момент.

at the last minute – в последний момент

Совершить действие перед окончанием времени.

in the nick of time – как раз вовремя, едва успеть

Сделать что-то в самый критический момент.

by the skin of your teeth – еле-еле, с трудом

Сделать или достичь что-то очень с трудом, почти не успев.

at zero hour – в последний момент, при критической точке

При наступлении крайней необходимости действовать.

under pressure – под давлением

Действовать, когда время ограничено или ситуация напряжённая.

race against the clock – гонка со временем

Пытаться закончить дело до наступления крайнего срока.

down to the wire – вплоть до последнего момента

Продолжать работать или ждать решения до самого конца.

Короткий рассказ

James had been procrastinating on his final assignment. As the deadline approached, he realized he had to finish it at the eleventh hour. He knew he was cutting it close and would be under the wire if he didn't start immediately.

He began typing furiously, hoping to finish just in time. Every minute felt like at the last minute, and he was worried he might not succeed. Fortunately, he submitted the assignment in the nick of time, feeling relieved.

The experience was intense – James had completed the work by the skin of his teeth. He often joked that working at zero hour was stressful but somehow exhilarating. During the rush, he felt the pressure, realizing he was truly under pressure.

It had been a race against the clock, and he finished down to the wire. Despite the stress, James learned that he could manage even extreme time constraints and still succeed if he focused.

Упражнение 1: Fill in the gaps (с опорой на список)

She handed in her report _____, just before the deadline.

He completed the project _____, barely finishing on time.

The students submitted their essays _____.

I arrived at the station _____ to catch the train.

We managed to finish the presentation _____, after a frantic night of work.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

James started the assignment at the... and finished it quickly.

They submitted the forms under... with only a few minutes left.

She turned in her homework just... before the teacher collected it.

We fixed the problem in the... before the system crashed.

He passed the exam by the... barely succeeding.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I finished my report at the eleventh hour.

We managed to submit the application under the wire.

She caught the bus just in time.

He fixed the bug in the nick of time.

The team completed the project by the skin of their teeth.

Ключи

Упражнение 1

at the eleventh hour

under the wire

at the last minute / just in time

in the nick of time

by the skin of your teeth

Упражнение 2

eleventh hour

the wire

in time

nick of time

skin of your teeth

Take the Plunge

Список идиом

take the plunge – решиться на что-то смелое

Решиться сделать важный или рискованный шаг, несмотря на страх.

go for it – действуй, не бойся

Смело приступать к делу или возможности.

step out of your comfort zone – выйти из зоны комфорта

Попробовать что-то новое и непривычное, несмотря на страх.

dive in – нырнуть, начать без колебаний

Начать что-то энергично и с полной отдачей.

make a bold move – сделать смелый шаг

Принять смелое решение, которое может изменить ситуацию.

take a risk – рискнуть

Сделать что-то, результат чего не гарантирован.

go all in – вложиться полностью

Полностью посвятить себя действию или проекту.

embrace the challenge – принять вызов

Смело согласиться на трудное или интересное задание.

jump at the opportunity – ухватиться за возможность

Сразу согласиться на шанс, который открывается.

seize the moment – воспользоваться моментом

Не упустить шанс и действовать прямо сейчас.

Короткий рассказ

Sophie had always dreamed of starting her own bakery. One day, she decided to take the plunge and quit her office job. She knew it was risky, but she was ready to go for it.

She had to step out of her comfort zone and learn new skills in baking and business management. Sophie decided to dive in, experimenting with recipes and setting up her shop. It was a bold move, but she felt excited rather than scared.

Every day, she took a risk by trying new ideas, and she decided to go all in to make her bakery successful. Sophie loved to embrace the challenge, knowing that every mistake was a lesson. When an opportunity came to supply a local café, she jumped at the opportunity without hesitation. She knew she had to seize the moment and make it count.

Her bakery soon became popular, and Sophie was proud she had taken the plunge and followed her dream.

Упражнение 1: Fill in the gaps (с опорой на список)

She decided to _____ and start her own business.

Sometimes you need to _____ and try something new.

He had to _____ to succeed in the new role.

They chose to _____ and begin the project immediately.

It was a _____, but it turned out very successful.

She wanted to _____ and commit fully to her goals.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Sophie finally took... and started baking professionally.

He encouraged me to go... without hesitation.

You need to step... if you want to grow.

They decided to dive... and learn by doing.

It was a _____, but a rewarding decision.

She jumped... when the opportunity appeared.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I took the plunge and applied for a new job abroad.

He stepped out of his comfort zone to try rock climbing.

She dove in and started her own podcast.

We went all in to finish the project on time.

He jumped at the opportunity to join the international program.

Ключи

Упражнение 1

take the plunge

go for it

step out of your comfort zone

dive in

bold move

go all in

Упражнение 2

the plunge

for it

out of your comfort zone

in

make a bold move

at the opportunity

Face the Music

Список идиом

face the music – принять последствия

Смело встретить последствия своих действий или ошибок.

own up – признаться

Признать свои ошибки или проступки.

take responsibility – взять на себя ответственность

Принять ответственность за результат своих действий.

accept the consequences – принять последствия

Понять и смириться с результатами своих решений.

come clean – признаться полностью

Открыто рассказать правду о своих действиях.

deal with the fallout – справиться с последствиями

Разобраться с последствиями событий или ошибок.

bear the brunt – принять основной удар

Взять на себя основную тяжесть или ответственность.

answer for your actions – отвечать за свои поступки

Нести ответственность за то, что сделал.

pay the price – заплатить цену

Претерпеть последствия своих поступков.

face up to reality – смириться с реальностью

Признать правду и перестать отрицать ситуацию.

Короткий рассказ

David had been avoiding his manager all week after making a costly mistake in the report. He knew he had to face the music and explain what happened.

He decided to own up and admit his error honestly. By choosing to take responsibility, David showed professionalism and integrity. He was ready to accept the consequences of his actions, even if it meant criticism.

During the meeting, he decided to come clean, explaining exactly what went wrong. Now he had to deal with the fallout, including correcting the report and informing the team. David knew he had to bear the brunt of the mistake, but he also understood it was part of learning.

He was prepared to answer for his actions and pay the price if needed. Accepting his error allowed him to face up to reality and improve his work for the future. By confronting the situation, David grew more confident and responsible.

Упражнение 1: Fill in the gaps (с опорой на список)

After missing the deadline, she had to _____ and tell her boss.

It's important to _____ and admit when you're wrong.

He decided to _____ and fix the problem himself.

They had to _____ and deal with the results of the decision.

Finally, he decided to _____ and explain everything honestly.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

David knew he had to face... and accept the consequences.

She chose to own... and admit her mistake.

He had to take... for the outcome of the project.

They needed to deal... from the unexpected issue.

He realized he must answer... honestly to his manager.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I had to face the music after missing the deadline.

She owned up to breaking the vase.

He took responsibility for the team's mistake.

They came clean about the error in the report.

We had to deal with the fallout of the delayed shipment.

Ключи

Упражнение 1

face the music

own up

take responsibility

accept the consequences

come clean

Упражнение 2

the music

up

responsibility

with the fallout

for your actions

Throw Caution to the Wind

Список идиом

throw caution to the wind – рисковать

Решиться действовать, не думая о возможных опасностях или последствиях.

take a chance – рискнуть

Попробовать что-то, не будучи уверенным в результате.

go out on a limb – рискнуть, поставить себя под угрозу

Сделать что-то рискованное или нестандартное.

step into the unknown – шагнуть в неизвестность

Начать дело или принять решение, не зная результата.

roll the dice – рискнуть, испытать удачу

Сделать выбор, полагаясь на случай или риск.

take a leap of faith – сделать смелый шаг

Решиться действовать, веря в успех без гарантий.

venture out – рискованно выйти, отправиться

Начать что-то новое или необычное, несмотря на опасения.

go for broke – рискнуть всем

Сделать всё возможное, несмотря на риск.

push the envelope – расширять границы, рисковать

Делать что-то более смелое, чем обычно.

test the waters – попробовать, рискованно начать

Сделать небольшой эксперимент, чтобы проверить результат.

Короткий рассказ

Ella had been dreaming of starting her own travel blog for years. One day, she decided to throw caution to the wind and quit her office job to travel full-time. She knew it was risky but felt ready to take a chance.

She decided to go out on a limb by visiting countries she had never been to before. Every trip was like stepping into the unknown, but she loved the excitement. Ella sometimes felt like she was rolling the dice when trying new adventures or sharing personal stories online.

Starting a business required her to take a leap of faith, trusting that her efforts would pay off. She was willing to venture out of her comfort zone and go for broke, dedicating herself completely to the blog. Ella also wanted to push the envelope, creating unique content that no one else had. Occasionally, she would test the waters by posting experimental videos to see how her audience reacted.

In the end, her risks paid off, and Ella built a loyal following. She realized that sometimes the best opportunities come when you are brave enough to throw caution to the wind.

Упражнение 1: Fill in the gaps (с опорой на список)

He decided to _____ and invest in a new business.

Sometimes you need to _____ and try something new.

She went _____ by proposing an unusual idea at the meeting.

Traveling alone to a foreign country felt like _____.

They knew they were _____ by starting the project without any backup plan.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Ella finally threw... and left her job to travel.

He wanted to take... despite the risks.

She decided to go... and share her opinion openly.

Starting the new project felt like stepping....

Sometimes you just need to roll... and hope for the best.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I threw caution to the wind and applied for the scholarship.

He took a chance by investing in a start-up.

She went out on a limb and proposed a bold plan.

We stepped into the unknown when moving to a new city.

They decided to roll the dice and launch the new product.

Ключи

Упражнение 1

throw caution to the wind

take a chance

go out on a limb

step into the unknown

go for broke

Упражнение 2

caution to the wind

a chance

out on a limb

into the unknown

the dice

Bring Home the Bacon

Список идиом

bring home the bacon – зарабатывать деньги

Обеспечивать себя и семью финансово.

earn a living – зарабатывать на жизнь

Получать деньги, чтобы жить и покрывать расходы.

make ends meet – сводить концы с концами

Справляться с расходами и доходами, когда денег мало.

pull your weight – вносить свой вклад

Работать усердно и делать свою часть работы.

strike it rich – разбогатеть

Внезапно заработать много денег или достичь финансового успеха.

work your fingers to the bone – работать очень усердно

Очень тяжело трудиться, почти без отдыха.

cash in – получать прибыль, воспользоваться выгодой

Извлечь финансовую выгоду из ситуации или усилий.

bring in the dough – зарабатывать много денег

Приносить значительный доход.

keep the wolf from the door – справляться с трудностями

Обеспечивать себя и семью, избегая бедности.

rack up – накапливать доход

Собирать или зарабатывать деньги постепенно.

Короткий рассказ

Tom had always been determined to bring home the bacon for his family. He worked two jobs to earn a living and make ends meet. Every day, he pulled his weight, taking responsibility for both work and household chores.

Sometimes, he dreamed of one day striking it rich, but he knew it required patience and effort. He would work his fingers to the bone to ensure his family never had financial problems.

Occasionally, Tom managed to cash in on a good opportunity, increasing his savings. His small bakery job helped bring in the dough steadily. Despite challenges, he was able to keep the wolf from the door and provide a stable life. Over the years, he gradually racked up enough money to plan a family vacation.

Tom's dedication proved that with hard work, responsibility, and perseverance, it's possible to bring home the bacon and take care of loved ones.

Упражнение 1: Fill in the gaps (с опорой на список)

He works two jobs to _____ for his family.

It's hard to _____ when expenses are high.

Everyone needs to _____ to make the project successful.

She hopes one day to _____ through her investments.

He worked overtime to _____ for the household.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Tom tries to bring... by working hard every day.

Many people struggle to earn... in tough times.

We all need to pull... to finish the task on time.

He dreams of one day striking... and changing his life.

She managed to bring... steadily from her side business.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I work hard every month to bring home the bacon.

She earns a living as a graphic designer.

He pulls his weight in the team project.

They struck it rich after selling their app.

We are trying to make ends meet until the next paycheck.

Ключи

Упражнение 1

bring home the bacon

make ends meet

pull your weight

strike it rich

bring in the dough

Упражнение 2

home the bacon

a living

your weight

it rich

in the dough

On a Shoestring Budget

Список идиом

on a shoestring budget – на скромный бюджет

Делать что-то с минимальными финансами, экономно.

tighten your belt – затянуть пояс

Сократить расходы, жить экономно.

cut corners – экономить, идти на компромиссы

Снижать расходы, иногда в ущерб удобству или качеству.

make do – обходиться тем, что есть

Использовать ограниченные ресурсы для достижения цели.

pinch pennies – экономить каждый цент

Очень экономно расходовать деньги.

scrimp and save – экономить и откладывать

Стараться копить деньги, сильно ограничивая расходы.

stretch your budget – растянуть бюджет

Распределять ограниченные средства так, чтобы хватило на всё.

live frugally – жить экономно

Тратить деньги только на самое необходимое.

watch your spending – следить за расходами

Контролировать свои траты, чтобы не потратить слишком много.

tight budget – ограниченный бюджет

Когда денег мало и приходится экономить.

Короткий рассказ

Anna wanted to travel across Europe, but she had to do it on a shoestring budget. She decided to tighten her belt and save every possible penny. She often had to cut corners, staying in hostels instead of hotels.

During the trip, Anna learned to make do with public transportation and simple meals. She pinched pennies by cooking some of her own food and avoiding expensive attractions. By scrimping and saving, she managed to stretch her budget for the whole month.

Living frugally taught her how to watch her spending carefully. Even on a tight budget, Anna enjoyed exploring new cities and meeting people. She realized that traveling doesn't need a lot of money if you are creative and plan wisely.

Упражнение 1: Fill in the gaps (с опорой на список)

They traveled across the country _____, using hostels and buses.

To save money, she decided to _____ and avoid unnecessary purchases.

Sometimes, you have to _____ and accept simpler options.

He learned to _____ by cooking at home instead of eating out.

By _____, they managed to save enough for the trip.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Anna traveled on a... and had to be careful with money.

They needed to tighten... to cover the costs of the month.

We had to cut... to make the project affordable.

He could only make... with what was available.

She tried to pinch... wherever she could.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I traveled on a shoestring budget during my student years.

We tightened our belts to save for a new car.

She had to cut corners to finish the project on time.

He made do with an old laptop until he could buy a new one.

They pinched pennies to afford their first apartment.

Ключи

Упражнение 1

on a shoestring budget

tighten your belt

cut corners / make do

pinch pennies

scrimp and save / stretch your budget

Упражнение 2

shoestring budget

your belt

corners

do

pennies

Pay Through the Nose

Список идиом

pay through the nose – заплатить слишком много

Платить гораздо больше, чем что-то стоит.

overpay – переплатить

Давать больше денег, чем необходимо за товар или услугу.

cost an arm and a leg – стоить целое состояние

Быть очень дорогим, почти неподъёмным по цене.

fork out – раскошелиться

Вынуждено или добровольно платить большую сумму.

shell out – раскошелиться

Тратить деньги, часто больше, чем хотелось бы.

bleed someone dry – выжать деньги до последнего

Сделать так, чтобы кто-то заплатил слишком много.

break the bank – потратить все сбережения

Затратить слишком много денег, почти лишившись всего.

pay top dollar – платить высокую цену

Платить больше среднего за что-то.

hit someone in the pocket – ударить по кошельку

Причинить финансовые трудности высокой ценой.

spend a fortune – потратить целое состояние

Тратить очень большие деньги на что-то.

Короткий рассказ

During her vacation in Venice, Lisa realized she would pay through the nose for a gondola ride. All the tours seemed to overpay, and she noticed some were costing an arm and a leg.

Reluctantly, she had to fork out a large sum to enjoy the experience. Some tourists were willing to shell out even more for luxury rides. Lisa joked that the agencies were bleeding tourists dry with their high prices.

She had to break the bank just to buy souvenirs for her family. She knew she would pay top dollar for authentic Venetian masks. The expensive meals also hit her in the pocket, but she didn't mind spending a little extra. In total, she spent a fortune, but the memories were priceless.

Упражнение 1: Fill in the gaps (с опорой на список)

I had to _____ to buy tickets for the concert.

That designer bag will _____, it's very expensive.

Tourists often _____ for gondola rides in Venice.

She had to _____ to enjoy the luxury hotel.

We _____ on gifts for our friends while traveling.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Lisa realized she would pay... for a short ride.

Some tourists are willing to fork... for extra services.

The new car really cost...; it was almost too expensive.

The souvenir shop hit... hard with its prices.

He ended up spending... on the vacation.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I had to pay through the nose for the concert tickets.

She forked out a lot of money for a new laptop.

The designer shoes cost an arm and a leg.

We spent a fortune renovating our apartment.

He paid top dollar for a rare collectible.

Ключи

Упражнение 1

pay through the nose

cost an arm and a leg

overpay

shell out / fork out

spend a fortune

Упражнение 2

through the nose

out

an arm and a leg

her in the pocket

a fortune

Food for Thought

Список идиом

food for thought – пища для размышлений

Идея или информация, которая заставляет задуматься.

something to think about – что-то, о чём стоит подумать

Идея, которая требует обдумывания или анализа.

give pause – заставить остановиться и подумать

Привести к раздумью или пересмотру позиции.

ponder over – обдумывать

Внимательно рассматривать или анализировать что-то.

mull over – обдумывать, переваривать

Думать о решении или проблеме некоторое время.

reflect on – размышлять

Сосредоточенно анализировать событие, идею или поступок.

consider carefully – тщательно обдумывать

Взвесить все стороны перед принятием решения.

chew over – обдумывать

Долго думать о чем-то, обсуждать или анализировать.

take under advisement – принять к сведению

Принять информацию во внимание для дальнейшего решения.

give someone food for thought – дать повод задуматься

Предложить идею или факт, который заставляет задуматься.

Короткий рассказ

During the lecture, Professor Smith shared a story about climate change that really gave the students food for thought. Many had never considered the impact of their daily habits.

Emma started to ponder over the examples he provided and mull over her own lifestyle choices. She decided to reflect on how she could reduce waste and energy consumption. The lecture also made her consider carefully her use of plastic.

Her friends were inspired too, and they spent the evening chewing over ideas for environmentally friendly projects. The discussion definitely gave them something to think about, and they agreed to take it under advisement before making changes. Emma realized that even small actions could have a big impact, and the lecture had truly given her food for thought.

Упражнение 1: Fill in the gaps (с опорой на список)

The documentary really _____ about the importance of clean water.

He needed time to _____ before making a decision.

She began to _____ her career choices after the seminar.

The teacher asked the students to _____ the ethical dilemmas presented.

The discussion _____ for everyone at the table.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

The speech really gave... about saving energy.

He spent the weekend ponder... the possibilities.

She needed to mull... before replying.

We all had time to reflect... on the consequences.

The professor's question made the students chew... carefully.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

The article gave me food for thought about healthy eating.

I pondered over the pros and cons before buying the car.

She reflected on her past mistakes to improve in the future.

We chewed over ideas for the new project at work.

He took the advice under advisement before making a decision.

Ключи

Упражнение 1

gave food for thought

mull over / ponder over

reflect on

chew over

gave something to think about

Упражнение 2

food for thought

over

over

on

over

Off the Beaten Track

Список идиом

off the beaten track – вдали от туристических маршрутов

Место, не популярное среди туристов, скрытое и необычное.

hidden gem – скрытая жемчужина

Место или вещь, малоизвестная, но очень ценная.

away from it all – подальше от суеты

В тихом месте, вдали от шума и повседневной жизни.

out of the way – в стороне, неудобно расположенное

Труднодоступное или редко посещаемое место.

off the radar – вне поля зрения

Неизвестное, неприметное место или событие.

remote location – отдалённое место

Место, находящееся далеко от населённых пунктов или привычной инфраструктуры.

unspoiled area – нетронутая местность

Место, где природа или условия сохранились без вмешательства человека.

hidden away – спрятанное, укромное

Место, которое сложно найти, обычно уединённое.

less-traveled path – малоизвестный путь

Маршрут, которым ходят редко, не туристический.

secret spot – секретное место

Особое место, известное немногим, не рекламируемое.

Короткий рассказ

During her summer trip, Julia decided to explore areas off the beaten track. She wanted to see hidden gems rather than crowded tourist attractions.

She found a small village away from it all, nestled in the mountains. The town was out of the way, and she felt like it was completely off the radar. The locals showed her a remote location with breathtaking views of the valley.

The region was an unspoiled area, with forests and rivers untouched by development. Julia discovered a tiny café hidden away behind a garden, serving homemade pastries. She enjoyed walking along a less-traveled path leading to a waterfall and felt she had found a true secret spot.

This adventure reminded Julia that sometimes the best experiences happen off the beaten track, where peace and authenticity are guaranteed.

Упражнение 1: Fill in the gaps (с опорой на список)

We stayed in a village _____, far from crowded cities.

The guidebook suggested several _____ worth visiting.

I wanted a vacation _____, without crowds or noise.

The mountain cabin was completely _____.

We found a small café _____ in the forest.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

During our hike, we went off... and discovered amazing views.
The tiny beach was a real hidden... that few people knew about.
She loves to travel away... to relax.
The trail was out... but led to a beautiful lake.
We followed a less... and enjoyed the quiet path.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I love exploring places off the beaten track.

We found a hidden gem in a small countryside village.

She traveled away from it all to recharge her energy.

The cabin was out of the way, but the views were incredible.

We walked a less-traveled path and discovered a secret spot.

Ключи

Упражнение 1

off the beaten track

hidden gems

away from it all

out of the way / off the radar

hidden away

Упражнение 2

the beaten track

gem

from it all

of the way

traveled path

Hit the Road

Список идиом

hit the road – отправиться в путь

Начать путешествие или поехать куда-то.

set off – отправляться

Начинать движение или поездку.

leave on a journey – отправиться в поездку

Начать путешествие с определённой целью.

take off – взлететь, отправиться

Начать движение, особенно с энергией или энтузиазмом.

get going – приступить к делу

Начать движение или активность.

embark on a trip – отправиться в путешествие

Начать путешествие или поездку.

roll out – выезжать, стартовать

Начинать движение или мероприятие.

start the journey – начать путь

Начало поездки или путешествия.

leave the city – покинуть город

Начать путешествие, уезжая из города.

hit the trail – отправиться в поход

Начать пешее путешествие или поход.

Короткий рассказ

On a sunny morning, Jack and his friends decided to hit the road for a weekend adventure. They were excited to set off early to avoid traffic.

Before they could leave, they packed their bags and made sure everyone was ready to leave on a journey. The moment they started driving, they felt like it was the perfect day to take off and explore new places.

They reminded each other to get going quickly, as the first destination was several hours away. The friends were eager to embark on a trip full of fun and sightseeing. They were ready to roll out and enjoy every moment of their adventure.

Leaving behind the busy streets, they were thrilled to start the journey and leave the city for peaceful countryside roads. Later, they would hit the trail for a hiking trip in the mountains, completing their exciting weekend getaway.

Упражнение 1: Fill in the gaps (с опорой на список)

We decided to _____ early in the morning to avoid traffic.

They planned to _____ through the mountains this weekend.

Before we could leave, we had to _____ and pack our bags.

The hikers were ready to _____ into the forest.

We were excited to _____ and explore the countryside.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Jack and his friends hit... for their weekend trip.

They decided to set... before sunrise.

We had to leave... after checking everything was ready.

It was time to take... and start the adventure.

The hikers were ready to hit... for the mountain trail.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

We hit the road early to catch the sunrise.

They set off on a long journey across the country.

I decided to take off for a weekend trip with friends.

We hit the trail for a challenging hike in the forest.

She got going as soon as the bus arrived.

Ключи

Упражнение 1

hit the road

hit the trail

leave on a journey

hit the trail / embark on a trip

take off / roll out / start the journey

Упражнение 2

the road

off

on a journey

off

the trail

Jump on the Bandwagon

Список идиом

jump on the bandwagon – присоединиться к модному тренду

Начать делать то, что делают многие, следовать популярной тенденции.

follow the crowd – следовать за всеми

Делать то же, что и большинство, не выделяясь.

go with the flow – плыть по течению

Принимать ситуацию такой, какая она есть, и действовать вместе с другими.

join the craze – присоединиться к популярной тенденции

Начать участвовать в модном или популярном действии.

catch on – стать популярным

Идея или тренд начинает привлекать внимание многих людей.

get on board – поддержать идею

Присоединиться к инициативе или тренду.

follow the trend – следовать тренду

Делать то, что сейчас популярно.

go along with – согласиться, поддержать

Поддержать мнение или действие большинства.

join in – присоединиться

Начать участвовать вместе с другими людьми.

be part of the movement – быть частью движения

Активно участвовать в популярной тенденции или инициативе.

Короткий рассказ

When the new fitness challenge started at school, everyone seemed to jump on the bandwagon. Sarah didn't want to be left out, so she decided to follow the crowd and join in.

She thought it was easier to go with the flow rather than resist the excitement. Many of her friends had already joined the craze and were enjoying the workouts. Soon, the challenge began to catch on, and even teachers were participating.

Sarah was happy to get on board and share her progress with classmates. She realized that sometimes it's fun to follow the trend and try new activities. By agreeing to go along with the group, she made new friends and had fun. Participating allowed her to join in fully and feel like she was part of the movement.

Упражнение 1: Fill in the gaps (с опорой на список)

When everyone started wearing the new sneakers, I decided to _____.

She didn't want to feel left out, so she _____.

It's easier to _____ than to resist popular trends.

Many students _____ the latest online challenge.

He was happy to _____ and support the new idea.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Most people decided to jump... and try the new diet.

She preferred to follow... instead of doing her own plan.

They decided to go... with everyone else.

Many young people quickly joined... and shared their results online.

He wanted to get... and participate in the trend.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I jumped on the bandwagon and tried the new fitness app.

She followed the crowd and joined the painting class.

They went with the flow and attended the popular workshop.

We joined the craze and participated in the social media challenge.

He got on board and supported the charity initiative.

Ключи

Упражнение 1

jump on the bandwagon

follow the crowd

go with the flow

joined the craze

get on board

Упражнение 2

on the bandwagon

the crowd

with the flow

the craze

on board

Beat the Clock

Список идиом

beat the clock – успеть вовремя

Закончить работу или достичь цели до наступления крайнего срока.

race against time – гонка со временем

Действовать очень быстро, чтобы успеть выполнить задачу.

make it in time – успеть

Прибыть или закончить что-то вовремя.

meet the deadline – уложиться в срок

Сделать работу до установленного срока.

under the gun – под давлением

Действовать, когда время ограничено и есть срочность.

time is of the essence – время играет ключевую роль

Немедленные действия необходимы для успеха.

in the nick of time – в самый последний момент

Успеть сделать что-то буквально за секунды до конца.

push the limit – работать на пределе

Использовать максимум времени или возможностей, чтобы успеть.

work against the clock – работать в спешке

Стараться закончить задачу до срока, ускоряя процесс.

just in time – точно вовремя

Сделать что-то ровно в нужный момент, без задержек.

Короткий рассказ

Mia had only two hours to finish her presentation before the meeting. She knew she had to beat the clock if she wanted it ready on time. It felt like a race against time as she typed and edited quickly.

She tried to make it in time, checking every slide carefully. Her colleagues reminded her to meet the deadline, and Mia felt under the gun with every passing minute. She knew that time was of the essence and couldn't afford distractions.

Luckily, she finished in the nick of time and presented her work successfully. Mia realized she had pushed the limit but managed to work against the clock effectively. In the end, she submitted the report just in time and felt proud of herself for handling the pressure.

Упражнение 1: Fill in the gaps (с опорой на список)

I had to _____ to submit the essay before midnight.

We were in a _____ trying to finish the project.

She worked hard to _____ and not disappoint the team.

The boss reminded everyone that _____ and speed were important.

He completed the task _____, just before the meeting.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Mia managed to beat... and finish her slides.

They were in a race... to complete the challenge.

She tried to make... before the deadline.

The manager said time... in completing the reports.

He handed in the assignment just... and avoided penalties.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I had to beat the clock to catch the last train.

We were in a race against time to finish the project.

She made it in time for the final exam.

He submitted the report just in time.

The team worked against the clock to prepare the event.

Ключи

Упражнение 1

beat the clock

race against time

make it in time

time is of the essence

in the nick of time / just in time

Упражнение 2

the clock

against time

it in time

is of the essence

in time

Make Ends Meet

Список идиом

make ends meet – сводить концы с концами

Справляться с расходами, когда денег хватает с трудом.

live within your means – жить по средствам

Тратить столько, сколько реально зарабатываешь.

stretch your budget – растянуть бюджет

Распределять ограниченные деньги так, чтобы хватило на всё.

tighten your belt – затянуть пояс

Сократить расходы, экономно жить.

cut back – сократить расходы

Уменьшить траты на что-либо.

scrimp and save – экономить и откладывать

Стараться копить деньги, ограничивая расходы.

watch your spending – следить за расходами

Контролировать траты, чтобы не потратить больше, чем можно.

live frugally – жить экономно

Тратить только на самое необходимое.

pinch pennies – экономить каждый цент

Очень экономно расходовать деньги.

tight budget – ограниченный бюджет

Ситуация, когда денег мало и приходится экономить.

Короткий рассказ

After losing her part-time job, Emma had to make ends meet while looking for new work. She learned to live within her means and avoid unnecessary purchases.

To survive the month, she had to stretch her budget, tighten her belt, and cut back on dining out. Emma started to scrimp and save, even making coffee at home instead of buying it. She began to watch her spending carefully and live frugally to avoid debt.

Sometimes she had to pinch pennies, but it taught her the value of money. Despite a tight budget, Emma managed to pay her rent, bills, and still buy groceries. By being careful and disciplined, she successfully made ends meet until she found a better job.

Упражнение 1: Fill in the gaps (с опорой на список)

After losing her job, she had to _____ to pay rent and bills.

It's important to _____ and not spend more than you earn.

We had to _____ to survive the month.

He decided to _____ by eating at home instead of restaurants.

She learned to _____ and avoid unnecessary purchases.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Emma had to make... until she found a new job.

They needed to live... and avoid overspending.

We tried to stretch... to cover all expenses.

The family had to tighten... to save money.

He had to pinch... to buy essentials.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I had to make ends meet while studying at university.

We live within our means to avoid debt.

She pinches pennies to save for a new laptop.

They scrimp and save for a family vacation.

He tightened his belt after losing extra income.

Ключи

Упражнение 1

make ends meet

live within your means

stretch your budget

cut back / tighten your belt

watch your spending / live frugally

Упражнение 2

ends meet

within your means

your budget

your belt

pennies

Time Flies

Список идиом

time flies – время летит

Время проходит очень быстро, особенно когда занят или увлечён делом.

in the blink of an eye – в мгновение ока

Очень быстро, почти мгновенно.

before you know it – прежде чем успеешь оглянуться

Что-то случается очень быстро, неожиданно.

pass in a flash – пролететь мгновенно

Проходить быстро, почти незаметно.

go by in no time – пролететь незаметно

Время проходит быстро.

slip away – ускользать

Время уходит, незаметно теряется.

not enough hours in the day – мало времени

Чувство, что невозможно всё успеть за день.

moment flies – момент пролетает

Время проходит слишком быстро.

before long – вскоре, скоро

Событие произойдёт через короткое время.

make the most of your time – использовать время с пользой

Не тратить время зря, жить активно или продуктивно.

Короткий рассказ

Emma couldn't believe how fast time flies during her summer vacation. The days seemed to pass in the blink of an eye, and before she knew it, the last week had arrived.

Each day passed in a flash as she explored new places, met new people, and enjoyed the sun. Her holiday seemed to go by in no time, and she felt that the precious moments were slipping away.

Sometimes she thought there were not enough hours in the day to do everything she wanted. Every fun activity made the moment fly, and soon the trip would be over. Before long, Emma realized it was time to pack and head home. She decided to make the most of her time, enjoying the last few hours of her unforgettable vacation.

Упражнение 1: Fill in the gaps (с опорой на список)

During summer camp, it felt like _____; the days were so full of activities.

The weekend passed _____ because we were busy exploring the city.

She realized the last week of vacation came _____.

Every fun activity made the _____.

She tried to _____ by visiting all the places she wanted.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Emma noticed that time... when she was having fun.

The concert ended in the...; it felt so short.

Before..., the holiday was almost over.

The summer days seemed to go....

We felt that the weekend slipped... too quickly.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

Time flies when I am reading a good book.

The day passed in a blink of an eye.

Before you know it, the school year is over.

We made the most of our time at the festival.

The holidays seemed to go by in no time.

Ключи

Упражнение 1

time flies

passed in a flash

before you know it

moment fly

make the most of your time

Упражнение 2

flies

blink of an eye

you know it

by in no time

away

Rome Wasn't Built in a Day

Список идиом

Rome wasn't built in a day – терпение и труд

Большие достижения требуют времени и усилий.

slow and steady wins the race – медленно, но верно

Постепенный, стабильный прогресс часто приводит к успеху.

patience is a virtue – терпение – добродетель

Умение ждать и не торопиться – важное качество.

take your time – не торопиться

Делать что-то без спешки, тщательно.

step by step – шаг за шагом

Достигать цели постепенно, последовательно.

keep at it – продолжать упорно работать

Не сдаваться, продолжать делать усилия.

hard work pays off – труд окупается

Усилия и труд дают результат со временем.

slow progress – медленный прогресс

Достижения происходят постепенно, не сразу.

persevere – упорно продолжать

Продолжать стараться, несмотря на трудности.

build from scratch – строить с нуля

Начинать дело с самого начала, постепенно развивая.

Короткий рассказ

Tom wanted to start his own café, but he knew that Rome wasn't built in a day. He reminded himself that slow and steady wins the race, so he carefully planned every step.

He told his friends, patience is a virtue, and he would take his time choosing the location and designing the interior. Tom worked step by step, learning about recipes, suppliers, and management.

Even when progress seemed slow, he decided to keep at it because he believed that hard work pays off. Each small improvement added up, and the café slowly gained popularity.

He realized that slow progress is better than giving up, and by continuing to persevere, he was able to build from scratch a place where people loved to come and relax.

Упражнение 1: Fill in the gaps (с опорой на список)

Opening a business takes time because _____.

She reminded herself that _____ and consistent effort are important.

When learning a new skill, remember that _____.

Take your time and do everything _____.

Even if progress is slow, you should _____ to succeed.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

Tom knew that Rome... and he couldn't rush the process.

He followed the principle slow... to improve step by step.

His mentor always said patience... when facing challenges.

He decided to take... and plan carefully.

By continuing to keep..., he gradually achieved success.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

Rome wasn't built in a day, so I take my time with my project.

Slow and steady wins the race when learning a new language.

Patience is a virtue in difficult situations.

I keep at it until I master new skills.

He built the website from scratch, step by step.

Ключи

Упражнение 1

Rome wasn't built in a day

slow and steady wins the race

patience is a virtue

step by step / take your time

keep at it

Упражнение 2

wasn't built in a day

and steady wins the race

is a virtue

your time

at it