



lighten up

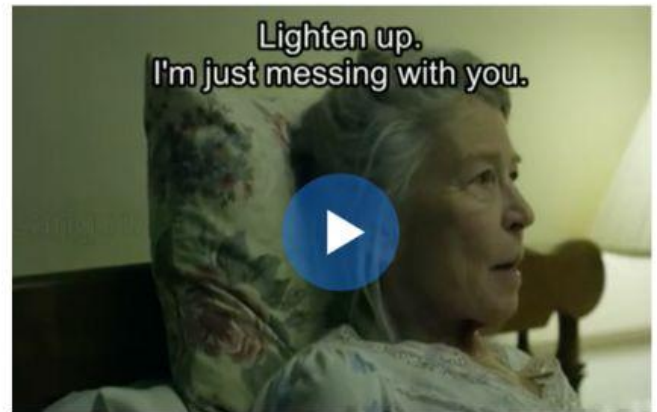
Definition

Don't be so serious, relax.

Origin

Originally, this slangy imperative, dating from the 1940s, meant to calm down, but in succeeding decades it took on its present meaning.

1. A: "I think he definitely needs to be grounded."
B: "Oh, lighten up—it's not like you never made stupid mistakes as a kid.»



1. Think of your own examples.

2. Work in pairs. Ask and answer questions, use the idiom.

3. Have you heard any other idioms in the episode?