IDIOMS

Go the extra mile
Make an extra effort

Let the cat out of the bag
To reveal a secret

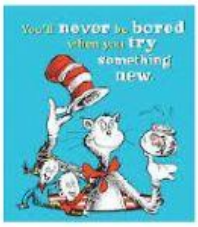
Pitch in
Join or help

Once in a blue moon
Rarely

Straight from the horse's mouth
Directly from the person involved

Up a creek without a paddle
In a bad or unlucky situation

Give it a whirl
Try something



Under the weather
Feeling sick

Hit the hay
Go to bed

Keep your chin up
Stay strong

Activity

1. **Choose the correct idiom and complete each sentence.**

up the creek without a paddle - let the cat out of the bag - pitch in

keep your chin up - once in a blue moon

give it a whirl - under the weather - go the extra mile

time to hit the hay - straight from the horse's mouth

1. Tim _____ about my surprise birthday party.
2. Get the whole family to _____and help make your recycling habit a permanent one.
3. I see her _____, because she's always working.
4. That news came_____, so it's true.
5. My car broke down in the middle of nowhere and my phone had no signal. I was _____.
6. I don't know how to begin, but I'll _____ , anyway.
7. I don't feel like going out today. I'm feeling a bit _____.
8. I love staying at that hotel. They always _____ to make their guests happy.
9. I'm exhausted. Time to _____ !
10. Even if things have been difficult for you, always_____, everything will be normal and alright soon. Source: theidioms.com