



## 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?