

# 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



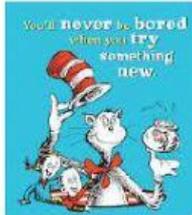
**Straight from the horse's mouth**  
Directly from the person involved



**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