UNIT 2: MENTAL & PHYSICAL DEVELOPMENT – THE BODY & THE MIND

🧠 IDIOMS ABOUT MEMORY

1. Have a memory like a sieve

- 🔹 *Meaning:* To forget things easily.
- 🔹 *Example:* "I forgot my keys again—I have a memory like a sieve!"

2. Slip one's mind

- 🔹 *Meaning:* To forget something.
- 🔹 *Example:* "Sorry I didn't call you back—it completely slipped my mind."

3. Jog your memory

- 🔹 *Meaning:* To help someone remember something.
- 🔹 *Example:* "Let me show you a picture; it might jog your memory."

4. Refresh one's memory

- 🔹 *Meaning:* To remind someone of something they have forgotten.
- 🔹 *Example:* "Can you refresh my memory on what we discussed last week?"

5. Bear something in mind

- 🔹 *Meaning:* To remember or consider something.
- 🔹 *Example:* "Bear in mind that this task must be completed by Friday."

6. Ring a bell

- 🔹 *Meaning:* To sound familiar.
- 🔹 *Example:* "That name rings a bell, but I can't place the face."

7. At the back of your mind

- 🔹 *Meaning:* Something you're aware of but not thinking about constantly.
- 🔹 *Example:* "The idea of quitting my job is always at the back of my mind."

8. A trip down memory lane

- 🔹 *Meaning:* An experience that makes you remember happy times in the past.
- 🔹 *Example:* "Looking through the old photo album was a real trip down memory lane."

🧩 IDIOMS ABOUT THE MIND AND THINKING

9. Cross your mind

- 🔹 *Meaning:* To briefly think about something.
- 🔹 *Example:* "It never crossed my mind that he could be lying."

10. Be in two minds (about something)

- 🔹 *Meaning:* To be uncertain or undecided.
- 🔹 *Example:* "I'm in two minds about going to the party tonight."

11. Blow your mind

- 🔹 *Meaning:* To amaze or overwhelm someone.
- 🔹 *Example:* "The ending of that movie blew my mind!"

12. Give someone a piece of your mind

- 🔹 *Meaning:* To speak angrily to someone about something they did wrong.
- 🔹 *Example:* "She was so mad she gave him a piece of her mind."

13. Have a lot on your mind

- 🔹 *Meaning:* To be preoccupied with many worries or thoughts.
- 🔹 *Example:* "She's been distant lately—probably has a lot on her mind."

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14. Mind goes blank

- 🔹 *Meaning:* To suddenly forget what you were thinking or saying.
- 🔹 *Example:* "I was about to answer the question, but my mind went blank."

15. Keep an open mind

- 🔹 *Meaning:* To be willing to consider new ideas or opinions.
- 🔹 *Example:* "Try to keep an open mind when listening to their suggestions."

16. Speak your mind

- 🔹 *Meaning:* To say exactly what you think.
- 🔹 *Example:* "He always speaks his mind, even if it upsets people."

📝 Worksheet: Idioms about Memory and the Mind

Part 1: Match the Idioms with Their Meanings

Match the idioms (A–H) with their correct meanings (1–8).

Idioms	Meanings
A. Ring a bell	1. Be willing to consider new ideas
B. Bear in mind	2. To become speechless or forget something suddenly
C. Be in two minds	3. Something sounds familiar
D. Mind goes blank	4. To be unsure or undecided
E. A trip down memory lane	5. To consider something when making a decision
F. Keep an open mind	6. To speak directly and honestly
G. Speak your mind	7. To think back on happy memories
H. Have a lot on your mind	8. To be worried or thinking about many things

Part 2: Complete the Sentences with the Correct Idiom

(jog your memory, slip my mind, give someone a piece of your mind, memory like a sieve)

1. I meant to wish her happy birthday, but it completely _____.
2. That smell really helped _____ about my childhood home.
3. My brother forgot to pick me up again. I'm going to _____!
4. I always forget passwords—I have a _____.

Part 3: Multiple Choice Quiz (Circle the Best Option)

1. If something "rings a bell," it:
   A. Is very loud B. Reminds you of something
   C. Is boring D. Is a warning
2. If you're "in two minds," you:
   A. Can't make a decision B. Are thinking of two people
   C. Have lost your memory D. Are very focused
3. "Keep an open mind" means:
   A. Accepting new ideas B. Staying silent
   C. Closing your eyes D. Not remembering

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