

To See Eye to Eye



Meaning: To agree on something.

Examples: Ben and Kieran don't see eye to eye over the English project.

I think we both see eye to eye over the incident.

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An Old Hand



Meaning: An experienced person.

Examples: Gillian's an old hand at gardening; let her help you.

My dad's an old hand at DIY; he's always fixing things.

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Lips Are Sealed



Meaning: To promise to keep a secret.

Examples: "Wow! Don't worry, I won't tell anyone. My lips are sealed," said Maureen.

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To Pull Your Leg



Meaning: To joke or tease someone.

Examples: "Just ignore Dan; he's pulling your leg. We are still going out for pizza," said Dad.

I was just pulling your leg. Of course today is Saturday.

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Keep Your Chin Up



Meaning: To try to be cheerful.

Examples: I know you feel sad but you must keep your chin up.

“That’s right! Keep your chin up and don’t worry about it,” said Dad.

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To Let Your Hair Down



Meaning: To relax and have fun.

Examples: “Susan has really let her hair down. I’ve not seen her this relaxed for ages,” said Lee.

“Go and have fun this weekend - let your hair down,” said Mum.

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Itchy Feet



Meaning: To feel restless and want to travel.

Examples: Hilary’s got itchy feet again. She’s just booked a flight to Australia.

After talking to Mohammed about his holiday, Zara was getting itchy feet.

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To Stick Your Neck Out



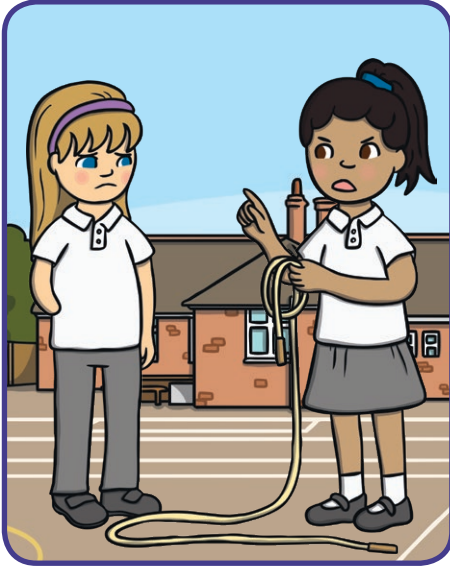
Meaning: To give someone a lot of help, even with bad consequences for yourself.

Examples: Jen really stuck her neck out to get Harry that job. I hope he knows that.

I stuck my neck out for Tom when he was in trouble at school.

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Put Your Foot in It



Meaning: To say something by accident that upsets or embarrasses someone.

Examples: "I think I've put my foot in it with Ricky. I had no idea it was a surprise party!" exclaimed Petra.

"Molly really put her foot in it when she said that!" Fran looked so upset," whispered Yusra.

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Kick in the Teeth



Meaning: To be disappointed when someone lets you down or life treats you unfairly.

Examples: Losing that £20 was a real kick in the teeth!

It's a real kick in the teeth that Ben didn't sort this out earlier.

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