PMR 2010 IDIOMS / PROVERBS	
IDIOMS /PROVERBS	MEANINGS
a snake in the grass	a cunning person who pretends to be a friend
has something up his sleeve	having a secret idea
in everybody's black book	fallen out of favour with everyone
means so much	is of significance
making a beeline for	going straight for
have a soft spot for	have a special fondness
born with silver spoons in their mouth	born into rich families
splash out on expensive things	afford expensive things
better get going	board the bus
spreads like wildfire	spreads quickly
don't be agitated over it	don't be upset
take the bull by the horns	face the problem bravely
off colour	not in usual form
get on my nerves	irritate me
at loggerheads	disagreeing or quarrelling
feel great	feel good
come along	accompany me
a bookworm	a person who loves reading
hale and hearty	strong and healthy
with flying colours	with great success
get through	passed
look gorgeous	look beautiful
dotes on you	showers you with affection
a bear hug	a big, tight hug
make out	understand
bear with me	be patient with me
takes up	occupies
put on	gained
put my feet up	relax
catch up with	update
bright and early	early in the morning
put your heart into your work	put more effort in your work
count on me	rely on me
spreading like wildfire	spreading very quickly
throw in the towel	give up
keeps our heads above water	manage to survive
it's all Greek to me	it's difficult to understand
second to none	very good

a tight spot	a difficult decision
makes my blood run cold	fills me with fear and horror
in cold blood	without mercy
keeping an eye on them	watching them closely
too good to be true	so good that I couldn't believe it was true
make ends meet	manage to survive with little money
every cloud has a silver lining	every difficult situation has a positive side
making a comeback	becoming known again
take a break	rest
get together	meet
gets my goat	makes me angry
pointing your finger at others	blaming others
a lame excuse	not a good enough reason
	I forgot about that
that slipped my mind	sit down and relax
put my feed up	plenty of work to deal with
a lot on your plate	involve in
caught up in	fainted
passed up	
working out	exercising a lot
a penny for my thoughts	tell me what you are thinking about
get my goat	make me angry
all work and no play makes Jack a dull boy	if we don't relax we will not be healthy
won't believe your eyes	will be very surprised
lend a hand	help
meet up	get together
have two left feet	am too awkward
a piece of cake	simple
stand out like a sore thumb	look silly
had a ball	really enjoyed myself
feeling under the weather	feel ill / not feeling well
out of this world	extremely good
wrapped up in my work	busy to complete or finish (something)
	successfully
your guest is as good as mine	you do not know what has happened or what
	will happen.
see red	become very angry
all skin and bones	extremely thin
at my wits end	unable to solve this problem
bent out of shape	an object is out of true it is not in the correct
	position or is slightly bent out of the correct
	shape.
all ears	very interested to hear something

	speak to someone an anger and sharply for n good reason
a backhanded compliment	to say something pleasant about a person bu
······································	also could be an insult
a little bird told me	they know who gave them the information
	being discussed but will not say who it was.
bear fruit	produce positive results
easier said than done	in disagreement with one another
a piece of cake	easy
sail through	to be successful in a test/exam without
	experiencing any problems
green with envy	very jealous
tie the knot	get married
music to my ears	exactly what you have been waiting to hear
mum's the word	to tell someone, or to agree, that something
	must be kept a secret
ring a bell	remind you of something
plays his card right	handles everything properly
dab hand	someone who is very good at a particular
	activity