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Colegio Bautista Shalom



English Course

Fourth Grade

Fourth Bimester

Contents**BODY GESTURES****MANNERS AND ETIQUETTES****BEHAVIORS****GREETINGS****IDIOMATIC EXPRESSIONS**

Note: As you progress in your learning, your teacher will indicate the exercise or activity to be carried out in each topic.

BODY GESTURES

1. **Wink** – Winking is the most subtle gesture. To wink is closing and opening of eyelid of one eye deliberately to convey a message, signal or suggestion.
2. **Frown/Scowl** – When eyebrows are brought together and the forehead is wrinkled usually indicating worry, displeasure, confusion or concentration.
3. **Grin** – To smile broadly especially indicating amusement or pleasure.
4. **Nod** – Head nodding is used to signify yes or to acknowledge someone.
5. **Shoulder Shrug** – Shrugging conveys anger or when a person does not know something or doesn't understand something.
6. **Thumbs up** – It is an OK signal used for approval or thumbs down is used for disapproval.
7. **Wave** – Move one's hand to and fro in greeting or waving goodbye.

Scan the QR code to watch the video tutorial and learn more about body gestures



MANNERS AND ETIQUETTES

Good manners are important for considering the feelings of other people and being the kind of person that others will like and respect.

In the 'olden days' children were taught about the Golden Rule, "Always do to others as you would wish them to do to you if you were in their place." This is still a good way to behave nowadays. If you are respectful to others then you are more likely to be treated with respect by them. If you show good manners everywhere you go, you are more likely to encourage others to behave in the same way towards you.

Good manners show the best you have to offer and encourage others to be their best. Practicing these manners on a daily basis makes for a more pleasant life.

- ✓ Be thoughtful
- ✓ Be cheerful
- ✓ Be generous
- ✓ Be co-operative
- ✓ Be helpful
- ✓ Don't be bossy
- ✓ Don't put people down or say rude things
- ✓ Respect other's privacy
- ✓ Take care of personal property

Manners are important to make a good impression on others in everyday life. They also help you to feel good about yourself and your identity. No matter where you are, at home- with kids, at work- with colleagues, or with friends, practicing good manners are important. If you practice good manners, you are showing those around you that you are considerate to their feelings and also respect them. You are also setting standards for other's behavior and encouraging them to treat you with similar respect.

BASIC EXAMPLES OF GOOD MANNERS AND ETIQUETTES

- **Choose your words wisely** and don't rush to comment about things you don't know much about.



Being a good listener is often better than speaking. You don't need to have an opinion on everything.

- **Think things out before you speak**, especially if you are a person who may be poor at finding the right words to say. Don't start a sentence, with 'ums' and 'ers' in between, it seems awkward and you should try speaking to yourself in front of a mirror, it works! It increases your confidence in speaking.
- **Don't speak loudly**. You will quickly lose respect if you do, as this can be seen as overbearing and rude. It can also make other people angry and upset with you before you even establish some kind of relationship with them. They will see you as a 'big mouth' who cannot be trusted with anything confidential. So practice turning your volume down if you tend to have a loud voice.
- **Speak with respect to and of others**. You can do this by avoiding negative remarks that may insult someone else. The general rule is- if you don't want someone to speak about you that way, you don't speak about them to others.
- **Do not ever speak of bodily functions** even if it is a casual conversation, such as using the bathroom or telling crude jokes, for this shows sign of immaturity and often creates a bad impression of you with your friends, family, and co-workers.
- **Always respect older people** and listen to them and learn. This applies to all elders and not just parents and grandparents.
- **Using the terms** 'Thank You', and 'You are Welcome' shows that you have good manners. People who lack manners do not use these terms.
- **Hold open a door** for anyone following you closely. This is a sign of a good manner and has never changed. There are no strict gender rules in this day and age.
- **Speak highly of your parents** respect them, even if there are things about them that you do not like. If you cannot do that, stay away from speaking about them at all. It looks bad to insult or speak badly of the people who brought you into this world or raised you. Don't wash dirty family laundry in public. It is negative and rude.
- **Do not swear to use filthy language and curse words**. It is unprofessional! People who do this are usually very immature and have no self-control or respect for themselves and others!

Good manners are simply respect and consideration for others or being aware of the needs of others. They are the oil which lubricates the friction of interpersonal relations and creates a happy and successful society. So, Give Respect and Take Respect!

BEHAVIORS

Nothing affects learning more than the environment.

No classroom can (or should) be silent rows of children, learning in lockstep. If it ever was like that – which is debatable – it isn't like that now. The best classrooms today look like beehives of activity where everything is geared toward learning.

So, teenagers still must have rules of good behavior. They don't need a long list. Over the years, I've discovered four rules pretty much cover it:

1. Be caring.
2. Be accountable.
3. Be responsible.
4. Be respectful.

Parents help teenagers – and teachers – with these four rules by expecting that they do some pretty basic things. Like these.

1. **Follow class procedures**. When teenagers walk safely and quietly in the halls, for example, they're being responsible and respecting the learning going on in other classrooms.
2. **Raise your hand to speak**. Raising your hand simply allows students to take turns speaking, sharing, and discussing. Everyone gets a chance, just not all at once.
3. **Keep your voice down**. No one can learn when there are too many distractions. It's okay to work with others as long as one group's excitement doesn't keep the others from doing their work.
4. **Listen to others**. Teenagers learn from listening to others, hearing opinions, evaluating. Listening is one of education's most important skills.
5. **Don't hog the discussion**. We care for and respect one another when we express ourselves and then let others do the same. It's all about sharing.

6. **Ask for help when you need it.** This is taking responsibility for our own learning. When kids feel safe about asking for extra help we're ensuring their success. Who doesn't need a little help from time to time?
7. **Help someone else.** What better way to show caring than helping someone who could benefit from your assistance? Teenagers love to share their knowledge with each other. Study buddies encourage each other to stay on track and prepare for quizzes. I tell students, never let a day go by without helping someone.
8. **Do your work.** The most responsible behavior of all. Get your work done, preferably with good humor. Then, be accountable by turning it in.
9. **Pay attention.** Another responsible behavior. Amazing the number of problems that can be avoided if we just paid attention to begin with.
10. **Stay in your seat.** Much classwork is done at your desk. Of course, if you're working in a team or in some other group activity the teacher has organized, you're free to move around. Otherwise, stay put.

GREETINGS

Hey, Hey man, or Hi and Greeting a stranger

You can use "hey" and "hi" to greet someone instead of "hello". Both are particularly popular among younger people. While "hi" is appropriate to use in any casual situation, "hey" is for people who have already met. If you say "hey" to a stranger, it might be confusing for that person because he or she will try to remember when you met before! You can also add "man" to the end of "hey" when greeting males. Some people also use "hey man" to casually greet younger women, but only do this if you know the woman very well. Remember that "hey" doesn't always mean "hello". "Hey" can also be used to call for someone's attention.

But what about introducing yourself to a stranger? Speaking with strangers is often a *dreaded* (feared) task for many speaking in a second language and for English learners, it is no different. We have particular titles used for greeting strangers in English and usually, it is more formal speech than *hey, hey man or hi*.

For a full breakdown of how to politely greet strangers in English, then be sure to check out the video below.



And of course, once you've nailed the introductions, there's another set of phrases you need to learn!

That's right, *farewells* (saying goodbye!)

Check out the video below.

Scan the QR code.



Scan the QR code.

How's it going? Or how are you doing?

These are casual ways of asking "how are you?" If you're trying to be particularly polite, stick with "how are you?" but otherwise, you can use these expressions to greet almost anyone. The word "going" is usually shortened, so it sounds more like "go-in". You can answer with "it's going well" or "I'm doing well" depending on the question. Although it's not grammatically correct, most people just answer "good" – and you can too. Like when responding to "how are you?" you can also follow your answer by asking "and you?"

What's up? What's new? Or what's going on?

These are some other informal ways of asking "how are you?" which are typically used to casually greet someone you have met before. Most people answer with "nothing" or "not much". Or, if it feels right to make small talk, you could also briefly describe anything new or interesting that's going on in your life, before asking "what about you?" to continue the conversation.

How's everything? How are things? Or how's life?

These are some other common ways of asking "how are you?" They can be used to casually greet anyone, but most often they're used to greet someone you already know. To these, you can answer "good" or "not bad". Again, if small talk feels appropriate, you could also briefly share any interesting news about your life, and then ask the person "what about you?" or another greeting question.

How's your day? Or how's your day going?

These questions mean "how are you?" not just right now, but how you've been all day. You would use these greetings later in the day and with someone you see regularly. For example, you might ask a co-worker one of these questions in the afternoon, or a cashier that you see at the grocery store every evening. "It's going well" is the grammatically correct response, but many people simply answer with "fine", "good" or "alright". By the way, notice that "good", "fine" or "not bad" are perfect answers to almost *any* greeting question.

Good to see you or Nice to see you

These casual greetings are used with friends, co-workers or family members that you haven't seen in a while. It's common for close friends to hug when they greet each other, particularly if they haven't seen each other in some time; so you might use this greeting along with a hug or handshake depending on your relationship with the person.

Long time no see or it's been a while

These casual greetings are used when you haven't seen someone in a long time, particularly if you meet that person unexpectedly. How much is a *long* time? It depends on how often you normally see that person. For example, you could use one of these greetings if you normally see the person every week, but then don't see them for a few months or more. Usually, these English phrases are followed with a question like "how are you", "how have you been?" or "what's new?"

IDIOMATIC EXPRESSIONS

Idiomatic expressions are groups of words with an established meaning unrelated to the meanings of the individual words. Sometimes called an expression, an idiom can be very colorful and make a 'picture' in our minds.

Some common idiomatic expressions:

- *He let the cat out of the bag (accidentally told a secret).*
- *She got off Scott-free (escaped without punishment).*
- *He flew off the handle (went crazy).*

We love idiomatic expressions and idiomatic phrases in English, don't we? From an English language-learner's point of view, they are the '**icing on the cake**' much like phrasal verbs and adjectives. But how do we remember what they mean and how to use them?

We can memorize a few, and try to use them as often as we can (probably too often!), but how do we manage an idiom that we are meeting for the first time?

Firstly, you need to know that idioms and phrases are everywhere in English: anything that doesn't have a literal, physical meaning is an idiom. Let's look at some idiom examples:

- I find his excuses **hard to swallow**, he's lying.
- The police have been **digging around** in his accounts looking for evidence of fraud.
- He's **a really bright spark**, so I think he'll do well at school.

These sentences all contain idioms, because you can't swallow words or dig in a bank account in any literal or physical way – and how can a 'spark' do well at school? You'll also notice that a literal translation into most languages won't make sense.

These kinds of idioms are far more common, and therefore far more important, than the more colorful expressions like '**He's kicked the bucket**' (died), '**She's hitting the books**' (studying), or '**Break a leg!**' (Good luck!), and without them students often sound too formal – saying things like:

- I don't believe his excuses.
- The police have been investigating his accounts looking for evidence of fraud.
- He is a very intelligent student, so I think he'll succeed at university.

LIST OF COMMON ENGLISH IDIOMS

IDIOM	MEANING
Hard to swallow	Difficult to believe
Digging around	Looking for
He's a really bright spark	He's an intelligent person
He's kicked the bucket	He's died
She's hitting the books	She's studying hard
Break a leg!	Good luck!
Set out on a new career	Start a new career
Saunter through life	Live in a relaxed way
Follow in someone's footsteps	Do something the way another person did it before
One step at a time	Do something slowly and carefully
Career path	The sequence of jobs someone takes that create their career
Milestones	Important events in a person's life or career
Dead end job	A job that offers no opportunity for advancement
To be at a crossroads	When someone is at a point in life where their decisions will have long term consequences
He's on the straight and narrow	He's living in a morally proper way
To walk someone through something	To show someone how to do something
We need to come up with a road map	We need to make a plan
I wouldn't go down that road if I were you!	I wouldn't do that if I were you!
Don't run before you can walk	Don't try to do something difficult before mastering the basics
Inching forward	When progress on something is being made in small increments
To move at a snail's pace	To move slowly
To get good mileage out of something	To get a lot of benefits from something
To have your whole life in front of you	To be young and have a lot of years to live
To get on with your life	To make progress in life goals after a difficulty
To tread carefully	To behave or speak carefully to avoid offending or causing problems with someone or something
To be a minefield	When something presents many possible dangers
We'll cross that bridge when we come to it	To wait to worry about one problem at a time
Information superhighway	The internet
Time is money	Time is a valuable resource
A tasty (or juicy) bit of gossip	Very interesting or sensational gossip
To devour someone or something	To consume something very quickly
To add a pinch of salt to something	To acknowledge that someone exaggerates
To chew something over	To think about something before making a decision
To not swallow something	To not accept something as fact
To bite off more than you can chew	When someone makes a commitment that they cannot keep
To eat your words	When someone has to admit they were wrong
A warm welcome	A friendly welcome
The cold shoulder	An unfriendly welcome
When things heat up between people	When a relationship becomes romantic
To be cold-hearted	To be dispassionate or uncaring
A 24-hour hotline	A phone line that is always active
A very frosty reception	To receive a greeting that makes someone feel unwelcome

The Cold War	War without active fighting between nations
A warm smile and the warm handshake	A welcoming smile and handshake
Cold callers	People who call phones, usually for sales, who don't have previous contact with the person they're calling
We took the temperature of the group	Checked the overall opinion of a person or group of people about something
Most people were quite warm about the idea	People have a positive reaction to the idea
You'll reap the rewards later	To collect the benefits of your work
To prune out	To clear, clean or groom something
Separate the wheat from the chaff	Separate what is useful or valuable from what is worthless
Rooted in	Based on something or connected to a source/cause
To cutback something	To reduce something, usually related to the amount of money spent
To dig deep	To use a lot of your physical, mental or financial resources to achieve something
Great growth	A positive change in the production of goods or services
Root and branch	Completely/utter
Seed money	Money that is used to start a small business or other activity
Bright shoot	Start something new, a new chapter
Plough its own furrow	To follow a plan or course of action independently
Green fingers	Have an ability to make plants grow, to be good at gardening
Build/make a good case	To argue that something is the best thing to do, to explain and give reasons why something should be done
A fabrication	To tell lies about something, completely made-up/invented
To be on solid ground	To be confident about the topic you are dealing with, or because you are in a safe situation
Build on	To use something as a base or foundation to develop something else
Shattered	To break something into a smaller form or into many pieces
Undermine your position	Behave in a way that makes you less likely to succeed
Demolish your arguments	To break down someone's argument to an extent that it is no longer accurate or correct
Constructive criticism	Criticism that is useful because they can help improve something
Grounds for dismissal	A reason for you to be dismissed from your job, often due to your (negative) behavior
Completely groundless	Not based on any good reason
Grounded in fact	Something that is based on facts
Come to light	To be revealed
Unearthed	To find something that was lost or forgotten
A mine of information/gossip/data	Someone or something that can provide you with a lot of information etc.
Get to the bottom of	Find an explanation, often to a mystery
Digging into	To methodically reveal information
To bury the memory	To try to hide something, such as a memory, the truth etc.
Emerge	Something that is brought to attention
Out in the open	In public view or knowledge, everybody knows
Underground scene	An alternative culture, different from the mainstream of society and culture
Transparency	Something that can be seen by everyone/the public
Crystal clear	Perfectly easy to understand
Put your head in the sand	To ignore or hide from the obvious signs of danger
Bright spark	Someone that is highly intelligent
Enlightenment	To understand something completely
Throw light on something	To reveal something about someone/something, to clarify something

Dull	Something that lacks imagination, boring
Brilliant	Shining brightly, stands out, illustrious
In the dark	A state of ignorance, to not have knowledge about something
Dim-witted	Something/someone that thinks slowly, lacks intelligence
Dark ages	When something was not understood, a time when knowledge was limited
Illuminating	To make something more understandable
Right-wing	A part of a political group that consists of people who support conservative or traditional ideas
Look down upon	To view someone or something as unworthy
Side of the fence	Refers to either side of opposing views or ideas
Political landscape	The current state of things and how they are looking in the future
Look at life	How you observe things that happen, your opinion on daily matters
Behind you all the way	To fully support someone's actions
Point of view	An opinion on something
Better perspective	A clearer view of something, a more thorough understanding of a situation
Take someone's side	To support one person's side of an argument
Where I stand	Your opinion, point of view
Look up to	To respect someone as a role model
Moral high ground	The status of being respected, a position of being 'more' moral than others
Sitting on the fence	Undecided on a decision, avoid making a decision on something

A typical ESL student is both fascinated and frustrated by idioms; they give you fluency but are very hard to use accurately because:

- They may change meaning if you forget or change a single word.
- You must use them in the right context – don't say '*he's kicked the bucket*' (died) at a funeral!
- You can't translate them into, or from, another language. There is no literal translation.

7 WAYS TO MAKE ENGLISH IDIOMS AND PHRASES EASIER TO UNDERSTAND:

1. Listen to context:

Idioms are unusual expressions. So ask yourself 'Why is that person using an unusual expression?' The reasons are likely to be connected with emphasis, exaggeration, or a high state of emotion! So check the context – and the facial expression!

2. check to see if you understood:

Use expressions like; 'so you're pretty angry about that right?' or 'OK, you mean that you're too busy at the moment.'

3. Be honest when you don't understand:

Try using; 'I'm sorry, but I don't know what you mean.'

4. Never translate idioms:

Idioms from your own language may use the same imagery or concepts (and it is always interesting to notice these similarities) but they are unlikely to translate word-for-word into English expressions.

5. Listen to how native speakers use idioms:

A native English speaker NEVER says 'it's raining cats and dogs' – so why should an ESL student? Listen to what native speakers actually say in a given situation, and copy.

6. Take notes:

Keep a notebook of your favorite expressions in English and add anything new that you hear. Try to use new expressions soon after you learn them, this is called 'use it or lose it.'

7. Tolerate your mistakes:

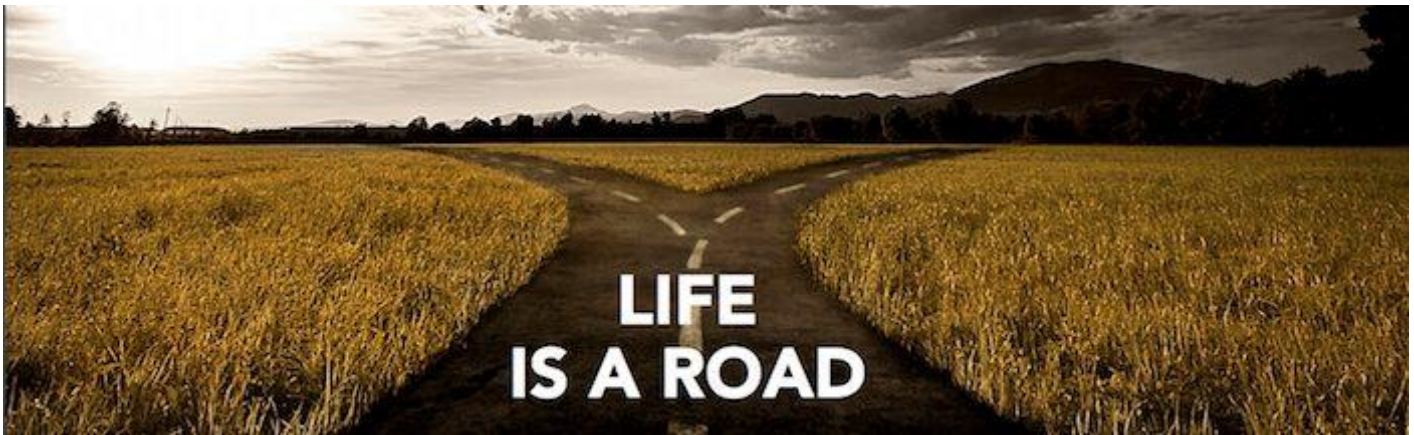
You will definitely make mistakes and create confusion when you use idiomatic expressions, so be brave and allow yourself the space to try, fail, and try again.

LEARN ENGLISH IDIOMATIC EXPRESSIONS WITHOUT MEMORIZING

Most lists of common English idiomatic expressions we see have 2 things wrong with them. They include a lot of out-dated expressions that no one actually uses anymore (it's raining cats and dogs), and they're really hard to memorize.

Rather than force you to memorize a list of expressions, we're going to teach you some tricks that will make it easy to understand English expressions, even if you've never heard them before.

Most idiomatic expressions can be divided into a few groups, and these groups have things in common that make them easier to understand. Below you'll find these groups, with the English expressions in bold.



ENGLISH EXPRESSIONS ABOUT LIFE

"A journey of a thousand miles begins with a single step" – so said Lao Tzu, the founder of Chinese Taoism.

When he said these wise words, he wasn't just offering encouragement to people who had to walk long distances in Zhou Dynasty China during the 6th BC, but was talking about every kind of journey in life.

The quotation is generally taken to mean that any undertaking in life – even really big ones – must start with small steps, and that we must not become discouraged by the size of the tasks in front of us. The idea that our tasks, and indeed our lives, can be seen as physical journeys that can be broken down into steps is common in many languages; English is no exception.

So we might **set out** on a new career, **saunter** through life without a care, **follow in someone's footsteps** or take a difficult task **one step at a time**.

And just as the physical hikes, strolls or walks that we go on require paths or roads, which can be straight or winding, and sometimes lead to dead ends – so it is with our projects, careers and lives.

This means that some of us want to follow a clear **career path**, are proud of the **milestones** we achieve and don't want to work in a **dead end job**. When deciding on a course of action we might find ourselves at a **crossroads in life**, wondering **which way to turn**, hoping we don't take **the road to ruin**!

Examples of idiomatic expressions about life:

- He's put his criminal past behind him – He's on the **straight and narrow** now!
- It's a difficult system to get used to, so **let me just walk you through the first few steps**.
- We need to come up with a **road map** to go forward with these negotiations.
- Being selected for the national team was the first major **milestone** in my career.
- So you want to invest in his business? I wouldn't **go down that road** if I were you!
- I feel like I'm at a **crossroads in my career** and I'm not sure **which way to turn**.
- I have tried to **follow in Dad's footsteps** and to do the right things.
- I suppose I've gone down quite a **winding career path** – I've never done things the easy way!
- Holmes had **crossed paths** with Moriarty several times before and it had never gone well.
- I know I said you should read a bit more, but War and Peace? **Don't run before you can walk!**

Please note that we use the imperial system, rather than the modern metric system, to refer to distances in idioms:

- We are just **inching forward** with this project **at a snail's pace**.
- I think I can get **good mileage** out of this idea.

Notice the way that prepositions are used to imply movement or direction in life:

- He envied his grandchildren having their whole **lives in front of them**.
- I always try and put failures behind me and **get on with my life**.

Also, if we are traveling along a road or pathway, we might expect to find obstacles to our progress and have to handle them in some way:

- We need to **tread carefully** here because ethnic tensions in the area can be **a minefield**.
- I don't know yet what we'll do if they reject our offer – but **we'll cross that bridge when we come to it**.

And please note that idioms involving roads can refer to other things:

- The **information superhighway** has changed the way we think about the world.

ENGLISH EXPRESSIONS ABOUT MONEY

When Benjamin Franklyn wrote that '**time is money**' in his *Advice to a Young Tradesman* in 1746, he meant that time was a commodity which can be treated the same way that we treat money or any other resource. He was right too, from a linguistic perspective anyway, as we have long had this attitude towards time within the English language.

Like money, time is something that we save, waste or spend. We praise good time management, we complain that we don't have enough time, and we wonder how long our time will last. Let's look at the way the English language treats the concepts of time and money.

Examples of English Expressions About Money:

Look at these sentences and decide if you can substitute the word 'time' for the word 'money' (you may have to make a few extra changes):

- We will have to go soon – we are getting short of **money**.
- I have wasted a lot of **time** on this project.
- We made some changes at work to save **money**.
- He is determined to make it work – he's invested so much **time** in the business already.
- He worked my shift at work for me – so I guess I owe him some **time** in return.
- I would like to devote more **time** to keeping the garden in shape.
- This problem has cost us too much **money** already!
- We are living on borrowed **time**.
- I thought I gave him enough **money** – but he seems to have squandered it all!
- She's always had better **money**-management skills than me.

In most of the sentences above you can substitute 'time' for 'money' without a problem. The context may change, but the sentences themselves still look fine.

Please note that we can replace the actual word 'time' with an *amount* of time – and we can do this with 'money' too:

- We **spent** three weeks there.
- I **spent** \$50 on it.
- It **takes** half an hour to get there.
- It **took** \$100 to convince him!



ENGLISH EXPRESSIONS ABOUT KNOWLEDGE

What is the basic unit of knowledge – a fact, a truth, a maxim or a law? Well, from a computing point of view it is called a 'byte'. In 1956 Werner Buchholz, a computer scientist working at IBM, wanted a term he could use to describe the eight binary digits (bits) needed to encode a single letter, number or symbol on a computer.

He chose the word 'byte' – a deliberate misspelling of the word 'bite' – and this term now refers to the basic unit of all the information held on all computers, everywhere. When he chose this word, Buchholz was (perhaps unknowingly) using a very common, basic and important idiom in the English language; knowledge (or information) is food.

If you think about it, this idiom is quite easy to understand; **information exists in the outside world and must somehow come inside us so that we can learn and understand it.**

This process of bringing information into ourselves can be thought of as eating. So we might hear a **tasty bit of gossip** or **devour a newspaper**, we may need to **add a pinch of salt to unlikely stories**, **chew over** a difficult subject, or **digest information** – we may even need to **spit information out** if required!

Examples of English expressions about knowledge

- He absolutely **devours newspapers** – he gets about three every morning!
- You have a **great appetite for knowledge**, and I respect that.
- I won't give you an answer yet – Let me **chew it over** for a while.
- Who broke the school window? Come on lad – **spit it out!**
- I got my dad a subscription to **The Reader's Digest**.
- She always exaggerates so if I were you I'd take what she says with a **pinch of salt**.
- Don't give them too much information at the start of the course – just **bite-sized chunks** for now.
- We sat with a bottle by the river **ruminating on** the meaning of life.
- The exam system is terrible – you just have to **regurgitate** the textbook, basically.
- Information is food? – **I'm not swallowing that!**

Please note that idiomatic expressions involving food or eating can express other meanings in English, for example if you **bite off more than you can chew**, you try to do too much or more than you are able to do; or if you **eat your own words**, you retract what you said earlier:

- He **bit off more than he could chew** when he agreed to paint the house by himself.
- He's going to regret saying that – I'm going to make him **eat his own words!**

Don't try making a literal translation of those! And choices, for example, have taste:

- I can offer you a couple of **tasty options** from our new winter collection.
- The delegates are being forced to choose between two **unpalatable** candidates.

ENGLISH EXPRESSIONS ABOUT RELATIONSHIPS

Here is a party game that I used to play with friends and family when I was young (a long time ago!) It involves somebody hiding something, and somebody else searching for it.

Firstly, I would close my eyes or leave the room. Then someone would hide something, some keys perhaps, in some part of the room. After this I would be allowed to look for them and the rest of the players could offer encouragement by saying; 'You're getting warmer,' when I approached the hidden object, or; 'You're getting colder,' when I went in the wrong direction.

When I got really close to the hidden keys, some of the younger children would be shouting 'You're really hot now – boiling!' And finally I would find the keys under a magazine on the coffee table!

The idea that you get warmer when you are closer to something is quite common in English and is particularly strong when applied to our relationships with each other. Heat is a metaphor for how close we feel to someone else, and how well we think they are treating us.

Close relationships are 'warm', and unfriendly relationships are 'cold'. This means that if I say that the receptionist at the hotel **greeted me very warmly**, you can be sure that she was very friendly and welcoming. Equally, if I tell you that the audience gave me **a frosty reception**, you will know that my lecture was not a great success!

So we can say that our relationships and feelings have some sort of 'linguistic temperature!'

Examples of English idioms about relationships:

- Hello – and a very **warm welcome** to the show!
- I tried to explain to her but she just gave me the **cold shoulder**.
- Perhaps you should **cool things off** with him for a while.
- I think things are **heating up** between Dave and Mary!
- She was a very **cold-hearted** mother who never gave us hugs or praise.
- We have set up a 24-hour **hotline** for anyone who wants more information.
- Well, that was a very **frosty reception** – I don't think we're very welcome here!
- The **cold war** was a low point in East-West relations in Europe.
- She liked him immediately; it was the **warm smile and the warm handshake**.
- I can't stand these **cold callers** trying to sell me things I don't want!

Notice that heat can also describe our relationship to ideas:

- We **took the temperature** of the group as to whether John would be a suitable replacement for Mark and found that most people were **quite warm** to the idea.

ENGLISH EXPRESSIONS ABOUT TRUTH

In Steven Spielberg's excellent 1981 film Raiders of the Lost Ark, Indiana Jones must find the Ark of the Covenant. This was a kind of box which was supposed to contain the 10 commandments that were given to Moses. There's something symbolic in this – if you consider that the commandments represent some kind of universal truth or wisdom, then perhaps you can see the search for the covenant as a search for truth.

I used to work as an archaeologist and watching this excellent movie was more or less compulsory for us 'diggers' at the time – we used to joke that Indy was searching for truth itself and that an archaeologist was the ideal person to choose for a search for truth and wisdom!

But you don't need to **get your hands dirty** to **unearth** interesting information, because in the English language, any kind of discovery can be made under the ground.

It often seems that an investigation is an excavation: information may be hidden from us, perhaps buried deep somewhere; it needs to be dug around for, and finally brought to light.

Examples of English expressions about truth

- I want you to **dig deep** into your memories and think about your first day at school.
- The Police have reopened the case after new evidence **came to light**.
- I've been working in the archives for the last few months and have **unearthed** some interesting stories about him.
- Ask Mary – she's **a mine** of information on the subject!
- They have started an investigation and hope to **get to the bottom** of the problem soon.
- I don't want the newspapers **digging** into my private life.
- She had tried to **bury** the memory of it for years.
- New developments in the scandal **emerged** over the weekend.
- I think we need to get things **out in the open** and talk about them honestly.
- The city is home to a vibrant **underground** music scene.

When a meaning is obvious and easy to understand we use a reversal of the idiom:

- We need new financial **transparency** regulations.
- I understand you – your message is **crystal clear**.

Interestingly, if we have an exam to prepare for or a bill to pay, many of us adopt a very interesting strategy – often called the 'Ostrich method'!

- This is no way to run a company – whenever there's a problem you just **put your head in the sand** and hope it will go away!



ENGLISH EXPRESSIONS ABOUT INTELLIGENCE

Imagine that you are in a college lecture and that your teacher is trying to explain something that the class have been having difficulty with. Maybe a tough equation, a difficult moral problem or a poem that nobody understands. Finally the teacher shows, proves or says something that finally makes everybody understand; everything now makes sense! Around the room, people nod in agreement; some raise their eyebrows and smile; the mood in the room lifts – as if some new bright light is now shining.

This is called a '**light-bulb moment**' and it's the moment when we conceive or understand a (usually good) idea for the first time. It's quite a common idiomatic expression; The Oxford Dictionary defines it as 'A moment of sudden realization, enlightenment, or inspiration' and it is a powerful image.

For example, we often see cartoon characters with light-bulbs above their heads when they have a new idea, or come to understand something.

The idea that understanding (and, as we will see, intelligence) can be expressed as light is very common in English; people have **bright, ideas**, become **brilliant scholars**, **shine a light** on things when they explain them, and **achieve enlightenment**.

This idiom also works in reverse; in English, darkness often refers to different types of ignorance. We get **kept in the dark** when people don't tell us a secret; we make **dim-witted mistakes**, and we walk out of **dull** movies.

Examples of English expressions about Intelligence:

- John came top of his class in all of his tests again – he's a real **bright spark**!
- People come from all over the world to find **enlightenment** at the meditation centre.
- The recent discovery of King Richard's body has **thrown light** on his actual cause of death.
- This film is really **dull** – when is something interesting going to happen?
- He was always a **brilliant** student and it was no surprise when he won the scholarship.
- New evidence has recently **come to light** that could lead to further charges in the case.
- Let's keep Sarah **in the dark** about it for now – she loves a good surprise.
- I think that his political supporters are pretty **dim-witted**, they don't seem to know much about the world.
- These kinds of injuries were more common back in the **Dark Ages** of NFL concussion awareness.
- Well that was a very **illuminating** lecture – I think I really get it now!

BIOGRAPHY AND EGRAPHY (OF THE NEW CONTENT INCLUDED IN THIS VERSION OF THE DOCUMENT)**Web sites:**

1. <http://www.learnex.in/body-gestures-in-english/>
2. <https://www.jobcluster.com/blog/importance-of-good-manners/>
3. <https://blog.hubspot.com/sales/types-business-etiquette>
4. <http://www.sylvanlearning.com/blog/index.php/help-your-kids-behave-in-class/>
5. <https://www.fluentu.com/blog/english/english-greetings-expressions/>
6. <https://www.skypeenglishclasses.com/idiomatic-expressions/>