

Джуди Грэммер

*Английские
идиомы
на практике*

Эффективное запоминание и практика
английского языка



Джуди Грэммер

**Английские идиомы на практике.
Эффективное запоминание
и практика английского языка**

«Издательские решения»

Грэммер Д.

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Книга представляет ключевые английские идиомы уровня В1 через контекст коротких историй. Каждая глава демонстрирует употребление выражений в реальных ситуациях и сопровождается упражнениями на понимание, закрепление и активное использование. Системный подход способствует расширению словарного запаса, развитию навыков понимания текста и уверенности в разговорной речи.

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Английские идиомы на практике Эффективное запоминание и практика английского языка

Джуди Грэммер

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Введение

Идиомы представляют собой неотъемлемую часть английского языка. Они используются как в устной, так и в письменной речи и позволяют выразить мысли, чувства и действия более точно и естественно, чем при помощи отдельных слов. Понимание и умение использовать идиомы является важным аспектом владения языком на уровне B1 и выше, так как многие выражения часто встречаются в повседневном общении, в литературе, средствах массовой информации и онлайн-контенте.

Цель этой книги – представить наиболее употребительные и полезные идиомы через контекст живых ситуаций. Каждая глава посвящена отдельной теме, отражающей реальные жизненные события, эмоции или ситуации, в которых эти выражения могут использоваться. Такой подход позволяет видеть, как идиомы функционируют в речи, и облегчает их запоминание, поскольку изучаемые выражения связываются с конкретным контекстом.

После каждой истории предлагаются упражнения различного уровня сложности. Первые задания помогают закрепить идиомы с опорой на список, последующие – тренируют активное воспроизведение и использование выражений в новых предложениях. Такой метод позволяет не только узнавать новые выражения, но и применять их самостоятельно, постепенно делая их частью своего словарного запаса и речевого поведения.

Книга построена так, чтобы обучение было последовательным. Сначала предлагаются простые и понятные истории с идиомами, затем задания усложняются, требуя более внимательного чтения, анализа контекста и самостоятельного использования изученных выражений. Этот системный подход способствует развитию навыков понимания текста, расширению словарного запаса и формированию уверенности при использовании идиом в разговорной речи.

Изучение английских идиом через истории позволяет не только понять значение выражений, но и увидеть их естественное употребление, оценить нюансы и оттенки смысла, которые они передают. Такой подход делает процесс обучения последовательным, логичным и ориентированным на практическое применение языка в реальных ситуациях.

A Leap of Faith

Список идиом

- to be at a crossroads – быть на распутье
Оказаться в ситуации, когда нужно сделать важный выбор.
- to step out of your comfort zone – выйти из зоны комфорта
Сделать что-то непривычное или пугающее ради развития.
- to take the plunge – решиться на что-то рискованное
Наконец-то принять смелое решение.
- to go with your gut – довериться интуиции
Принять решение, опираясь на внутреннее чувство.
- to weigh the pros and cons – взвесить все за и против
Тщательно обдумать плюсы и минусы.
- once in a lifetime opportunity – шанс, который бывает раз в жизни
Очень редкая и ценная возможность.
- to play it safe – действовать осторожно, без риска
Выбрать самый безопасный вариант.
- to have second thoughts – начать сомневаться
Испытывать сомнения после принятия решения.
- to follow your dreams – следовать за своей мечтой
Стремиться к тому, о чём давно мечтал.
- no turning back – пути назад нет
Точка, после которой нельзя отменить решение.

Короткий рассказ

Emma was at a crossroads. She had a stable job in a small town, friendly colleagues, and a comfortable routine. But one evening she received an email that changed everything. A company in another country offered her a position in their marketing team. It was a once in a lifetime opportunity.

At first, Emma decided to play it safe. «I have a good life here,» she told her best friend. «Why risk everything?» Still, she couldn't stop thinking about the offer. She started to weigh the pros and cons, making long lists in her notebook. Better salary, international experience, adventure... but also homesickness, uncertainty, and fear.

Deep inside, she knew she needed to step out of her comfort zone. She had always wanted to travel and follow her dreams, but she had never been brave enough. «Maybe this is my chance,» she thought.

One night, after hours of thinking, she decided to go with her gut. Her intuition told her that staying would be easier, but leaving would help her grow. The next morning, with shaking hands, she wrote an email accepting the offer. She had finally decided to take the plunge.

However, as soon as she pressed «send,» she began to have second thoughts. What if she failed? What if she felt lonely? What if she made the biggest mistake of her life?

Two weeks later, standing at the airport with a one-way ticket, she realized there was no turning back. Surprisingly, she felt calm. For the first time in years, she wasn't choosing safety. She was choosing possibility.

As the plane took off, Emma smiled. Being at a crossroads was scary. But sometimes, the only way to discover who you really are is to be brave enough to choose a new path.

Упражнение 1: Fill in the gaps (с опорой на список)

After graduating from university, I felt I was _____ and didn't know which career to choose.

Before making such a big decision, you should _____ carefully.

It was scary to move abroad, but I knew I had to _____.

This scholarship is a _____ – you won't get another chance like this.

I wanted to start my own business, but I decided to _____ and keep my regular job.

When she bought the ticket, she realized there was _____.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

I knew I had to trust my intuition and go with...

After saying yes to the proposal, he began to have...

She left her office job to follow... and become an artist.

Moving to a new city helped me step out... and grow as a person.

When he invested all his savings, he knew he had taken...

Life often puts us at... where we must choose.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.

Постарайтесь использовать разные времена (Past, Present, Future) и реальные жизненные ситуации.

Примерные ответы:

Last year I was at a crossroads and didn't know whether to change my job.

She decided to take the plunge and move to another country.

Sometimes you just have to go with your gut instead of overthinking everything.

He followed his dreams and opened his own café.

If you don't step out of your comfort zone, you won't grow.

Ключи

Упражнение 1

at a crossroads

weigh the pros and cons

step out of your comfort zone

once in a lifetime opportunity

play it safe

no turning back

Упражнение 2

go with your gut

have second thoughts

follow your dreams

step out of your comfort zone

taken the plunge

at a crossroads

A Difficult Decision

Список идиом

to be torn between – разрываться между двумя вариантами
Не мочь выбрать между двумя решениями.

to sleep on it – переспать с мыслью
Отложить решение до следующего дня, чтобы всё обдумать.

to make up your mind – принять решение
Окончательно решить что-то.

to think it over – всё обдумать
Тщательно рассмотреть ситуацию перед решением.

to take into account – принять во внимание
Учесть важные факторы.

to face the consequences – столкнуться с последствиями
Принять результат своих действий.

to stick to your decision – придерживаться своего решения
Не менять уже принятое решение.

to change your mind – передумать
Изменить своё решение.

a tough choice – трудный выбор
Очень сложное решение между важными вариантами.

to do what feels right – поступить так, как подсказывает внутреннее чувство
Выбрать вариант, который кажется правильным.

Короткий рассказ

Daniel was torn between two job offers. One was in his hometown, close to his family and friends. The other was in a big city, with a higher salary and more career opportunities. It was a tough choice.

For days, he couldn't make up his mind. He talked to his parents, his girlfriend, and even his former boss. Everyone had a different opinion. Some told him to stay. Others encouraged him to move. Daniel decided to sleep on it and not rush.

The next morning, he tried to think it over calmly. He wrote down all the advantages and disadvantages and tried to take into account everything: money, career growth, relationships, and his own happiness. The city job looked more exciting, but it also felt risky.

«What if I fail?» he thought. «Am I ready to face the consequences of leaving everything behind?»

That evening, he went for a long walk alone. He realized that deep down, he already knew the answer. He had always dreamed of living in a big city. He just needed the courage to admit it.

The next day, he finally made up his mind. He accepted the job in the city. His parents were surprised, and his girlfriend was worried. For a moment, Daniel almost changed his mind. But he reminded himself why he had chosen this path.

«I have to stick to my decision,» he said firmly. «I need to do what feels right.»

A month later, standing in his small new apartment and looking at the city lights, Daniel felt nervous but proud. It had been a difficult decision, but it was his decision. And whatever happened next, he was ready to face the consequences.

Упражнение 1: Fill in the gaps (с опорой на список)

I was _____ two universities and couldn't decide where to study.

It's an important question. Let me _____ and tell you tomorrow.

She couldn't _____ for weeks about whether to quit her job.

Before signing the contract, you should _____ carefully.

You must _____ all the risks before investing your money.

After choosing this path, you have to _____.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

He was torn... two job offers.

I need to sleep... before I give you my answer.

After thinking for hours, she finally made....

You should take... all the details before deciding.

He wanted to change..., but it was too late.

In the end, she decided to stick... and not listen to criticism.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.
Используйте разные времена (Past, Present, Future) и реальные жизненные ситуации.

Примерные ответы:

I was torn between staying at home and going abroad.

Let me sleep on it and I'll call you tomorrow.

She made up her mind and moved to another country.

Before making a big purchase, I always take into account my budget.

He did what felt right, even though others disagreed.

Ключи

Упражнение 1

torn between

sleep on it

make up her mind / his mind

think it over

take into account

face the consequences

Упражнение 2

torn between

sleep on it

made up her mind / his mind

take into account

change his mind / her mind

stick to her decision / his decision

Feeling Blue

Список идиом

to feel blue – грустить, быть в подавленном настроении
Чувствовать лёгкую или глубокую грусть без особой причины.

to be down in the dumps – быть в унынии
Быть расстроенным и подавленным.

to cheer someone up – подбодрить кого-то
Помочь кому-то почувствовать себя лучше.

to burst into tears – расплакаться
Внезапно начать плакать.

to bottle up your feelings – держать эмоции в себе
Не показывать свои чувства и переживания.

to let it all out – выплеснуть всё
Открыто выразить накопившиеся эмоции.

a shoulder to cry on – жилетка для слёз
Человек, которому можно пожаловаться и поплакаться.

to feel under the weather – плохо себя чувствовать
Чувствовать себя не очень хорошо физически или эмоционально.

to look on the bright side – смотреть на светлую сторону
Пытаться увидеть что-то хорошее в сложной ситуации.

every cloud has a silver lining – нет худа без добра
В любой трудной ситуации есть что-то положительное.

Короткий рассказ

On Monday morning, Anna woke up feeling blue. She couldn't explain why. Nothing terrible had happened, but everything felt heavy and grey. At work, she was quiet and down in the dumps. Her colleagues noticed that she wasn't smiling as usual.

When her manager asked if she was feeling under the weather, Anna just nodded. It was easier than explaining her emotions. The truth was, she had been bottling up her feelings for weeks. Stress, small disappointments, tiredness – everything had slowly built up inside her.

During lunch break, her best friend Kate called. «You don't sound like yourself,» she said. «What's going on?»

At first, Anna tried to look on the bright side. «It's nothing. I'm just tired,» she replied. But suddenly her voice shook, and she burst into tears right there in the office kitchen.

«I can't keep pretending everything is fine,» she said. For the first time in weeks, she decided to let it all out. She told Kate about work pressure, her worries about the future, and how lonely she sometimes felt.

Kate listened patiently. She didn't judge or interrupt. She was exactly the shoulder to cry on that Anna needed.

After the call, Anna still felt emotional, but lighter. In the evening, Kate came over with pizza and a silly comedy movie to cheer her up. They laughed, talked, and even made plans for a short trip together.

Before going to bed, Anna thought about the day. Maybe every cloud has a silver lining. If she hadn't felt so low, she might never have opened up. And sometimes, sharing your sadness is the first step to feeling better.

Упражнение 1: Fill in the gaps (с опорой на список)

I don't know why, but I've been _____ all day.

After failing the exam, he was really _____.

She tried to _____ her friend by inviting her to the cinema.

He kept everything inside and _____ for months.

When she heard the news, she _____.

You should try to _____ and see something positive in this situation.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

I've been feeling... since the weekend.

After the argument, she was really down....

Don't bottle... – talk to someone.

She needed a shoulder... after the breakup.

Try to look... in this situation.

Remember, every cloud....

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.
Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I felt blue after moving to a new city.

He was down in the dumps when he lost his job.

Talking to my friend really cheered me up.

She bottled up her feelings for too long.

Every cloud has a silver lining, even if we don't see it at first.

Ключи

Упражнение 1

feeling blue
down in the dumps
cheer up
bottled up his feelings / bottled up her feelings
burst into tears
look on the bright side

Упражнение 2

feeling blue
down in the dumps
bottle up your feelings
shoulder to cry on
look on the bright side
has a silver lining

Over the Moon

Список идиом

over the moon – безумно счастливый
Очень сильно радоваться чему-то.

on cloud nine – на седьмом небе от счастья
Испытывать состояние полного восторга.

to be thrilled to bits – быть в полном восторге
Чрезвычайно радоваться чему-то.

to jump for joy – прыгать от радости
Очень ярко и эмоционально проявлять радость.

to be on top of the world – чувствовать себя на вершине мира
Ощущать полный успех и счастье.

to be walking on air – словно летать от счастья
Чувствовать лёгкость и эйфорию.

to make someone's day – сделать чей-то день
Сильно порадовать кого-то.

to share the good news – поделиться хорошими новостями
Сообщить радостную новость другим.

a dream come true – мечта, ставшая реальностью
То, о чём давно мечтал, наконец случилось.

to celebrate in style – отпраздновать с размахом
Отметить событие ярко и запоминающе.

Короткий рассказ

When Lisa opened her email and saw the word «Congratulations,» she froze. For a second, she couldn't breathe. Then she read the message again. She had been accepted into her dream university.

She was over the moon.

For months, she had been waiting for this answer. She had worked hard, prepared documents, and worried about every detail. And now it was real – a dream come true.

Lisa jumped up from her chair and almost jumped for joy. «I did it!» she shouted. Her little brother ran into the room, confused, but when she told him the news, he hugged her tightly.

She immediately called her best friend. «I'm on cloud nine!» she laughed. «I can't believe it!»

Her friend was thrilled to bits for her. «This totally makes my day,» she said. «You deserve it!»

All afternoon, Lisa felt like she was walking on air. Even the grey, rainy weather couldn't ruin her mood. She felt on top of the world, as if nothing could go wrong.

In the evening, her parents came home from work. Lisa gathered them in the living room to share the good news. When she told them, her mother burst into happy tears, and her father lifted her off the ground in a hug.

«We have to celebrate in style,» her dad said. «This is huge!»

They ordered her favorite food, opened a bottle of sparkling juice, and took dozens of photos. It wasn't a fancy restaurant or a big party, but it felt perfect.

That night, lying in bed, Lisa smiled at the ceiling. Sometimes happiness comes quietly. And sometimes it arrives with one simple word: «Congratulations.»

Упражнение 1: Fill in the gaps (с опорой на список)

She was _____ when she heard she had won the competition.

Getting this job was a _____ for him.

I was so happy that I wanted to _____.

He called his parents to _____.

Her surprise gift really _____.

They decided to _____ and invited all their friends.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

She was over... when she passed the exam.

After the wedding, they were on....

He felt like he was walking... all day.

The victory made him feel on top....

She was thrilled... when she got the offer.

It was truly a dream....

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любимыми идиомами из этой главы.
Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I was over the moon when I got my first salary.

She felt on cloud nine after hearing the good news.

Passing the exam was a dream come true for him.

We celebrated in style after finishing the project.

That small compliment really made my day.

Ключи

Упражнение 1

over the moon
a dream come true
jump for joy
share the good news
made my day
celebrate in style

Упражнение 2

over the moon
on cloud nine
walking on air
on top of the world

thrilled to bits
a dream come true

A Heart of Gold

Список идиом

a heart of gold – золотое сердце

Очень добрый, искренний и отзывчивый человек.

to go out of your way – из кожи вон лезть

Прилагать особые усилия, чтобы помочь кому-то.

to lend a hand – протянуть руку помощи

Помочь в деле или в сложной ситуации.

to be there for someone – быть рядом в трудную минуту

Поддерживать человека, когда ему тяжело.

to give someone a hand – помочь кому-то

Оказать практическую помощь.

to do someone a favor – оказать услугу

Сделать что-то по просьбе другого человека.

to have a soft spot for someone – испытывать особую симпатию

Относиться к кому-то с теплотой и нежностью.

to put others first – ставить других на первое место

Думать о потребностях других раньше своих.

to show kindness – проявлять доброту

Вести себя заботливо и по-доброму.

to brighten someone's day – скрасить чей-то день

Сделать кого-то счастливее, пусть даже ненадолго.

Короткий рассказ

Everyone in the neighborhood knew that Mrs. Taylor had a heart of gold. She lived alone in a small house on the corner, but she was never really lonely. People were always knocking on her door.

Whenever someone needed help, she would go out of her way to lend a hand. If a neighbor was sick, she brought homemade soup. If someone needed advice, she invited them in for tea and listened patiently.

One winter, a young student named Mark moved into the apartment next door. He didn't know anyone in the city and often looked worried. Mrs. Taylor seemed to have a soft spot for him from the very beginning.

One evening, she saw him struggling with heavy grocery bags in the snow. She quickly ran outside to give him a hand. «You don't have to do this,» Mark said, embarrassed.

«Oh, nonsense,» she smiled. «We all need someone to be there for us sometimes.»

Over the next few weeks, she often did him small favors – lending him tools, helping him fix a broken chair, even teaching him how to cook a simple meal. She always put others first, even when she was tired.

Mark began to notice something special about her. She didn't help people to get praise. She helped because she truly wanted to show kindness.

One day, Mark surprised her with a small bouquet of flowers. «You've really brightened my day many times,» he said. «I just wanted to say thank you.»

Mrs. Taylor laughed softly. «Kindness is simple,» she replied. «If we all shared a little of it, the world would feel much warmer.»

And in that cold winter, thanks to one woman with a heart of gold, it really did.

Упражнение 1: Fill in the gaps (с опорой на список)

She always _____ and helps her younger sister before thinking about herself.

Can you _____ with these boxes? They're very heavy.

He really has _____ – he's always ready to help.

Thank you for being there for me. You really know how to _____.

She _____ to help her colleague finish the project.

He has _____ for animals and often volunteers at shelters.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

She has a heart... and never refuses to help.

He always goes out... to support his friends.

Could you lend... with this task?

She was always there... when I needed advice.

He decided to do... and drive her to the airport.

That small message really brightened....

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.
Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

My grandmother has a heart of gold.

She went out of her way to help me prepare for the exam.

Thank you for lending a hand yesterday.

He always puts others first, even at work.

Her kind words really brightened my day.

Ключи

Упражнение 1

puts others first

give me a hand / give someone a hand

a heart of gold

brighten someone's day

went out of her way

a soft spot

Упражнение 2

a heart of gold

goes out of his way

lend a hand

there for me

do her a favor

brightened my day

Walking on Air

Список идиом

to be walking on air – словно летать от счастья
Чувствовать лёгкость и сильную радость.

over the moon – безумно счастливый
Испытывать огромную радость.

on cloud nine – на седьмом небе от счастья
Быть в состоянии полного восторга.

to grin from ear to ear – улыбаться до ушей
Очень широко и радостно улыбаться.

to have butterflies in your stomach – чувствовать волнение
Испытывать приятное нервное возбуждение.

to feel on top of the world – чувствовать себя на вершине мира
Ощущать абсолютное счастье и успех.

to be thrilled to bits – быть в полном восторге
Очень сильно радоваться.

to share the excitement – разделить радость
Поделиться своим восторгом с другими.

a moment to remember – момент, который запомнится
Очень важное и радостное событие.

to make a wish come true – исполнить желание
Сделать так, чтобы мечта стала реальностью.

Короткий рассказ

Tom had been preparing for months for the music competition. He practiced every evening after work, sometimes until midnight. There were moments when he wanted to give up, but something inside him kept going.

On the day of the final performance, he had butterflies in his stomach. His hands were slightly shaking as he walked onto the stage. The lights were bright, and the audience was silent.

As soon as he started playing the piano, the nervousness disappeared. He focused on the music and forgot about everything else. When he finished, there was a second of silence – and then loud applause.

An hour later, the judges announced the winner.

«First place goes to... Tom Harris!»

For a second, he didn't move. Then he realized they had said his name. He was walking on air as he stepped onto the stage again. He felt on top of the world.

His parents were in the audience, grinning from ear to ear. His best friend was on cloud nine, shouting louder than anyone else. Tom himself was over the moon and thrilled to bits at the same time.

After the ceremony, he couldn't wait to share the excitement with everyone who had supported him. Messages, hugs, photos – it was all happening so fast.

Later that night, sitting quietly in his room with the trophy on the desk, Tom smiled. It was a moment to remember. All those months of hard work had helped him make a wish come true.

And as he turned off the light, he still felt like he was walking on air.

Упражнение 1: Fill in the gaps (с опорой на список)

She couldn't stop smiling – she was _____ all day.

When he heard the news, he was _____ and called all his friends.

I had _____ before my first presentation.

Her parents were _____ when she graduated.

Winning the prize made him feel _____.

That wedding was truly _____ for everyone.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

She was walking... after getting the promotion.

They were over... when their baby was born.

He was on cloud... after passing the exam.

She couldn't stop grinning....

The performance helped him make....

They wanted to share... with the whole family.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любимыми идиомами из этой главы.
Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I was walking on air after I got my driver's license.

She felt on top of the world when she finished the marathon.

He had butterflies in his stomach before the interview.

They were over the moon about their new house.

It was a moment to remember for our whole family.

Ключи

Упражнение 1

walking on air
over the moon
butterflies in your stomach
grinning from ear to ear
on top of the world
a moment to remember

Упражнение 2

walking on air
over the moon
nine
from ear to ear
make a wish come true
share the excitement

Losing Your Temper

Список идиом

to lose your temper – выйти из себя

Сильно разозлиться и потерять контроль над эмоциями.

to fly off the handle – сорваться с места, выйти из себя

Резко и бурно разозлиться.

to blow up – взорваться от гнева

Резко выражать злость или раздражение.

to hit the roof / hit the ceiling – взбеситься, взлететь до потолка

Очень сильно разозлиться на что-то.

to keep your cool – сохранять самообладание

Оставаться спокойным даже в стрессовой ситуации.

to bite someone's head off – наброситься на кого-то словесно

Резко и грубо отреагировать на человека.

to see red – видеть красным

Сильно разозлиться, почувствовать ярость.

to simmer down – успокоиться

Постепенно остыть после гнева.

to vent your anger – выплеснуть злость

Открыто выразить накопившийся гнев.

to keep your temper in check – держать себя в руках

Контролировать свой гнев и раздражение.

Короткий рассказ

David had a long day at work. Meetings piled up, emails kept coming, and his computer kept crashing. By the time he got home, he was already stressed.

As soon as he entered the kitchen, he saw his little brother had spilled juice all over the new carpet. David felt himself see red.

«David, I'm sorry!» his brother shouted, but David was ready to fly off the handle. He opened his mouth to blow up, but then he took a deep breath. He remembered what his therapist had told him – keep your cool.

Still, it was hard. «I can't believe this!» he muttered, trying not to bite his brother's head off. His brother looked scared, and David knew he had to calm down. Slowly, he started to simmer down.

Later, he talked to his friend about the situation. «I just wanted to vent my anger,» he admitted. «It felt like I could hit the roof any second.»

His friend laughed and said, «Sometimes it's impossible not to lose your temper. But you managed to keep your temper in check this time.»

David nodded. He knew he would have other stressful days, but he had learned that even when you feel like you're going to fly off the handle, it's possible to take a breath and think before acting.

By the evening, the house was quiet. David even helped his brother clean up the mess. He realized that staying calm didn't make him weak – it made him stronger.

Упражнение 1: Fill in the gaps (с опорой на список)

After losing the match, he started to _____ and shout at everyone.

When she heard the bad news, she nearly _____.

He wanted to scream, but he tried to _____.

I could see him _____ when he found out about the mistake.

Sometimes it's good to _____ instead of holding it all inside.

She tried not to _____ when her coworker interrupted her again.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

He tends to lose... when things don't go his way.

She almost flew... after hearing the news.

I had to take a deep breath to keep...

He was so angry that he could hit....

Sometimes I just need to vent... after a stressful day.

After a few minutes, he began to simmer....

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.
Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I saw red when my little brother broke my phone.

She kept her cool during the argument.

He vented his anger after a stressful day at work.

Sometimes I fly off the handle if I don't sleep well.

It's hard not to lose your temper in traffic jams.

Ключи

Упражнение 1

blow up

hit the roof

keep your cool

see red

vent your anger

keep your temper in check

Упражнение 2

lose your temper

off the handle

your cool

the roof

your anger

down

A Rollercoaster of Emotions

Список идиом

a rollercoaster of emotions – буря эмоций, как на американских горках
Сильные и быстро сменяющиеся эмоциональные переживания.

to be on an emotional high – находиться на эмоциональном подъёме
Чувствовать сильное счастье и эйфорию.

to be down in the dumps – быть в унынии
Чувствовать грусть или разочарование.

to go through the roof – выходить из себя, бурно реагировать
Сильная эмоциональная вспышка, обычно гнева или радости.

to have mixed feelings – испытывать смешанные чувства
Одновременно радость и тревогу, сомнение или грусть.

to keep a straight face – сохранять невозмутимое лицо
Не показывать эмоций, оставаться спокойным.

to be on edge – быть на нервах
Чувствовать тревогу, нервозность, раздражение.

to burst into tears – расплакаться
Внезапно начать плакать.

to take it all in – осознать, воспринять что-то полностью
Впитать всю информацию или события и понять их.

to lighten the mood – разрядить обстановку
Сделать атмосферу менее напряжённой, чаще с помощью шутки или доброты.

Короткий рассказ

Sophie had been waiting for the results of her art exhibition for weeks. She knew that her paintings were good, but she also worried that the judges might not like them. She felt like she was on a rollercoaster of emotions – excited one moment, anxious the next.

When she first entered the gallery, she was on an emotional high, seeing her works displayed beautifully. But when she read the note that some paintings had minor issues, she felt down in the dumps.

Her friend Max tried to lighten the mood by joking about her «dramatic faces» in photos. Sophie managed to keep a straight face, but inside she had mixed feelings. Pride, worry, and excitement were all tangled together.

Then, the judges announced the winners. Sophie’s name came up for first prize! She almost burst into tears from happiness. Her excitement seemed to go through the roof. Max hugged her tightly, laughing and cheering.

After the ceremony, Sophie needed a quiet corner to take it all in. She was still on an emotional high, but now she also felt grateful and reflective. All the weeks of stress, doubt, and effort had led to this moment. She realized that it was okay to feel nervous and excited at the same time.

By the end of the evening, Sophie was tired but happy. The gallery lights dimmed, and she walked out smiling. Being on a rollercoaster of emotions was exhausting – but it was also unforgettable.

Упражнение 1: Fill in the gaps (с опорой на список)

Before the final performance, I felt like I was on _____.

Winning the award put me on _____.

After hearing the criticism, she felt _____.

When he heard the good news, he almost _____.

I didn’t know whether to smile or frown – I had _____.

He told a funny story to _____ during the tense meeting.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

She was on a roller... all day waiting for the results.

He was on an emotional... after the concert.

She tried to keep... even though she wanted to laugh.

The children were on... waiting for the surprise.

Seeing her name as the winner, she burst....

He needed a quiet moment to take... of the amazing view.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.
Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I was on a rollercoaster of emotions before my exam results.

She was on an emotional high after her first dance recital.

He burst into tears when he saw his dog again.

I always try to lighten the mood during tense meetings.

Sometimes I have mixed feelings when moving to a new city.

Ключи

Упражнение 1

a rollercoaster of emotions

an emotional high

down in the dumps

burst into tears

mixed feelings

lighten the mood

Упражнение 2

rollercoaster of emotions

emotional high

a straight face

edge

into tears

it all in

An Embarrassing Moment

Список идиом

to make a fool of yourself – опростоволоситься, выставить себя глупо
Сделать что-то неловкое, что вызывает смущение.

to blush with embarrassment – краснеть от смущения
Сильно краснеть, когда чувствуешь стыд или неловкость.

to put your foot in it – попасть впросак
Сказать или сделать что-то неуместное, вызывающее неловкость.

to feel like a worm – чувствовать себя ничтожным
Испытывать сильное смущение и дискомфорт.

to break the ice – разрядить атмосферу
Сделать что-то, чтобы снять напряжение в общении.

to laugh it off – отшутиться
Отреагировать на неловкую ситуацию шуткой или смехом.

to spill the beans – выдать секрет
Непреднамеренно раскрыть что-то, что должно было оставаться тайной.

to save face – спасти репутацию, выйти из неловкой ситуации
Действовать так, чтобы неловкость не привела к потере уважения.

to get red in the face – покраснеть
Сильная реакция на стыд, смущение или злость.

to turn beet red – покраснеть до фиолетового цвета
Очень ярко и сильно покраснеть от смущения.

Короткий рассказ

James loved telling jokes at parties, but sometimes his timing wasn't perfect. Last Friday, he decided to tell a funny story during a dinner with his colleagues. Unfortunately, he put his foot in it when he mentioned something personal about his manager.

Immediately, James felt all eyes on him. He could feel himself blushing with embarrassment. His stomach twisted, and he felt like a worm. «Oh no... what have I done?» he thought.

For a few seconds, the room was silent. Then, trying to save face, he laughed awkwardly and tried to laugh it off. Luckily, one of his colleagues quickly broke the ice by joking about her own funny mistakes.

Later, James realized he had accidentally spilled the beans about a surprise gift for another colleague. He groaned but knew it was too late. Despite everything, he managed to make a fool of himself in a way that was more funny than hurtful.

By the end of the evening, James was still a little embarrassed, but he had learned that sometimes everyone gets red in the face, and it's okay. When he told his friends about it later, he even turned beet red all over again – this time from laughing at himself.

Упражнение 1: Fill in the gaps (с опорой на список)

I accidentally mentioned her secret and completely _____.

He was so nervous during the presentation that he started to _____.

When I realized my mistake, I wanted to _____.

She tried to _____ when she dropped the coffee cup.

To make everyone comfortable, he told a small joke to _____.

After saying the wrong name, he just tried to _____.

Упражнение 2: Fill in the gaps (без списка, с началом идиомы)

He always seems to put... whenever he talks to his boss.

I could feel myself blushing... after tripping on stage.

She felt like a worm when she forgot her lines.

He tried to save... by smiling and moving on.

I accidentally spilled... about the party.

Sometimes I turn... when I hear an embarrassing story about myself.

Упражнение 3: Make your own sentences

Напишите 3—5 своих предложений с любыми идиомами из этой главы.
Используйте разные времена и реальные жизненные ситуации.

Примерные ответы:

I made a fool of myself at the school play.

He put his foot in it during the meeting.

She blushed with embarrassment when she realized her mistake.

I tried to laugh it off when I dropped my phone in public.

Everyone turns beet red sometimes – it's normal.

Ключи

Упражнение 1

make a fool of yourself

blush with embarrassment

feel like a worm

laugh it off

break the ice

laugh it off

Упражнение 2

put your foot in it

with embarrassment

worm

face

the beans

beet red

Put Your Foot in It

Список идиом

- to put your foot in it – попасть впросак
Сказать или сделать что-то неуместное, вызывающее неловкость.
- to get in hot water – попасть в неприятности
Оказаться в проблемной ситуации из-за своих слов или действий.
- to make a blunder – допустить ошибку, опростоволоситься
Сделать глупую или неловкую ошибку.
- to step on someone's toes – наступить кому-то на мозоль
Ненароком задеть или обидеть человека.
- to offend someone – обидеть кого-то
Сделать или сказать что-то, что заденет чувства другого.
- to apologize profusely – многократно извиняться
Очень сильно или много раз извиняться за что-то.
- to feel awkward – чувствовать себя неловко
Испытывать смущение или дискомфорт в ситуации.
- to smooth things over – уладить ситуацию
Сделать что-то, чтобы исправить неловкость или конфликт.
- to embarrass yourself – опростоволоситься, позорно выглядеть
Вести себя так, что вызывает смущение у себя или других.
- to talk yourself out of it – выйти из неловкой ситуации словами
Использовать объяснения или шутки, чтобы исправить ситуацию.

Короткий рассказ

During the company meeting, Sarah tried to joke about a recent project. She didn't realize that her comment could put her foot in it. Immediately, she noticed her manager frowning.

«Oh no,» she thought. «I'm in hot water.»

Sarah had made a blunder by mentioning a detail that was meant to stay confidential. She could feel the eyes of her colleagues on her. She worried that she had stepped on someone's toes or even offended someone.

Her face turned red, and she felt awkward. She quickly tried to talk herself out of it, making a light joke. «I guess I shouldn't be sharing trade secrets at a meeting!» she laughed nervously.

Even so, Sarah knew she had to apologize profusely. After the meeting, she went to her manager and said sorry. Luckily, he smiled and said she had smoothed things over well enough.

Although she had embarrassed herself, Sarah learned a valuable lesson: sometimes even small jokes can cause big misunderstandings. Next time, she promised herself to think twice before speaking.

Упражнение 1: Fill in the gaps (с опорой на список)

I really _____ when I mentioned his old mistake in front of everyone.

She accidentally _____ and upset her colleague.

Конец ознакомительного фрагмента.

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