

1000 Daily Use Phrases

1. "What's up?"

This means "How are you?" or "What's happening?" It's friendly. But don't answer "The sky." That sounds rude. Say something like "Not much" or "Just relaxing."

Example:

Jake: "Hey, what's up?"

Anna: "Not much, you?"

2. "I'm good."

This sounds simple. But it does not mean you don't want help. It often means "I'm okay, thank you." Use it when people offer things.

Example:

Emma: "Do you want more coffee?"

Ben: "No thanks, I'm good."

3. "No worries."

This means "It's okay" or "Don't worry about it." It's often used after someone says sorry. It feels warm and kind.

Example:

Mark: "Sorry I'm late!"

Lily: "No worries. You're here now."

4. "That's crazy!"

This means something is surprising. It can be good or bad. It depends on how you say it.

Example:

Nina: "I saw a bear in my yard!"

Chris: "Wow, that's crazy!"

5. "I'm down."

This does not mean you are sad. It means “I want to do that” or “I agree.”

Example:

Lucas: “Want to go hiking Saturday?”

Bella: “Yeah, I’m down!”

6. “You bet!”

This is not about gambling. It means “Of course!” or “Yes, for sure.” It’s a happy, strong yes.

Example:

Ava: “Will you help me move tomorrow?”

Ethan: “You bet!”

7. “Take your time.”

This means “Don’t rush.” It’s kind and patient. Use it when someone is doing something slowly.

Example:

Sophia: “Sorry, I’m still getting ready.”

Jack: “It’s okay. Take your time.”

8. “I feel you.”

This means “I understand you” or “I get how you feel.” It shows support and care.

Example:

Mia: “It’s hard working two jobs.”

Logan: “Yeah. I feel you.”

9. “I’m all ears.”

This means “I’m listening carefully.” You are ready to hear something important. It shows you care.

Example:

Chloe: “I need to tell you something.”

Dylan: “Go ahead. I’m all ears.”

10. “I got your back.”

This means “I will support you.” It is very kind and loyal. Friends say this when they want to help.

Example:

Ryan: “I’m nervous about the test.”

Hailey: “Don’t worry. I got your back.”

11. “Let’s play it by ear.”

This does not mean music. It means “Let’s decide later” or “We’ll see what happens.”

Example:

Ella: “Are we going to the beach tomorrow?”

Tyler: “Maybe. Let’s play it by ear.”

12. “Break a leg.”

This is not mean. It means “Good luck!” People say it before a show or big event.

Example:

Olivia: “I have a big audition today.”

Carter: “Break a leg!”

13. “No big deal.”

This means “It’s okay” or “It’s not a problem.” Use it when someone says sorry.

Example:

Zoe: “Sorry I forgot to call.”

Mason: “No big deal. I’m glad you’re okay.”

14. “Hit me up.”

This means “Call me” or “Message me.” It is casual and friendly.

Example:

Liam: “We should hang out soon.”

Grace: “Totally. Hit me up!”

15. “I can’t even.”

This means “I am shocked” or “I don’t know what to say.” It’s often used in funny or dramatic moments.

Example:

Brooklyn: “My cat just jumped into the fridge.”

Owen: “I can’t even!”

16. “I’m in.”

This means “I agree” or “I want to do it.” It’s used when joining a plan.

Example:

Natalie: “We’re starting a book club.”

Caleb: “Count me in. I’m in!”

17. “It’s not my thing.”

This means “I don’t like it.” It’s a soft way to say no.

Example:

Ella: “Want to go skydiving?”

Henry: “Thanks, but it’s not my thing.”

18. “It’s up to you.”

This means “You decide.” It shows you are okay with any choice.

Example:

Emma: “Pizza or burgers?”

Logan: “I’m good with both. It’s up to you.”

19. “I’m on it.”

This means “I’ll do it now.” It shows action and responsibility.

Example:

Coach: “Can you clean the bench?”

Jayden: “Yes sir! I’m on it!”

20. “No strings attached.”

This means there is no catch or trick. It is honest and open.

Example:

Alex: “Is this free?”

Samantha: “Yes, totally free. No strings attached.”

21. "It's not rocket science."

This means "It's easy." People say this when something is simple but someone is overthinking.

Example:

Isaac: "I don't know how to use this."

Lily: "It's not rocket science. Just press the green button."

22. "Don't sweat it."

This means "Don't worry." It's relaxed and kind.

Example:

Chase: "I made a mistake in the order."

Alyssa: "Don't sweat it. It's okay."

23. "I'm stuffed."

This means "I ate too much." Not "I'm filled with things." It's used after eating.

Example:

Megan: "Want more pie?"

Eli: "No way! I'm stuffed!"

24. "Go for it!"

This means "Do it!" It shows support and energy.

Example:

Ava: "Should I ask him out?"

Noah: "Yes! Go for it!"

25. "It slipped my mind."

This means "I forgot." It's a gentle way to say sorry.

Example:

Brianna: "Did you bring the book?"

Ethan: "Oh no! It slipped my mind."

26. "Fingers crossed."

This means “I hope it works” or “I wish for good luck.” It shows care and hope.

Example:

Rachel: “I hope I pass my interview.”

Jacob: “Me too. Fingers crossed!”

27. “I’m in hot water.”

This means “I’m in trouble.” It sounds like cooking, but it means something bad happened.

Example:

Aaron: “I broke Mom’s vase.”

Emily: “Oh no. You’re in hot water.”

28. “Speak of the devil!”

This means “We were just talking about you!” It’s not bad. It’s funny when someone shows up right after you talk about them.

Example:

Brandon: “I haven’t seen Noah in days.”

Noah walks in.

Sophia: “Speak of the devil!”

29. “You made my day.”

This means “You made me very happy.” It’s full of heart. Use it when someone does something kind.

Example:

Sarah: “Here’s a gift for you.”

Ethan: “Wow, thank you! You made my day.”

30. “Better late than never.”

This means “It’s okay to be late.” It’s kind. It shows you’re happy the person came.

Example:

Logan: “Sorry I’m late.”

Grace: “No worries. Better late than never!”

31. "Pull yourself together."

This means "Calm down" or "Get control." It sounds strong, but it shows care when someone is upset.

Example:

Alex: "I can't do this!"

Olivia: "Breathe. Pull yourself together. You got this."

32. "I'm game."

This means "I'm ready" or "I want to join." It's a fun way to say yes.

Example:

Emma: "Want to try karaoke?"

Ryan: "Sure! I'm game."

33. "It's a piece of cake."

This means "It's very easy." It's fun to say and makes people smile.

Example:

Nathan: "Is the quiz hard?"

Zoe: "No way. It's a piece of cake."

34. "You nailed it."

This means "You did it perfectly." It's full of pride and joy.

Example:

Leah: "I gave my speech today."

Ethan: "And? You nailed it, right?"

35. "Don't push it."

This means "Stop asking too much." It can sound serious but shows you want peace.

Example:

Tyler: "Can I borrow your car?"

Chloe: "No. And don't push it."

36. "I'm not buying it."

This means "I don't believe it." It's not about money. It's about truth.

Example:

Mia: “The dog ate my homework.”

Jake: “Sorry. I’m not buying it.”

37. “I’m feeling under the weather.”

This means “I feel sick.” It’s soft and kind.

Example:

Samantha: “You okay?”

Logan: “Not really. I’m feeling under the weather.”

38. “Hang in there.”

This means “Stay strong.” It gives hope during hard times.

Example:

Ella: “This week is so hard.”

Daniel: “Hang in there. It’ll get better.”

39. “It’s not worth it.”

This means “Don’t do it. It brings more pain than good.” It’s used when warning someone.

Example:

Alyssa: “Should I fight back?”

Cameron: “No. It’s not worth it.”

40. “I’ll pass.”

This means “No thank you.” It’s kind and clear.

Example:

Rachel: “Want to eat more cake?”

Eli: “Looks great, but I’ll pass.”

41. “I can’t help it.”

This means “I can’t stop doing it.” It often shows feelings.

Example:

Sophia: “Why are you crying again?”

Liam: “I don’t know. I can’t help it.”

42. “Cut it out!”

This means “Stop doing that!” It sounds strong but is common between friends.

Example:

Noah: tickling his friend

Chloe: “Cut it out! I’m serious!”

43. “I couldn’t care less.”

This means “I don’t care at all.” It sounds cold, but it shows strong feelings.

Example:

Brayden: “They said you’re boring.”

Emma: “I couldn’t care less.”

44. “Let me sleep on it.”

This means “Let me think about it.” It shows care before saying yes or no.

Example:

Caleb: “Want to move in with me?”

Natalie: “Let me sleep on it.”

45. “Don’t get me wrong.”

This means “Please understand me clearly.” It’s used before saying something that may sound bad.

Example:

Ethan: “Don’t get me wrong. I like your idea. But we need more time.”

46. “I’m beat.”

This means “I’m very tired.” It’s used after a long day.

Example:

Megan: “Wanna go out tonight?”

Isaac: “I can’t. I’m beat.”

47. “It’s not you, it’s me.”

This is used when breaking up. It tries to be gentle. It means “I have the problem.”

Example:

Lily: “Why are we ending this?”

Owen: “It’s not you, it’s me.”

48. “Long time no see!”

This means “I haven’t seen you in a long time!” It’s friendly and full of joy.

Example:

Zach: “Hey Anna!”

Anna: “Wow! Long time no see!”

49. “I’m on the fence.”

This means “I can’t decide.” It’s used when you feel unsure.

Example:

Grace: “Movie or game night?”

Eli: “I’m on the fence.”

50. “You’re killing it!”

This means “You’re doing great!” It’s strong praise.

Example:

Emma: “I got 100 on my test!”

Josh: “Wow! You’re killing it!”

51. “Break a leg!”

This means “Good luck!” It sounds strange but is used before a show or event. It’s full of support.

Example:

Ella: “I’m nervous about my play.”

Liam: “You’ll be amazing. Break a leg!”

52. “Keep me posted.”

This means “Give me updates.” It shows care and interest.

Example:

Rachel: “I’m waiting for a call from the job.”

Jason: “Good luck! Keep me posted.”

53. "Hit the sack."

This means "Go to bed." It's friendly and often used at night.

Example:

Noah: "It's late. I'm going to hit the sack."

Emma: "Sleep well!"

54. "On cloud nine."

This means "Very, very happy." It shows strong joy.

Example:

Mia: "I got into college!"

Logan: "Wow, you must be on cloud nine!"

55. "It's a win-win."

This means "Good for both sides." It shows balance.

Example:

Leah: "You teach me guitar, I help with math."

Ethan: "Perfect. It's a win-win!"

56. "You're in good hands."

This means "You're safe and cared for." It shows trust.

Example:

Olivia: "Is the doctor nice?"

Sophie: "Yes, you're in good hands."

57. "It slipped my mind."

This means "I forgot." It shows you didn't mean to forget.

Example:

Zach: "Did you bring my book?"

Chloe: "Oh no! It slipped my mind."

58. "I owe you one."

This means "Thank you, I will help you later." It shows thanks.

Example:

Daniel: "Thanks for the ride!"

Ava: “No problem.”

Daniel: “I owe you one.”

59. “Let’s play it by ear.”

This means “Let’s decide later.” It shows flexibility.

Example:

Alex: “What time do we go out?”

Natalie: “Let’s play it by ear.”

60. “That rings a bell.”

This means “It sounds familiar.” It’s used when something feels known.

Example:

Grace: “Do you know Mr. Carter?”

Tyler: “Hmm... That rings a bell.”

61. “I’m feeling blue.”

This means “I feel sad.” It’s a soft way to say you’re down.

Example:

Liam: “Are you okay?”

Sophia: “Not really. I’m feeling blue.”

62. “Don’t sweat it.”

This means “Don’t worry.” It helps people feel calm.

Example:

Rachel: “I broke your cup!”

Jake: “Don’t sweat it. It’s okay.”

63. “That’s the last straw.”

This means “That’s too much. I can’t take more.” It shows strong emotion.

Example:

Alyssa: “He was late again.”

Ethan: “That’s the last straw.”

64. “I’m all ears.”

This means “I’m ready to listen.” It shows care.

Example:

Emma: “Can I talk to you?”

Logan: “Of course. I’m all ears.”

65. “Get out of here!”

This means “No way!” or “Really?” It’s used in surprise or fun.

Example:

Olivia: “I won a free trip!”

Mason: “Get out of here!”

66. “It’s not rocket science.”

This means “It’s not hard.” It’s used when something is easy.

Example:

Zoe: “I can’t use the microwave.”

Noah: “Come on, it’s not rocket science!”

67. “I’m in the same boat.”

This means “I’m in the same situation.” It shows you understand.

Example:

Sophie: “I lost my job.”

Eli: “I’m in the same boat.”

68. “Bite your tongue!”

This means “Don’t say that.” It’s often used when someone says something rude.

Example:

Grace: “She’s so lazy.”

Leah: “Hey! Bite your tongue!”

69. “I’m snowed under.”

This means “I have too much work.” It sounds cold but means busy.

Example:

Tyler: “Want to hang out?”

Emma: "Can't. I'm snowed under."

70. "The ball is in your court."

This means "It's your turn to decide." It shows you have the power now.

Example:

Brayden: "Should I call her?"

Chloe: "The ball is in your court."

71. "Go the extra mile."

This means "Do more than expected." It shows strong effort.

Example:

Alex: "You cleaned the whole house?"

Natalie: "Yep. I always go the extra mile."

72. "That's the icing on the cake."

This means "That's an extra good thing."

Example:

Ella: "He got the job. And a bonus!"

Mason: "That's the icing on the cake!"

73. "I'm burning the midnight oil."

This means "I'm working late."

Example:

Samantha: "Still up?"

Logan: "Yeah. I'm burning the midnight oil."

74. "You can say that again."

This means "I agree completely." It shows strong agreement.

Example:

Rachel: "It's freezing today."

Ethan: "You can say that again!"

75. "I'm broke."

This means "I have no money." It's used in a funny or sad way.

Example:

Grace: "Wanna go shopping?"

Levi: "I can't. I'm broke."

76. "Give me a break."

This means "Stop bothering me" or "Be fair." It shows frustration.

Example:

Noah: "You forgot again?"

Chloe: "Give me a break. I'm tired!"

77. "I'm just pulling your leg."

This means "I'm joking." It's a friendly phrase.

Example:

Ava: "Really?"

Liam: "Nope, I'm just pulling your leg."

78. "Don't judge a book by its cover."

This means "Don't decide too fast."

Example:

Eli: "He looks mean."

Sophia: "Wait. Don't judge a book by its cover."

79. "I'm head over heels."

This means "I'm deeply in love." It shows strong feelings.

Example:

Leah: "You really like her, huh?"

Brayden: "I'm head over heels."

80. "It costs an arm and a leg."

This means "It's very expensive."

Example:

Grace: "Nice phone!"

Emma: "Thanks. It cost an arm and a leg."

81. "You nailed it!"

This means “You did it perfectly.” It shows strong praise.

Example:

Ava: “Was my speech okay?”

Liam: “Are you kidding? You nailed it!”

82. “Let’s get the ball rolling.”

This means “Let’s start something.” It feels exciting.

Example:

Noah: “Are we ready to begin?”

Sophie: “Yes, let’s get the ball rolling!”

83. “You’re barking up the wrong tree.”

This means “You are blaming the wrong person.” It shows confusion.

Example:

Emma: “Why did you take my pen?”

Logan: “I didn’t! You’re barking up the wrong tree.”

84. “It’s a piece of cake.”

This means “It’s very easy.” It sounds tasty, but it means something simple.

Example:

Mia: “Is this test hard?”

Ethan: “No, it’s a piece of cake.”

85. “You’re driving me nuts.”

This means “You are making me angry or crazy.” It can be funny or serious.

Example:

Zach: “I keep singing loudly.”

Rachel: “Stop it! You’re driving me nuts!”

86. “That’s the way the cookie crumbles.”

This means “Sometimes life is not fair.” It shows acceptance.

Example:

Alex: “I didn’t get the job.”

Ella: "Sorry. That's the way the cookie crumbles."

87. "Actions speak louder than words."

This means "What you do matters more than what you say."

Example:

Chloe: "He says he loves her."

Daniel: "Let's see. Actions speak louder than words."

88. "I'm on the fence."

This means "I can't decide yet." It shows confusion.

Example:

Sophie: "Pizza or burger?"

Tyler: "Hmm... I'm on the fence."

89. "It's not my cup of tea."

This means "I don't like it." It's a soft way to say no.

Example:

Grace: "Do you like horror movies?"

Logan: "Not really. Not my cup of tea."

90. "I'm over the moon."

This means "I'm very happy." It shows deep joy.

Example:

Leah: "You look happy."

Noah: "I passed my exam! I'm over the moon!"

91. "I'm under the weather."

This means "I feel sick." It's a soft, polite way to say it.

Example:

Emma: "You okay?"

Brayden: "Not really. I'm under the weather."

92. "Don't cry over spilled milk."

This means "Don't be sad about the past."

Example:

Ava: "I lost my phone."

Ethan: "It's okay. Don't cry over spilled milk."

93. "Let's call it a day."

This means "Let's stop working now." It's used when you are done.

Example:

Chloe: "Are we still working?"

Liam: "Nope. Let's call it a day."

94. "You're a pain in the neck."

This means "You are annoying me." It can be used as a joke.

Example:

Rachel: "Did you miss me?"

Logan: "Yes, but you're a pain in the neck!"

95. "Hit the nail on the head."

This means "You said something exactly right."

Example:

Olivia: "We failed because we didn't practice."

Mason: "Yes. You hit the nail on the head."

96. "Speak of the devil."

This means "We were just talking about you." It's used in surprise.

Example:

Ella: "Where is Jason?"

Jason walks in.

Sophie: "Speak of the devil!"

97. "It's water under the bridge."

This means "It's in the past. It doesn't matter now."

Example:

Tyler: "I'm sorry for yelling."

Grace: "Don't worry. It's water under the bridge."

98. "Out of the blue."

This means “It happened suddenly.” It’s used for surprise events.

Example:

Noah: “She called me out of the blue.”

Leah: “Wow! That’s unexpected.”

99. “Jump on the bandwagon.”

This means “Join something that is already popular.”

Example:

Alex: “Now you like soccer?”

Sophie: “Yes. I jumped on the bandwagon.”

100. “Take it with a grain of salt.”

This means “Don’t fully believe it.” It shows careful thinking.

Example:

Emma: “He said he’s rich.”

Brayden: “Hmm... Take it with a grain of salt.”

101. “The early bird catches the worm.”

This means “If you start early, you succeed.”

Example:

Levi: “You woke up at 5 AM?”

Rachel: “Yep. The early bird catches the worm!”

102. “I’m feeling on edge.”

This means “I’m nervous or worried.”

Example:

Samantha: “Are you okay?”

Ethan: “No. I’m feeling on edge.”

103. “Throw in the towel.”

This means “Give up.” It comes from boxing.

Example:

Ava: “Still trying?”

Daniel: “No. I threw in the towel.”

104. “Shoot yourself in the foot.”

This means “You hurt yourself by mistake.”

Example:

Grace: “He lied to his boss.”

Liam: “Wow. He shot himself in the foot.”

105. “Let sleeping dogs lie.”

This means “Don’t bring up old problems.”

Example:

Olivia: “Should I talk about the fight?”

Zach: “No. Let sleeping dogs lie.”

106. “You can’t have your cake and eat it too.”

This means “You can’t have two good things at once.”

Example:

Logan: “I want freedom but also full control.”

Sophie: “You can’t have your cake and eat it too.”

107. “Put your money where your mouth is.”

This means “Prove it with action.”

Example:

Brayden: “I’m the best player!”

Leah: “Okay. Put your money where your mouth is.”

108. “Break the ice.”

This means “Start talking to make people feel comfortable.”

Example:

Rachel: “I don’t know what to say.”

Noah: “Just tell a joke to break the ice.”

109. “Beating around the bush.”

This means “Avoiding the real topic.”

Example:

Chloe: “Why don’t you answer?”

Ethan: “Stop beating around the bush.”

110. “Don’t push my buttons.”

This means “Don’t try to make me angry.”

Example:

Ava: “I keep teasing you.”

Daniel: “Stop it. Don’t push my buttons.”

111. “A blessing in disguise.”

This means something bad at first, but later it turns out good.

Example:

Emma: “Losing that job was sad.”

Liam: “Yes, but it led you to a better one. A blessing in disguise.”

112. “Break a leg.”

This means “Good luck.” It’s used in theater or before a performance.

Example:

Noah: “I have a big show tonight.”

Sophie: “You’ll be amazing. Break a leg!”

113. “Don’t judge a book by its cover.”

This means “Don’t judge someone by how they look.”

Example:

Grace: “He looks mean.”

Daniel: “Talk to him first. Don’t judge a book by its cover.”

114. “Hit the road.”

This means “Leave or start a trip.”

Example:

Zach: “Are we ready?”

Chloe: “Yep. Let’s hit the road!”

115. “You can say that again.”

This means “I agree 100%.” It shows strong support.

Example:

Mia: "That pizza was amazing!"
Logan: "You can say that again."

116. "Cost an arm and a leg."
This means something is very expensive.
Example:
Leah: "I love your phone."
Ethan: "Thanks. It cost an arm and a leg."

117. "I'm all ears."
This means "I'm listening closely."
Example:
Ava: "Want to hear a secret?"
Brayden: "Yes! I'm all ears."

118. "Sit tight."
This means "Wait patiently."
Example:
Olivia: "When will dinner be ready?"
Tyler: "Almost done. Just sit tight."

119. "That ship has sailed."
This means "It's too late now."
Example:
Rachel: "Can I still apply for the job?"
Noah: "Sorry. That ship has sailed."

120. "Burning the midnight oil."
This means "Working late into the night."
Example:
Sophie: "Why are you so tired?"
Alex: "I was burning the midnight oil."

121. "Go the extra mile."
This means "Do more than expected."

Example:

Emma: "You helped everyone finish."

Logan: "I just wanted to go the extra mile."

122. "It's not the end of the world."

This means "It's not that bad."

Example:

Chloe: "I failed the test."

Ethan: "It's okay. It's not the end of the world."

123. "By the book."

This means "Follow rules exactly."

Example:

Mason: "He does everything right."

Grace: "Yep. He goes by the book."

124. "I'm snowed under."

This means "I'm very busy."

Example:

Ella: "Want to hang out?"

Liam: "I can't. I'm snowed under with work."

125. "Bite your tongue."

This means "Stop yourself from saying something."

Example:

Noah: "I almost said something rude."

Leah: "Good thing you bit your tongue."

126. "Add fuel to the fire."

This means "Make a bad thing worse."

Example:

Rachel: "He was angry. Then I laughed."

Daniel: "You just added fuel to the fire."

127. "Let the cat out of the bag."

This means “Tell a secret by mistake.”

Example:

Ava: “I told her about the surprise.”

Brayden: “You let the cat out of the bag!”

128. “Hit the jackpot.”

This means “Win something big.”

Example:

Olivia: “My book became a bestseller.”

Tyler: “Wow! You hit the jackpot!”

129. “In hot water.”

This means “In trouble.”

Example:

Chloe: “I forgot the meeting.”

Ethan: “You’re in hot water now.”

130. “On cloud nine.”

This means “Very, very happy.”

Example:

Sophie: “How do you feel?”

Logan: “Great! I’m on cloud nine.”

131. “Cry wolf.”

This means “Lie too often, so no one believes you later.”

Example:

Mia: “He said he was sick again.”

Liam: “He always cries wolf.”

132. “The ball is in your court.”

This means “Now it’s your turn to act.”

Example:

Emma: “Should I call her?”

Noah: “You told her how you feel. The ball is in her court.”

133. "In the blink of an eye."

This means "Very quickly."

Example:

Zach: "She grew up fast."

Rachel: "Yes, in the blink of an eye."

134. "Every cloud has a silver lining."

This means "Even bad things can have good parts."

Example:

Alex: "The storm ruined our plans."

Leah: "But we stayed home and had fun. Every cloud has a silver lining."

135. "Walking on eggshells."

This means "Being very careful not to upset someone."

Example:

Grace: "He gets angry fast."

Ethan: "Yes, I feel like I'm walking on eggshells."

136. "Spill the beans."

This means "Tell the secret."

Example:

Sophie: "I know you're hiding something."

Brayden: "Fine. I'll spill the beans."

137. "Face the music."

This means "Accept the results of your actions."

Example:

Ava: "You cheated on the test?"

Daniel: "Yes. I'll face the music."

138. "Throw cold water on it."

This means "Stop someone's excitement."

Example:

Logan: "I told them my idea."

Olivia: “And?”

Logan: “They threw cold water on it.”

139. “Like pulling teeth.”

This means “Very hard to do.”

Example:

Noah: “Did he answer your question?”

Rachel: “Yes, but it was like pulling teeth.”

140. “You lost me.”

This means “I don’t understand anymore.”

Example:

Grace: “So we divide that by the square root—”

Leah: “Wait. You lost me.”

141. “Call it a day.”

This means to stop working or stop doing something.

Example:

Liam: “We’ve worked hard today.”

Emma: “Yes, let’s call it a day.”

142. “Beat around the bush.”

This means to avoid saying something directly.

Example:

Ava: “What’s wrong?”

Ethan: “Stop beating around the bush. Just tell me.”

143. “Cut corners.”

This means to do something the easy way, but not the best way.

Example:

Olivia: “Why did it break?”

Noah: “They cut corners while building it.”

144. “Jump to conclusions.”

This means to decide something too fast, without full facts.

Example:

Rachel: "He didn't text me."

Brayden: "Don't jump to conclusions. Maybe he's busy."

145. "Let sleeping dogs lie."

This means to not bring up old problems.

Example:

Chloe: "Should I talk about the fight?"

Mason: "No. Let sleeping dogs lie."

146. "Back to square one."

This means to start over.

Example:

Grace: "We lost the files."

Logan: "Now we're back to square one."

147. "Up in the air."

This means not decided yet.

Example:

Sophie: "Are we going on vacation?"

Tyler: "It's still up in the air."

148. "Hit the sack."

This means go to sleep.

Example:

Ella: "I'm tired."

Daniel: "Go hit the sack."

149. "Not my cup of tea."

This means not something I like.

Example:

Emma: "Want to go dancing?"

Liam: "No, that's not my cup of tea."

150. "Bend over backwards."

This means try very hard to help.

Example:

Leah: “Why are you so tired?”

Noah: “I bent over backwards for that client.”

151. “Bite the bullet.”

This means do something hard or painful.

Example:

Mia: “Are you going to the dentist?”

Zach: “Yes, time to bite the bullet.”

152. “Cold turkey.”

This means to stop something suddenly.

Example:

Ava: “You quit smoking?”

Ethan: “Yes. I went cold turkey.”

153. “Devil’s advocate.”

This means to argue a different side, even if you don’t believe it.

Example:

Olivia: “Are you against it?”

Logan: “No, I’m just playing devil’s advocate.”

154. “Down to earth.”

This means humble and practical.

Example:

Chloe: “Is she famous?”

Liam: “Yes, but still very down to earth.”

155. “Easier said than done.”

This means it’s hard to do, even if it sounds simple.

Example:

Grace: “Just forget him.”

Rachel: “That’s easier said than done.”

156. "Get a taste of your own medicine."

This means be treated the same bad way you treated others.

Example:

Sophie: "She ignored him."

Noah: "Now he's doing the same. She got a taste of her own medicine."

157. "Go with the flow."

This means to relax and follow what happens.

Example:

Ella: "What's the plan?"

Mason: "Let's just go with the flow."

158. "In the same boat."

This means in the same situation.

Example:

Brayden: "I lost my job too."

Tyler: "Then we're in the same boat."

159. "Miss the boat."

This means miss a chance.

Example:

Rachel: "The deadline passed."

Daniel: "You missed the boat."

160. "Pull someone's leg."

This means to joke or trick someone in a funny way.

Example:

Emma: "Are you serious?"

Logan: "No! I'm just pulling your leg."

161. "Raining cats and dogs."

This means raining very hard.

Example:

Chloe: "Should we go outside?"

Leah: “No! It’s raining cats and dogs.”

162. “Take it with a grain of salt.”

This means don’t believe everything fully.

Example:

Sophie: “He says he’s rich.”

Liam: “Take that with a grain of salt.”

163. “Under the weather.”

This means feeling sick.

Example:

Olivia: “You okay?”

Ethan: “No, I’m feeling under the weather.”

164. “The tip of the iceberg.”

This means only a small part of a big problem.

Example:

Ava: “Is this all?”

Noah: “No, it’s just the tip of the iceberg.”

165. “Throw in the towel.”

This means to quit or give up.

Example:

Grace: “Are you still trying?”

Brayden: “No, I threw in the towel.”

166. “Once in a blue moon.”

This means something happens very rarely.

Example:

Leah: “Do you cook?”

Mason: “Only once in a blue moon.”

167. “Walk a mile in someone’s shoes.”

This means to understand someone’s life or feelings.

Example:

Chloe: "He's so rude."

Rachel: "Try walking a mile in his shoes."

168. "Not out of the woods yet."

This means still in trouble or not safe yet.

Example:

Sophie: "The surgery went well."

Daniel: "Yes, but he's not out of the woods yet."

169. "Burn bridges."

This means to ruin relationships.

Example:

Emma: "She left and said mean things."

Liam: "She burned all her bridges."

170. "Between a rock and a hard place."

This means stuck between two bad choices.

Example:

Olivia: "Should I lie or lose my friend?"

Ethan: "You're between a rock and a hard place."

171. "A blessing in disguise."

This means something bad at first becomes something good later.

Example:

Emma: "Losing my job was sad."

Logan: "But then you found a better one! A blessing in disguise."

172. "Actions speak louder than words."

This means what you do is more important than what you say.

Example:

Rachel: "He said he'd change."

Liam: "Let's see. Actions speak louder than words."

173. "Add fuel to the fire."

This means make a bad situation worse.

Example:

Sophie: "He was angry already."

Noah: "Then she yelled more. It added fuel to the fire."

174. "All ears."

This means listening carefully.

Example:

Grace: "I need to talk."

Tyler: "I'm all ears."

175. "All in the same boat."

This means everyone has the same problem.

Example:

Chloe: "We all failed the test."

Ethan: "Then we're all in the same boat."

176. "As easy as pie."

This means very easy.

Example:

Ella: "Was the homework hard?"

Brayden: "No, it was as easy as pie."

177. "At the drop of a hat."

This means very quickly, without thinking.

Example:

Ava: "Would she move again?"

Mason: "Yes, at the drop of a hat."

178. "Back to the drawing board."

This means start again with a new plan.

Example:

Olivia: "Our plan failed."

Daniel: "Back to the drawing board then."

179. "Bite off more than you can chew."

This means try to do too much.

Example:

Emma: "I have no time."

Logan: "You bit off more than you can chew."

180. "Break the ice."

This means make people feel comfortable together.

Example:

Chloe: "The room was quiet."

Liam: "Then she told a joke to break the ice."

181. "By the book."

This means follow the rules exactly.

Example:

Noah: "Can I change this?"

Leah: "No. Do it by the book."

182. "Cry over spilled milk."

This means be sad about something small or in the past.

Example:

Sophie: "I lost the receipt."

Rachel: "Don't cry over spilled milk."

183. "Cut to the chase."

This means get to the main point.

Example:

Ava: "She talked for ten minutes."

Tyler: "Then he said, cut to the chase!"

184. "Face the music."

This means deal with your problem or mistake.

Example:

Olivia: "He found out I lied."

Ethan: "Time to face the music."

185. "Get cold feet."

This means to get scared before doing something big.

Example:

Emma: "He left before the wedding."

Logan: "He got cold feet."

186. "Get out of hand."

This means become too crazy or out of control.

Example:

Grace: "The kids were wild."

Brayden: "The party got out of hand."

187. "Hang in there."

This means don't give up.

Example:

Ella: "I feel tired and lost."

Daniel: "Hang in there. You'll be okay."

188. "Hit the nail on the head."

This means say something exactly right.

Example:

Chloe: "He said I'm tired from stress."

Liam: "He hit the nail on the head."

189. "In hot water."

This means in big trouble.

Example:

Sophie: "I broke her vase."

Noah: "You're in hot water now."

190. "Keep your chin up."

This means stay strong and don't be sad.

Example:

Rachel: "I didn't get the job."

Mason: "Keep your chin up. Another will come."

191. "Let the cat out of the bag."

This means tell a secret by mistake.

Example:

Ava: "He told them your plan."

Ethan: "He let the cat out of the bag!"

192. "Make a long story short."

This means tell only the main part.

Example:

Grace: "We missed the bus, ran five blocks..."

Tyler: "Just make a long story short!"

193. "On thin ice."

This means close to getting in trouble.

Example:

Olivia: "He missed work again."

Logan: "He's on thin ice."

194. "Out of the blue."

This means suddenly, without warning.

Example:

Chloe: "He called me after years."

Liam: "That's out of the blue."

195. "Pull yourself together."

This means stay calm and strong.

Example:

Ella: "I can't stop crying."

Daniel: "Please pull yourself together."

196. "See eye to eye."

This means agree with someone.

Example:

Emma: "We fight a lot."

Noah: "Because you don't see eye to eye."

197. "Sit on the fence."

This means not choose a side.

Example:

Sophie: "Do you like it or not?"

Brayden: "I'm sitting on the fence."

198. "Speak of the devil."

This means someone appears while you're talking about them.

Example:

Ava: "We were just talking about Rachel."

Mason: "Speak of the devil! She's here!"

199. "The ball is in your court."

This means it's your turn to decide.

Example:

Olivia: "Should I stay or go?"

Ethan: "The ball is in your court."

200. "Time flies."

This means time goes fast.

Example:

Chloe: "My baby is ten now."

Logan: "Wow! Time flies."

201. "Up in arms."

This means very angry.

Example:

Grace: "The teacher canceled prom."

Tyler: "The students were up in arms."

202. "Wear your heart on your sleeve."

This means show your emotions clearly.

Example:

Ella: "Everyone sees I'm sad."

Daniel: "You wear your heart on your sleeve."

203. "You can't judge a book by its cover."

This means don't decide by looks.

Example:

Rachel: "He looks mean."

Liam: "But he's kind. You can't judge a book by its cover."

204. "Zip your lip."

This means stay quiet.

Example:

Emma: "Should I tell her?"

Noah: "No. Zip your lip."

205. "Throw someone under the bus."

This means blame someone to save yourself.

Example:

Sophie: "He told the boss I was late."

Brayden: "He threw you under the bus."

206. "Hit rock bottom."

This means reach your lowest point.

Example:

Ava: "I lost my job, my car, and hope."

Logan: "You hit rock bottom."

207. "Keep something at bay."

This means stop something bad from coming.

Example:

Grace: "Why do you exercise?"

Ethan: "To keep stress at bay."

208. "Cry wolf."

This means call for help too often when there is no problem.

Example:

Olivia: "He faked being sick again."

Daniel: "One day, no one will believe him. He cries wolf too much."

209. "Let someone off the hook."

This means forgive or not punish someone.

Example:

Chloe: "You're not angry?"

Liam: "No. I'll let you off the hook."

210. "On cloud nine."

This means very happy.

Example:

Ella: "I got the scholarship!"

Mason: "You must be on cloud nine!"

211. "A penny for your thoughts."

This means you want to know what someone is thinking.

Example:

Emma: "You look quiet today."

Logan: "Just thinking."

Emma: "A penny for your thoughts?"

212. "Against all odds."

This means something happens even when it seemed impossible.

Example:

Sophie: "Doctors said he wouldn't walk again."

Ethan: "But he did. He made it against all odds."

213. "At your wit's end."

This means feeling tired and not knowing what to do.

Example:

Olivia: "The baby cries all night."

Daniel: "You must be at your wit's end."

214. "Back to square one."

This means starting again from the beginning.

Example:

Grace: "The files got deleted."

Tyler: "We're back to square one."

215. "Beat around the bush."

This means not say something directly.

Example:

Chloe: "Just tell me the truth."

Liam: "Stop beating around the bush."

216. "Better late than never."

This means it's good you did something, even if late.

Example:

Ava: "I finished college at 40."

Logan: "That's great! Better late than never."

217. "Between a rock and a hard place."

This means stuck with two bad choices.

Example:

Ella: "Should I quit or stay unhappy?"

Noah: "You're between a rock and a hard place."

218. "Bite your tongue."

This means stop yourself from saying something.

Example:

Rachel: "I wanted to yell, but I bit my tongue."

Liam: "Smart choice."

219. "Break a leg."

This means good luck, often before a performance.

Example:

Emma: "I'm nervous about my show."

Sophie: "Break a leg!"

220. "Burn the midnight oil."

This means work very late into the night.

Example:

Olivia: "You're still studying?"

Mason: "Yes, burning the midnight oil."

221. "Call it a day."

This means stop working for now.

Example:

Grace: "It's 7 PM."

Daniel: "Let's call it a day."

222. "Catch someone off guard."

This means surprise someone.

Example:

Ava: "He asked me to marry him!"

Ethan: "He really caught you off guard."

223. "Come rain or shine."

This means no matter what happens.

Example:

Chloe: "You still going hiking?"

Liam: "Yes, come rain or shine."

224. "Cross the line."

This means go too far or act badly.

Example:

Rachel: "He joked about my mom."

Noah: "He really crossed the line."

225. "Cut some slack."

This means be kind and not too strict.

Example:

Emma: "He's new here."

Logan: "Let's cut him some slack."

226. "Don't hold your breath."

This means don't wait because it won't happen soon.

Example:

Olivia: "Will Dad fix the sink?"

Tyler: "Don't hold your breath."

227. "Down in the dumps."

This means feeling very sad.

Example:

Grace: "You okay?"

Ella: "I'm just down in the dumps today."

228. "Every cloud has a silver lining."

This means something good in every bad time.

Example:

Sophie: "Losing that job led me to start my business."

Daniel: "See? Every cloud has a silver lining."

229. "Feel under the weather."

This means feeling a little sick.

Example:

Ava: "Why didn't you come to school?"

Mason: "I felt under the weather."

230. "For the time being."

This means for now, not forever.

Example:

Emma: "Can I stay here?"

Logan: "Sure, for the time being."

231. "Get the hang of it."

This means learn how to do something.

Example:

Rachel: "Driving was hard at first."
Ethan: "But you got the hang of it!"

232. "Go with the flow."

This means just relax and let things happen.

Example:

Olivia: "What's the plan?"

Noah: "Let's go with the flow."

233. "Hit the books."

This means start studying hard.

Example:

Chloe: "Are you going out tonight?"

Liam: "No. I have to hit the books."

234. "In the blink of an eye."

This means very quickly.

Example:

Grace: "The kids grew up so fast."

Tyler: "Yes, in the blink of an eye."

235. "Jump the gun."

This means do something too soon.

Example:

Ava: "He proposed on the first date!"

Logan: "He really jumped the gun."

236. "Keep it low-key."

This means keep it simple or quiet.

Example:

Emma: "Big party?"

Daniel: "No, just keeping it low-key."

237. "Know the ropes."

This means understand how things work.

Example:

Rachel: “She’s new, but she knows the ropes already.”

Ethan: “Impressive!”

238. “Leave no stone unturned.”

This means try every way to do something.

Example:

Sophie: “We must find her dog.”

Noah: “We’ll leave no stone unturned.”

239. “Miss the boat.”

This means miss an opportunity.

Example:

Grace: “I didn’t apply on time.”

Logan: “You missed the boat.”

240. “No strings attached.”

This means no special rules or hidden things.

Example:

Chloe: “The gift was free?”

Liam: “Yes. No strings attached.”

241. “Out of the woods.”

This means past the worst part.

Example:

Olivia: “He’s awake now.”

Tyler: “That’s good. He’s out of the woods.”

242. “Put a pin in it.”

This means pause the topic and come back later.

Example:

Emma: “Let’s keep talking about it later.”

Logan: “Sure, put a pin in it.”

243. “Read between the lines.”

This means understand the hidden message.

Example:

Sophie: "He didn't say it, but I knew."

Ethan: "You read between the lines."

244. "Spill the beans."

This means tell a secret.

Example:

Chloe: "You told them?"

Liam: "Yes, I spilled the beans."

245. "Take it with a grain of salt."

This means don't fully believe it.

Example:

Grace: "He said he's rich."

Tyler: "Take it with a grain of salt."

246. "The elephant in the room."

This means a big problem no one talks about.

Example:

Olivia: "They avoided talking about the fight."

Daniel: "That was the elephant in the room."

247. "Through thick and thin."

This means in good and bad times.

Example:

Ava: "You stayed when I was sick."

Logan: "I'm here through thick and thin."

248. "Under your nose."

This means very close, but you didn't see it.

Example:

Emma: "I couldn't find my keys."

Ethan: "They were under your nose!"

249. "Walk on eggshells."

This means be very careful with words or actions.

Example:

Rachel: "He gets mad fast."

Liam: "I walk on eggshells around him."

250. "Your guess is as good as mine."

This means you don't know either.

Example:

Sophie: "Where's my phone?"

Noah: "Your guess is as good as mine."

251. "Barking up the wrong tree."

This means blaming the wrong person or idea.

Example:

Liam: "You think I broke the vase?"

Emma: "Yes!"

Liam: "You're barking up the wrong tree."

252. "Hit the nail on the head."

This means say something exactly right.

Example:

Olivia: "So, I need more rest?"

Dr. Mason: "Yes, you hit the nail on the head."

253. "Jump on the bandwagon."

This means join something because it's popular.

Example:

Ava: "You like yoga now?"

Chloe: "Yes, I jumped on the bandwagon."

254. "Let the chips fall where they may."

This means accept whatever happens.

Example:

Ethan: "What if I fail?"

Logan: “Try your best. Let the chips fall where they may.”

255. “Make a long story short.”

This means skip details and say the end.

Example:

Sophie: “What happened on your trip?”

Noah: “To make a long story short—I lost my passport.”

256. “No hard feelings.”

This means no anger, no hate.

Example:

Rachel: “You beat me in the game.”

Tyler: “No hard feelings?”

Rachel: “Nope.”

257. “Off the top of my head.”

This means saying something without thinking too much.

Example:

Emma: “Know any good movies?”

Liam: “Off the top of my head—maybe ‘The Notebook’.”

258. “On the same page.”

This means agree or think alike.

Example:

Olivia: “So we both want a small wedding?”

Ethan: “Yes. We’re on the same page.”

259. “Play it by ear.”

This means decide what to do as things happen.

Example:

Chloe: “Plans for Saturday?”

Noah: “We’ll play it by ear.”

260. “Pull yourself together.”

This means calm down and act normal.

Example:

Ava: "I can't stop crying."

Grace: "Take a breath and pull yourself together."

261. "Sit tight."

This means wait patiently and don't move.

Example:

Rachel: "Should I call again?"

Logan: "No. Sit tight."

262. "Speak of the devil."

This means someone appears when being talked about.

Example:

Tyler: "Where's Mason?"

Mason walks in.

Rachel: "Speak of the devil!"

263. "The ball is in your court."

This means it's your turn to act.

Example:

Emma: "Should I reply or wait?"

Liam: "The ball is in your court."

264. "Time flies."

This means time passes quickly.

Example:

Olivia: "My baby's five already."

Ethan: "Time flies!"

265. "Under the table."

This means something done secretly, often not legal.

Example:

Chloe: "He got paid under the table."

Noah: "That's risky."

266. "Walk the talk."

This means do what you say.

Example:

Sophie: "He talks about kindness."

Rachel: "But does he walk the talk?"

267. "You can't judge a book by its cover."

This means don't decide by appearance.

Example:

Ava: "That old man is a great dancer!"

Logan: "You can't judge a book by its cover."

268. "Zip your lip."

This means stop talking.

Example:

Emma: "He told me a secret."

Liam: "You better zip your lip."

269. "A blessing in disguise."

This means something bad that turns good.

Example:

Olivia: "Losing that job led me to something better."

Grace: "A blessing in disguise."

270. "A dime a dozen."

This means very common or easy to find.

Example:

Chloe: "These shoes are everywhere."

Noah: "They're a dime a dozen."

271. "Cry over spilled milk."

This means feel sad about something you can't change.

Example:

Sophie: "I failed the test."

Rachel: "Don't cry over spilled milk."

272. "Cut to the chase."

This means skip details and get to the point.

Example:

Tyler: "So what happened?"

Emma: "I'll cut to the chase. He said no."

273. "Don't push your luck."

This means don't try too much after one success.

Example:

Liam: "I got one day off. Can I get two?"

Olivia: "Don't push your luck."

274. "Easier said than done."

This means hard to do, even if it sounds easy.

Example:

Ava: "Just forgive him."

Logan: "Easier said than done."

275. "Face the music."

This means accept the result of your actions.

Example:

Emma: "I lied to my mom."

Grace: "You have to face the music."

276. "Give someone the cold shoulder."

This means ignore someone.

Example:

Rachel: "She didn't say hi."

Tyler: "She gave you the cold shoulder."

277. "Have a change of heart."

This means change your mind or feelings.

Example:

Chloe: "He said no, then yes."

Noah: "Sounds like he had a change of heart."

278. "In hot water."

This means in trouble.

Example:

Sophie: "I broke Mom's vase."

Ethan: "You're in hot water."

279. "Jump to conclusions."

This means decide too fast without all facts.

Example:

Ava: "He's not texting back."

Logan: "Don't jump to conclusions."

280. "Keep an eye on."

This means watch carefully.

Example:

Emma: "Can you keep an eye on my dog?"

Liam: "Of course."

281. "Lose your touch."

This means not be as good as before.

Example:

Olivia: "I can't bake like before."

Grace: "Did you lose your touch?"

282. "Make ends meet."

This means have just enough money to live.

Example:

Chloe: "Money is tight."

Noah: "We're just trying to make ends meet."

283. "Not my cup of tea."

This means not your thing or not something you like.

Example:

Sophie: "Want to watch horror?"

Rachel: "No thanks. Not my cup of tea."

284. "Once in a blue moon."

This means very rare.

Example:

Tyler: "Does he visit often?"

Emma: "Only once in a blue moon."

285. "Out of the blue."

This means suddenly and with no warning.

Example:

Liam: "He called out of the blue."

Olivia: "Wow."

286. "Put all your eggs in one basket."

This means risk everything on one thing.

Example:

Ava: "I only applied to one job."

Logan: "Don't put all your eggs in one basket."

287. "Rain on your parade."

This means spoil someone's good time.

Example:

Emma: "Don't tell her the bad news now."

Grace: "Yeah, don't rain on her parade."

288. "Second to none."

This means the best, better than all.

Example:

Rachel: "His cooking is second to none."

Tyler: "I agree!"

289. "The tip of the iceberg."

This means only a small part of a bigger problem.

Example:

Chloe: “One missing file?”

Noah: “That’s just the tip of the iceberg.”

290. “Up in the air.”

This means not decided yet.

Example:

Sophie: “Will you travel?”

Ethan: “It’s still up in the air.”

291. “Wear your heart on your sleeve.”

This means show your feelings openly.

Example:

Ava: “I always cry in movies.”

Logan: “You wear your heart on your sleeve.”

292. “You nailed it.”

This means you did it perfectly.

Example:

Emma: “I gave the speech.”

Liam: “You nailed it!”

293. “Zero in on.”

This means focus on something clearly.

Example:

Olivia: “Let’s zero in on the main issue.”

Grace: “Good idea.”

294. “All in a day’s work.”

This means part of the usual job.

Example:

Rachel: “You saved the dog?”

Tyler: “All in a day’s work.”

295. “Break the ice.”

This means start a talk in a friendly way.

Example:

Chloe: "I told a joke to break the ice."

Noah: "Nice move."

296. "Come full circle."

This means return to where you started.

Example:

Sophie: "I left town and now I'm back."

Ethan: "Life came full circle."

297. "Drive someone up the wall."

This means make someone very angry.

Example:

Ava: "That noise drives me up the wall."

Logan: "Let's fix it."

298. "Fish out of water."

This means feel out of place.

Example:

Emma: "At the farm, I felt like a fish out of water."

Liam: "Same here."

299. "Go the extra mile."

This means do more than expected.

Example:

Olivia: "You helped me move and clean."

Grace: "I just went the extra mile."

300. "Hit the sack."

This means go to bed.

Example:

Rachel: "I'm tired."

Tyler: "Time to hit the sack."

301. “A tough pill to swallow.”

This means something very hard to accept.

Example:

Liam: “The company closed.”

Olivia: “That’s a tough pill to swallow.”

When life gives us bad news or something unfair, this phrase helps show how difficult it is to believe or accept it. It often comes with sadness or shock.

302. “Actions speak louder than words.”

This means what you do is more important than what you say.

Example:

Chloe: “He said he cares.”

Noah: “But he never visits.”

This phrase reminds us that real love, care, and effort show in actions, not in empty promises. It often hurts when someone says a lot but never shows it.

303. “Add fuel to the fire.”

This means make a bad situation worse.

Example:

Sophie: “They were fighting.”

Tyler: “And he shouted more.”

Adding fuel to the fire makes people more angry or upset. In emotional moments, saying the wrong thing can hurt more. This phrase helps us understand we must stay calm.

304. “All bark and no bite.”

This means someone talks tough but doesn’t act.

Example:

Ava: “He always threatens people.”

Logan: “But never does anything.”

This phrase shows that some people act big or scary with words, but deep inside, they are harmless. It often brings both humor and truth to relationships or arguments.

305. “At the drop of a hat.”

This means very quickly, with no planning.

Example:

Emma: “He left town.”

Liam: “Just like that?”

Emma: “Yes, at the drop of a hat.”

This shows someone did something without thinking much. It can bring surprise or worry, like when someone acts without warning or reason.

306. “Back to square one.”

This means starting again from the beginning.

Example:

Olivia: “The plan failed.”

Ethan: “So now what?”

Olivia: “We’re back to square one.”

This phrase often feels frustrating. It reminds us how sometimes, after working hard, we have to start again. But it also teaches patience and trying again.

307. “Beat around the bush.”

This means avoid saying something directly.

Example:

Chloe: “Is he okay?”

Noah: “He won’t say it.”

This phrase is used when someone avoids hard or painful truth. It often shows fear, nervousness, or discomfort about saying something clear and honest.

308. “Better late than never.”

This means doing something late is still better than not doing it at all.

Example:

Sophie: “Sorry I’m late.”

Tyler: “It’s okay. Better late than never.”

This phrase is kind and forgiving. It gives hope. Even if someone is slow or delayed, their effort still matters. It's a gentle reminder to keep trying.

309. "Bite off more than you can chew."

This means take on too much work.

Example:

Ava: "I said yes to five projects."

Logan: "Careful, that's too much."

This phrase reminds us not to push too hard. Sometimes we want to do it all, but it's okay to say no. It teaches balance and care.

310. "Break the bank."

This means something costs too much money.

Example:

Emma: "I want that dress."

Liam: "It'll break the bank."

This phrase adds a little humor when we talk about expensive things. It reminds us to be careful with spending. It's used in both love and life choices.

311. "By the book."

This means doing something exactly by the rules.

Example:

Emma: "He's very strict."

Noah: "He does everything by the book."

This phrase shows someone follows every rule carefully. It can be good for safety or work but sometimes feels cold or too serious. It shows no room for freedom.

312. "Call it a day."

This means stop working for now.

Example:

Liam: "I'm tired."

Ava: "Let's call it a day."

We use this when we feel we've done enough. It's a soft, kind way to stop. It brings a sense of peace and balance, especially after a long effort.

313. "Caught between two worlds."

This means not fully belonging to either side.

Example:

Sophie: "I feel lost."

Tyler: "Like you don't fit in?"

This phrase is deep and emotional. It happens when someone feels stuck between two cultures, families, or choices. It often brings sadness or confusion about where they truly belong.

314. "Cold shoulder."

This means someone is ignoring you.

Example:

Chloe: "She won't talk to me."

Logan: "She gave you the cold shoulder."

It hurts when someone you care about stops talking or acts cold. This phrase explains that feeling clearly and can come with heartache or regret in relationships.

315. "Come clean."

This means tell the full truth.

Example:

Olivia: "He lied before."

Ethan: "But now he came clean."

This phrase is used when someone finally tells the truth after hiding it. It's emotional. It shows courage, guilt, and often brings peace, forgiveness, or a fresh start.

316. "Cut corners."

This means do something the easy, cheap way.

Example:

Emma: "The job looks bad."

Liam: “They cut corners.”

This phrase shows when people don't do full, honest work. It often leads to poor results. It teaches us that shortcuts may save time but hurt quality or trust.

317. “Down to earth.”

This means someone is very real and humble.

Example:

Ava: “He’s a big star.”

Noah: “But so down to earth.”

We use this for kind, simple people who don't act better than others. It's warm and positive. It's a beautiful thing to say about someone's heart and soul.

318. “Drive someone crazy.”

This means make someone feel very annoyed or emotional.

Example:

Sophie: “He won't stop texting.”

Tyler: “That would drive me crazy.”

It can mean funny or angry emotions. It's used in both love and stress. It shows how someone or something takes over your mind or peace completely.

319. “Face the music.”

This means accept the bad results of something you did.

Example:

Chloe: “He lied to the boss.”

Logan: “Now he has to face the music.”

This phrase is heavy. It means the time has come to take blame or punishment. It's hard, but it teaches growth, truth, and responsibility.

320. “Feel under the weather.”

This means feel a little sick or tired.

Example:

Olivia: “You okay?”

Ethan: "Just feeling under the weather."

It's soft and polite. We use this when we don't feel good but it's not serious. It shows care and concern without drama. A gentle way to speak of illness.

321. "Fish out of water."

This means feel very out of place.

Example:

Emma: "I didn't know anyone."

Noah: "Like a fish out of water?"

This phrase gives a clear picture of discomfort. It's emotional. It shows fear, confusion, or loneliness when you are somewhere strange or very new.

322. "Give someone the benefit of the doubt."

This means trust someone even when unsure.

Example:

Ava: "He was late again."

Liam: "Let's give him the benefit of the doubt."

This phrase shows hope and kindness. It means you choose to believe the best in someone. It builds love and trust, even when things are unclear.

323. "Go the extra mile."

This means do more than expected.

Example:

Sophie: "She stayed late to help."

Tyler: "She always goes the extra mile."

This is a warm, powerful phrase. It shows someone's heart, effort, and care. We use it for people who give more, not because they must, but because they care.

324. "Have butterflies in your stomach."

This means feel nervous in a good or bad way.

Example:

Chloe: "Before my speech, I had butterflies."

Logan: "That's normal!"

This sweet phrase is full of emotion. It can mean nervous joy or fear. We often feel it before love, tests, or big moments. It shows how deeply we care.

325. "Hit the nail on the head."

This means say or do something exactly right.

Example:

Olivia: "He said what we all felt."

Ethan: "He hit the nail on the head."

This phrase shows sharp understanding. It's used when someone sees the truth clearly and speaks it well. It's honest, bold, and smart all at once.

326. "In over your head."

This means be in a situation too hard to handle.

Example:

Emma: "This job is too much."

Noah: "Sounds like you're in over your head."

This phrase shows feeling lost or overwhelmed. It's emotional. We use it when someone is trying hard but the pressure is just too much.

327. "In the same boat."

This means share the same problem or situation.

Example:

Ava: "I lost my job."

Liam: "Me too. We're in the same boat."

It brings comfort and connection. It says, "You're not alone." It builds friendship during hard times and helps people support each other.

328. "It takes two to tango."

This means two people are both responsible.

Example:

Sophie: "They fight a lot."

Tyler: "Takes two to tango."

This phrase is often used in relationships. It says both sides matter. It's honest and fair, reminding us not to blame only one person when things go wrong.

329. "Jump the gun."

This means act too soon.

Example:

Chloe: "He asked too early."

Logan: "He jumped the gun."

This phrase reminds us to wait. It's often used when someone rushes without thinking. It can cause problems or surprise others. It teaches patience and timing.

330. "Keep your chin up."

This means stay strong during hard times.

Example:

Olivia: "I failed the test."

Ethan: "Keep your chin up."

This is a kind, gentle phrase. It brings hope and support. It tells someone to stay proud and not give up, even when life feels painful or unfair.

331. "Let the cat out of the bag."

This means share a secret by mistake.

Example:

Jake: "I didn't mean to tell her."

Emily: "You let the cat out of the bag."

This phrase is funny but can hurt. It shows how secrets can come out suddenly. It teaches us to be careful with private things.

332. "Let sleeping dogs lie."

This means don't bring up old problems.

Example:

Emma: "Should I ask about the fight?"

Liam: “Let sleeping dogs lie.”

It's wise advice. Some things are better left alone. This phrase helps us avoid starting trouble again when peace has already come. It's about staying calm and moving forward.

333. “Like pulling teeth.”

This means something is very hard to do.

Example:

Ava: “Getting him to talk was like pulling teeth.”

Noah: “That bad?”

It shows how difficult or slow something feels, especially talking or getting help. It carries frustration and stress. This phrase is used when people don't want to do something.

334. “Look before you leap.”

This means think carefully before acting.

Example:

Chloe: “I want to quit my job.”

Logan: “Look before you leap.”

It's kind advice. It warns us to plan and not rush. If we jump too fast, we might regret it. This phrase helps us make smarter choices with time.

335. “Miss the boat.”

This means miss a chance.

Example:

Sophie: “I waited too long.”

Tyler: “You missed the boat.”

It feels sad. This phrase shows how waiting too long can lead to loss. It reminds us to take action when the time is right. It can bring regret or learning.

336. “Not my cup of tea.”

This means not something I enjoy.

Example:

Emma: "Want to go dancing?"

Noah: "Not my cup of tea."

It's a polite way to say no. It shows personal taste without being rude. We use this when we don't like something but don't want to hurt anyone's feelings.

337. "On thin ice."

This means close to trouble.

Example:

Ava: "She's late again."

Liam: "She's on thin ice with the boss."

It feels dangerous. This phrase shows risk, like one more mistake could bring big problems. It's often used in jobs or relationships when someone keeps doing wrong things.

338. "Once in a blue moon."

This means very rare.

Example:

Chloe: "Do they visit often?"

Logan: "Once in a blue moon."

This phrase feels special and rare. It means something happens only sometimes, almost never. We use it when we talk about rare events, like seeing old friends or lucky days.

339. "Out of the blue."

This means suddenly or without warning.

Example:

Sophie: "He called me out of the blue."

Tyler: "That's surprising."

It feels shocking or amazing. This phrase shows how things can happen fast and without reason. It can bring joy or fear depending on the news. It adds surprise to the story.

340. "Out of your league."

This means someone or something is too good for you.

Example:

Emma: “I like her, but she’s out of my league.”

Noah: “You never know.”

It feels sad and unsure. This phrase shows someone feels not good enough for love or goals. It’s about fear of rejection, but also hope and dreams.

341. “Over the moon.”

This means very happy.

Example:

Ava: “He said yes!”

Liam: “You must be over the moon.”

This is joyful and bright. We use it when someone is full of joy, like in love, success, or big moments. It shows how full the heart feels in that time.

342. “Paint the town red.”

This means go out and have fun.

Example:

Chloe: “It’s Friday night!”

Logan: “Let’s paint the town red.”

It’s full of life. This phrase is about letting go and enjoying with friends. We use it for big nights out, joy, dancing, and freedom. It brings fun and memories.

343. “Pull yourself together.”

This means calm down and be strong.

Example:

Sophie: “I can’t stop crying.”

Tyler: “Try to pull yourself together.”

It can sound strong but is full of care. It means take a breath and be brave. We use it when someone is sad, lost, or scared, to give strength.

344. “Put all your eggs in one basket.”

This means risk everything in one place.

Example:

Emma: “I only applied to one job.”

Noah: “Don’t put all your eggs in one basket.”

It’s smart advice. It tells us to have more than one plan. If one thing fails, we don’t lose everything. It teaches safety and choices.

345. “Rain on someone’s parade.”

This means spoil someone’s joy.

Example:

Ava: “I just got the job!”

Liam: “Don’t rain on her parade.”

It shows when someone says something that ruins a happy moment. It teaches us to protect other people’s joy. This phrase is emotional and reminds us to be kind.

346. “See eye to eye.”

This means agree fully.

Example:

Chloe: “We never fight.”

Logan: “You must see eye to eye.”

It’s a happy phrase. We use it when two people understand each other well. It’s about peace, love, and strong connection in friendships, love, or work. It means deep agreement.

347. “Sit tight.”

This means wait patiently.

Example:

Sophie: “Should I go now?”

Tyler: “Sit tight. Wait for the call.”

This phrase is calm and wise. It helps us stay still when things are not ready. It shows trust in time. We use it during plans or news. It’s soft but strong.

348. “Skeletons in the closet.”

This means hidden past problems.

Example:

Emma: “He’s quiet about his past.”

Noah: “Maybe he has skeletons in the closet.”

It’s deep and emotional. This phrase shows past mistakes or secrets people hide. It teaches us that everyone has a story. It can feel scary or full of shame.

349. “Speak of the devil.”

This means someone shows up just as you talk about them.

Example:

Ava: “I was just talking about you!”

Liam: “Speak of the devil!”

It’s a fun phrase. It adds surprise and humor. We use it when someone we talked about appears suddenly. It brings smiles and surprise to the moment.

350. “Spill the beans.”

This means share a secret.

Example:

Chloe: “What’s the big news?”

Logan: “Come on, spill the beans.”

It’s playful and curious. This phrase is used when people want to hear hidden news. It feels exciting and full of energy. It’s used often with friends or surprises.

351. “Steal someone’s thunder.”

This means take attention from someone else.

Example:

Emily: “It was my moment, but she stole my thunder.”

Jake: “That’s not fair.”

This phrase is full of emotion. It shows how someone feels ignored or hurt when another person takes their success or joy. It teaches us to respect each other’s big moments.

352. “Take it with a grain of salt.”

This means don't fully believe it.

Example:

Liam: “He said he met a movie star.”

Ava: “Take it with a grain of salt.”

This phrase helps us stay smart. It means we should not always believe every story. It teaches us to listen kindly but think carefully. It's useful in daily conversations.

353. “The ball is in your court.”

This means it's your turn to act.

Example:

Logan: “I told her how I feel.”

Chloe: “Now the ball is in her court.”

It shows when you've done your part, and now it's up to the other person. It brings emotions like waiting, hope, and decision. It often happens in love or work.

354. “The best of both worlds.”

This means enjoy two good things at once.

Example:

Sophie: “I work from home and still earn well.”

Tyler: “That's the best of both worlds.”

It's a happy phrase. It shows when someone enjoys more than one benefit at the same time. It gives a sense of peace and balance in life or work.

355. “The elephant in the room.”

This means a big problem no one wants to talk about.

Example:

Emma: “No one talks about the divorce.”

Noah: “It's the elephant in the room.”

This phrase feels heavy and emotional. It shows when people avoid a serious issue. It teaches us about fear, silence, and facing hard truths. It's common in family or office talk.

356. "Throw in the towel."

This means give up or stop trying.

Example:

Ava: "I've failed three times."

Liam: "Don't throw in the towel yet."

It's sad but also hopeful. It shows when someone wants to quit, but others still believe in them. This phrase comes from boxing and teaches us about struggle and strength.

357. "Under the weather."

This means feeling sick.

Example:

Chloe: "You look tired."

Logan: "I'm just a little under the weather."

It's a gentle way to say you're not feeling well. It's soft, polite, and caring. We use it often when we are tired, sick, or need rest. It adds warmth to conversation.

358. "Up in the air."

This means not decided yet.

Example:

Sophie: "Is the trip still happening?"

Tyler: "It's up in the air."

This phrase shows uncertainty. It can bring stress or hope. It means something is not final yet. It's often used in work, travel, or plans that are not clear.

359. "Walk on eggshells."

This means act very carefully.

Example:

Emma: "He gets angry fast."

Noah: "I feel like I walk on eggshells."

This phrase feels tense and emotional. It shows fear or stress when someone feels they must be very careful with words or actions. It's often used in hard relationships.

360. "You can't judge a book by its cover."

This means don't judge by appearance.

Example:

Ava: "He looks rude."

Liam: "You can't judge a book by its cover."

It teaches kindness and open thinking. This phrase reminds us that people or things can surprise us. What looks bad may be good inside. It's a phrase full of heart.

361. "Your guess is as good as mine."

This means I don't know either.

Example:

Chloe: "Where's the teacher?"

Logan: "Your guess is as good as mine."

It's funny and friendly. It shows both people are confused or unsure. It's often used when no one has the answer. It makes people feel they are not alone in guessing.

362. "Bite the dust."

This means something or someone failed or died.

Example:

Sophie: "My old car finally bit the dust."

Tyler: "Time for a new one!"

It's often used in a light or funny way, even though it means loss. It brings both humor and sadness. It's common when talking about machines or old things.

363. "Hit the nail on the head."

This means say something exactly right.

Example:

Emma: "It's not the price, it's the service."

Noah: “You hit the nail on the head.”

This phrase brings praise and agreement. It shows that someone understands the real problem or truth. It’s used to show smart thinking or deep understanding in a situation.

364. “Go down in flames.”

This means fail in a big way.

Example:

Ava: “How was the meeting?”

Liam: “It went down in flames.”

It’s emotional and dramatic. This phrase shows when something fails fast and badly. It’s often used in business or plans. It can feel sad or funny depending on the mood.

365. “Jump on the bandwagon.”

This means follow a trend.

Example:

Chloe: “Everyone’s on that app now.”

Logan: “Just jumping on the bandwagon.”

It shows when people do something because others do it. This phrase can feel fun or silly. It teaches us how people sometimes follow trends without thinking much. It’s common in fashion or social media.

366. “Let’s call it a day.”

This means stop working for now.

Example:

Sophie: “We finished the report.”

Tyler: “Let’s call it a day.”

It’s a warm way to end a task. This phrase feels peaceful and satisfied. It’s used at work, school, or after chores. It means we’ve done enough for now. It brings rest and relief.

367. “Play it by ear.”

This means make plans as you go.

Example:

Emma: “What’s the plan for Saturday?”

Noah: “Let’s play it by ear.”

It’s a relaxed phrase. It shows we don’t need to plan everything now. It teaches us to be open and free. It’s used often with friends or on holidays.

368. “Rub salt in the wound.”

This means make someone’s pain worse.

Example:

Ava: “He laughed after she lost.”

Liam: “That rubbed salt in the wound.”

It feels painful. This phrase shows when someone makes a bad moment even worse. It teaches us to be gentle with others who are hurt or sad. It shows deep emotion.

369. “Take a rain check.”

This means delay plans to another time.

Example:

Chloe: “Want to grab coffee today?”

Logan: “Can I take a rain check?”

It’s kind and polite. This phrase helps us say no without being rude. It shows we care but can’t do something right now. It keeps the door open for later.

370. “The early bird gets the worm.”

This means people who act early get success.

Example:

Sophie: “Why are you up so early?”

Tyler: “The early bird gets the worm.”

It’s a classic phrase. It teaches the value of being on time or starting early. It brings ideas of hard work, success, and being ready before others. It feels full of wisdom.

371. “Burn the midnight oil.”

This means work late at night.

Example:

Emma: “Why are you so tired?”

Noah: “I burned the midnight oil to finish my project.”

This phrase shows hard work and dedication. It feels tired but proud. Many people use it when they study or work long hours to reach their goals.

372. “Hit the sack.”

This means go to bed.

Example:

Ava: “I’m very tired.”

Liam: “You should hit the sack early tonight.”

It’s a casual, friendly way to say sleep. It shows care and concern for someone’s health. We use it when we want to rest and feel better the next day.

373. “Keep your chin up.”

This means stay positive in hard times.

Example:

Chloe: “I failed my test.”

Logan: “Keep your chin up. You can try again.”

It’s encouraging and kind. This phrase gives hope and strength. It teaches us to be brave and never give up, even when things are tough. It’s a beautiful way to support friends.

374. “Miss the boat.”

This means miss an opportunity.

Example:

Sophie: “I didn’t apply on time.”

Tyler: “You missed the boat this time.”

It feels regret and sadness. This phrase shows when someone loses a chance to do something good. It teaches us to act fast and be ready. It’s common in work or school.

375. “On the ball.”

This means be alert and ready.

Example:

Emma: “You answered fast!”

Noah: “I try to stay on the ball.”

It shows smartness and quick thinking. This phrase makes you feel proud and confident. It’s often used to praise someone for being careful and prepared in a job or task.

376. “Piece of cake.”

This means something very easy.

Example:

Ava: “How was the exam?”

Liam: “It was a piece of cake.”

This phrase feels happy and relaxed. It shows when a task or challenge is simple. It helps people feel confident and less worried. It’s a fun way to say “easy.”

377. “Pull someone’s leg.”

This means joke or tease someone.

Example:

Chloe: “Are you serious?”

Logan: “No, I’m just pulling your leg.”

It’s playful and funny. This phrase helps friends share jokes and laugh together. It shows trust and friendship because you know it’s not real. It brings joy in daily talk.

378. “See eye to eye.”

This means agree fully.

Example:

Sophie: “We think the same way.”

Tyler: “Yes, we see eye to eye.”

It’s peaceful and happy. This phrase shows understanding and harmony between people. It’s used when two friends or coworkers share the same opinion or idea. It builds strong relationships.

379. “Sit on the fence.”

This means not choose a side.

Example:

Emma: “Who do you support?”

Noah: “I’m sitting on the fence for now.”

It shows uncertainty and hesitation. This phrase means someone is unsure or avoids choosing between two options. It teaches us about feeling stuck and needing more time to decide.

380. “Speak of the devil.”

This means someone appears when talked about.

Example:

Ava: “Where’s John?”

Liam: “Speak of the devil — he just walked in!”

It’s surprising and fun. This phrase shows when someone you just mentioned appears suddenly. It’s like magic or coincidence. It adds excitement and smiles to conversations.

381. “Take it easy.”

This means relax and don’t worry.

Example:

Chloe: “I’m stressed.”

Logan: “Take it easy. Everything will be okay.”

It’s calm and kind. This phrase helps people feel less worried or busy. It teaches us to slow down and care for ourselves. It’s good advice for hard or busy days.

382. “Throw caution to the wind.”

This means take a big risk.

Example:

Sophie: “I bought the car without checking.”

Tyler: “You threw caution to the wind!”

It’s exciting and risky. This phrase shows when someone decides to be brave or careless. It brings feelings of thrill and danger. It’s often used in adventures or sudden decisions.

383. “Under your nose.”

This means something is very close or obvious.

Example:

Emma: “I lost my keys.”

Noah: “They were right under your nose!”

It’s funny and a bit annoying. This phrase teaches us to look carefully. Sometimes the answer or thing we want is right in front of us, but we don’t see it.

384. “Up the creek without a paddle.”

This means in trouble without help.

Example:

Ava: “The car broke down.”

Liam: “We’re up the creek without a paddle.”

It’s serious and stressful. This phrase shows a hard situation with no easy solution. It teaches us about feeling stuck and needing help. It’s often used in problems or emergencies.

385. “Wrap your head around it.”

This means understand something difficult.

Example:

Chloe: “I can’t understand the new rule.”

Logan: “Give it time. You’ll wrap your head around it.”

It’s patient and hopeful. This phrase shows when learning or understanding takes time. It teaches us to be calm and keep trying. It’s used in school or work.

386. “You scratch my back, I’ll scratch yours.”

This means help each other.

Example:

Sophie: “Can you help me with this?”

Tyler: “Sure, you scratch my back, I’ll scratch yours.”

It's friendly and fair. This phrase shows mutual help and trust. It teaches us about teamwork and kindness. It's common when friends or coworkers support each other.

387. "Bite off more than you can chew."

This means take too much work.

Example:

Emma: "I said yes to three jobs."

Noah: "Don't bite off more than you can chew."

It's a warning and advice. This phrase shows when someone takes more than they can handle. It teaches us to know our limits and avoid stress or failure.

388. "Break the ice."

This means start a conversation.

Example:

Ava: "I was nervous at the party."

Liam: "A joke helped break the ice."

It's friendly and helpful. This phrase teaches us how to make people feel comfortable. It's often used when meeting new people or starting meetings. It brings warmth and connection.

389. "Cut corners."

This means do something badly to save time or money.

Example:

Chloe: "They didn't fix the roof well."

Logan: "Looks like they cut corners."

It's negative and disappointed. This phrase warns about bad work or cheating. It teaches us to do things carefully and honestly. It's common in business or construction.

390. "Every cloud has a silver lining."

This means there is good in bad situations.

Example:

Sophie: "I lost my job."

Tyler: “Every cloud has a silver lining. You’ll find a better one.”
It’s hopeful and comforting. This phrase teaches us to look for hope and good even in hard times. It helps people stay positive and strong.

391. “Give someone the cold shoulder.”

This means ignore or be unfriendly to someone.

Example:

Emma: “Why is Sarah quiet?”

Noah: “She gave me the cold shoulder after the argument.”

It feels sad and lonely. This phrase shows hurt feelings or anger. People use it when they want to stop talking to someone for a while.

392. “Hit the nail on the head.”

This means say exactly the right thing.

Example:

Ava: “The problem is the budget.”

Liam: “You hit the nail on the head.”

It feels smart and clear. This phrase praises someone for understanding or explaining well. It makes people feel proud and confident in their words.

393. “Let the cat out of the bag.”

This means reveal a secret.

Example:

Chloe: “I told everyone about the surprise.”

Logan: “You let the cat out of the bag!”

It feels shocking and disappointing. This phrase shows when someone shares information they should not. It teaches us to keep secrets carefully.

394. “Miss the point.”

This means not understand the main idea.

Example:

Sophie: “You don’t get it.”

Tyler: “I think I missed the point.”

It feels confused and frustrated. This phrase shows when someone misunderstands something important. It helps remind us to listen carefully and ask questions.

395. “On thin ice.”

This means in a risky or dangerous situation.

Example:

Emma: “He is late again.”

Noah: “He’s on thin ice with the boss.”

It feels worried and serious. This phrase warns about trouble or punishment. It teaches us to be careful with actions and choices.

396. “Pass the buck.”

This means avoid responsibility.

Example:

Ava: “Who will clean the room?”

Liam: “Don’t pass the buck. We all must help.”

It feels unfair and lazy. This phrase shows when someone avoids doing their part. It teaches us to be responsible and honest.

397. “Put all your eggs in one basket.”

This means risk everything on one thing.

Example:

Chloe: “I invested all my money in one company.”

Logan: “Be careful not to put all your eggs in one basket.”

It feels risky and nervous. This phrase teaches us to be safe and spread risks to avoid big loss.

398. “See the writing on the wall.”

This means know something bad will happen.

Example:

Sophie: “The company is losing money.”

Tyler: “I see the writing on the wall — layoffs soon.”

It feels worried and clear. This phrase shows a warning or sign of trouble. It helps people prepare for hard times.

399. "Speak your mind."

This means say what you really think.

Example:

Emma: "I'm nervous to talk."

Noah: "Just speak your mind honestly."

It feels brave and free. This phrase teaches us to be honest and confident. It helps people share their true feelings or ideas.

400. "Take the bull by the horns."

This means face a problem bravely.

Example:

Ava: "The problem is big."

Liam: "Let's take the bull by the horns and fix it."

It feels strong and brave. This phrase encourages action and courage. It teaches us not to run away from challenges.

401. "Throw in the towel."

This means give up or quit.

Example:

Chloe: "This is too hard."

Logan: "Don't throw in the towel yet."

It feels sad but hopeful. This phrase is used when someone wants to stop trying but is encouraged to keep going.

402. "Under the weather."

This means feel sick or not well.

Example:

Sophie: "I won't come today."

Tyler: "Are you feeling under the weather?"

It feels caring and worried. This phrase is a gentle way to say someone is sick or tired. It shows kindness.

403. "Up in the air."

This means uncertain or not decided.

Example:

Emma: “When is the meeting?”

Noah: “It’s still up in the air.”

It feels unsure and waiting. This phrase shows when plans are not fixed yet. It teaches patience and flexibility.

404. “Your guess is as good as mine.”

This means I don’t know the answer.

Example:

Ava: “Why is he late?”

Liam: “Your guess is as good as mine.”

It feels confused but honest. This phrase shows when someone admits they don’t have the answer. It’s friendly and open.

405. “Barking up the wrong tree.”

This means blame or look in the wrong place.

Example:

Chloe: “I think John did it.”

Logan: “You’re barking up the wrong tree.”

It feels corrected and clear. This phrase teaches us to check facts and not blame wrongly. It helps avoid mistakes.

406. “Beat around the bush.”

This means avoid saying something directly.

Example:

Sophie: “Tell me what happened.”

Tyler: “Stop beating around the bush.”

It feels impatient and serious. This phrase shows frustration when someone talks too much without saying the main point. It teaches honesty.

407. “Bite the bullet.”

This means face a difficult situation bravely.

Example:

Emma: “I don’t want to talk to him.”

Noah: “You have to bite the bullet.”

It feels strong and serious. This phrase encourages courage. It teaches us to do what is hard but needed.

408. “Break a leg.”

This means good luck.

Example:

Ava: “I have a test today.”

Liam: “Break a leg!”

It feels supportive and kind. This phrase is a fun way to say good luck, especially before performances or tests. It shows care.

409. “By the skin of your teeth.”

This means just barely succeed.

Example:

Chloe: “I passed the exam!”

Logan: “Wow, by the skin of your teeth!”

It feels relieved and excited. This phrase shows when something almost fails but succeeds. It teaches hope and celebration.

410. “Call it a day.”

This means stop working for now.

Example:

Sophie: “I’m tired.”

Tyler: “Let’s call it a day.”

It feels restful and happy. This phrase helps people know when to rest after work or study. It shows balance and self-care.

411. “Cut to the chase.”

This means get to the main point.

Example:

Emma: “Tell me what happened.”

Noah: “Cut to the chase — I lost my job.”

It feels direct and serious. This phrase teaches us to avoid long talks and focus on what is important.

412. "Don't put all your eggs in one basket."

This means don't risk everything on one plan.

Example:

Ava: "I invested only in one stock."

Liam: "Be careful. Don't put all your eggs in one basket."

It feels wise and careful. This phrase teaches smart choices and safety with risks.

413. "Hit the books."

This means study hard.

Example:

Chloe: "Exam is tomorrow."

Logan: "Time to hit the books."

It feels serious and motivated. This phrase encourages working hard to learn. It's common among students before tests.

414. "In the same boat."

This means have the same problem.

Example:

Sophie: "I'm worried about money."

Tyler: "We are in the same boat."

It feels understanding and friendly. This phrase helps people feel less alone. It builds connection and support.

415. "Jump the gun."

This means start too early.

Example:

Emma: "I told everyone the news."

Noah: "You jumped the gun."

It feels rushed and a bit wrong. This phrase teaches patience and waiting for the right time.

416. "Keep an eye on."

This means watch carefully.

Example:

Ava: "Can you watch the kids?"

Liam: "Yes, I'll keep an eye on them."

It feels caring and responsible. This phrase shows attention and protection. It's used for safety and care.

417. "Last straw."

This means the final problem that causes failure.

Example:

Chloe: "He was late again."

Logan: "That was the last straw."

It feels frustrated and serious. This phrase shows when someone has no more patience. It teaches limits and breaking points.

418. "Let sleeping dogs lie."

This means don't cause trouble by talking about old problems.

Example:

Sophie: "Should I ask him about the fight?"

Tyler: "Better let sleeping dogs lie."

It feels wise and peaceful. This phrase teaches to avoid creating new problems.

419. "Make a long story short."

This means tell the main point quickly.

Example:

Emma: "What happened?"

Noah: "To make a long story short, I got lost."

It feels practical and helpful. This phrase helps in sharing important information fast.

420. "On the ball."

This means very alert and quick to understand.

Example:

Ava: "Did you finish the report?"

Liam: "Yes, I'm on the ball today."

It feels proud and focused. This phrase shows when someone is ready and doing well. It encourages staying sharp and active.

421. "Piece of cake."

This means very easy.

Example:

Chloe: "How was the test?"

Logan: "It was a piece of cake!"

It feels happy and confident. This phrase shows something is simple to do. It helps build confidence and reduce fear.

422. "Pull someone's leg."

This means joke or tease someone.

Example:

Sophie: "Are you serious?"

Tyler: "No, I was just pulling your leg."

It feels playful and fun. This phrase is used when someone wants to make a joke or trick in a kind way.

423. "Rule of thumb."

This means a general rule or guide.

Example:

Emma: "How much water should I drink?"

Noah: "A good rule of thumb is eight glasses."

It feels helpful and clear. This phrase helps explain easy advice or common sense rules.

424. "Sleep on it."

This means wait before deciding.

Example:

Ava: "Should I take the job?"

Liam: "Sleep on it and decide tomorrow."

It feels calm and wise. This phrase teaches patience before making important decisions.

425. “Speak of the devil.”

This means the person we were talking about just appeared.

Example:

Chloe: “Where is John?”

Logan: “Speak of the devil — here he is!”

It feels funny and surprising. This phrase is a fun way to say someone showed up while you talked about them.

426. “Take it with a grain of salt.”

This means don’t fully believe something.

Example:

Sophie: “Did she say that?”

Tyler: “Take it with a grain of salt.”

It feels cautious and wise. This phrase warns us to be careful before trusting all information.

427. “The ball is in your court.”

This means it is your turn to decide or act.

Example:

Emma: “What should I do now?”

Noah: “The ball is in your court.”

It feels serious and clear. This phrase reminds us that the next step depends on us.

428. “The best of both worlds.”

This means having two good things at once.

Example:

Ava: “I work from home and earn money.”

Liam: “You have the best of both worlds.”

It feels happy and lucky. This phrase shows enjoying two good things at the same time.

429. “Throw caution to the wind.”

This means take a big risk without worry.

Example:

Chloe: "I'm going to try skydiving!"

Logan: "You're throwing caution to the wind."

It feels exciting and brave. This phrase shows when someone stops worrying and tries something daring.

430. "Under your nose."

This means very close or easy to see.

Example:

Sophie: "Where are my keys?"

Tyler: "They were under your nose the whole time."

It feels funny and silly. This phrase reminds us that sometimes answers are easy but we don't see them.

431. "Water under the bridge."

This means past problems that are forgiven or forgotten.

Example:

Emma: "We had a fight."

Noah: "That's water under the bridge now."

It feels peaceful and hopeful. This phrase teaches us to move on from old troubles.

432. "Wear your heart on your sleeve."

This means show your feelings openly.

Example:

Ava: "She cries easily."

Liam: "She wears her heart on her sleeve."

It feels honest and emotional. This phrase describes someone who is not afraid to show true feelings.

433. "You can say that again."

This means I agree strongly.

Example:

Chloe: "This weather is awful."

Logan: "You can say that again."

It feels friendly and supportive. This phrase shows strong agreement with someone's opinion.

434. "Your call."

This means you decide.

Example:

Sophie: "Should we eat out or stay home?"

Tyler: "Your call."

It feels respectful and relaxed. This phrase gives power to another person to make a choice.

435. "Actions speak louder than words."

This means what you do is more important than what you say.

Example:

Emma: "He says he cares."

Noah: "But actions speak louder than words."

It feels serious and true. This phrase teaches that doing something shows real feelings better than talking.

436. "Bite off more than you can chew."

This means try to do too much at once.

Example:

Ava: "I work and study full-time."

Liam: "Don't bite off more than you can chew."

It feels worried and caring. This phrase warns about taking too many tasks and getting overwhelmed.

437. "Break the ice."

This means start a conversation in a friendly way.

Example:

Chloe: "I was nervous at the party."

Logan: "I told a joke to break the ice."

It feels happy and relieved. This phrase helps people feel comfortable and start talking.

438. “By the book.”

This means follow rules exactly.

Example:

Sophie: “How do we do this?”

Tyler: “We must do it by the book.”

It feels serious and careful. This phrase teaches importance of following rules or instructions.

439. “Call it quits.”

This means stop doing something.

Example:

Emma: “I’m tired of arguing.”

Noah: “Let’s call it quits.”

It feels calm and tired. This phrase is used when people want to end a fight or work.

440. “Cut corners.”

This means do something quickly and badly to save time or money.

Example:

Ava: “Did you finish the work well?”

Liam: “No, I cut corners.”

It feels guilty and careless. This phrase warns against doing things poorly to save effort.

441. “Every cloud has a silver lining.”

This means there is something good in every bad situation.

Example:

Chloe: “I lost my job.”

Logan: “Every cloud has a silver lining — maybe a better job soon.”

It feels hopeful and positive. This phrase helps us see hope even in hard times.

442. “Face the music.”

This means accept the consequences of your actions.

Example:

Sophie: "I broke the vase."

Tyler: "Now you must face the music."

It feels serious and responsible. This phrase teaches honesty and courage to accept punishment.

443. "Hit the sack."

This means go to bed.

Example:

Emma: "I'm very tired."

Noah: "Time to hit the sack."

It feels tired and ready. This phrase is a casual way to say going to sleep.

444. "In hot water."

This means in trouble.

Example:

Ava: "I forgot the meeting."

Liam: "You're in hot water now."

It feels worried and serious. This phrase shows someone has a problem because of a mistake.

445. "Jump on the bandwagon."

This means join a popular trend or activity.

Example:

Chloe: "Everyone watches that show."

Logan: "I'm going to jump on the bandwagon."

It feels excited and social. This phrase shows joining others for fun or popularity.

446. "Keep your chin up."

This means stay positive and brave.

Example:

Sophie: "I failed the test."

Tyler: "Keep your chin up. Try again."

It feels kind and hopeful. This phrase encourages people to stay strong in hard times.

447. “Let the chips fall where they may.”

This means accept the result no matter what happens.

Example:

Emma: “I’m nervous about the test.”

Noah: “Just do your best and let the chips fall where they may.”

It feels calm and brave. This phrase teaches acceptance of results.

448. “Make ends meet.”

This means manage to live with the money you have.

Example:

Ava: “Money is tight this month.”

Liam: “We have to make ends meet.”

It feels serious and worried. This phrase talks about handling money carefully.

449. “No pain, no gain.”

This means you must work hard for success.

Example:

Chloe: “I’m tired from exercise.”

Logan: “No pain, no gain.”

It feels strong and motivated. This phrase teaches that hard work is needed for good results.

450. “On the fence.”

This means undecided.

Example:

Sophie: “Should I go or stay?”

Tyler: “I’m still on the fence.”

It feels unsure and thoughtful. This phrase shows when someone can’t decide what to do.

451. “Out of the blue.”

This means something happens suddenly without warning.

Example:

Emma: “He called me out of the blue.”

Noah: “That must have surprised you.”

It feels shocking and unexpected. This phrase describes moments that catch us by surprise in life or conversation.

452. “Out of the frying pan into the fire.”

This means going from a bad situation to a worse one.

Example:

Ava: “I changed jobs but now it’s harder.”

Liam: “Sounds like out of the frying pan into the fire.”

It feels frustrating and stressful. This phrase shows how problems can get worse quickly.

453. “Pass the buck.”

This means avoid responsibility by giving it to someone else.

Example:

Chloe: “Who will fix the mistake?”

Logan: “Nobody wants to pass the buck.”

It feels annoying and unfair. This phrase warns about not taking responsibility for your actions.

454. “Put all your eggs in one basket.”

This means risk everything on one plan.

Example:

Sophie: “I invested all my money in one stock.”

Tyler: “Don’t put all your eggs in one basket.”

It feels worried and careful. This phrase teaches to spread risks for safety.

455. “See eye to eye.”

This means agree fully with someone.

Example:

Emma: “Do you like the plan?”

Noah: "Yes, we see eye to eye."

It feels happy and peaceful. This phrase shows complete agreement between people.

456. "Sit on the fence."

This means not take sides or decide.

Example:

Ava: "Who do you support?"

Liam: "I'm sitting on the fence."

It feels unsure and quiet. This phrase shows someone who avoids making a decision.

457. "Speak your mind."

This means say what you really think.

Example:

Chloe: "Are you happy?"

Logan: "I always speak my mind."

It feels honest and brave. This phrase encourages openness even if it is difficult.

458. "Steal someone's thunder."

This means take attention from someone else's achievement.

Example:

Sophie: "She told the news first."

Tyler: "She stole my thunder."

It feels jealous and upset. This phrase talks about losing attention when someone else acts first.

459. "Take a rain check."

This means say no now but maybe yes later.

Example:

Emma: "Want to go out tonight?"

Noah: "I'll take a rain check."

It feels polite and thoughtful. This phrase helps say no without being rude.

460. "Take the bull by the horns."

This means face a problem directly and bravely.

Example:

Ava: "I'm scared to talk to my boss."

Liam: "Take the bull by the horns."

It feels strong and confident. This phrase encourages courage to handle difficult situations.

461. "The last straw."

This means the final problem that causes failure or anger.

Example:

Chloe: "I was patient, but this was the last straw."

Logan: "I understand, that is hard."

It feels frustrated and tired. This phrase describes the moment when someone can't take more.

462. "Throw in the towel."

This means give up or stop trying.

Example:

Sophie: "I can't fix this."

Tyler: "Don't throw in the towel yet."

It feels sad and disappointed. This phrase encourages not giving up even when it's tough.

463. "Turn a blind eye."

This means ignore something wrong on purpose.

Example:

Emma: "Did the manager see the mistake?"

Noah: "He turned a blind eye."

It feels unfair and secretive. This phrase talks about ignoring problems even when noticed.

464. "Under the weather."

This means feeling sick or unwell.

Example:

Ava: "Are you coming to work?"

Liam: "I'm feeling under the weather."

It feels weak and tired. This phrase describes when someone is sick and not feeling good.

465. "Up in the air."

This means uncertain or not decided yet.

Example:

Chloe: "What about the party?"

Logan: "It's still up in the air."

It feels unsure and waiting. This phrase describes plans or decisions not fixed yet.

466. "Walk on eggshells."

This means be very careful not to upset someone.

Example:

Sophie: "I feel nervous around her."

Tyler: "You are walking on eggshells."

It feels tense and careful. This phrase shows when you must be very cautious with words or actions.

467. "When pigs fly."

This means something will never happen.

Example:

Emma: "Will he clean his room?"

Noah: "When pigs fly!"

It feels funny and sarcastic. This phrase is a silly way to say something is impossible.

468. "You can't judge a book by its cover."

This means don't decide about something by its look.

Example:

Ava: "He looks unfriendly."

Liam: "You can't judge a book by its cover."

It feels wise and fair. This phrase teaches to look deeper before deciding.

469. “Your guess is as good as mine.”

This means I don’t know the answer.

Example:

Chloe: “Where is she?”

Logan: “Your guess is as good as mine.”

It feels honest and a bit lost. This phrase shows when no one knows the answer.

470. “Zip your lip.”

This means stop talking or keep a secret.

Example:

Sophie: “Tell no one.”

Tyler: “I’ll zip my lip.”

It feels serious and private. This phrase tells someone to be quiet or keep something secret.

471. “Barking up the wrong tree.”

This means making a wrong assumption or mistake.

Example:

Emma: “Is he the thief?”

Noah: “You’re barking up the wrong tree.”

It feels serious and correcting. This phrase warns about blaming the wrong person.

472. “Better late than never.”

This means it is better to do something late than not at all.

Example:

Ava: “I finished the project late.”

Liam: “Better late than never!”

It feels encouraging and kind. This phrase comforts when something is done late but still good.

473. “Burn the midnight oil.”

This means work late into the night.

Example:

Chloe: “I studied all night.”

Logan: “You burned the midnight oil.”

It feels tired and hardworking. This phrase shows working hard even when it is late.

474. “Call it a day.”

This means stop working for now.

Example:

Sophie: “I’m done with work.”

Tyler: “Let’s call it a day.”

It feels relaxed and finished. This phrase is used to say the work is over for the day.

475. “Cut to the chase.”

This means skip the details and get to the point.

Example:

Emma: “Tell me quickly.”

Noah: “Okay, I’ll cut to the chase.”

It feels urgent and clear. This phrase is used when someone wants the main idea fast.

476. “Don’t count your chickens before they hatch.”

This means don’t assume success before it happens.

Example:

Ava: “I’m sure I will get the job.”

Liam: “Don’t count your chickens before they hatch.”

It feels cautious and wise. This phrase warns against being too sure before things happen.

477. “Easy does it.”

This means slow down and do carefully.

Example:

Chloe: "I'm rushing too fast."

Logan: "Easy does it."

It feels calm and caring. This phrase reminds us to be gentle and patient.

478. "Every dog has its day."

This means everyone has a chance for success.

Example:

Sophie: "I hope I get lucky."

Tyler: "Every dog has its day."

It feels hopeful and fair. This phrase gives encouragement to keep trying.

479. "Go the extra mile."

This means work harder than expected.

Example:

Emma: "I helped more than I had to."

Noah: "You went the extra mile."

It feels proud and motivated. This phrase praises extra effort and kindness.

480. "Hit the nail on the head."

This means say exactly the right thing.

Example:

Ava: "The problem is communication."

Liam: "You hit the nail on the head."

It feels smart and clear. This phrase shows perfect understanding or explanation.

481. "In the same boat."

This means sharing the same problem or situation.

Example:

Chloe: "We both lost our jobs."

Logan: "We are in the same boat."

It feels comforting and united. This phrase shows people facing problems together, helping each other.

482. “It takes two to tango.”

This means both people are responsible for a problem.

Example:

Sophie: “Why did the fight happen?”

Tyler: “It takes two to tango.”

It feels fair and honest. This phrase reminds us both sides share blame or responsibility.

483. “Jump on the bandwagon.”

This means join others doing something popular.

Example:

Emma: “Everyone uses this app.”

Noah: “I guess I’ll jump on the bandwagon.”

It feels social and fun. This phrase talks about joining a popular trend or activity.

484. “Keep your chin up.”

This means stay positive during hard times.

Example:

Ava: “I’m sad about the test.”

Liam: “Keep your chin up, you’ll do better.”

It feels encouraging and hopeful. This phrase helps people stay strong and happy.

485. “Kill two birds with one stone.”

This means do two things with one action.

Example:

Chloe: “I went to the store and the bank.”

Logan: “You killed two birds with one stone.”

It feels clever and efficient. This phrase praises smart multitasking.

486. “Let the cat out of the bag.”

This means reveal a secret by mistake.

Example:

Sophie: "I told him the surprise."

Tyler: "You let the cat out of the bag."

It feels regretful and surprised. This phrase warns about accidentally telling secrets.

487. "Make a long story short."

This means tell only the main point quickly.

Example:

Emma: "What happened at the party?"

Noah: "To make a long story short, it was fun."

It feels casual and clear. This phrase helps to skip details and give the main idea.

488. "Miss the boat."

This means miss an opportunity.

Example:

Ava: "I didn't apply for the job."

Liam: "You missed the boat."

It feels sad and disappointed. This phrase talks about losing a chance to do something.

489. "No pain, no gain."

This means hard work is needed for success.

Example:

Chloe: "I'm tired from training."

Logan: "No pain, no gain."

It feels motivating and true. This phrase reminds us effort is needed to get good results.

490. "On the ball."

This means be alert and quick to understand.

Example:

Sophie: "She noticed the problem fast."

Tyler: "She's really on the ball."

It feels smart and sharp. This phrase praises someone who is ready and aware.

491. "Once in a blue moon."

This means something happens very rarely.

Example:

Emma: "I see him once in a blue moon."

Noah: "That's not often at all."

It feels rare and special. This phrase describes events that happen very seldom.

492. "Piece of cake."

This means something very easy.

Example:

Ava: "The test was a piece of cake."

Liam: "Good job, you did well!"

It feels confident and light. This phrase is used to say something is very simple.

493. "Put your money where your mouth is."

This means back your words with action or money.

Example:

Chloe: "You say you can do it."

Logan: "Put your money where your mouth is."

It feels challenging and bold. This phrase demands proof through action.

494. "Rain on someone's parade."

This means spoil someone's good mood or plans.

Example:

Sophie: "He told her bad news."

Tyler: "He rained on her parade."

It feels sad and disappointing. This phrase shows ruining someone's happiness.

495. "Read between the lines."

This means understand the hidden meaning.

Example:

Emma: "He said 'fine,' but looked sad."

Noah: "You have to read between the lines."

It feels thoughtful and wise. This phrase tells to look deeper than words.

496. "See the writing on the wall."

This means understand that trouble is coming.

Example:

Ava: "The company is losing money."

Liam: "I see the writing on the wall."

It feels worried and realistic. This phrase warns about signs of failure ahead.

497. "Sit tight."

This means wait patiently and don't act yet.

Example:

Chloe: "When will I know the result?"

Logan: "Sit tight, it will come soon."

It feels calm and patient. This phrase asks someone to wait without worry.

498. "Spill the beans."

This means tell a secret.

Example:

Sophie: "I know what happened!"

Tyler: "Don't spill the beans!"

It feels excited and secretive. This phrase talks about revealing private information.

499. "Take it with a grain of salt."

This means don't believe something completely.

Example:

Emma: "I heard a rumor."

Noah: "Take it with a grain of salt."

It feels cautious and wise. This phrase warns to be careful about believing everything.

500. "Throw cold water on."

This means discourage or criticize an idea.

Example:

Ava: "I want to start a business."

Liam: "Don't throw cold water on her dream."

It feels negative and hurtful. This phrase talks about stopping enthusiasm.

501. "Through thick and thin."

This means stay loyal in good and bad times.

Example:

Chloe: "We are friends forever."

Logan: "Yes, through thick and thin."

It feels strong and loving. This phrase shows true loyalty and support.

502. "Under your nose."

This means very close or obvious but missed.

Example:

Sophie: "Where are my keys?"

Tyler: "They were under your nose the whole time."

It feels funny and surprising. This phrase talks about missing something very near.

503. "Water under the bridge."

This means past problems that are forgotten.

Example:

Emma: "We had a fight last year."

Noah: "That is water under the bridge now."

It feels forgiving and peaceful. This phrase means to let go of old problems.

504. "You hit the jackpot."

This means have great luck or success.

Example:

Ava: "I got a big raise!"

Liam: "You hit the jackpot!"

It feels happy and lucky. This phrase celebrates great success or luck.

505. "Zip your lip."

This means be quiet or don't tell secrets.

Example:

Chloe: "I won't tell anyone."

Logan: "Good, zip your lip."

It feels serious and private. This phrase reminds someone to keep quiet.

506. "Your guess is as good as mine."

This means I don't know the answer.

Example:

Sophie: "Where is the bus?"

Tyler: "Your guess is as good as mine."

It feels honest and uncertain. This phrase shows no one has the answer.

507. "Burn bridges."

This means damage relationships you can't fix.

Example:

Emma: "He quit and never said sorry."

Noah: "He burned bridges."

It feels regretful and serious. This phrase warns about losing friends or chances.

508. "Break the ice."

This means start a conversation in a friendly way.

Example:

Ava: "I told a joke to break the ice."

Liam: "Good job, now everyone feels relaxed."

It feels warm and friendly. This phrase helps people start talking.

509. "Hit the sack."

This means go to bed or sleep.

Example:

Chloe: "I'm very tired."

Logan: "Time to hit the sack."

It feels relaxed and sleepy. This phrase means it's time to rest.

510. "Keep your fingers crossed."

This means hope for good luck.

Example:

Sophie: "I have a job interview."

Tyler: "Keep your fingers crossed."

It feels hopeful and nervous. This phrase shows wishing for success.

511. "Let sleeping dogs lie."

This means don't cause trouble by reminding old problems.

Example:

Emma: "Should I ask about the fight?"

Noah: "No, let sleeping dogs lie."

It feels calm and wise. This phrase advises not to reopen old wounds or problems.

512. "Bite off more than you can chew."

This means try to do too much at once.

Example:

Ava: "I took three jobs."

Liam: "Don't bite off more than you can chew."

It feels worried and caring. This phrase warns about taking on too much work.

513. “Cost an arm and a leg.”

This means something is very expensive.

Example:

Chloe: “That car costs an arm and a leg.”

Logan: “Wow, that’s really pricey!”

It feels shocked and surprised. This phrase describes something costing a lot of money.

514. “Cry over spilled milk.”

This means be upset about something that already happened and can’t change.

Example:

Sophie: “I lost my keys.”

Tyler: “Don’t cry over spilled milk.”

It feels calm and practical. This phrase advises not to waste energy on past mistakes.

515. “Cut corners.”

This means do something badly to save time or money.

Example:

Emma: “They built the house quickly.”

Noah: “They must have cut corners.”

It feels disappointed and cautious. This phrase warns against low-quality or careless work.

516. “Hit the nail on the head.”

This means say or do something exactly right.

Example:

Ava: “You explained the problem well.”

Liam: “I hit the nail on the head.”

It feels proud and confident. This phrase praises someone for being exactly correct.

517. “Jump the gun.”

This means start something too soon.

Example:

Chloe: "He started the race early."

Logan: "He jumped the gun."

It feels impatient and hasty. This phrase talks about acting before the right time.

518. "Keep an eye on."

This means watch or look after something carefully.

Example:

Sophie: "Can you keep an eye on my bag?"

Tyler: "Sure, I will watch it."

It feels responsible and caring. This phrase shows attention and care.

519. "Let the chips fall where they may."

This means accept the result no matter what happens.

Example:

Emma: "I finished the test."

Noah: "Now, let the chips fall where they may."

It feels brave and calm. This phrase means to accept whatever happens next.

520. "Miss the mark."

This means fail to reach the goal or be wrong.

Example:

Ava: "My answer was wrong."

Liam: "You missed the mark."

It feels disappointed but hopeful. This phrase talks about not meeting expectations.

521. "Off the hook."

This means freed from trouble or responsibility.

Example:

Chloe: "I didn't get a ticket."

Logan: "You're off the hook this time."

It feels lucky and relieved. This phrase shows escaping blame or punishment.

522. “On thin ice.”

This means in a risky or dangerous situation.

Example:

Sophie: “I’m late again.”

Tyler: “You’re on thin ice with the boss.”

It feels tense and warning. This phrase means being close to trouble.

523. “Out of the blue.”

This means something happens suddenly and unexpectedly.

Example:

Emma: “He called me out of the blue.”

Noah: “That surprised you!”

It feels shocking and strange. This phrase shows something happening without warning.

524. “Pass the buck.”

This means avoid responsibility by giving it to someone else.

Example:

Ava: “Who will fix the problem?”

Liam: “He passed the buck to me.”

It feels frustrated and unfair. This phrase talks about avoiding blame.

525. “Put all your eggs in one basket.”

This means risk everything on one plan.

Example:

Chloe: “I invested all my money in one stock.”

Logan: “Don’t put all your eggs in one basket.”

It feels risky and worried. This phrase warns against risky choices.

526. “Put your foot in your mouth.”

This means say something embarrassing or wrong.

Example:

Sophie: "I said the wrong name."

Tyler: "You really put your foot in your mouth."

It feels embarrassed and sorry. This phrase shows saying something awkward.

527. "See eye to eye."

This means agree fully.

Example:

Emma: "We agree on the plan."

Noah: "Yes, we see eye to eye."

It feels happy and united. This phrase shows full agreement.

528. "Shake a leg."

This means hurry up or move faster.

Example:

Ava: "We are late!"

Liam: "Shake a leg, please!"

It feels urgent and playful. This phrase asks someone to be quick.

529. "Shoot the breeze."

This means have a casual talk.

Example:

Chloe: "We talked about movies."

Logan: "We just shot the breeze."

It feels relaxed and friendly. This phrase means talking without serious topics.

530. "Sit on the fence."

This means not choose a side.

Example:

Sophie: "Who do you support?"

Tyler: "I'm sitting on the fence."

It feels unsure and quiet. This phrase shows not making a decision.

531. "Smell a rat."

This means suspect something is wrong.

Example:

Emma: "The story doesn't seem true."

Noah: "I smell a rat."

It feels suspicious and worried. This phrase talks about sensing a trick.

532. "Take a rain check."

This means delay or refuse an offer politely.

Example:

Ava: "Want to go out tonight?"

Liam: "I'll take a rain check."

It feels polite and hopeful. This phrase postpones a plan nicely.

533. "Take the bull by the horns."

This means face a problem bravely.

Example:

Chloe: "I talked to my boss about the problem."

Logan: "You took the bull by the horns."

It feels brave and strong. This phrase praises courage.

534. "Throw in the towel."

This means give up or quit.

Example:

Sophie: "I can't fix this."

Tyler: "Don't throw in the towel yet."

It feels sad but hopeful. This phrase asks not to quit too soon.

535. "Under the weather."

This means feeling sick or unwell.

Example:

Emma: "I can't come to work."

Noah: "You're under the weather?"

It feels worried and caring. This phrase describes not feeling good.

536. "Up in the air."

This means undecided or uncertain.

Example:

Ava: "Is the party happening?"

Liam: "It's still up in the air."

It feels unsure and waiting. This phrase shows something not decided yet.

537. "Wear your heart on your sleeve."

This means show your feelings openly.

Example:

Chloe: "She cried at the movie."

Logan: "She wears her heart on her sleeve."

It feels emotional and honest. This phrase talks about being open with feelings.

538. "When pigs fly."

This means something will never happen.

Example:

Sophie: "He'll clean his room."

Tyler: "When pigs fly!"

It feels funny and impossible. This phrase says something is very unlikely.

539. "You can say that again."

This means I agree very much.

Example:

Emma: "This food is good!"

Noah: "You can say that again."

It feels happy and sure. This phrase shows strong agreement.

540. "Zip your lip."

This means be quiet or don't tell secrets.

Example:

Ava: "I won't tell anyone."

Liam: “Good, zip your lip.”

It feels serious and private. This phrase reminds someone to keep quiet.

541. “Break a leg.”

This means “good luck,” often before a performance.

Example:

Emma: “I’m nervous about my play.”

Noah: “Break a leg tonight!”

It feels supportive and kind. This phrase encourages someone before they try something important.

542. “By the book.”

This means follow rules exactly.

Example:

Ava: “He did everything by the book.”

Liam: “That’s why he didn’t get in trouble.”

It feels safe and serious. This phrase shows someone follows rules closely.

543. “Call it a day.”

This means stop working for now.

Example:

Chloe: “I’m tired.”

Logan: “Let’s call it a day.”

It feels relaxed and tired. This phrase means to finish work or activity.

544. “Cut to the chase.”

This means get to the important point quickly.

Example:

Sophie: “Tell me what happened.”

Tyler: “Cut to the chase, please.”

It feels impatient and direct. This phrase asks to skip extra details.

545. “Down to earth.”

This means practical and realistic.

Example:

Emma: "She's very down to earth."

Noah: "I like that about her."

It feels warm and honest. This phrase praises someone for being simple and real.

546. "Face the music."

This means accept the consequences.

Example:

Ava: "I made a mistake."

Liam: "It's time to face the music."

It feels serious and brave. This phrase talks about accepting punishment or results.

547. "Get cold feet."

This means feel nervous or scared before doing something.

Example:

Chloe: "I want to back out."

Logan: "Don't get cold feet now."

It feels anxious and uncertain. This phrase means fear before an important event.

548. "Give someone the cold shoulder."

This means ignore or be unfriendly to someone.

Example:

Sophie: "He didn't talk to me."

Tyler: "He gave you the cold shoulder."

It feels hurt and lonely. This phrase shows rejection or ignoring someone.

549. "Go the extra mile."

This means do more than needed.

Example:

Emma: "She helped me a lot."

Noah: "She always goes the extra mile."

It feels thankful and admiring. This phrase praises extra effort.

550. "Hit the sack."

This means go to bed.

Example:

Ava: "I'm tired."

Liam: "Time to hit the sack."

It feels sleepy and ready. This phrase means to go to sleep.

551. "In hot water."

This means in trouble.

Example:

Chloe: "I forgot the report."

Logan: "You're in hot water now."

It feels worried and tense. This phrase means facing problems or punishment.

552. "Keep your chin up."

This means stay positive.

Example:

Sophie: "I failed the test."

Tyler: "Keep your chin up, try again."

It feels hopeful and kind. This phrase encourages someone to stay strong.

553. "Let the cat out of the bag."

This means reveal a secret.

Example:

Emma: "I told them about the surprise."

Noah: "You let the cat out of the bag."

It feels shocked and disappointed. This phrase talks about accidental secrets revealed.

554. "Make a long story short."

This means tell only the important part.

Example:

Ava: "What happened?"

Liam: "To make a long story short, we won."

It feels brief and clear. This phrase is used to summarize quickly.

555. "No pain, no gain."

This means you must work hard to succeed.

Example:

Chloe: "This workout is hard."

Logan: "No pain, no gain."

It feels motivating and strong. This phrase teaches that effort is needed.

556. "Off the record."

This means not for official or public knowledge.

Example:

Sophie: "Tell me quietly."

Tyler: "This is off the record."

It feels secret and private. This phrase shows confidential information.

557. "On the ball."

This means alert and quick to understand.

Example:

Emma: "She finished early."

Noah: "She's really on the ball."

It feels smart and impressed. This phrase praises someone's quick thinking.

558. "Piece of cake."

This means very easy.

Example:

Ava: "The test was easy."

Liam: "Yeah, a piece of cake."

It feels happy and relaxed. This phrase means something is simple to do.

559. "Pull someone's leg."

This means joke or tease someone.

Example:

Chloe: "I'm serious!"

Logan: "I was just pulling your leg."

It feels playful and funny. This phrase is used for joking.

560. "Put your money where your mouth is."

This means support words with action.

Example:

Sophie: "I say I can win."

Tyler: "Put your money where your mouth is."

It feels challenging and honest. This phrase asks for proof, not just words.

561. "Read between the lines."

This means understand the hidden meaning.

Example:

Emma: "He didn't say much."

Noah: "Read between the lines."

It feels curious and smart. This phrase means noticing what is not said.

562. "See the writing on the wall."

This means notice signs of trouble.

Example:

Ava: "The company is losing money."

Liam: "I see the writing on the wall."

It feels worried and aware. This phrase predicts something bad will happen.

563. "Spill the beans."

This means tell a secret.

Example:

Chloe: "I told her the surprise."

Logan: "You spilled the beans!"

It feels surprised and upset. This phrase talks about revealing secrets.

564. "Take it with a grain of salt."

This means don't believe everything exactly.

Example:

Sophie: "He said he's rich."

Tyler: "Take it with a grain of salt."

It feels doubtful and careful. This phrase advises skepticism.

565. "The ball is in your court."

This means it's your turn to decide or act.

Example:

Emma: "I gave you the plan."

Noah: "Now, the ball is in your court."

It feels patient and expectant. This phrase waits for the other person's action.

566. "Throw someone under the bus."

This means blame someone unfairly.

Example:

Ava: "He blamed me for the mistake."

Liam: "He threw you under the bus."

It feels angry and hurt. This phrase means unfair betrayal.

567. "Under your nose."

This means very near or obvious.

Example:

Chloe: "I lost my keys."

Logan: "They were under your nose."

It feels funny and teasing. This phrase means something is easy to find.

568. "Water under the bridge."

This means past problems that are forgotten.

Example:

Sophie: "We had fights before."

Tyler: "That's water under the bridge."

It feels peaceful and forgiving. This phrase means old troubles are over.

569. "You hit the jackpot."

This means you succeeded or got lucky.

Example:

Emma: "I got a great job."

Noah: "You hit the jackpot!"

It feels excited and happy. This phrase means big success or luck.

570. "Zip it."

This means be quiet.

Example:

Ava: "Please zip it now!"

Liam: "Okay, I won't talk."

It feels serious and commanding. This phrase asks for silence.

571. "Bite off more than you can chew."

This means taking on too much work.

Example:

Emma: "I'm doing three jobs now."

Noah: "Don't bite off more than you can chew."

It feels worried and caring. This phrase warns against overworking yourself.

572. "Break the ice."

This means start a conversation in a shy or new situation.

Example:

Ava: "I'm nervous at the party."

Liam: "Tell a joke to break the ice."

It feels friendly and warm. This phrase helps people feel comfortable.

573. "Burn the midnight oil."

This means work late into the night.

Example:

Chloe: "I studied until 2 a.m."

Logan: "You really burned the midnight oil."

It feels tired but focused. This phrase means working very hard late.

574. "Caught red-handed."

This means caught doing something wrong.

Example:

Sophie: "He stole the cookies."

Tyler: "He was caught red-handed."

It feels shocked and guilty. This phrase means caught in the act.

575. "Cost an arm and a leg."

This means very expensive.

Example:

Emma: "That car cost a lot."

Noah: "It cost an arm and a leg."

It feels shocked and regretful. This phrase talks about high prices.

576. "Cry over spilled milk."

This means be upset about something that cannot be changed.

Example:

Ava: "I lost my phone."

Liam: "Don't cry over spilled milk."

It feels calm and forgiving. This phrase advises to move on.

577. "Don't judge a book by its cover."

This means don't decide by appearance only.

Example:

Chloe: "He looks shy."

Logan: "Don't judge a book by its cover."

It feels wise and fair. This phrase reminds us to look deeper.

578. "Drive someone up the wall."

This means annoy someone a lot.

Example:

Sophie: "He keeps shouting."

Tyler: "It drives me up the wall."

It feels angry and frustrated. This phrase means strong irritation.

579. "Easy does it."

This means do something slowly and carefully.

Example:

Emma: "Be careful with that vase."

Noah: "Easy does it."

It feels calm and cautious. This phrase asks for gentle action.

580. "Every cloud has a silver lining."

This means good can come from bad situations.

Example:

Ava: "I lost my job."

Liam: "Every cloud has a silver lining."

It feels hopeful and positive. This phrase shows optimism.

581. "Feel under the weather."

This means feel sick or unwell.

Example:

Chloe: "I don't feel good today."

Logan: "You seem under the weather."

It feels caring and worried. This phrase means feeling ill.

582. "Get a taste of your own medicine."

This means experience what you have done to others.

Example:

Sophie: "He was mean to me."

Tyler: "Now he got a taste of his own medicine."

It feels just and fair. This phrase talks about karma.

583. "Hit the nail on the head."

This means say something exactly right.

Example:

Emma: "We need more money."

Noah: "You hit the nail on the head."

It feels smart and correct. This phrase praises accuracy.

584. "Jump on the bandwagon."

This means join a popular activity or trend.

Example:

Ava: "Everyone is using that app."

Liam: "I guess I will jump on the bandwagon."

It feels trendy and social. This phrase means follow the crowd.

585. "Keep your fingers crossed."

This means hope for good luck.

Example:

Chloe: "I hope I pass the test."

Logan: "Keep your fingers crossed."

It feels hopeful and nervous. This phrase asks for luck.

586. "Know the ropes."

This means understand how to do something.

Example:

Sophie: "She knows the ropes at work."

Tyler: "That's why she's good at her job."

It feels confident and skilled. This phrase shows experience.

587. "Let sleeping dogs lie."

This means avoid talking about old problems.

Example:

Emma: “Should we talk about the fight?”

Noah: “Let sleeping dogs lie.”

It feels peaceful and wise. This phrase advises not to restart trouble.

588. “Miss the boat.”

This means miss an opportunity.

Example:

Ava: “I didn’t apply for the job.”

Liam: “You missed the boat.”

It feels disappointed and regretful. This phrase means losing chances.

589. “No use crying over spilled milk.”

This means don’t waste time worrying about the past.

Example:

Chloe: “I made a mistake.”

Logan: “No use crying over spilled milk.”

It feels forgiving and calm. This phrase says to move on.

590. “On thin ice.”

This means in a risky or dangerous situation.

Example:

Sophie: “You are late again.”

Tyler: “I know, I’m on thin ice.”

It feels tense and careful. This phrase warns of danger.

591. “Once in a blue moon.”

This means very rarely.

Example:

Emma: “We see each other once in a blue moon.”

Noah: “Yes, not often at all.”

It feels rare and special. This phrase talks about rare events.

592. “Out of the blue.”

This means suddenly and unexpectedly.

Example:

Ava: “He called me out of the blue.”

Liam: “That surprised me too.”

It feels sudden and shocking. This phrase means something unexpected.

593. “Pass the buck.”

This means avoid responsibility by blaming others.

Example:

Chloe: “He didn’t fix the problem.”

Logan: “He always passes the buck.”

It feels unfair and lazy. This phrase talks about blaming others.

594. “Pull yourself together.”

This means calm down and control your emotions.

Example:

Sophie: “I’m very upset.”

Tyler: “Pull yourself together.”

It feels firm but caring. This phrase helps someone stay strong.

595. “Put all your eggs in one basket.”

This means risk everything on one plan.

Example:

Emma: “I invested all my money there.”

Noah: “Don’t put all your eggs in one basket.”

It feels cautious and wise. This phrase advises to diversify.

596. “Put your foot in your mouth.”

This means say something embarrassing or wrong.

Example:

Ava: “I didn’t mean to offend her.”

Liam: “You really put your foot in your mouth.”

It feels embarrassed and regretful. This phrase talks about saying wrong things.

597. "Rain on someone's parade."

This means spoil someone's happy moment.

Example:

Chloe: "He said my idea was bad."

Logan: "He rained on your parade."

It feels sad and disappointed. This phrase means ruining joy.

598. "See eye to eye."

This means agree fully with someone.

Example:

Sophie: "We see eye to eye on this."

Tyler: "Good, no more problems."

It feels happy and peaceful. This phrase means agreement.

599. "Sit on the fence."

This means not take sides in a disagreement.

Example:

Emma: "I don't know who to support."

Noah: "You're sitting on the fence."

It feels unsure and neutral. This phrase means avoiding decision.

600. "Speak of the devil."

This means someone appears just after being talked about.

Example:

Ava: "Where's John?"

Liam: "Speak of the devil, here he is!"

It feels funny and surprising. This phrase notices timing.

601. "Spill the beans."

This means to tell a secret.

Example:

Emma: "Don't tell anyone about the surprise."

Noah: "Oops, I spilled the beans!"

It feels nervous and guilty. This phrase means revealing something you shouldn't.

602. "Take it with a grain of salt."

This means don't believe everything completely.

Example:

Ava: "He said he's rich."

Liam: "Take it with a grain of salt."

It feels doubtful and careful. This phrase warns to be skeptical.

603. "The ball is in your court."

This means it's your turn to act.

Example:

Chloe: "I did my part."

Logan: "Now, the ball is in your court."

It feels responsible and expectant. This phrase means waiting for action.

604. "The best of both worlds."

This means having two good things at once.

Example:

Sophie: "I work from home and go outside."

Tyler: "You have the best of both worlds."

It feels happy and lucky. This phrase talks about enjoying two benefits.

605. "The last straw."

This means the final problem that causes a big reaction.

Example:

Emma: "He was late again."

Noah: "That was the last straw."

It feels frustrated and angry. This phrase means the final limit is reached.

606. "Throw in the towel."

This means give up trying.

Example:

Ava: "I can't learn this."

Liam: "Don't throw in the towel yet."

It feels tired but hopeful. This phrase means don't quit.

607. "Under the table."

This means secretly or illegally.

Example:

Chloe: "He got paid under the table."

Logan: "That's not legal."

It feels sneaky and risky. This phrase talks about secret actions.

608. "Up in the air."

This means not decided yet.

Example:

Sophie: "Are we going to the party?"

Tyler: "It's still up in the air."

It feels unsure and waiting. This phrase means uncertain plans.

609. "Wear your heart on your sleeve."

This means show your feelings openly.

Example:

Emma: "She cries easily."

Noah: "She wears her heart on her sleeve."

It feels emotional and honest. This phrase means showing true feelings.

610. "You can't judge a book by its cover."

This means don't decide by looks only.

Example:

Ava: "He looks serious."

Liam: "You can't judge a book by its cover."

It feels fair and wise. This phrase means look deeper.

611. "Your guess is as good as mine."

This means I don't know either.

Example:

Chloe: "When will he come?"

Logan: "Your guess is as good as mine."

It feels uncertain and honest. This phrase means both don't know.

612. "Actions speak louder than words."

This means what you do is more important than what you say.

Example:

Sophie: "He says he cares."

Tyler: "But actions speak louder than words."

It feels serious and true. This phrase values doing over talking.

613. "Barking up the wrong tree."

This means blame the wrong person.

Example:

Emma: "I think John broke it."

Noah: "You're barking up the wrong tree."

It feels correcting and clear. This phrase means wrong accusation.

614. "Beat around the bush."

This means avoid saying something directly.

Example:

Ava: "Just tell me the truth."

Liam: "Stop beating around the bush."

It feels impatient and direct. This phrase means avoid hesitation.

615. "Better late than never."

This means it's better to do something late than not at all.

Example:

Chloe: "I finally finished the book."

Logan: "Better late than never."

It feels forgiving and positive. This phrase encourages finishing.

616. "Burn bridges."

This means damage a relationship beyond repair.

Example:

Sophie: "He yelled at his boss."

Tyler: "He burned bridges at work."

It feels regretful and serious. This phrase warns about ending friendships.

617. "By the skin of your teeth."

This means just barely.

Example:

Emma: "I passed the test."

Noah: "By the skin of your teeth."

It feels relieved and lucky. This phrase means a close call.

618. "Cry wolf."

This means raise a false alarm.

Example:

Ava: "He said there was danger."

Liam: "He cries wolf too much."

It feels annoying and tricky. This phrase warns about lying.

619. "Cut to the chase."

This means get to the point quickly.

Example:

Chloe: "Stop talking and cut to the chase."

Logan: "Okay, here is the main idea."

It feels impatient and clear. This phrase asks for directness.

620. "Don't count your chickens before they hatch."

This means don't assume success before it happens.

Example:

Sophie: "I will win the game."

Tyler: "Don't count your chickens before they hatch."

It feels cautious and wise. This phrase advises patience.

621. "Don't put all your eggs in one basket."

This means don't risk everything on one thing.

Example:

Emma: "I invested all my money in one stock."

Noah: "Don't put all your eggs in one basket."

It feels careful and smart. This phrase advises to spread risk.

622. "Drive someone up the wall."

This means annoy someone a lot.

Example:

Ava: "My brother is so loud."

Liam: "He drives me up the wall."

It feels frustrated and angry. This phrase shows irritation.

623. "Every cloud has a silver lining."

This means there is good in every bad situation.

Example:

Chloe: "I lost my job."

Logan: "Every cloud has a silver lining."

It feels hopeful and positive. This phrase shows optimism.

624. "Fish out of water."

This means feel uncomfortable in a new place.

Example:

Sophie: "I'm new here."

Tyler: "You look like a fish out of water."

It feels nervous and awkward. This phrase means feeling out of place.

625. "Get a taste of your own medicine."

This means experience what you have done to others.

Example:

Emma: "He was mean to me."

Noah: "Now he gets a taste of his own medicine."

It feels fair and just. This phrase talks about karma.

626. "Give the benefit of the doubt."

This means believe someone is innocent until proven wrong.

Example:

Ava: "He might be telling the truth."

Liam: "Let's give him the benefit of the doubt."

It feels kind and trusting. This phrase means trust first.

627. "Hit the nail on the head."

This means say something exactly right.

Example:

Chloe: "We need more time."

Logan: "You hit the nail on the head."

It feels smart and accurate. This phrase praises correctness.

628. "In the heat of the moment."

This means during strong emotions.

Example:

Sophie: "I said things I didn't mean."

Tyler: "It was in the heat of the moment."

It feels regretful and emotional. This phrase explains impulsive actions.

629. "It takes two to tango."

This means two people are responsible for a problem.

Example:

Emma: "They both fought."

Noah: "It takes two to tango."

It feels fair and balanced. This phrase shares responsibility.

630. "Jump on the bandwagon."

This means join a popular trend.

Example:

Ava: "Everyone is using that app."

Liam: "I'll jump on the bandwagon too."

It feels social and trendy. This phrase means follow others.

631. "Keep your chin up."

This means stay positive during hard times.

Example:

Chloe: "I failed the test."

Logan: "Keep your chin up. Try again."

It feels hopeful and encouraging. This phrase motivates courage.

632. "Kill two birds with one stone."

This means do two things at once.

Example:

Sophie: "I bought groceries and returned books."

Tyler: "You killed two birds with one stone."

It feels smart and efficient. This phrase talks about multitasking.

633. "Let the cat out of the bag."

This means reveal a secret.

Example:

Emma: "I told everyone the surprise."

Noah: "You let the cat out of the bag."

It feels embarrassed and surprised. This phrase means revealing secrets.

634. "Make a long story short."

This means tell something quickly.

Example:

Ava: "To make a long story short, I won."

Liam: "Great job!"

It feels clear and brief. This phrase asks to be concise.

635. "Miss the boat."

This means miss an opportunity.

Example:

Chloe: "I didn't apply on time."

Logan: "You missed the boat."

It feels regretful and sad. This phrase means losing a chance because of delay.

636. "No pain, no gain."

This means you must work hard to succeed.

Example:

Sophie: "I'm tired from training."

Tyler: "No pain, no gain."

It feels tough but motivating. This phrase encourages effort for results.

637. "Off the hook."

This means freed from a difficult situation.

Example:

Emma: "I was blamed, but now I'm off the hook."

Noah: "Good for you!"

It feels relieved and happy. This phrase means no longer responsible.

638. "On thin ice."

This means in a risky or dangerous situation.

Example:

Ava: "He's late again at work."

Liam: "He's on thin ice with his boss."

It feels worried and tense. This phrase warns of danger.

639. "Once in a blue moon."

This means very rarely.

Example:

Chloe: "I visit New York once in a blue moon."

Logan: "That's special."

It feels rare and special. This phrase talks about something uncommon.

640. "Out of the blue."

This means unexpectedly.

Example:

Sophie: "He called me out of the blue."

Tyler: "That surprised you!"

It feels sudden and surprising. This phrase means no warning.

641. "Piece of cake."

This means very easy.

Example:

Emma: "The test was a piece of cake."

Noah: "You're smart!"

It feels confident and proud. This phrase talks about something easy.

642. "Put all your eggs in one basket."

This means risk everything on one plan.

Example:

Ava: "I invested all money in one stock."

Liam: "Don't put all your eggs in one basket."

It feels cautious and wise. This phrase advises not to risk too much.

643. "Put your money where your mouth is."

This means back up your words with action.

Example:

Chloe: "I can run fast."

Logan: "Put your money where your mouth is."

It feels challenging and confident. This phrase means prove yourself.

644. "Rain on someone's parade."

This means spoil someone's happy moment.

Example:

Sophie: "He said no to my party."

Tyler: "Don't rain on my parade."

It feels sad and annoyed. This phrase means ruin fun.

645. "Read between the lines."

This means understand the hidden meaning.

Example:

Emma: "He said one thing, but I read between the lines."

Noah: "You're very smart."

It feels thoughtful and clever. This phrase means understand more than said.

646. "See eye to eye."

This means agree completely.

Example:

Ava: "We see eye to eye on the plan."

Liam: "Good teamwork!"

It feels happy and cooperative. This phrase talks about agreement.

647. "Shoot from the hip."

This means speak quickly without thinking.

Example:

Chloe: "He said something rude."

Logan: "He shoots from the hip."

It feels impulsive and careless. This phrase means speak without thought.

648. "Sit on the fence."

This means avoid making a decision.

Example:

Sophie: "I don't know who to support."

Tyler: "You're sitting on the fence."

It feels uncertain and stuck. This phrase means no decision.

649. "Sleep on it."

This means think before deciding.

Example:

Emma: "I will sleep on it before choosing."

Noah: "Good idea."

It feels thoughtful and patient. This phrase advises to wait.

650. "Speak of the devil."

This means someone appears just when talked about.

Example:

Ava: "Speak of the devil, here comes John."

Liam: "Perfect timing."

It feels surprised and funny. This phrase means the person arrives at the right time.

651. "Steal someone's thunder."

This means take credit for someone's idea.

Example:

Chloe: "He took my idea in the meeting."

Logan: "He stole your thunder."

It feels unfair and upset. This phrase means taking praise unfairly.

652. "Take the bull by the horns."

This means face a problem bravely.

Example:

Sophie: "I talked to my boss about the problem."

Tyler: "You took the bull by the horns."

It feels brave and strong. This phrase means face problems directly.

653. "The elephant in the room."

This means a big problem everyone avoids.

Example:

Emma: "We didn't talk about the missing money."

Noah: "That's the elephant in the room."

It feels tense and awkward. This phrase means an obvious issue ignored.

654. "Throw caution to the wind."

This means take a big risk.

Example:

Ava: "I quit my job without a plan."

Liam: "You threw caution to the wind."

It feels risky and wild. This phrase means act without care.

655. "Throw in the towel."

This means give up.

Example:

Chloe: "I can't fix this."

Logan: "Don't throw in the towel."

It feels tired but hopeful. This phrase means don't quit yet.

656. "Under the weather."

This means feeling sick.

Example:

Sophie: "I'm under the weather today."

Tyler: "Rest and get better."

It feels weak and tired. This phrase means not feeling well.

657. "Up in the air."

This means uncertain or undecided.

Example:

Emma: "Our plans are up in the air."

Noah: "Let's wait to decide."

It feels unsure and waiting. This phrase means no clear plan.

658. "Use your loaf."

This means use your brain.

Example:

Ava: "Think carefully before acting."

Liam: "I will use my loaf."

It feels smart and clever. This phrase means think logically.

659. "Your guess is as good as mine."

This means I don't know either.

Example:

Chloe: "Where is she?"

Logan: “Your guess is as good as mine.”

It feels confused and honest. This phrase means no one knows.

660. “Zip your lip.”

This means be quiet.

Example:

Sophie: “I’ll zip my lip about the secret.”

Tyler: “Thank you!”

It feels serious and secretive. This phrase means keep quiet.

661. “Beat around the bush.”

This means avoid saying something directly.

Example:

Emma: “Stop beating around the bush and tell me.”

Noah: “I’m scared to say it.”

It feels nervous and unclear. This phrase means not speaking honestly.

662. “Bite the bullet.”

This means face a difficult situation bravely.

Example:

Ava: “I have to tell my mom the truth.”

Liam: “You need to bite the bullet.”

It feels strong and brave. This phrase means accept hardship.

663. “Break the ice.”

This means start a conversation in a shy group.

Example:

Chloe: “I told a joke to break the ice.”

Logan: “Everyone laughed, good job!”

It feels friendly and happy. This phrase means make people comfortable.

664. “Burn the midnight oil.”

This means work late at night.

Example:

Sophie: "I'm burning the midnight oil for my test."

Tyler: "You work so hard!"

It feels tired but focused. This phrase means study or work late.

665. "Caught red-handed."

This means caught while doing something wrong.

Example:

Emma: "He was caught red-handed stealing money."

Noah: "That's bad!"

It feels shocked and guilty. This phrase means caught in the act.

666. "Cut to the chase."

This means get to the main point quickly.

Example:

Ava: "Cut to the chase, what happened?"

Liam: "He lost his job."

It feels direct and urgent. This phrase means stop wasting time.

667. "Down to the wire."

This means until the last moment.

Example:

Chloe: "We finished the project down to the wire."

Logan: "That was close!"

It feels tense and relieved. This phrase means barely on time.

668. "Drive someone up the wall."

This means annoy someone a lot.

Example:

Sophie: "My little brother drives me up the wall."

Tyler: "That sounds frustrating."

It feels angry and tired. This phrase means very annoying.

669. "Face the music."

This means accept the consequences.

Example:

Emma: "I have to face the music after failing."

Noah: "Be strong."

It feels serious and brave. This phrase means accept punishment.

670. "Feeling under the weather."

This means feeling a little sick.

Example:

Ava: "I'm feeling under the weather today."

Liam: "Rest well."

It feels weak and sad. This phrase means not feeling good.

671. "Get a taste of your own medicine."

This means experience what you gave others.

Example:

Chloe: "He was mean, now he got a taste of his own medicine."

Logan: "That's justice."

It feels fair and satisfying. This phrase means getting treated how you treat others.

672. "Get out of hand."

This means become out of control.

Example:

Sophie: "The party got out of hand."

Tyler: "We need to calm down."

It feels chaotic and scary. This phrase means no control.

673. "Give the benefit of the doubt."

This means believe someone is honest without proof.

Example:

Emma: "I give her the benefit of the doubt."

Noah: "That's kind."

It feels hopeful and trusting. This phrase means trust someone.

674. "Hit the nail on the head."

This means say exactly the right thing.

Example:

Ava: "You hit the nail on the head with your answer."

Liam: "Thanks!"

It feels smart and accurate. This phrase means exactly right.

675. "In the same boat."

This means in the same situation.

Example:

Chloe: "We are in the same boat with the problem."

Logan: "Let's fix it together."

It feels united and hopeful. This phrase means sharing the same problem.

676. "Jump on the bandwagon."

This means join a popular trend.

Example:

Sophie: "Everyone is using that app, I jumped on the bandwagon."

Tyler: "It's popular!"

It feels excited and trendy. This phrase means follow the crowd.

677. "Kick the bucket."

This means die.

Example:

Emma: "The old man kicked the bucket last night."

Noah: "I'm sorry to hear."

It feels sad and respectful. This phrase means someone passed away.

678. "Let the cat out of the bag."

This means reveal a secret by mistake.

Example:

Ava: "She let the cat out of the bag about the surprise party."

Liam: "Oh no!"

It feels surprised and embarrassed. This phrase means tell a secret.

679. "Make a long story short."

This means tell something briefly.

Example:

Chloe: "To make a long story short, I got the job."

Logan: "That's great news!"

It feels relieved and happy. This phrase means say something quickly.

680. "Miss the mark."

This means fail to reach a goal.

Example:

Sophie: "My answer missed the mark."

Tyler: "Try again next time."

It feels disappointed but hopeful. This phrase means not succeed.

681. "No strings attached."

This means no conditions or limits.

Example:

Emma: "You can borrow my car, no strings attached."

Noah: "Thank you!"

It feels generous and kind. This phrase means free and easy.

682. "On the ball."

This means very alert and quick.

Example:

Ava: "You are on the ball today!"

Liam: "Thanks, I'm focused."

It feels smart and fast. This phrase means quick thinking.

683. "Once bitten, twice shy."

This means scared to try again after failure.

Example:

Chloe: "I lost money, once bitten, twice shy."

Logan: "Be careful next time."

It feels cautious and scared. This phrase means afraid after bad experience.

684. "Out of the frying pan into the fire."

This means go from bad to worse.

Example:

Sophie: "Changing jobs was out of the frying pan into the fire."

Tyler: "That's tough."

It feels frustrated and sad. This phrase means worse situation.

685. "Pass the buck."

This means avoid responsibility.

Example:

Emma: "He always passes the buck to others."

Noah: "That's unfair."

It feels annoyed and frustrated. This phrase means blame others.

686. "Pull someone's leg."

This means joke with someone.

Example:

Ava: "I was just pulling your leg."

Liam: "You scared me!"

It feels playful and fun. This phrase means joke or tease.

687. "Put a sock in it."

This means be quiet.

Example:

Chloe: "Put a sock in it, please!"

Logan: "Okay, I'm quiet."

It feels annoyed and firm. This phrase means stop talking.

688. "Put the cart before the horse."

This means do things in the wrong order.

Example:

Sophie: "You're putting the cart before the horse by buying a house first."

Tyler: "You're right."

It feels confused and wrong. This phrase means wrong sequence.

689. "See the writing on the wall."

This means see signs of trouble.

Example:

Emma: "I see the writing on the wall about the company closing."

Noah: "We should prepare."

It feels worried and serious. This phrase means notice danger signs.

690. "Shoot yourself in the foot."

This means harm yourself by mistake.

Example:

Ava: "He shot himself in the foot by quitting too early."

Liam: "That's sad."

It feels regretful and unwise. This phrase means cause your own problem.

691. "Take it with a grain of salt."

This means don't believe everything.

Example:

Chloe: "Take his story with a grain of salt."

Logan: "I will be careful."

It feels doubtful and cautious. This phrase means don't fully trust.

692. "The ball is in your court."

This means it's your turn to act.

Example:

Sophie: "The ball is in your court now."

Tyler: "I will decide."

It feels responsible and important. This phrase means your choice.

693. "Through thick and thin."

This means in good and bad times.

Example:

Emma: "We stayed friends through thick and thin."

Noah: "True friendship."

It feels loyal and strong. This phrase means always there.

694. "Throw in the towel."

This means give up.

Example:

Ava: "I almost threw in the towel."

Liam: "Don't quit!"

It feels tired but hopeful. This phrase means stop trying.

695. "Turn a blind eye."

This means ignore something bad on purpose.

Example:

Chloe: "The teacher turned a blind eye to cheating."

Logan: "That's unfair."

It feels dishonest and unfair. This phrase means pretend not to see a problem.

696. "Under the table."

This means secretly or illegally.

Example:

Sophie: "He got paid under the table."

Tyler: "That's not right."

It feels sneaky and wrong. This phrase means secret or illegal actions.

697. "Up in the air."

This means uncertain or undecided.

Example:

Emma: "Our trip plans are still up in the air."

Noah: "I hope we decide soon."

It feels unsure and anxious. This phrase means no clear decision yet.

698. "Water under the bridge."

This means past problems that are forgotten.

Example:

Ava: "What happened is water under the bridge."

Liam: "Let's move on."

It feels relieved and hopeful. This phrase means forgive and forget.

699. "You can't judge a book by its cover."

This means don't judge by appearance.

Example:

Chloe: "She looks shy, but you can't judge a book by its cover."

Logan: "She's very kind."

It feels surprised and wise. This phrase means look deeper.

700. "Your guess is as good as mine."

This means I don't know either.

Example:

Sophie: "When will he arrive?"

Tyler: "Your guess is as good as mine."

It feels uncertain and honest. This phrase means no one knows.

701. "Break a leg."

This means good luck, usually before a show.

Example:

Emma: "Break a leg in your play!"

Noah: "Thanks, I'm nervous."

It feels supportive and encouraging. This phrase means wish luck.

702. "Call it a day."

This means stop working for now.

Example:

Ava: "Let's call it a day."

Liam: "I'm tired."

It feels tired and ready to rest. This phrase means stop work.

703. "Cut corners."

This means do something badly to save time or money.

Example:

Chloe: “Don’t cut corners on your homework.”

Logan: “I want to do it well.”

It feels serious and responsible. This phrase means don’t do things poorly.

704. “Devil’s advocate.”

This means argue against a popular idea.

Example:

Sophie: “I’ll play devil’s advocate here.”

Tyler: “Okay, tell me why not.”

It feels curious and thoughtful. This phrase means challenge ideas.

705. “Don’t count your chickens before they hatch.”

This means don’t assume success before it happens.

Example:

Emma: “Don’t count your chickens before they hatch.”

Noah: “I won’t celebrate too soon.”

It feels careful and realistic. This phrase means wait for results.

706. “Drop the ball.”

This means make a mistake or fail.

Example:

Ava: “I dropped the ball on the project.”

Liam: “Try to fix it.”

It feels regretful and sorry. This phrase means fail to do something.

707. “Get cold feet.”

This means become scared to do something.

Example:

Chloe: “I got cold feet before the speech.”

Logan: “You did great anyway.”

It feels nervous and scared. This phrase means feel afraid.

708. “Hit the sack.”

This means go to sleep.

Example:

Sophie: "I'm tired, time to hit the sack."

Tyler: "Good night!"

It feels tired and peaceful. This phrase means go to bed.

709. "In hot water."

This means in trouble.

Example:

Emma: "He's in hot water for being late."

Noah: "I hope he fixes it."

It feels worried and serious. This phrase means in trouble.

710. "Jump the gun."

This means do something too soon.

Example:

Ava: "She jumped the gun and announced early."

Liam: "She was excited."

It feels rushed and wrong. This phrase means act too early.

711. "Let sleeping dogs lie."

This means don't cause trouble by bringing up old problems.

Example:

Chloe: "Let sleeping dogs lie about that argument."

Logan: "I agree, better not talk."

It feels peaceful and careful. This phrase means avoid old problems.

712. "Miss the boat."

This means miss an opportunity.

Example:

Sophie: "I missed the boat on applying for the job."

Tyler: "Try again next time."

It feels disappointed but hopeful. This phrase means lose chance.

713. "Off the hook."

This means free from blame or trouble.

Example:

Emma: "You're off the hook this time."

Noah: "Thanks for understanding."

It feels relieved and thankful. This phrase means no blame.

714. "On thin ice."

This means in danger of trouble.

Example:

Ava: "You're on thin ice with the teacher."

Liam: "I'll be careful."

It feels nervous and serious. This phrase means risk trouble.

715. "Piece of cake."

This means very easy.

Example:

Chloe: "The test was a piece of cake."

Logan: "I agree, easy!"

It feels happy and confident. This phrase means very simple.

716. "Pull yourself together."

This means calm down and control emotions.

Example:

Sophie: "Pull yourself together, everything will be okay."

Tyler: "I'm trying."

It feels supportive and caring. This phrase means be strong.

717. "Put all your eggs in one basket."

This means risk everything in one plan.

Example:

Emma: "Don't put all your eggs in one basket."

Noah: "I will try different things."

It feels careful and wise. This phrase means don't risk all.

718. "Rain on someone's parade."

This means spoil someone's happy moment.

Example:

Ava: "Don't rain on her parade."

Liam: "I won't spoil her party."

It feels sad and unfair. This phrase means ruin happiness.

719. "See eye to eye."

This means agree fully.

Example:

Chloe: "We finally see eye to eye on the plan."

Logan: "Teamwork!"

It feels happy and united. This phrase means agree well.

720. "Spill the beans."

This means reveal a secret.

Example:

Sophie: "Don't spill the beans about the surprise."

Tyler: "I won't tell anyone."

It feels secretive and careful. This phrase means tell secret.

721. "Steal someone's thunder."

This means take credit for someone else's idea.

Example:

Emma: "He stole my thunder in the meeting."

Noah: "That's not fair."

It feels upset and unfair. This phrase means take credit wrongly.

722. "Take the bull by the horns."

This means face a difficult problem bravely.

Example:

Ava: "I took the bull by the horns and talked to my boss."

Liam: "You're brave."

It feels strong and brave. This phrase means face problems.

723. "Taste of your own medicine."

This means experience the same bad treatment you gave others.

Example:

Chloe: "He got a taste of his own medicine."

Logan: "Justice!"

It feels fair and satisfying. This phrase means get what you gave.

724. "Throw in the towel."

This means give up trying.

Example:

Sophie: "I almost threw in the towel."

Tyler: "Don't give up!"

It feels tired but hopeful. This phrase means quit trying.

725. "Under your nose."

This means something obvious that you missed.

Example:

Emma: "The answer was right under your nose."

Noah: "I didn't see it."

It feels surprised and silly. This phrase means very obvious.

726. "Wild goose chase."

This means a useless search or effort.

Example:

Ava: "Looking for the keys was a wild goose chase."

Liam: "We didn't find them."

It feels frustrated and tired. This phrase means pointless search.

727. "Your call."

This means your decision.

Example:

Chloe: "Where should we eat?"

Logan: "Your call."

It feels free and responsible. This phrase means you decide.

728. "Zip your lip."

This means be quiet.

Example:

Sophie: “Zip your lip about the secret.”

Tyler: “Okay, I won’t say.”

It feels serious and secretive. This phrase means keep quiet.

729. “Beat around the bush.”

This means avoid saying something directly.

Example:

Emma: “Stop beating around the bush. Tell me what happened.”

Noah: “I was nervous.”

It feels frustrating and unclear. This phrase means not being clear or direct.

730. “Bite the bullet.”

This means face a painful or difficult situation bravely.

Example:

Ava: “I bit the bullet and talked to my parents.”

Liam: “Good job, that’s hard.”

It feels brave and strong. This phrase means face problems without fear.

731. “By the skin of your teeth.”

This means barely succeed or escape trouble.

Example:

Chloe: “I passed the test by the skin of my teeth.”

Logan: “Wow, that was close!”

It feels relieved and lucky. This phrase means just barely succeed.

732. “Cut to the chase.”

This means skip details and get to the main point.

Example:

Sophie: “Cut to the chase, what’s the problem?”

Tyler: “We lost the keys.”

It feels impatient but clear. This phrase means be direct.

733. "Don't put all your eggs in one basket."

This means don't risk everything in one plan.

Example:

Emma: "Don't put all your eggs in one basket with investments."

Noah: "I will diversify."

It feels smart and careful. This phrase means spread risk.

734. "Hit the nail on the head."

This means say exactly the right thing.

Example:

Ava: "You hit the nail on the head with that answer."

Liam: "Thanks, I thought hard."

It feels proud and correct. This phrase means be exactly right.

735. "Jump on the bandwagon."

This means join a popular trend or activity.

Example:

Chloe: "Everyone is jumping on the bandwagon for the new phone."

Logan: "I want one too."

It feels trendy and popular. This phrase means follow others.

736. "Keep your chin up."

This means stay positive and brave.

Example:

Sophie: "Keep your chin up, things will get better."

Tyler: "Thanks, I need hope."

It feels encouraging and caring. This phrase means stay strong.

737. "Let the cat out of the bag."

This means reveal a secret by accident.

Example:

Emma: "She let the cat out of the bag about the surprise party."

Noah: "Oh no!"

It feels shocked and disappointed. This phrase means tell a secret.

738. "Make a long story short."

This means give only the important details.

Example:

Ava: "To make a long story short, we lost the tickets."

Liam: "That's too bad."

It feels quick and simple. This phrase means summarize.

739. "Miss the boat."

This means miss an opportunity.

Example:

Chloe: "I missed the boat on buying concert tickets."

Logan: "Maybe next time."

It feels sad but hopeful. This phrase means lose chance.

740. "No pain, no gain."

This means you must work hard to succeed.

Example:

Sophie: "I'm tired, but no pain, no gain."

Tyler: "Keep going!"

It feels motivating and honest. This phrase means hard work is needed.

741. "On the ball."

This means alert and quick to react.

Example:

Emma: "She's really on the ball in class."

Noah: "I want to be like her."

It feels impressed and admiring. This phrase means very alert.

742. "Out of the blue."

This means suddenly and unexpectedly.

Example:

Ava: "He called me out of the blue."

Liam: "That surprised you!"

It feels shocked and surprised. This phrase means unexpected.

743. "Piece of cake."

This means very easy.

Example:

Chloe: "The math test was a piece of cake."

Logan: "I agree, so easy!"

It feels confident and happy. This phrase means very simple.

744. "Pull someone's leg."

This means joke or tease someone.

Example:

Sophie: "I was just pulling your leg about the story."

Tyler: "You got me!"

It feels playful and fun. This phrase means joke.

745. "Put your foot in your mouth."

This means say something embarrassing.

Example:

Emma: "I put my foot in my mouth during the meeting."

Noah: "It happens to everyone."

It feels embarrassed and sorry. This phrase means say something wrong.

746. "See eye to eye."

This means agree fully.

Example:

Ava: "We finally see eye to eye on the project."

Liam: "Teamwork!"

It feels happy and united. This phrase means agree well.

747. "Sit on the fence."

This means not take sides in an argument.

Example:

Chloe: "He's sitting on the fence about the decision."

Logan: "He can't decide."

It feels unsure and hesitant. This phrase means undecided.

748. "Speak of the devil."

This means the person you were talking about appears.

Example:

Sophie: "Speak of the devil, here's Sarah!"

Tyler: "Hi Sarah!"

It feels surprised and funny. This phrase means talk and see person.

749. "Steal someone's thunder."

This means take credit for someone's idea.

Example:

Emma: "He stole my thunder at work."

Noah: "That's not fair."

It feels upset and unfair. This phrase means take credit wrongly.

750. "Take with a grain of salt."

This means don't believe something fully.

Example:

Ava: "Take his story with a grain of salt."

Liam: "I'll be careful."

It feels cautious and doubtful. This phrase means don't fully trust.

751. "The ball is in your court."

This means it's your decision or responsibility now.

Example:

Chloe: "I told you my thoughts, the ball is in your court."

Logan: "I'll decide."

It feels responsible and serious. This phrase means your turn.

752. "Throw in the towel."

This means give up.

Example:

Sophie: "I almost threw in the towel on studying."

Tyler: "Don't give up yet!"

It feels tired but hopeful. This phrase means quit trying.

753. "Under the weather."

This means feeling sick.

Example:

Emma: "I'm feeling under the weather today."

Noah: "Rest and get better."

It feels weak and tired. This phrase means sick.

754. "You can't have your cake and eat it too."

This means you can't have everything.

Example:

Ava: "You want a raise and no work? You can't have your cake and eat it too."

Liam: "That's true."

It feels realistic and firm. This phrase means no all at once.

755. "Your guess is as good as mine."

This means I don't know either.

Example:

Chloe: "When will the bus come?"

Logan: "Your guess is as good as mine."

It feels uncertain and honest. This phrase means no one knows.

756. "Zip your lip."

This means be quiet.

Example:

Sophie: "Zip your lip about the secret."

Tyler: "Okay, I won't say."

It feels serious and secretive. This phrase means keep quiet.

757. "Actions speak louder than words."

This means what you do is more important than what you say.

Example:

Emma: “He promised to help but did nothing.”

Noah: “Actions speak louder than words.”

It feels disappointed but wise. This phrase means show through actions.

758. “Barking up the wrong tree.”

This means blaming the wrong person or looking in the wrong place.

Example:

Ava: “You think I lost your keys? You’re barking up the wrong tree.”

Liam: “Sorry, I guess I was wrong.”

It feels confused but clear. This phrase means mistake the cause.

759. “Break the ice.”

This means start a conversation in a friendly way.

Example:

Chloe: “I told a joke to break the ice at the party.”

Logan: “That made everyone relax.”

It feels happy and friendly. This phrase means start talking.

760. “Burn the midnight oil.”

This means work late into the night.

Example:

Sophie: “I burned the midnight oil studying for the test.”

Tyler: “You worked hard.”

It feels tired but proud. This phrase means work very late.

761. “Cry over spilled milk.”

This means be upset about something that cannot be changed.

Example:

Emma: “Don’t cry over spilled milk about the broken phone.”

Noah: “You’re right, I should fix it.”

It feels calm and wise. This phrase means don’t worry about past.

762. “Cut corners.”

This means do something badly or cheaply to save time or money.

Example:

Ava: "Don't cut corners on this project."

Liam: "I want it done well."

It feels serious and careful. This phrase means do less work.

763. "Devil's advocate."

This means argue the opposite to test an idea.

Example:

Chloe: "I'm playing devil's advocate to check if this plan works."

Logan: "Good idea to see problems."

It feels thoughtful and careful. This phrase means argue opposite.

764. "Don't count your chickens before they hatch."

This means don't assume success before it happens.

Example:

Sophie: "Don't count your chickens before they hatch, wait for results."

Tyler: "I'll be patient."

It feels cautious and realistic. This phrase means don't assume too soon.

765. "Don't judge a book by its cover."

This means don't judge something by looks only.

Example:

Emma: "She looks shy but is very smart."

Noah: "Don't judge a book by its cover."

It feels open-minded and kind. This phrase means don't judge only looks.

766. "Don't throw the baby out with the bathwater."

This means don't lose something good while trying to get rid of something bad.

Example:

Ava: "The plan has problems, but don't throw the baby out with the bathwater."

Liam: "We can fix parts."

It feels careful and hopeful. This phrase means keep good parts.

767. "Every cloud has a silver lining."

This means there is something good in every bad situation.

Example:

Chloe: "I lost my job but found a better one."

Logan: "Every cloud has a silver lining."

It feels hopeful and positive. This phrase means find good in bad.

768. "Feel under the weather."

This means feel sick or tired.

Example:

Sophie: "I feel under the weather today."

Tyler: "Take care and rest."

It feels weak and sad. This phrase means feel sick.

769. "Get out of hand."

This means become uncontrollable or chaotic.

Example:

Emma: "The party got out of hand last night."

Noah: "It was too wild."

It feels worried and shocked. This phrase means lose control.

770. "Give the benefit of the doubt."

This means believe someone is telling the truth even if unsure.

Example:

Ava: "I'll give you the benefit of the doubt."

Liam: "Thanks, I'm honest."

It feels trusting and kind. This phrase means trust someone.

771. "Go the extra mile."

This means do more than expected.

Example:

Chloe: "She always goes the extra mile at work."

Logan: "That's why she is successful."

It feels proud and admiring. This phrase means try harder.

772. "Hit the sack."

This means go to bed to sleep.

Example:

Sophie: "I'm tired; I will hit the sack now."

Tyler: "Good night, rest well."

It feels sleepy and peaceful. This phrase means go sleep.

773. "In hot water."

This means in trouble.

Example:

Emma: "He is in hot water for missing work."

Noah: "He should apologize."

It feels worried and serious. This phrase means in trouble.

774. "In the same boat."

This means in the same situation or problem.

Example:

Ava: "We are in the same boat with the exam."

Liam: "Let's study together."

It feels connected and supportive. This phrase means same problem.

775. "Jump the gun."

This means start too early.

Example:

Chloe: "Don't jump the gun and decide before talking."

Logan: "I will wait."

It feels cautious and wise. This phrase means act too soon.

776. "Keep your eyes peeled."

This means watch carefully.

Example:

Sophie: “Keep your eyes peeled for the delivery.”

Tyler: “I will watch closely.”

It feels alert and careful. This phrase means watch carefully.

777. “Kill two birds with one stone.”

This means do two things with one action.

Example:

Emma: “I went to the store and visited Sarah, killing two birds with one stone.”

Noah: “Smart plan.”

It feels efficient and happy. This phrase means do two things.

778. “Let sleeping dogs lie.”

This means don’t start trouble by talking about a past problem.

Example:

Ava: “Let sleeping dogs lie; don’t mention that old fight.”

Liam: “Good idea.”

It feels peaceful and careful. This phrase means avoid old problems.

779. “Make a mountain out of a molehill.”

This means make a small problem seem big.

Example:

Chloe: “Don’t make a mountain out of a molehill about the mistake.”

Logan: “I’m sorry, I overreacted.”

It feels calm and fair. This phrase means exaggerate problem.

780. “Miss the mark.”

This means fail to achieve a goal.

Example:

Sophie: “My joke missed the mark and no one laughed.”

Tyler: “Maybe next time.”

It feels embarrassed but hopeful. This phrase means fail.

781. “On thin ice.”

This means in a risky or dangerous situation.

Example:

Emma: “You’re on thin ice after breaking the rule.”

Noah: “I will be careful.”

It feels worried and serious. This phrase means in danger.

782. “Out of the frying pan into the fire.”

This means go from a bad situation to a worse one.

Example:

Ava: “Changing jobs was out of the frying pan into the fire.”

Liam: “That’s tough.”

It feels frustrated and sad. This phrase means worse situation.

783. “Play it by ear.”

This means decide what to do as the situation happens.

Example:

Chloe: “We will play it by ear and see how things go.”

Logan: “Sounds flexible.”

It feels relaxed and open. This phrase means decide later.

784. “Put your money where your mouth is.”

This means prove your words by action.

Example:

Sophie: “If you believe, put your money where your mouth is.”

Tyler: “I will try.”

It feels serious and challenging. This phrase means act, not just talk.

785. “Read between the lines.”

This means understand the hidden meaning.

Example:

Emma: “Read between the lines, he’s upset but not saying it.”

Noah: “I see now.”

It feels smart and careful. This phrase means see hidden meaning.

786. “Rub salt in the wound.”

This means make a bad situation worse.

Example:

Ava: "Telling him about the lost game rubbed salt in the wound."

Liam: "That was mean."

It feels hurt and unfair. This phrase means make worse.

787. "Spill the beans."

This means tell a secret.

Example:

Chloe: "Don't spill the beans about the surprise party."

Logan: "I won't say anything."

It feels secretive and excited. This phrase means reveal secret.

788. "Take a rain check."

This means say no now but maybe yes later.

Example:

Sophie: "Can I take a rain check on dinner?"

Tyler: "Sure, maybe next time."

It feels polite and hopeful. This phrase means delay plan.

789. "Take it with a grain of salt."

This means don't fully believe something; be a little skeptical.

Example:

Emma: "He said he's rich, but I take it with a grain of salt."

Noah: "Good idea to be careful."

It feels cautious and smart. This phrase means don't fully trust.

790. "The ball is in your court."

This means it is your turn to make a decision.

Example:

Ava: "I gave my offer; now the ball is in your court."

Liam: "I will think."

It feels serious and waiting. This phrase means your turn.

791. "The best of both worlds."

This means having the advantages of two different things.

Example:

Chloe: "Working from home gives me the best of both worlds."

Logan: "Home and work balance is great."

It feels happy and lucky. This phrase means enjoy two good things.

792. "Throw in the towel."

This means give up or stop trying.

Example:

Sophie: "After failing the test, I thought about throwing in the towel."

Tyler: "Don't give up; try again."

It feels sad but honest. This phrase means stop trying.

793. "Under the weather."

This means feeling sick or not well.

Example:

Emma: "I feel under the weather today."

Noah: "Rest and get better soon."

It feels weak but hopeful. This phrase means feel sick.

794. "Up in the air."

This means something is uncertain or not decided.

Example:

Ava: "Our trip is still up in the air because of the weather."

Liam: "Let's wait for news."

It feels unsure and patient. This phrase means undecided.

795. "Wear your heart on your sleeve."

This means show your feelings openly.

Example:

Chloe: "She wears her heart on her sleeve, you can see her emotions."

Logan: "That is honest."

It feels open and emotional. This phrase means show feelings.

796. "Whole nine yards."

This means everything possible or the full effort.

Example:

Sophie: "For the party, we did the whole nine yards."

Tyler: "It was amazing."

It feels excited and complete. This phrase means everything done.

797. "You can't have your cake and eat it too."

This means you can't enjoy two good things at once.

Example:

Emma: "You want to stay out late and get up early? You can't have your cake and eat it too."

Noah: "I see, I must choose."

It feels realistic and fair. This phrase means can't have both.

798. "Your guess is as good as mine."

This means I don't know the answer.

Example:

Ava: "When will she arrive?"

Liam: "Your guess is as good as mine."

It feels uncertain and honest. This phrase means I don't know.

799. "Zip your lip."

This means keep quiet or don't talk.

Example:

Chloe: "Zip your lip about the secret."

Logan: "Okay, I won't tell."

It feels secretive and serious. This phrase means be quiet.

800. "Break a leg."

This means good luck, usually before a performance.

Example:

Sophie: "Break a leg in your play tonight!"

Tyler: "Thanks, I'm nervous."

It feels encouraging and kind. This phrase means good luck.

801. "Call it a day."

This means stop working for now.

Example:

Emma: "It's late, let's call it a day."

Noah: "I'm tired too."

It feels tired and ready to rest. This phrase means stop work.

802. "Cut to the chase."

This means skip to the main point.

Example:

Ava: "Cut to the chase, what happened?"

Liam: "The meeting was canceled."

It feels direct and clear. This phrase means go to point.

803. "Hit the nail on the head."

This means say exactly the right thing.

Example:

Chloe: "You hit the nail on the head with your idea."

Logan: "Thank you."

It feels proud and smart. This phrase means be exactly right.

804. "In the nick of time."

This means just in time before it is too late.

Example:

Sophie: "I finished my homework in the nick of time."

Tyler: "That was close!"

It feels relieved and happy. This phrase means just in time.

805. "Jump on the bandwagon."

This means join others in doing something popular.

Example:

Emma: "Everyone likes the new game, so I jumped on the bandwagon."

Noah: "It's fun."

It feels excited and social. This phrase means follow trend.

806. "Let the cat out of the bag."

This means accidentally tell a secret.

Example:

Ava: "She let the cat out of the bag about the surprise."

Liam: "Oops, now we know."

It feels surprised and a bit worried. This phrase means reveal secret.

807. "Miss the boat."

This means miss an opportunity.

Example:

Chloe: "I missed the boat on buying those tickets."

Logan: "Maybe next time."

It feels sad but hopeful. This phrase means lose chance.

808. "Once in a blue moon."

This means something happens very rarely.

Example:

Sophie: "I visit New York once in a blue moon."

Tyler: "That's special."

It feels rare and special. This phrase means very rare.

809. "Out of the blue."

This means something happens unexpectedly.

Example:

Emma: "He called me out of the blue yesterday."

Noah: "Surprise calls are fun."

It feels surprised and happy. This phrase means unexpected.

810. "Piece of cake."

This means something is very easy.

Example:

Ava: "That test was a piece of cake."

Liam: "Good job!"

It feels proud and confident. This phrase means very easy.

811. "Pull someone's leg."

This means joke or tease someone.

Example:

Chloe: "I was just pulling your leg about the story."

Logan: "You got me!"

It feels playful and fun. This phrase means joke.

812. "See eye to eye."

This means agree with someone.

Example:

Sophie: "We see eye to eye on this issue."

Tyler: "Yes, same opinion."

It feels friendly and united. This phrase means agree.

813. "Sit on the fence."

This means not take sides in a decision.

Example:

Emma: "He's sitting on the fence about which team to support."

Noah: "He can't decide."

It feels unsure and hesitant. This phrase means undecided.

814. "Speak of the devil."

This means the person you are talking about appears.

Example:

Ava: "Speak of the devil, here comes John!"

Liam: "Perfect timing."

It feels surprised and funny. This phrase means person appears.

815. "Take the bull by the horns."

This means face a difficult situation bravely.

Example:

Chloe: "She took the bull by the horns and talked to the boss."

Logan: "That's brave."

It feels strong and proud. This phrase means face problem.

816. "The last straw."

This means the final problem that causes failure or anger.

Example:

Sophie: "Losing my keys was the last straw today."

Tyler: "What a tough day."

It feels frustrated and tired. This phrase means final problem.

817. "Throw in the towel."

This means give up or quit.

Example:

Emma: "After many tries, I threw in the towel."

Noah: "Don't give up next time."

It feels sad but honest. This phrase means stop trying.

818. "Under your nose."

This means something very close or obvious.

Example:

Ava: "The answer was right under your nose."

Liam: "I missed it!"

It feels surprised and silly. This phrase means very close.

819. "Water under the bridge."

This means something from the past that is forgotten.

Example:

Chloe: "We had a fight, but that's water under the bridge."

Logan: "Let's move on."

It feels peaceful and forgiving. This phrase means forget past.

820. "Your call."

This means it is your decision.

Example:

Sophie: "Should we eat pizza or burgers?"

Tyler: "Your call."

It feels casual and respectful. This phrase means you decide.

821. "Bite the bullet."

This means to do something difficult or unpleasant but necessary.

Example:

Emma: "I don't like the dentist, but I will bite the bullet and go."

Noah: "Good for you. It's important."

It feels brave and strong. This phrase means face pain bravely.

822. "Cry over spilled milk."

This means to be upset about something that already happened and cannot change.

Example:

Ava: "Don't cry over spilled milk; we can fix the problem."

Liam: "You're right, I should move on."

It feels calm and wise. This phrase means don't regret.

823. "Don't beat around the bush."

This means speak clearly and directly.

Example:

Chloe: "Don't beat around the bush; tell me what you want."

Logan: "Okay, I want to leave now."

It feels direct and honest. This phrase means speak clearly.

824. "Every cloud has a silver lining."

This means there is something good even in bad situations.

Example:

Sophie: "I lost my job, but every cloud has a silver lining."

Tyler: "Maybe a better job is coming."

It feels hopeful and positive. This phrase means good in bad.

825. "Get a taste of your own medicine."

This means experience the same bad thing you did to others.

Example:

Emma: "He was mean to others and got a taste of his own medicine."

Noah: "That's fair."

It feels just and serious. This phrase means receive same treatment.

826. "Hit the sack."

This means go to sleep.

Example:

Ava: "I'm tired, time to hit the sack."

Liam: "Good night, rest well."

It feels tired and peaceful. This phrase means go sleep.

827. "In hot water."

This means in trouble.

Example:

Chloe: "He forgot the meeting and is in hot water."

Logan: "He should apologize."

It feels worried and serious. This phrase means in trouble.

828. "Jump the gun."

This means start something too early.

Example:

Sophie: "You jumped the gun by buying tickets before confirmation."

Tyler: "Oops, I was too excited."

It feels rushed and careless. This phrase means too early.

829. "Keep your chin up."

This means stay positive and confident.

Example:

Emma: "Keep your chin up, things will get better."

Noah: "Thanks, I feel stronger."

It feels encouraging and hopeful. This phrase means stay strong.

830. "Let sleeping dogs lie."

This means avoid causing trouble by leaving things as they are.

Example:

Ava: "Don't talk about that fight again; let sleeping dogs lie."

Liam: "Okay, no more talk."

It feels calm and careful. This phrase means avoid trouble.

831. "Make a long story short."

This means tell the main point without details.

Example:

Chloe: "To make a long story short, we missed the train."

Logan: "That's too bad."

It feels simple and clear. This phrase means tell quickly.

832. "No pain, no gain."

This means hard work is needed to succeed.

Example:

Sophie: "I study hard because no pain, no gain."

Tyler: "Good job, keep going."

It feels serious and motivating. This phrase means work hard.

833. "Off the hook."

This means freed from trouble or responsibility.

Example:

Emma: "You forgot the homework, but the teacher let you off the hook."

Noah: "I'm lucky."

It feels relieved and happy. This phrase means freed.

834. "On the ball."

This means alert and ready.

Example:

Ava: "You are on the ball with your work."

Liam: "Thanks, I try my best."

It feels proud and focused. This phrase means alert.

835. "Pull yourself together."

This means calm down and behave normally.

Example:

Chloe: "After the bad news, pull yourself together."

Logan: "I will try."

It feels serious and kind. This phrase means calm down.

836. "See eye to eye."

This means agree fully with someone.

Example:

Sophie: "We see eye to eye on this decision."

Tyler: "I'm glad."

It feels friendly and united. This phrase means agree.

837. "Sit tight."

This means wait patiently.

Example:

Emma: "Sit tight, the results will come soon."

Noah: "Okay, I'm waiting."

It feels calm and patient. This phrase means wait.

838. "Speak of the devil."

This means the person just mentioned appears.

Example:

Ava: "Speak of the devil, here comes Mark."

Liam: "Perfect timing!"

It feels funny and surprised. This phrase means person appears.

839. "Take a rain check."

This means delay or postpone something.

Example:

Chloe: "I can't go today, can I take a rain check?"

Logan: "Sure, another time."

It feels polite and flexible. This phrase means delay.

840. "The early bird catches the worm."

This means success comes to those who act early.

Example:

Sophie: "I woke up early to study; the early bird catches the worm."

Tyler: "Good habit."

It feels smart and motivating. This phrase means act early.

841. "Throw someone under the bus."

This means blame someone unfairly.

Example:

Emma: "He threw me under the bus to save himself."

Noah: "That's not fair."

It feels hurt and unfair. This phrase means blame unfairly.

842. "Under the gun."

This means under pressure to do something.

Example:

Ava: "I'm under the gun to finish this project."

Liam: "You can do it."

It feels stressed but strong. This phrase means under pressure.

843. "Up in arms."

This means very angry or upset.

Example:

Chloe: "The workers are up in arms about the pay cuts."

Logan: "That's understandable."

It feels angry and serious. This phrase means very angry.

844. "Water under the bridge."

This means something bad in the past is forgotten.

Example:

Sophie: "We had problems before, but that's water under the bridge."

Tyler: "Let's move on."

It feels peaceful and forgiving. This phrase means forget past.

845. "You can say that again."

This means I agree strongly.

Example:

Emma: "It's hot today."

Noah: "You can say that again!"

It feels friendly and agreeing. This phrase means agree strongly.

846. "Your guess is as good as mine."

This means I do not know the answer.

Example:

Ava: "When will they arrive?"

Liam: "Your guess is as good as mine."

It feels uncertain and honest. This phrase means don't know.

847. "Zip your lip."

This means keep quiet or don't talk.

Example:

Chloe: "Zip your lip about the surprise party."

Logan: "I won't tell."

It feels secretive and serious. This phrase means be quiet.

848. "Break the ice."

This means start a conversation to make people comfortable.

Example:

Sophie: "I told a joke to break the ice."

Tyler: "That helped everyone relax."

It feels friendly and warm. This phrase means start talk.

849. "Burn the midnight oil."

This means work late at night.

Example:

Emma: "I burned the midnight oil to finish the report."

Noah: "You worked hard."

It feels tired but proud. This phrase means work late.

850. "By the skin of your teeth."

This means just barely succeed or escape something.

Example:

Ava: "I passed the test by the skin of my teeth."

Liam: "Good job, that was close!"

It feels relieved and lucky. This phrase means just barely.

851. "Call it a day."

This means stop working for the day.

Example:

Emma: "I'm tired; let's call it a day."

Noah: "Good idea, we can finish tomorrow."

It feels relaxed and ready for rest. This phrase means stop work now.

852. "Cut corners."

This means do something in a lazy or cheaper way.

Example:

Ava: "Don't cut corners on this project."

Liam: "Okay, I will do it well."

It feels serious and responsible. This phrase means do lazily.

853. "Easy does it."

This means do something slowly and carefully.

Example:

Chloe: "Easy does it when you lift the box."

Logan: "Thanks, I don't want to drop it."

It feels careful and calm. This phrase means go slow.

854. "Get your act together."

This means organize yourself and behave properly.

Example:

Sophie: "You need to get your act together for school."

Tyler: "I will try my best."

It feels serious but hopeful. This phrase means be organized.

855. "Hit the nail on the head."

This means say exactly the right thing.

Example:

Emma: "You hit the nail on the head with that answer."

Noah: "Thanks, I'm glad."

It feels smart and proud. This phrase means exactly right.

856. "Let the cat out of the bag."

This means reveal a secret by mistake.

Example:

Ava: "You let the cat out of the bag about the surprise."

Liam: "I didn't mean to."

It feels surprised and regretful. This phrase means reveal secret.

857. "Miss the boat."

This means miss an opportunity.

Example:

Chloe: "I missed the boat on buying those tickets."

Logan: "Next time, be faster."

It feels sad and regretful. This phrase means lose chance.

858. "No strings attached."

This means no conditions or limits.

Example:

Sophie: "You can borrow my book, no strings attached."

Tyler: "Thank you, that's kind."

It feels generous and free. This phrase means no conditions.

859. "On thin ice."

This means in a risky or dangerous situation.

Example:

Emma: "You're on thin ice with your teacher after being late."

Noah: "I will be careful."

It feels worried and serious. This phrase means risky situation.

860. "Put your money where your mouth is."

This means support your words with actions or money.

Example:

Ava: "If you say it's good, put your money where your mouth is."

Liam: "I will buy it then."

It feels confident and challenging. This phrase means prove words.

861. "Read between the lines."

This means understand the hidden meaning.

Example:

Chloe: "Read between the lines in his letter."

Logan: "I see what he really means."

It feels smart and thoughtful. This phrase means find hidden meaning.

862. "Shoot the breeze."

This means have a casual chat.

Example:

Sophie: "Let's shoot the breeze for a while."

Tyler: "Sounds good, I like talking."

It feels friendly and relaxed. This phrase means casual talk.

863. "The ball is in your court."

This means it is your turn to act.

Example:

Emma: "I gave you my offer; the ball is in your court."

Noah: "I will decide soon."

It feels responsible and expectant. This phrase means your turn.

864. "Throw in the towel."

This means give up or quit.

Example:

Ava: "I don't want to throw in the towel yet."

Liam: "Keep trying, you can do it."

It feels sad but hopeful. This phrase means don't give up.

865. "Under the weather."

This means feeling sick.

Example:

Chloe: "I'm feeling under the weather today."

Logan: "Get some rest and feel better."

It feels tired and weak. This phrase means feeling sick.

866. "Wear your heart on your sleeve."

This means show your feelings openly.

Example:

Sophie: "She wears her heart on her sleeve."

Tyler: "I admire her honesty."

It feels emotional and brave. This phrase means show feelings.

867. "You can't judge a book by its cover."

This means don't decide by appearance only.

Example:

Emma: "He looks serious, but you can't judge a book by its cover."

Noah: "He's actually very kind."

It feels wise and open-minded. This phrase means don't judge.

868. "Zip it."

This means be quiet.

Example:

Ava: "Zip it, the movie is starting."

Liam: "Okay, I will be quiet."

It feels strict and serious. This phrase means be quiet.

869. "Break a leg."

This means good luck.

Example:

Chloe: "Break a leg in your performance."

Logan: "Thanks, I'm nervous."

It feels supportive and kind. This phrase means good luck.

870. "Cut to the chase."

This means get to the point.

Example:

Sophie: “Cut to the chase; what happened?”

Tyler: “He lost the keys.”

It feels direct and impatient. This phrase means get to point.

871. “Down to earth.”

This means practical and realistic.

Example:

Emma: “She is very down to earth.”

Noah: “I like that about her.”

It feels honest and kind. This phrase means practical.

872. “Go the extra mile.”

This means do more than needed.

Example:

Ava: “He goes the extra mile for his friends.”

Liam: “That’s very kind.”

It feels generous and caring. This phrase means do more.

873. “Hit the books.”

This means study hard.

Example:

Chloe: “I need to hit the books for the exam.”

Logan: “Good luck, study well.”

It feels serious and focused. This phrase means study hard.

874. “In the same boat.”

This means in the same situation.

Example:

Sophie: “We’re in the same boat with this problem.”

Tyler: “Let’s work together.”

It feels united and hopeful. This phrase means same situation.

875. “Keep your fingers crossed.”

This means hope for good luck.

Example:

Emma: "Keep your fingers crossed for the test."

Noah: "I'm hoping for the best."

It feels hopeful and excited. This phrase means hope luck.

876. "Let off steam."

This means release anger or stress.

Example:

Ava: "I went for a run to let off steam."

Liam: "Exercise helps a lot."

It feels calm and relieved. This phrase means release stress.

877. "Miss the mark."

This means fail to meet the goal.

Example:

Chloe: "Your answer missed the mark this time."

Logan: "I will try harder."

It feels sad but encouraging. This phrase means fail goal.

878. "On cloud nine."

This means very happy.

Example:

Sophie: "She was on cloud nine after the news."

Tyler: "That's wonderful."

It feels joyful and excited. This phrase means very happy.

879. "Pass the buck."

This means avoid responsibility by blaming others.

Example:

Emma: "Don't pass the buck; take responsibility."

Noah: "I will own up."

It feels serious and honest. This phrase means avoid responsibility.

880. "Quick on the draw."

This means respond fast.

Example:

Ava: "You're quick on the draw with answers."

Liam: "Thanks, I try to be ready."

It feels smart and sharp. This phrase means respond fast.

881. "Rain on someone's parade."

This means spoil someone's fun or plans.

Example:

Emma: "Don't rain on her parade; she worked hard."

Noah: "I'm sorry, I didn't mean to."

It feels sad and disappointing. This phrase means spoil happiness.

882. "Save face."

This means keep your pride or avoid embarrassment.

Example:

Ava: "He lied to save face."

Liam: "Sometimes people do that."

It feels worried and protective. This phrase means keep pride.

883. "Speak of the devil."

This means the person you talk about appears.

Example:

Chloe: "Speak of the devil, here comes Jake!"

Logan: "Perfect timing!"

It feels funny and surprised. This phrase means person appears.

884. "Take it with a grain of salt."

This means don't believe everything fully.

Example:

Sophie: "Take his story with a grain of salt."

Tyler: "I won't trust all of it."

It feels cautious and wise. This phrase means don't fully believe.

885. "Up in the air."

This means undecided or uncertain.

Example:

Emma: "Our trip plans are still up in the air."

Noah: "I hope we decide soon."

It feels unsure and waiting. This phrase means not decided.

886. "Burn the midnight oil."

This means work late at night.

Example:

Ava: "I burned the midnight oil to finish homework."

Liam: "That's hard work."

It feels tired but proud. This phrase means work late.

887. "Blow off steam."

This means release stress or anger.

Example:

Chloe: "She runs to blow off steam."

Logan: "Exercise helps her relax."

It feels calm and relieved. This phrase means release stress.

888. "Bite the bullet."

This means face a difficult situation bravely.

Example:

Sophie: "I bit the bullet and told the truth."

Tyler: "That was brave of you."

It feels strong and serious. This phrase means face fear.

889. "Cold feet."

This means feel nervous or scared before something.

Example:

Emma: "I got cold feet before the interview."

Noah: "That's normal, you'll do fine."

It feels nervous and unsure. This phrase means feel scared.

890. "Cut the mustard."

This means meet expectations or do well.

Example:

Ava: "He didn't cut the mustard on the test."

Liam: "I hope he improves."

It feels disappointed but hopeful. This phrase means do well.

891. "Down in the dumps."

This means feeling sad or depressed.

Example:

Chloe: "She's down in the dumps after the bad news."

Logan: "I will cheer her up."

It feels sad and caring. This phrase means feel sad.

892. "Elephant in the room."

This means a big problem people ignore.

Example:

Sophie: "We need to talk about the elephant in the room."

Tyler: "Yes, it's important."

It feels serious and uncomfortable. This phrase means ignored problem.

893. "Go cold turkey."

This means stop a bad habit suddenly.

Example:

Emma: "He went cold turkey to quit smoking."

Noah: "That's very hard."

It feels strong and determined. This phrase means stop suddenly.

894. "Hit the sack."

This means go to bed.

Example:

Ava: "I'm tired; time to hit the sack."

Liam: "Good night, sleep well."

It feels tired and peaceful. This phrase means go sleep.

895. "Jump on the bandwagon."

This means join a popular trend.

Example:

Chloe: "Everyone is jumping on the bandwagon to play the new game."

Logan: "I want to try it too."

It feels excited and social. This phrase means join trend.

896. "Kick the bucket."

This means die.

Example:

Sophie: "He kicked the bucket last year."

Tyler: "That was sad news."

It feels serious and sad. This phrase means die.

897. "Let sleeping dogs lie."

This means don't cause trouble by talking about past problems.

Example:

Emma: "Let sleeping dogs lie and forget old fights."

Noah: "You're right, it's better."

It feels peaceful and wise. This phrase means avoid trouble.

898. "Make a long story short."

This means tell something quickly.

Example:

Ava: "To make a long story short, we won the game."

Liam: "Great news!"

It feels quick and happy. This phrase means tell fast.

899. "Nip it in the bud."

This means stop a small problem before it grows.

Example:

Chloe: "We need to nip this issue in the bud."

Logan: "Let's fix it now."

It feels serious and proactive. This phrase means stop early.

900. "Off the hook."

This means free from trouble or responsibility.

Example:

Sophie: "You're off the hook for the mistake."

Tyler: "Thank you, I'm relieved."

It feels thankful and happy. This phrase means free now.

901. "Play it by ear."

This means decide what to do as you go.

Example:

Emma: "Let's play it by ear during the trip."

Noah: "Sounds fun and relaxed."

It feels flexible and easy. This phrase means decide later.

902. "Put a sock in it."

This means be quiet.

Example:

Ava: "Put a sock in it; I'm trying to focus."

Liam: "Sorry, I'll be quiet."

It feels strict and serious. This phrase means be quiet.

903. "See eye to eye."

This means agree fully.

Example:

Chloe: "We don't always see eye to eye."

Logan: "But we try to understand."

It feels honest and respectful. This phrase means agree.

904. "Spill the beans."

This means tell a secret.

Example:

Sophie: "Don't spill the beans about the surprise party."

Tyler: "I won't tell anyone."

It feels secret and careful. This phrase means tell secret.

905. "Take a rain check."

This means delay an invitation or plan.

Example:

Emma: "I can't come today, can I take a rain check?"

Noah: "Sure, another day."

It feels polite and hopeful. This phrase means delay plan.

906. "The last straw."

This means the final problem that causes anger.

Example:

Ava: "Losing my keys was the last straw today."

Liam: "I'm sorry, that's tough."

It feels angry and tired. This phrase means final problem.

907. "Throw in the towel."

This means give up.

Example:

Chloe: "I won't throw in the towel yet."

Logan: "Keep fighting, you can do it."

It feels hopeful and strong. This phrase means don't quit.

908. "Under your nose."

This means very close or obvious.

Example:

Sophie: "The keys were under your nose the whole time."

Tyler: "I can't believe I missed them."

It feels surprised and funny. This phrase means very close.

909. "Walk on eggshells."

This means be very careful not to upset someone.

Example:

Emma: "I'm walking on eggshells around my boss today."

Noah: "That sounds stressful."

It feels nervous and careful. This phrase means be careful.

910. "You can say that again."

This means I agree strongly.

Example:

Ava: "This weather is so hot!"

Liam: "You can say that again!"

It feels friendly and agreeing. This phrase means agree.

911. "Zip your lip."

This means keep quiet.

Example:

Chloe: "Zip your lip about this secret."

Logan: "My lips are sealed."

It feels serious and secret. This phrase means keep quiet.

912. "Add fuel to the fire."

This means make a bad situation worse.

Example:

Emma: "Don't add fuel to the fire by arguing."

Noah: "I know, I will stay calm."

It feels tense and careful. This phrase means make things worse.

913. "Back to the drawing board."

This means start over after failure.

Example:

Ava: "The plan failed, back to the drawing board."

Liam: "Let's make a better one."

It feels hopeful but frustrated. This phrase means start again.

914. "Beat around the bush."

This means avoid the main topic.

Example:

Chloe: "Stop beating around the bush, just tell me."

Logan: "Okay, here it is."

It feels impatient and direct. This phrase means avoid truth.

915. "Bite off more than you can chew."

This means try to do too much.

Example:

Sophie: "I bit off more than I could chew with work."

Tyler: "You need rest, don't stress."

It feels tired and stressed. This phrase means take too much.

916. "Break the ice."

This means start a conversation to feel comfortable.

Example:

Emma: "I broke the ice by asking about his hobby."

Noah: "That helped us talk more."

It feels friendly and hopeful. This phrase means start talking.

917. "Burn your bridges."

This means destroy a relationship or chance.

Example:

Ava: "Don't burn your bridges with your old boss."

Liam: "I will be polite."

It feels serious and cautious. This phrase means lose chance.

918. "Call it a day."

This means stop working for now.

Example:

Chloe: "Let's call it a day, we are tired."

Logan: "Good idea, rest is important."

It feels tired and relaxed. This phrase means stop work.

919. "Caught red-handed."

This means caught doing something wrong.

Example:

Sophie: "He was caught red-handed stealing cookies."

Tyler: "That was not smart."

It feels surprised and guilty. This phrase means caught doing wrong.

920. "Cry over spilled milk."

This means be upset about something that cannot change.

Example:

Emma: "Don't cry over spilled milk, we can fix it."

Noah: "You're right, let's move on."

It feels calm and hopeful. This phrase means don't be upset.

921. "Cut corners."

This means do something badly to save time or money.

Example:

Ava: "Don't cut corners on your homework."

Liam: "I want to do it well."

It feels serious and responsible. This phrase means do badly.

922. "Easy does it."

This means slow down and be careful.

Example:

Chloe: "Easy does it while carrying the glass."

Logan: "I'm being careful."

It feels careful and gentle. This phrase means be slow.

923. "Face the music."

This means accept punishment or responsibility.

Example:

Sophie: "I have to face the music for my mistake."

Tyler: "It's brave to do that."

It feels serious and strong. This phrase means accept consequences.

924. "Get a taste of your own medicine."

This means experience what you have done to others.

Example:

Emma: "He got a taste of his own medicine when pranked."

Noah: "That's fair."

It feels funny and fair. This phrase means get same treatment.

925. "Hit the nail on the head."

This means say something exactly right.

Example:

Ava: "You hit the nail on the head with your idea."

Liam: "Thanks, I thought hard."

It feels proud and happy. This phrase means be exactly right.

926. "In the heat of the moment."

This means during a moment of anger or excitement.

Example:

Chloe: "I said things in the heat of the moment."

Logan: "It's okay, just don't repeat."

It feels emotional and regretful. This phrase means during strong feelings.

927. "Jump the gun."

This means start too soon before time.

Example:

Sophie: "Don't jump the gun on the project."

Tyler: "I will wait patiently."

It feels cautious and patient. This phrase means start too early.

928. "Keep your chin up."

This means stay positive in hard times.

Example:

Emma: "Keep your chin up, things will get better."

Noah: "Thanks, I feel hopeful."

It feels supportive and hopeful. This phrase means stay strong.

929. "Let the cat out of the bag."

This means reveal a secret by mistake.

Example:

Ava: "She let the cat out of the bag about the gift."

Liam: "Now it's not a surprise."

It feels disappointed and funny. This phrase means reveal secret.

930. "Make waves."

This means cause trouble or change.

Example:

Chloe: "He likes to make waves in meetings."

Logan: "Sometimes it helps change."

It feels bold and risky. This phrase means cause trouble.

931. "On thin ice."

This means in a risky or dangerous situation.

Example:

Sophie: "You're on thin ice after being late again."

Tyler: "I will be careful."

It feels worried and serious. This phrase means risky.

932. "Put your foot in your mouth."

This means say something embarrassing.

Example:

Emma: "I put my foot in my mouth by forgetting her name."

Noah: "It happens to everyone."

It feels embarrassed and funny. This phrase means say mistake.

933. "See the writing on the wall."

This means see signs of trouble.

Example:

Ava: "I saw the writing on the wall before the company closed."

Liam: "You were right to prepare."

It feels smart and worried. This phrase means see danger.

934. "Sit on the fence."

This means not choose sides.

Example:

Chloe: "Don't sit on the fence, pick a team."

Logan: "I'm still deciding."

It feels unsure and neutral. This phrase means not decide.

935. "Speak your mind."

This means say what you really think.

Example:

Sophie: "She always speaks her mind in meetings."

Tyler: "I admire her honesty."

It feels brave and honest. This phrase means say truth.

936. "Take the bull by the horns."

This means face a problem bravely.

Example:

Emma: "She took the bull by the horns and fixed it."

Noah: "That's strong leadership."

It feels brave and proud. This phrase means face problem.

937. "The ball is in your court."

This means it is your turn to act.

Example:

Ava: "The ball is in your court now."

Liam: "I will decide soon."

It feels responsible and serious. This phrase means your turn.

938. "Throw caution to the wind."

This means act without care for risk.

Example:

Chloe: "She threw caution to the wind and jumped."

Logan: "That was brave and risky."

It feels bold and wild. This phrase means take risk.

939. "Under the weather."

This means feeling sick or not well.

Example:

Sophie: "I'm feeling under the weather today."

Tyler: "Get some rest and feel better."

It feels tired and sad. This phrase means feel sick.

940. "Your guess is as good as mine."

This means I don't know either.

Example:

Emma: "When will he arrive?"

Noah: "Your guess is as good as mine."

It feels confused and honest. This phrase means I don't know.

941. "A blessing in disguise."

This means something bad that turns out good.

Example:

Emma: "Losing my job was a blessing in disguise."

Noah: "Now you have a better one."

It feels hopeful and thankful. This phrase means good from bad.

942. "A dime a dozen."

This means very common or easy to find.

Example:

Ava: "Good ideas are a dime a dozen."

Liam: "We need a great one."

It feels normal and ordinary. This phrase means very common.

943. "Beat a dead horse."

This means waste time on something finished.

Example:

Chloe: "Stop beating a dead horse, we decided already."

Logan: "You're right, no need to talk more."

It feels annoyed and final. This phrase means waste time.

944. "Better late than never."

This means it's better to do something late than not at all.

Example:

Sophie: "I finished the report late."

Tyler: "Better late than never."

It feels forgiving and hopeful. This phrase means late is okay.

945. "Burn the midnight oil."

This means work late into the night.

Example:

Emma: "I burned the midnight oil to study."

Noah: "You are so dedicated."

It feels tired but proud. This phrase means work late.

946. "Costs an arm and a leg."

This means very expensive.

Example:

Ava: "That car costs an arm and a leg."

Liam: "I can't afford it."

It feels shocked and worried. This phrase means very costly.

947. "Cut to the chase."

This means get to the point quickly.

Example:

Chloe: "Cut to the chase, what happened?"

Logan: "We lost the game."

It feels direct and urgent. This phrase means be quick.

948. "Don't count your chickens before they hatch."

This means don't assume success before it happens.

Example:

Sophie: "Don't count your chickens before they hatch."

Tyler: "I will wait and see."

It feels cautious and wise. This phrase means don't assume.

949. "Every cloud has a silver lining."

This means every bad situation has something good.

Example:

Emma: "We lost, but every cloud has a silver lining."

Noah: "Yes, we learned a lot."

It feels hopeful and positive. This phrase means good in bad.

950. "Give someone the cold shoulder."

This means ignore someone on purpose.

Example:

Ava: "He gave me the cold shoulder yesterday."

Liam: "Maybe he's upset."

It feels sad and lonely. This phrase means ignore someone.

951. "Hit the sack."

This means go to sleep.

Example:

Chloe: "I'm tired, time to hit the sack."

Logan: "Good night, sleep well."

It feels sleepy and peaceful. This phrase means go sleep.

952. "In the same boat."

This means having the same problem.

Example:

Sophie: "We are in the same boat with exams."

Tyler: "Let's study together."

It feels connected and supportive. This phrase means same problem.

953. "Kill two birds with one stone."

This means do two things at once.

Example:

Emma: "I dropped off mail and shopped, killing two birds with one stone."

Noah: "Smart move!"

It feels efficient and proud. This phrase means do two things.

954. "Let sleeping dogs lie."

This means don't cause trouble by talking about old problems.

Example:

Ava: "Let sleeping dogs lie, don't bring up that fight."

Liam: "Okay, I won't."

It feels calm and peaceful. This phrase means avoid trouble.

955. "Miss the boat."

This means miss an opportunity.

Example:

Chloe: "I missed the boat on that job."

Logan: "Don't worry, next time."

It feels disappointed but hopeful. This phrase means lose chance.

956. "No pain, no gain."

This means you must work hard to succeed.

Example:

Sophie: "I'm tired, but no pain, no gain."

Tyler: "Keep going, you'll succeed."

It feels motivated and strong. This phrase means work hard.

957. "Off the hook."

This means freed from a problem or punishment.

Example:

Emma: "I was late, but the boss let me off the hook."

Noah: "Lucky you!"

It feels relieved and happy. This phrase means freed.

958. "On the ball."

This means alert and ready.

Example:

Ava: "You are really on the ball today."

Liam: "Thanks, I'm focused."

It feels smart and confident. This phrase means alert.

959. "Pull someone's leg."

This means joke or tease someone.

Example:

Chloe: "I was just pulling your leg about the surprise."

Logan: "You scared me!"

It feels playful and fun. This phrase means joke.

960. "Put all your eggs in one basket."

This means risk everything on one plan.

Example:

Sophie: "Don't put all your eggs in one basket with money."

Tyler: "I will spread it out."

It feels careful and wise. This phrase means risk.

961. "Rain on someone's parade."

This means spoil someone's plans or happiness.

Example:

Emma: "Don't rain on my parade, I'm excited!"

Noah: "Sorry, I didn't mean to."

It feels sad and upset. This phrase means spoil joy.

962. "See eye to eye."

This means agree fully with someone.

Example:

Ava: "We finally see eye to eye on the project."

Liam: "Good teamwork!"

It feels happy and united. This phrase means agree.

963. "Spill the beans."

This means tell a secret.

Example:

Chloe: "Don't spill the beans about the surprise party."

Logan: "I won't say a word."

It feels secretive and serious. This phrase means reveal secret.

964. "Take it with a grain of salt."

This means don't fully believe something.

Example:

Sophie: "Take his story with a grain of salt."

Tyler: "I'll be careful."

It feels cautious and doubtful. This phrase means don't trust fully.

965. "The best of both worlds."

This means have two good things at once.

Example:

Emma: "Working from home and office is the best of both worlds."

Noah: "I like it too."

It feels happy and lucky. This phrase means enjoy two things.

966. "Through thick and thin."

This means in good times and bad.

Example:

Ava: "We stayed friends through thick and thin."

Liam: "True friendship lasts."

It feels loyal and strong. This phrase means always together.

967. "Under your nose."

This means very close and easy to find.

Example:

Chloe: "Your keys were under your nose on the table."

Logan: "I looked everywhere!"

It feels funny and surprised. This phrase means very close.

968. "Water under the bridge."

This means past problems forgotten.

Example:

Sophie: "That argument is water under the bridge."

Tyler: "Let's move forward."

It feels forgiving and hopeful. This phrase means forget past.

969. "Your call."

This means your decision.

Example:

Emma: "Should we eat pizza or burgers?"

Noah: "Your call."

It feels relaxed and open. This phrase means you decide.

970. "Zip your lip."

This means be quiet.

Example:

Ava: "Zip your lip about the secret."

Liam: "I won't tell anyone."

It feels serious and quiet. This phrase means don't talk.

971. "Break the ice."

This means to start a conversation in a shy or tense situation.

Example:

Emma: "I told a joke to break the ice at the meeting."

Noah: "That helped everyone relax."

It feels nervous but hopeful. This phrase means start talking.

972. "Call it a day."

This means to stop working for the day.

Example:

Ava: "We finished the project, let's call it a day."

Liam: "Good idea, I'm tired."

It feels relief and rest. This phrase means stop working.

973. "Cut corners."

This means to do something badly to save time or money.

Example:

Chloe: "Don't cut corners on the report."

Logan: "I will do it well."

It feels serious and careful. This phrase means do badly.

974. "Get out of hand."

This means something becomes uncontrollable.

Example:

Sophie: "The party got out of hand last night."

Tyler: “Yeah, it was wild.”

It feels shocked and worried. This phrase means out of control.

975. “Hit the nail on the head.”

This means say something exactly right.

Example:

Emma: “You hit the nail on the head with your idea.”

Noah: “Thanks, I’m glad.”

It feels smart and proud. This phrase means be exactly right.

976. “In hot water.”

This means in trouble.

Example:

Ava: “I’m in hot water for missing the meeting.”

Liam: “Try to explain.”

It feels worried and nervous. This phrase means in trouble.

977. “Jump on the bandwagon.”

This means join others in doing something popular.

Example:

Chloe: “Everyone is buying that phone, I’m jumping on the bandwagon.”

Logan: “Me too!”

It feels trendy and excited. This phrase means join crowd.

978. “Keep your chin up.”

This means stay positive in hard times.

Example:

Sophie: “Keep your chin up, things will get better.”

Tyler: “Thanks, I needed that.”

It feels hopeful and kind. This phrase means stay strong.

979. “Let the cat out of the bag.”

This means reveal a secret by mistake.

Example:

Emma: "I let the cat out of the bag about the surprise party."

Noah: "Oh no!"

It feels embarrassed and sad. This phrase means reveal secret.

980. "Make a long story short."

This means tell the main point quickly.

Example:

Ava: "To make a long story short, I got the job."

Liam: "Congratulations!"

It feels relieved and happy. This phrase means be brief.

981. "Not playing with a full deck."

This means someone is not thinking clearly.

Example:

Chloe: "He forgot his keys again? Not playing with a full deck."

Logan: "Maybe he's tired."

It feels funny and kind. This phrase means confused.

982. "On thin ice."

This means in a risky situation.

Example:

Sophie: "You are on thin ice with your boss."

Tyler: "I need to be careful."

It feels worried and serious. This phrase means risky.

983. "Out of the blue."

This means something happens suddenly without warning.

Example:

Emma: "He called me out of the blue."

Noah: "That's surprising!"

It feels shocked and curious. This phrase means suddenly.

984. "Play it by ear."

This means decide what to do as you go.

Example:

Ava: “We don’t have a plan, let’s play it by ear.”

Liam: “Sounds good.”

It feels relaxed and flexible. This phrase means decide later.

985. “Put a sock in it.”

This means tell someone to be quiet.

Example:

Chloe: “Put a sock in it, I’m trying to study.”

Logan: “Okay, sorry.”

It feels firm and serious. This phrase means be quiet.

986. “See which way the wind blows.”

This means wait to see what happens before deciding.

Example:

Sophie: “Let’s see which way the wind blows before acting.”

Tyler: “Good idea.”

It feels patient and thoughtful. This phrase means wait and watch.

987. “Sit on the fence.”

This means not choose a side in an argument.

Example:

Emma: “Stop sitting on the fence, pick a team.”

Noah: “I don’t want to choose.”

It feels unsure and neutral. This phrase means not decide.

988. “Take the bull by the horns.”

This means face a problem bravely.

Example:

Ava: “She took the bull by the horns and talked to the boss.”

Liam: “That’s brave.”

It feels strong and confident. This phrase means be brave.

989. “The ball is in your court.”

This means it’s your decision or turn.

Example:

Chloe: "I told him my feelings, now the ball is in his court."

Logan: "Let's wait and see."

It feels expectant and hopeful. This phrase means your turn.

990. "Throw in the towel."

This means give up.

Example:

Sophie: "I was going to quit, but I didn't throw in the towel."

Tyler: "Good job!"

It feels determined and proud. This phrase means don't give up.

991. "Under the weather."

This means feeling sick.

Example:

Emma: "I'm feeling under the weather today."

Noah: "Get some rest."

It feels tired and weak. This phrase means sick.

992. "Your guess is as good as mine."

This means I don't know either.

Example:

Ava: "Why is the train late?"

Liam: "Your guess is as good as mine."

It feels confused and curious. This phrase means I don't know.

993. "Zip your lip."

This means be quiet.

Example:

Chloe: "Zip your lip about the surprise."

Logan: "I won't say a word."

It feels serious and secret. This phrase means be quiet.

994. "Back to square one."

This means start over after failure.

Example:

Sophie: “We lost the data, back to square one.”

Tyler: “Let’s try again.”

It feels frustrated but hopeful. This phrase means start over.

995. “Bite off more than you can chew.”

This means take on too much work.

Example:

Emma: “I think I bit off more than I can chew with this project.”

Noah: “Ask for help.”

It feels stressed and overwhelmed. This phrase means too much.

996. “By the skin of your teeth.”

This means barely succeed.

Example:

Ava: “I passed the test by the skin of my teeth.”

Liam: “Great job!”

It feels relieved and lucky. This phrase means just barely.

997. “Cry over spilled milk.”

This means be upset about something that can’t change.

Example:

Chloe: “Don’t cry over spilled milk, it’s done.”

Logan: “You’re right.”

It feels calm and accepting. This phrase means don’t worry.

998. “Don’t judge a book by its cover.”

This means don’t decide by appearance.

Example:

Sophie: “He looks shy but is very funny. Don’t judge a book by its cover.”

Tyler: “I’ll get to know him.”

It feels wise and open. This phrase means look deeper.

999. “Hit the road.”

This means start a journey.

Example:

Emma: "It's time to hit the road."

Noah: "Let's go!"

It feels excited and ready. This phrase means start traveling.

1000. "Jump the gun."

This means start too early.

Example:

Ava: "Don't jump the gun and start before instructions."

Liam: "I'll wait."

It feels careful and patient. This phrase means start too soon.

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