

Idiom of the Month: TO GET COLD FEET

By Sarah Gudgeon

1. Write five things that make some people nervous



1. *flying*
- 2.
- 3.
- 4.
- 5.
- 6.

2a. Read

John wanted to go to America but he got cold feet at the airport.

Really? At the airport?

Yes! He decided he couldn't live so far away from his family so he went home.

2b. Complete:

I always get _____ before I perform in school concerts. I panic and I can't remember the songs. All I want to do is go home!

3. Underline the idiomatic phrase in each sentence.

1. Jane blows hot and cold; one day she says yes to something and the next day, she's changed her mind.
2. Suzie got cold feet at the altar and decided not to marry Michael. He was devastated.
3. James gave Peter the cold shoulder at college. He was still very angry about Peter pushing him during the football match.
4. Emma dreamed of travelling the world but in the cold light of day, she knew she couldn't leave her job. It was boring but she needed the money.
5. There was a sudden cold snap and everyone got out their winter coats out of storage.
6. Mr Denton was a real cold fish. He never smiled at anyone and he never laughed at anything.

4. Match these idioms to the correct meaning

- | | |
|--------------------------------------|---|
| a. to get cold feet | 1. To keep changing your mind. |
| b. to blow hot and cold | 2. A sudden and short period of cold weather |
| c. to give someone the cold shoulder | 3. To be unfriendly and unemotional. |
| d. cold snap | 4. Realistically |
| e. in the cold light of day | 5. To refuse to acknowledge someone or speak to them. |
| f. to be a cold fish | 6. To get scared and decide not to do something |

5a. Read and complete the idioms rhyme.

Smile shoulder see favourite face fish

Mr Smith is a real cold _____

Even his _____ curry dish

Doesn't make him _____!

He gives everyone the cold _____

His _____ is set like a boulder

People _____ him, and run a mile!

5b. Write your own rhyme!

Teachers notes

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1. Lead into the worksheet by asking students what makes them nervous. Ask them if there's anything they have ever wanted to do but then at the last minute they were too scared and backed out.

Examples

1. *flying*
2. *getting married*
3. *giving a presentation*
4. *going on a date*
5. *doing a bungee jump*
6. *dyeing your hair blue*

2b.

I always get **cold feet** before I perform in school concerts. I panic and I can't remember the songs. All I want to do is go home!

3.

- a. Jane **blows hot and cold**. One day she says yes to something and the next day, she's changed her mind.
- b. Suzie got **cold feet** at the altar and decided not to marry Michael. He was devastated
- c. James gave Peter the **cold shoulder** at college. He was still very angry about Peter pushing him during the football match.
- d. Emma dreamed of travelling the world but **in the cold light of day** she knew she couldn't leave her job. It was boring but she needed the money.
- e. There was a sudden **cold snap** and everyone got out their winter coats out of storage.
- f. Mr Denton was a real **cold fish**. He never smiled at anyone and he never laughed at anything.

4.

a → 6 b → 1 c → 5 d → 2 e → 4 f → 3

5a.

Mr Smith is a real cold **fish**
Even his **favourite** curry dish
Doesn't make him **smile!**

He gives everyone the cold **shoulder**
His **face** is set like a boulder
People **see** him, and run a mile!

5b.

Elicit some rhyming pairs from the students first ie feet/ meet cold/told

day/way and then put them into groups to come up with their own silly rhymes. They don't have to make sense. Books by Roald Dahl such as Roald Dahl's Revolting Rhymes or Rhyme Stew are great inspiration!