By Sarah Gudgeon

1. Write five things that make some people nervous

1. flying
2.
3.
4.
5.

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!**
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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.

\[a \rightarrow 6\quad b \rightarrow 1\quad c \rightarrow 5\quad d \rightarrow 2\quad e \rightarrow 4\quad f \rightarrow 3\]

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!