



30 Day Idioms Challenge 1 Curriculum

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Introduction

Lesson 1: How to Remember Vocabulary (Video and Explanation)

How to Remember Words

The Testing Effect

Spaced Repetition

Lesson 2: How to Study with Flashcards (Video and Explanation)

Lesson 3: Anki (PDF)

How to Download Anki

How to Use Anki

Index of Idioms (PDF)



Days 1 - 5

Day 1: A hard act to follow, a grey area, not go amiss, add insult to injury, throw the baby out with the bathwater

Day 1 Video Explanation

Day 1 Exercise

Day 2: Be right up your street, all sweetness and light, fed up to the back teeth, go back to square one, bend over backwards

Day 1 Mini-review

Day 2 Video Explanation

Day 2 Exercise

Day 3: Wouldn't touch with a barge pole, not bat an eyelid, bear in mind, grin and bear it, make a beeline for

Day 2 Mini-review

Day 3 Video Explanation

Day 3 Exercise

Day 4: Off the beaten track, have seen better days, bite someone's head off, the back of beyond, draw a blank

Day 3 Mini-review

Day 4 Video Explanation

Day 4 Exercise

Day 5: Turn a blind eye, once in a blue moon, miss the boat, blow something out of all proportion, burn the candle at both ends

Day 4 Mini-review

Day 5 Video Explanation

Day 5 Exercise

Days 1-5 Review



Days 6 - 10

Day 6: Get to the bottom of, pick someone's brains, best thing since sliced bread, a dog's breakfast, take the bull by the horns

Day 5 Mini-review

Day 6 Video Explanation

Day 6 Exercise

Day 7: On the back burner, have butterflies in your stomach, be a piece of cake, call it a day, hit the roof

Day 6 Mini-review

Day 7 Video Explanation

Day 7 Exercise

Day 8: Play your cards right, not enough room to swing a cat, get something off your chest, have a change of heart, have green fingers

Day 7 Mini-review

Day 8 Video Explanation

Day 8 Exercise

Day 9: Be out of your depth, a vicious circle, at the crack of dawn, drive someone up the wall, be on cloud nine

Day 8 Mini-review

Day 9 Video Explanation

Day 9 Exercise

Day 10: Make your day, get your wires crossed, cut things fine, be in deep water, the ball's in your court

Day 9 Mini-review

Day 10 Video Explanation

Day 10 Exercise

Days 6-10 Review



Days 11 - 15

Day 11: From scratch, strike a chord, a different tack, dig your heels in, not lift a finger

Day 10 Mini-review
Day 11 Video Explanation
Day 11 Exercise

Day 12: Keep a straight face, down to earth, give someone the cold shoulder, it's early days, fall on your feet

Day 11 Mini-review
Day 12 Video Explanation
Day 12 Exercise

Day 13: A dark horse, at the end of the day, see eye to eye, before your time, sleep like a log

Day 12 Mini-review
Day 13 Video Explanation
Day 13 Exercise

Day 14: Get off to a flying start, pull out all the stops, talk shop, change your tune, easier said than done

Day 13 Mini-review
Day 14 Video Explanation
Day 14 Exercise

Day 15: Set the record straight, keep your head down, drag your feet, draw a line under something, have your cake and eat it

Day 14 Mini-review
Day 15 Video Explanation
Day 15 Exercise
Days 10-15 Review



Days 16 - 20

Day 16: No smoke without fire, play with fire, time flies, go with the flow, wouldn't hurt a fly

Day 15 Mini-review
Day 16 Video Explanation
Day 16 Exercise

Day 17: Follow suit, put your foot down, have your hands full, in a rut, have your fingers burned

Day 16 Mini-review
Day 17 Video Explanation
Day 17 Exercise

Day 18: Put someone's back up, give something the green light, go downhill, in a nutshell, the grass is always greener

Day 17 Mini-review
Day 18 Video Explanation
Day 18 Exercise

Day 19: Thin on the ground, suit someone down to the ground, the middle ground, jump the gun, stick to your guns

Day 18 Mini-review
Day 19 Video Explanation
Day 19 Exercise

Day 20: Not do anything by halves, at the drop of a hat, have your heart set on something, have a soft spot for someone, not have a leg to stand on

Day 19 Mini-review
Day 20 Video Explanation
Day 20 Exercise
Days 16-20 Review



Days 21 - 25

Day 21: Off the top of one's head, a man / woman after your own heart, pour your heart out, take the plunge, have itchy feet

Day 20 Mini-review

Day 21 Video Explanation

Day 21 Exercise

Day 22: A hive of activity, it's a small world, keep yourself to yourself, work like clockwork, no rest for the wicked

Day 21 Mini-review

Day 22 Video Explanation

Day 22 Exercise

Day 23: Your heart is in the right place, be worth your while, be on the same wavelength, get your own way, on the spur of the moment

Day 22 Mini-review

Day 23 Video Explanation

Day 23 Exercise

Day 24: Come a long way, keep your head above water, under your own steam, twist someone's arm, take for granted

Day 23 Mini-review

Day 24 Video Explanation

Day 24 Exercise

Day 25: Know your stuff, the story of my life, sound like a broken record, stand out a mile, in small doses

Day 24 Mini-review

Day 25 Video Explanation

Day 25 Exercise

Days 21-25 Review



Days 26 - 30

Day 26: Chase your tail, keep your hair on, a level playing field, get the picture, break the mould

Day 25 Mini-review

Day 26 Video Explanation

Day 26 Exercise

Day 27: Pull your weight, out of sorts, six of one and half a dozen of the other, come to terms with, pull strings

Day 26 Mini-review

Day 27 Video Explanation

Day 27 Exercise

Day 28: A shoulder to cry on, clear the decks, clutch at straws, on an even keel, take pot luck

Day 27 Mini-review

Day 28 Video Explanation

Day 28 Exercise

Day 29: Be a tall order, call the shots, find your feet, prim and proper, a fish out of water

Day 28 Mini-review

Day 29 Video Explanation

Day 29 Exercise

Day 30: Be a pain in the neck, go in one ear and out the other, be out of line, go from strength to strength, just the ticket

Day 29 Mini-review

Day 30 Video Explanation

Day 30 Exercise

Day 30 Mini-review

Days 26-30 Review