



30 Day Idioms Challenge 2 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: Anki (PDF)

How to Download Anki

How to Use Anki

Lesson 3: How to Study with Anki Flashcards

Lesson 4: How to Study with Quizlet Flashcards

Index of Idioms (PDF)



Days 1 - 5

Day 1: Fat chance, dead to the world, have the upper hand, a case in point, a world of difference

Day 1 Video Explanation

Day 1 Exercise

Day 2: Sweep under the carpet, take the wind out of someone's sails, a bone of contention, dodge a bullet, no strings attached

Day 1 Mini-review

Day 2 Video Explanation

Day 2 Exercise

Day 3: Blow your own trumpet, by the skin of your teeth, have something up your sleeve, be torn, shoot yourself in the foot

Day 2 Mini-review

Day 3 Video Explanation

Day 3 Exercise

Day 4: Over my dead body, raring to go, be head and shoulders above, at a loss for words, common ground

Day 3 Mini-review

Day 4 Video Explanation

Day 4 Exercise

Day 5: Same difference, baptism of fire, tough it out, go behind someone's back, get off your high horse

Day 4 Mini-review

Day 5 Video Explanation

Day 5 Exercise

Days 1-5 Review



Days 6 - 10

Day 6: Make a pig's ear of something, steal someone's thunder, nearest and dearest, put it mildly, win by a landslide

Day 5 Mini-review
Day 6 Video Explanation
Day 6 Exercise

Day 7: Go back a long way, take a shine to, hit the right note, fill someone in, go out like a light

Day 6 Mini-review
Day 7 Video Explanation
Day 7 Exercise

Day 8: Cross that bridge when you come to it, catch someone red-handed, cast your mind back, be an old hand at, put your feet up

Day 7 Mini-review
Day 8 Video Explanation
Day 8 Exercise

Day 9: Bite the hand that feeds you, go off the rails, hold your own, make ends meet, fly by the seat of your pants

Day 8 Mini-review
Day 9 Video Explanation
Day 9 Exercise

Day 10: A ballpark figure, take your mind off it, take heart, in the nick of time, a loose cannon

Day 9 Mini-review
Day 10 Video Explanation
Day 10 Exercise
Days 6-10 Review



Days 11 - 15

Day 11: A page-turner, get your head round something, in no uncertain terms, put your mind to it, be like chalk and cheese

Day 10 Mini-review

Day 11 Video Explanation

Day 11 Exercise

Day 12: Throw money around; play second fiddle to; time will tell; fall off the radar; blood, sweat and tears

Day 11 Mini-review

Day 12 Video Explanation

Day 12 Exercise

Day 13: Go up in the world, word for word, so far so good, pick holes, hit the spot

Day 12 Mini-review

Day 13 Video Explanation

Day 13 Exercise

Day 14: Like it or lump it, have two left feet, pull rank, hit and miss, be strapped for cash

Day 13 Mini-review

Day 14 Video Explanation

Day 14 Exercise

Day 15: Last but not least, see the writing on the wall, two heads are better than one, as thick as thieves, round the clock

Day 14 Mini-review

Day 15 Video Explanation

Day 15 Exercise

Days 10-15 Review



Days 16 - 20

Day 16: Play it safe, know something inside out, on its last legs, have a sweet tooth, be rolling in it

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

Day 17: Scare the life out of someone, fall into your lap, blow your mind, be the spitting image of, bark up the wrong tree

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

Day 18: Hold your tongue, get your skates on, have a sinking feeling, run around like a headless chicken, in leaps and bounds

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

Day 19: Split hairs, out of your own pocket, the name escapes you, with bated breath, once in a blue moon

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

Day 20: Keep your chin up, a storm in a teacup, like two peas in a pod, be on the blink, the penny drops

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



Days 21 - 25

Day 21: Can't lay your hands on something, know which side your bread is buttered, spare no expense, take a rain check, in your heart of hearts

Day 20 Mini-review

Day 21 Video Explanation

Day 21 Exercise

Day 22: Hopping mad, win hands down, breathe down someone's neck, double whammy, go the whole hog

Day 21 Mini-review

Day 22 Video Explanation

Day 22 Exercise

Day 23: Get to grips with, highly strung, a wild goose chase, a death trap, rock bottom

Day 22 Mini-review

Day 23 Video Explanation

Day 23 Exercise

Day 24: Turn over a new leaf, head over heels, the tip of the iceberg, on the house, hot off the press

Day 23 Mini-review

Day 24 Video Explanation

Day 24 Exercise

Day 25: Till the cows come home, something fishy, clear the air, given half a chance, put someone in their place

Day 24 Mini-review

Day 25 Video Explanation

Day 25 Exercise

Days 21-25 Review



Days 26 - 30

Day 26: A last-ditch attempt, knock someone for six, part and parcel, go down a treat, drop a clanger

Day 25 Mini-review
Day 26 Video Explanation
Day 26 Exercise

Day 27: A flash in the pan, drop a bombshell, in one fell swoop, tie the knot, watch your back

Day 26 Mini-review
Day 27 Video Explanation
Day 27 Exercise

Day 28: Right off the bat, the elephant in the room, see reason, bury your head in the sand, when all is said and done

Day 27 Mini-review
Day 28 Video Explanation
Day 28 Exercise

Day 29: The icing on the cake, wet behind the ears, be under no illusion, run its course, an own goal

Day 28 Mini-review
Day 29 Video Explanation
Day 29 Exercise

Day 30: For a split second, a square meal, in full swing, sit on the fence, take your eye off the ball

Day 29 Mini-review
Day 30 Video Explanation
Day 30 Exercise
Day 30 Mini-review
Days 26-30 Review