

A to Z English

Idioms A to Z 8: Body part idioms

In this episode, Kevin and Jack discuss talk about three idioms using body parts.

a rule of thumb 👍

to keep your chin up

to find your feet 🙆

Website: <https://atozenglishpodcast.com/?p=1813>

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Full Transcript:

Jack

You are listening to the A-Z English podcast.

Kevin

Welcome to A-Z, English idioms from A-Z. Today we're going to talk about three different English idioms, where first we'll have a quick example using them, and then we'll try and define and explain and give you some more examples of how you can use.

Kevin

Them as.

Kevin

Well, remember to check our website.

Kevin

Or study guides and more.

Kevin

We also have links to our WhatsApp, Facebook and other social media, so you can come and use these idioms together with us.

Jack

So, Kev, how's that new job treating you?

Kevin

It's alright.

Kevin

It's a little hard.

Kevin

Still trying to find my feet.

Jack

Well, keep your chin up.

Kevin

Yeah, you know, that's that's a good rule of thumb.

Kevin

Thanks, man.

Kevin

I'll remember that.

Jack

No problem.

Kevin

OK, so again, we had the three, we went back and forth, so maybe this was a little easier to to hear for everyone we had.

Kevin

Find your feet.

Kevin

Keep your chin up and then, uh, rule of thumb, and you'll notice that all of these idioms, all three of these, are using your body parts, right?

Kevin

So feet, your chin, your thumb.

Kevin

We've all body part idioms and finding your feet.

Kevin

What does that mean?

Kevin

I mean, it's very easy to find my feet.

Kevin

I know exactly where my feet.

발표자 1

Yeah, yeah, yeah.

Kevin

I can touch them.

Kevin

So So what does it mean to to find your feet somewhere?

Jack

So the idiom find your feed, so finding your feed means.

Jack

Figuring figuring something out or getting used to something.

Kevin

Yeah, getting used to it.

Jack

So in in a dialogue I was asking you I.

Jack

Said. How is your new?

Jack

How is your new job treating?

Kevin

Right, right, right.

Jack

You like how is?

Jack

How is.

Jack

Your new job going.

Jack

And you said I'm still finding my feet, so that means you you're not comfortable yet, you're still learning, you're still figuring out how the company works, you'll still figuring out.

Jack

What your job duties are and so you're not 100% comfortable, yet, you're still finding your feet.

Kevin

Yeah, I think, I mean, you can maybe even picture this like a baby learning how to walk, right?

Kevin

Like when babies are young, any animal or human babies when they're young, you know, they they.

Kevin

When you first start.

Kevin

Walking you're not very good at it.

Kevin

Yeah, you know, you you know what you want to do.

Kevin

The baby looks around and they see Mom and Dad walk.

Kevin

Thing and it's like I want to walk in so they try and try and try, but it takes them a little while until they find their feet until they get used to it.

Kevin

And then they're able to walk and it's the same thing in a company or a new anything.

Kevin

It takes a little while to get used to it.

Jack

Yeah, it takes a little while before you feel stability or stable, you know?

Kevin

Yeah. Nice. Yeah. Until.

Jack

And so being honest, yeah, unstable is not finding your feet yet, but stability is.

Kevin

You really feel?

Jack

I found my feet.

Jack

I'm comfortable, I'm stable.

Kevin

Yep, yeah.

Kevin

So you could even say, like, how's the new job?

Kevin

Oh, I've been there for a while.

Kevin

I've really found my feet now I'm very comfortable now I know what I'm doing.

Kevin

Up here.

Kevin

So what about keeping your chin up?

Kevin

Your chin?

Kevin

It's on your face, so I want to keep my chin up.

Kevin

Like, what am I doing?

Jack

Yeah, keep your chest.

Kevin

Where am I pointing my chin?

Jack

Yeah, well, when your chin is up, you feel, you feel proud, you feel confident.

Jack

And when your chin is down and your head is down, you look defeated.

Jack

You look down sad.

Kevin

Right.

Jack

So keep your chin up just means.

Jack

Cheer up, you know.

Jack

Put your head up.

Jack

Don't be.

Jack

Don't be ashamed.

Jack

Don't be shy.

Jack

I keep your chin up your you know you're doing fine.

Jack

You're doing a good job.

Jack

So yeah, I.

Kevin

Mean there's a lots of this, like even if you're feeling a little bit sad, right?

Kevin

And you're having some problems and it's like, if you're feeling sad, just keep your chin up and and just doing that will help you to feel a little bit more, you know, happy or comfortable.

Kevin

Even if you're just faking it out, don't don't act sad.

Kevin

Don't look sad.

Kevin

Like, just keep trying.

Kevin

Just keep your chin up and act happy, and then you'll feel better from doing that.

Jack

Yeah, exactly.

Jack

I yeah, I have one more example I can use.

Kevin

Yeah, so.

Kevin

Oh, nice.

Jack

Like when a when a team loses a game and they played really, really hard, but they lost the game a lot of times, the parents and the coach will say keep your chin.

Jack

Up because you don't.

Jack

You tried your best and you did a good job.

Jack

You lost the game.

Jack

But you don't need.

Kevin

Right.

Jack

To put your head.

Jack

You don't need to hang your head down.

Jack

You can keep your chin up.

Kevin

Right.

Jack

And so that's a really common example.

Kevin

Yeah, still be proud of of what you did.

Kevin

You still worked really hard.

Kevin

You still tried really hard.

Kevin

Keep your chin up.

Jack

Keep your chin up, yeah?

Kevin

And then finally our rule of thumb.

Kevin

So we've got lots of rules, right?

Kevin

Like in our classroom, you know we have rules of speak English only or do this, but what's a rule of your thumb, right?

Kevin

The the the.

Kevin

Big finger on your hand your your thumb.

Kevin

What is a thumb rule as we look?

Jack

I I'm. I'm.

Jack

Going to confess, make a confession here.

Jack

I have no idea where this idiom comes from.

Jack

Like I don't know the genesis of this.

Jack

But I do know that a rule of thumb is like a rule of life, a rule that you can live by.

Jack

So don't don't hurt other people, OK?

Jack

That's a rule of thumb.

Jack

You don't do that, OK?

Jack

And so we have, you know?

Jack

There are many rules of thumb, but they're just like common sense rules that you can live.

Jack

Buy in order to be, you know, live a a a good life and be a good person.

Jack

So we follow.

Jack

These rules.

Kevin

Rules of thumb are just general things that you should do right, like and.

Kevin

It's not always a good life necessary, though obviously just general general rules, right?

Jack

Yeah, that's true. Yeah.

Kevin

Like if you're talking to a friend who they haven't been out on a date in a really, really long time.

Kevin

And like, I've got a date tomorrow, I've got I'm taking a girl out to dinner.

Kevin

What should I what should I do and be like?

Kevin

Well, a good rule of thumb right could be to wear some nice clothes and buy dinner for your date.

Jack

Right.

Kevin

It's a rule.

Kevin

Of thumb, you don't have to.

Kevin

Do it, but it's generally a good idea to.

Kevin

Look nice and be on time and do those type of things.

Kevin

It's it's a rule.

Kevin

Of thumb.

Jack

Yeah, for it.

Jack

Another if you're taking a test.

Jack

Bring an extra pencil.

Jack

That's a good rule of thumb, because if the if the lead brakes on your pencil and you need a backup, you have one more pencil to finish the test.

Jack

So there's another rule of thumb.

Jack

Just bring an extra pencil with you.

Kevin

Yeah, kind of good advice.

Kevin

Good, good general rules that you should always, always follow a good.

Kevin

Rule of thumb.

Kevin

Always leave 5 minutes.

Kevin

Early, you know, so that you're you're on.

발표자 1

Yeah, yeah.

Kevin

Time like, don't.

Kevin

Leave on time.

Kevin

Leave just a little bit early just in case something happens.

Jack

And is a rule of thumb something you do one time or is it something you do every time?

Kevin

No, it would be something that you always do in whatever that situation is.

Kevin

It's just say, yeah, you don't.

Kevin

Have to do.

Kevin

It, but it's generally.

Kevin

A good idea?

Kevin

To do whatever, whatever that thing is.

Jack

Yeah, maybe it's not even only make yourself happy, but you're going to impress other people.

Jack

Say, oh, what a what a gentleman, what a gentle woman.

Jack

She always, you know, he or she always shows up on.

Jack

Time, yeah.

발표자 1

Right.

Jack

That's because your rule of thumb is leave 5 minutes early so you're never late, so yeah.

Kevin

Yeah, so a good rule of thumb is remember to check our website so you can find information there and our PDF and you can learn a little bit more and and help find your feet learning English as well.

Jack

There you go.

Kevin

So thanks for listening everybody.

Kevin

Remember, as I said, check our website for more and links to our WhatsApp and Facebook.

Kevin

And if you could on Apple Podcasts, leave us a quick review.

Kevin

That would be really helpful.

Kevin

For other people to get some idioms from A-Z.

Kevin

See you next time.

Jack

Bye, bye.