

Idioms Matter

The video clips are filled with the idioms of everyday language in Canada. We have chosen a few idiomatic expressions for further explanation of meaning. They are organized by course. There are many more idioms, however, the context will help to understand their meaning. Remember, these videos are short so you can always go back to see these idioms in context. Click on the course name below:

- 1. Pandemic
- 2. Diversity
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- 4. Interpersonal Conflict
- 5. End of Life
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- 6. Pain
- 7. The Aging Population
- 8. Gender and Identity
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1. Pandemic

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It's nuts	"Nuts" is slang for "crazy" here it describes something that is ridiculous or silly, often said in anger or frustration
here we go	implying trouble is ahead
My son has this thing	"thing" is sometimes used as a filler when we can't think of the right word.
I think she's really freaking helpful, don't you?	"freaking" is a less offensive substitute for an obscenity - the speaker is sarcastically talking about someone who is <i>not</i> being helpful
Where does she get off	angry comment about someone who behaves inappropriately
All she cares about is her overtime	implying she is only involved for the extra pay
We're working our butts off here!	"Butt" is an abbreviated form of "buttocks" - this phrase means they are working very hard and probably not feeling acknowledged
I'm not going to make it through	to "make it through" means to survive an ordeal or situation
I pushed her	to "push" someone in this context means to force them to act or speak against their will or their better judgment
She just got it	to "get it" means to understand
I guess	I suppose, similar to "I think" but lacking certainty
keeping it together	sometimes in stressful situations we "fall apart", or lose control of our emotions. This person is "keeping it together", meaning that she is still in control of herself.
I'd be losing my mind	to "lose your mind" means to go crazy or insane
twiddling our thumbs	to have nothing to do, therefore playing with your thumbs

2. Diversity

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Loblaw's	grocery store
gluten free	food without wheat protein
[are] you gluten free	is your diet without wheat protein
"The Downs kids"	Children with Downs Syndrome
the autistic ones	Children with Autism
Spectrum	Autism Spectrum Disorder
to hell with that	I don't care about that
you can forget about it	it's not important, not worth remembering
Is that too much to ask?	is this an unreasonable request? - usually used sarcastically
getting worked up about nothing	to get excited or agitated for no good reason
a very narrow window	a limited opportunity
the time crunch	deadline, time when something must be completed
our bottom line	in accounting the bottom line is net income; in this context it means the final result or conclusion
Table this conversation	Sometimes this means to put it on the table and talk about it and sometimes it means put it aside to address later
in the loop	if you're in the loop, you're fully informed and aware of a particular activity
Chick	slang for young woman, can be friendly between young women, but descends to insult when an 'outsider' uses the word
Who does that chick think she is anyway?	too big for her boots' - assuming she's important
she had a point	to present a good argument
that time of the month	derogatory - refers to a woman's menstrual cycle - cranky - ruled by hormones
on some kind of rampage	insinuating unreasonably annoyed about something
The eye of the beholder	"beauty is in the eye of the beholder" means that we each see things differently
I give it a month	I think it will only last for a month
are you kidding?	of course!

3. Teamwork

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sticky	problematic
icky	unpleasant

picky	selective
Positive regard	a combination of encouraging and non-judgmental
speak up	say something
the last word	final say
clearing the air	improving the atmosphere by talking about an issue, often an unspoken, that affects (or clouds) a relationship
fed up with	lost patience and annoyed
on the same page	in agreement, with the same ideas or approach
cleared the whole day	arranged the schedule to be available, booked off
booked	you have an appointment
Whiner	implies a complainer mixed with weakness
Pissed	angry (can also mean intoxicated)

4. Interpersonal Conflict

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[You're really] digging your heels	stubborn - locked in position
My bad	my mistake
bent out of shape	Upset
The penny drops	suddenly understands
he unloads on me	vents, anger or frustration or sadness
freaked out	very upset
flip out (never considered any other reasons for his flip out)	loses control

5. End of Life

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burn out	Become exhausted
social isolation	Alone
My brain is working overtime	I can't stop thinking

The Bridge

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digs more deeply	examines in greater detail
what we feel under the veneer, the brave front, the mask	what we feel, but we don't show to others

6. Pain

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I wonder if I'll make it	I wonder if I can tolerate this situation
Hang out with your friends	be with your friends
It feels like rain	I think it is going to rain
It's not a big deal	It is not serious
No pain, no gain	a statement intended to encourage people to do more than they think possible by working through their difficulties
She bit my head off	She yelled at me
She cancelled on me	She contacted me and said she was not going to meet with me.
This is a lot for you to absorb	This is a large amount of information to understand in this moment.
We're going to have to let you go	We're going to release you from your employment.

7. The Aging Population

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A people person	someone who others enjoy spending time with other people
An outdoors kind of person	someone who enjoys being outside
Aquafit classes	exercise classes done in a swimming pool
Bingo	a game in which players mark numbers on cards as the numbers are drawn by a caller
Butho	a form of japanese modern dance
Check Mate	in chess this is what you say when you win the game
Could she at least pull out a bill?	could she use paper money instead of coins?
Getting their people skills in place	helping people be more confident in their skills
How smartly you dress	wearing clothes that make you look attractive
I am a film buff	I enjoy watching films
I bet she's going to Boston	I think that jogger is training to compete in the boston marathon
I usher	I help people locate their seats at theatres and concert venues
I'll be, you're a sight	I am glad to see you
Just a minute	please wait for a minute
Let's finish up	It is time to finish what you are doing.

Let's get to the bottom of this	let's find out what is causing the problem
My heart is in theatre	i enjoy theatre
Newspaper clippings	articles in the newspaper cut out with scissors
Remember that bank you ran	the bank you were the leader of
Tai Chi	a chinese martial art often taught as a form of exercise
Take your time	I will wait for you to finish
There you go	you did it correctly
Tummy	Stomach
What is that about?	Why is it being done in that manner?
You might see me around	you might encounter me in a place you go to.
You name it, and I have been there	I feel like I have been to most places.

8. Gender and Identity

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A work in progress	a person who is learning
Battling a drug addiction	trying to stop taking drugs
Being set apart	being identified as different
Can't look people in the eye	to feel ashamed
Catch me up	Provide me with the latest information
Cheap	in this situation, a person who is perceived to have sexual relations with anyone who asks
decided not to let you "in"	decided not to accept you
Desperate	a person who will do anything to get what they want.
don't know what you're up to	I am not sure if you are trying to trick me
fair play	abiding by the rules
Friggin'	a term used to express anger or contempt
Has shut you out without crossing any "HR boundaries"	has stopped communicating with you but has done nothing wrong according to the policies of the company where you work.
Heartbroken	very sad
I get it	I understand

Is the doctor running behind?	Is the doctor late for my appointment?
LGBT	These letters are an acronym for Lesbian, Gay, Bisexual or Transgender/Transexual
Loser	a person who is not highly regarded by others
Made it public	told others
Making your way	finding the best method to do something
Moving through the world	living your life
No big deal for me	It isn't important to me
No pressure, take your time	You can answer when you feel ready
Not making the hockey team	Not being chosen to play on a hockey team
Pissing	Urinating
Runner up	In a competition, the person who is second
The affair you have been having	An affair is when a person has sexual relations with someone other than their spouse or partner, or with someone who is married
Took a turn for the worse	things got worse
We won't be able to fit you in until the afternoon	We won't be able to schedule a time for you until the afternoon
What would the costs be?	How would it effect you?
What would you choose to share?	What would you say to other people?
Worried about your job security	worried you may be released from your employment
You may have had a taste, however fleeting	you may have experienced something in a minimal way
Your ex-lover is well established	Your ex-lover has been working at the same place for many years

9. Palliative Care

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Maybe Jean can get to the root of this problem	Maybe Jean can find out what is wrong
Since she's having a hard time talking to us	Since she is hesitant to talk to
We're all caught up	We have shared the latest information

on our news	
Thank you for helping me step back into my life	Thank you for making me feel more normal
I feel like a nobody, like I'm fading from sight	I feel ignored
They barge right in	they enter my room without asking my permission
I'm just low	I'm feeling sad
She knows she can buzz us if there is a problem	she can press the call button beside the bed.
She's a real smart cookie	She is very intelligent
She's off her food	She is not eating
I don't want to be a bother	I don't want to give people more work to do

10. Indigenous Peoples of Turtle Island

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Skipping classes	not attending classes
Hot chicks	a term for good looking girls or women
Pimped out crib	a fancy apartment or house
Doing shoots in exotic places	taking pictures of models in exotic locations
Hundred bucks	one hundred dollars
Have a good one	Have a nice day
Frickin	a term used to express anger or contempt
I have to deal with this shit	to cope with an uncomfortable situation