

Oxford

LEARNER'S
POCKET

Phrasal Verbs & Idioms

Ruth Gairns and
Stuart Redman

Oxford

Learner's Pocket Phrasal Verbs and Idioms

© MCBooks Joint Stock Company and
Oxford University Press 2025

Oxford Learner's Pocket Phrasal Verbs and Idioms
was originally published in English in 2013

This reprint is published by arrangement with Oxford University Press.

Công ty Cổ phần sách MCBooks giữ bản quyền xuất bản và phát hành tại Việt Nam theo Hợp đồng chuyển giao bản quyền với Nhà xuất bản Đại học Oxford.

Bất cứ sự sao chép nào không được sự đồng ý của Công ty Cổ phần sách MCBooks và Nhà xuất bản Đại học Oxford đều là bất hợp pháp và vi phạm Luật xuất bản Việt Nam, Luật Bản quyền Quốc tế và Công ước bảo hộ Bản quyền sở hữu trí tuệ Berne.

MCBooks
KNOWLEDGE SHARING

LIÊN KẾT XUẤT BẢN
CÔNG TY CỔ PHẦN SÁCH MCBOOKS

- 📍 **Địa chỉ:** Số 34, Khu đấu giá 3ha, Phúc Diền, Bắc Từ Liêm, Hà Nội
- ☎ **Điện thoại:** 0986.066.630 - Máy bàn: (024).3792.1466
- ✉ **Góp ý về nội dung sách:** contact@mcbooks.vn
- ✉ **Liên hệ hợp tác kinh doanh:** salesmanager@mcbooks.vn
- 🌐 **Website:** www.mcbooks.vn

🌐 **Fanpage Facebook:**
<https://www.facebook.com/mcbooksvn>



QUÉT
MÃ
QR
ĐỂ
TRUY
CẬP

🌐 **TikTok**
MCBooks - Chuyên sách ngoại ngữ



🌐 **Kênh Youtube:**
<https://www.youtube.com/@MCbooksvn>



Chúng tôi luôn mong muốn nhận được những ý kiến góp ý của Quý độc giả để sách ngày càng hoàn thiện hơn.

Contents

Introduction *page ix*

About phrasal verbs and idioms

- 1.1 What are phrasal verbs?
- 1.2 Grammar of phrasal verbs
- 1.3 Multiple meaning
- 1.4 Style and register
- 1.5 Nouns from phrasal verbs
- 1.6 Adjectives from phrasal verbs
- 1.7 What are idioms?

Body, health and mind

- 2.1 Physical actions
- 2.2 A healthy eating plan
- 2.3 Common ailments
- 2.4 Going to hospital
- 2.5 Health headlines
- 2.6 Feelings

Family and friends

- 3.1 Growing up
- 3.2 What makes a good parent?
- 3.3 Mother and daughter
- 3.4 What makes a good friend?
- 3.5 Friendships at work

Romantic relationships

- 4.1 Starting a new relationship
- 4.2 Ending a relationship
- 4.3 How did we meet?
- 4.4 Starting again
- 4.5 Ex-girlfriends

CONTENTS

Everyday life

- 5.1 Weather
- 5.2 Food
- 5.3 Cooking
- 5.4 Our home
- 5.5 Clothes shopping
- 5.6 Sleep

Money

- 6.1 Save or spend?
- 6.2 How would you spend it?
- 6.3 A waste of money
- 6.4 Living in poverty
- 6.5 My best ever buy

Transport and travel

- 7.1 Getting around
- 7.2 Road rage
- 7.3 A long car journey
- 7.4 Airports
- 7.5 A holiday break

Law and order

- 8.1 A police investigation
- 8.2 Crime headlines
- 8.3 A robbery
- 8.4 Incompetent criminals
- 8.5 Gang culture

Home technology

- 9.1 Using phones and mobiles
- 9.2 Phone questionnaire
- 9.3 The downside of texting
- 9.4 Domestic robots
- 9.5 Computers

Media and entertainment

- 10.1 Talking about the news
- 10.2 Newspaper headlines
- 10.3 Press behaviour
- 10.4 Film reviews
- 10.5 The pros and cons of TV
- 10.6 TV crime series

Leisure

- 11.1 Hobbies
- 11.2 My free time
- 11.3 Reading
- 11.4 Art galleries with children
- 11.5 Board games

Sport

- 12.1 Phrases in team sports
- 12.2 Winter sports
- 12.3 The rise of a great tennis player
- 12.4 Sports injuries
- 12.5 The mind of a champion

Social events

- 13.1 A picnic
- 13.2 A surprise party
- 13.3 A family meal
- 13.4 A wedding
- 13.5 Rock concerts

Dramatic events

- 14.1 A nasty row
- 14.2 Riots
- 14.3 Storms and flooding
- 14.4 A fight in a fish shop
- 14.5 Mountain rescue

CONTENTS

Study

- 15.1 Memories of school
- 15.2 Classroom actions
- 15.3 What teachers say
- 15.4 Exam revision tips
- 15.5 Exam results
- 15.6 Why learn a language?

Work

- 16.1 Getting a job
- 16.2 Job likes and dislikes
- 16.3 Better job performance
- 16.4 Colleagues
- 16.5 Losing your job

Business

- 17.1 Buying an existing business
- 17.2 A growing business
- 17.3 A struggling business
- 17.4 Going bankrupt
- 17.5 Management buyout
- 17.6 Company rescue

Politics

- 18.1 A future prime minister?
- 18.2 Political sound bites
- 18.3 Election night
- 18.4 Opinions about politicians
- 18.5 Passing laws

Concepts

- 19.1 Criticism
- 19.2 Dishonesty
- 19.3 Time
- 19.4 Making decisions
- 19.5 Success

Social English

- 20.1 Making arrangements
- 20.2 Likes and dislikes
- 20.3 Wants and needs
- 20.4 Excuses, excuses
- 20.5 Invitations and offers
- 20.6 Asking for information

Speaking English

- 21.1 Ways of talking
- 21.2 Conversation rules
- 21.3 Exclamations
- 21.4 Discussion groups
- 21.5 Speeches

Aspects of phrasal verbs

- 22.1 Say it another way 1
- 22.2 Say it another way 2
- 22.3 Synonymous phrasal verbs
- 22.4 Opposites
- 22.5 Basic meaning and metaphor
- 22.6 Metaphorical meaning
- 22.7 Informal phrasal verbs
- 22.8 More formal phrasal verbs

CONTENTS

Particles with specific meanings

- 23.1 Back
- 23.2 Through
- 23.3 Around, about
- 23.4 On
- 23.5 Up
- 23.6 Off

Key verbs

- 24.1 Get
- 24.2 Go
- 24.3 Take
- 24.4 Come
- 24.5 Turn
- 24.6 Put
- 24.7 Keep

List of irregular verbs *page 270*

Key to symbols *page 273*

Abbreviations *page 274*

Introduction

Oxford Learner's Pocket Phrasal Verbs and Idioms can help you to increase your knowledge and understanding of this important aspect of vocabulary in one compact, easy-to-use book.

There are 134 two-page units, divided into 24 modules, with most modules covering different areas of an important topic, e.g. 'Family and friends' or 'Work'. There are also a number of units which provide important information about particular aspects of phrasal verbs such as grammar, style, or meanings of specific particles (e.g. *back*, *on* or *through*).

Each unit in a module presents and explains approximately 15 items of vocabulary. Some are presented through pictures, e.g. 'Physical actions' or 'Using phones and mobiles', but more often the vocabulary is presented in different types of text so that you can see the new phrasal verbs and idioms being used naturally. All the new vocabulary is shown in **bold** print.

After each text, a glossary explains the new vocabulary, and gives further important information to help you. This may be about grammar:

take sb in **OFTEN PASSIVE** make sb
believe sth that is not true. SYN
deceive sb.

INTRODUCTION

There is also information about style:

pack sth in **INF** stop doing an activity or a job.

There are synonyms or opposites, or related words from the same word family:

slow down go more slowly. **OPP** **speed up.**

stand-in sb who takes another person's place for a short period of time, especially to do their job. **stand in (for sb)** v.

There are common word partners:

put sth up build sth: *put up a building/shelves/a fence.*

More information about a word or group of words is often included in a word focus:

WORD FOCUS

If you **ask for sth**, you speak or write to somebody because you want them to do something (see text).

If you **ask after sb**, you want news about them: *Michael was asking after you.*

If you **ask around**, you ask different people for information: *I don't know who can do the job, but I'll ask around.*

INTRODUCTION

A word list is available on the website at www.oup.com/elt/wordskills which includes all the phrasal verbs and idioms explained in this book. You can use it as a reference for studying, or to test yourself.

This book can be used alongside many English courses. It includes most of the topics commonly found in course books, but teaches a range of phrasal verbs and idioms that course books do not have space for. There are more than 1,500 phrasal verbs and idioms taught in the book, corresponding to CEF levels B1-C2, with a particular emphasis on the higher levels C1-C2. This makes it ideal for learners who are preparing for exams such as IELTS and *Cambridge English: Proficiency* and *Advanced*.

What are phrasal verbs?

A phrasal verb consists of a base verb, e.g. *catch* or *look*, and one or two particles (adverb or preposition), e.g. *on* or *to*.

*This new computer game could catch on.
Paula was so angry she tore up my letter.*

Sometimes the meaning of the phrasal verb is similar to the base verb.

I'm staying in tonight.

Sometimes the meaning is different.

*You need to **keep in with** the manager.*

You also need to know whether you can separate the verb and particle. (See 1.2.)

Separable

*He failed the test but tried to **laugh it off**.*

Not separable

They laughed at me because of my clothes.

One feature of phrasal verbs is that many of them have more than one meaning.

(See 1.3.)

1 *We're putting on a concert next month.*

2 Lucy is putting on her make-up.

3 *Bernie sometimes puts on an accent.*

Most phrasal verbs are either neutral or informal in style. (See 1.4.)

Calm down! You know Martin only says these things to *wind you up* ▼.

wait up for sb not go to sleep until sb comes home.

catch on become popular or fashionable.

tear sth up destroy sth such as a piece of paper or cloth by pulling it into small pieces.

stay in stay at home.

keep in with sb stay friendly with sb, especially sb who can help you.

laugh sth off joke about sth in order to make people think you do not believe it to be serious or important.

laugh at sb say unkind things about sb that are intended to make them look stupid.

put sth on 1 organize an event, show, performance, etc.

2 spread a cream, liquid or other substance on your body or hair to protect it or make it look more attractive: *put on make-up*.

3 pretend to have a particular way of speaking or behaving.

calm down used to tell sb to be more relaxed and less emotional.

WORD FOCUS

Wind sb up is informal, and means to say something that will annoy or worry somebody, usually as a joke (see text).

Wind sth up, however, is not informal. It can mean to close a company completely, or to bring something such as a speech or meeting to an end: *We'll have to wind up the meeting now*.

Grammar of phrasal verbs

There are three main types of phrasal verb:

1 Phrasal verbs with no object (intransitive).

*I promised to help; I can't **back out** now.*

*How did the change in policy **come about**?*

*This pain just won't **go away**.*

2 Phrasal verbs which take an object (transitive) and are separable.

*I think the dog **frightened** him **away**.*

*You may have to **spell out** the reasons, otherwise the students won't understand.*

*I said I'd **bring** her book **back** tomorrow.*

With these verbs, you can usually put the object before or after the particle.

*I put your name **down**.*

*I **put down** your name.*

If the object is a long phrase, it usually comes after the particle.

*I **put down** everything they asked for.*

If the object is a pronoun, it must come between the particle and the verb.

*I **put it down**. (I **put down it**.)*

3 Phrasal verbs which take an object but cannot be separated by the object. These verbs may have one or two particles.

*I haven't **heard from** my cousin recently.
(I haven't **heard my cousin from** recently.)*

*We haven't **settled on** a name yet.*

*They all **went along with** the idea.*

back out decide not to do sth that you agreed to do.

come about happen, especially by chance.

go away disappear or stop existing.

frighten sb/sth away make a person or animal so afraid that they run away.

spell sth out (to sb) INF say or explain sth to sb very clearly to make sure that they understand it.

bring sth/sb back return sth/sb.

put sth down write sth on a piece of paper.

hear from sb if you have **heard from sb**, they have written to you, phoned you, emailed you, etc.

settle on sth if you **settle on sth**, you choose or make a decision about sth after thinking about it.

go along with sb/sth agree with a plan or decision that sb has made.

WORD FOCUS

The grammar of a phrasal verb is shown in this book by the way it is entered:

go away (type 1)

put sth down (type 2)

settle on sth/sb (type 3)

If you see brackets, e.g. **get through (sth)** or **help (sb) out**, it means that the verb can be used with or without an object:

I'll help her out. / I'll help out.

Objects are shown in this way:

spell sth out = the object (sth) is a thing.

help sb out = the object (sb) is a person.

go along with sb/sth = the object (sb/sth) can be a person or thing.

Multiple meaning

Many phrasal verbs have more than one meaning. Sometimes there is a connection between the different meanings. In these examples, the connection is the sense of appearing or becoming visible.

- 1 *My book **comes out** next month.*
- 2 *It's lovely when the sun **comes out**.*
- 3 *The facts will **come out** soon.*

Sometimes there is no direct connection between the different meanings.

- 1 *Shall we **go out** tonight?*
- 2 *The fire has **gone out**.*
- 3 *The show **goes out** tomorrow evening.*

Some phrasal verbs are transitive with one meaning and intransitive with another.

*I can't hear the TV. Could you **turn it up**?*
*They didn't **turn up** until nine o'clock.*

A second particle creates a new meaning.

*The subject just **came up** the other day.*

*His work didn't **come up to** standard.*

*We **came up against** all sorts of problems.*

Some phrasal verbs have many meanings.

- 1 *I can't **get into** these jeans.*
- 2 *Jason **got into** an argument with someone.*
- 3 *I've **got into** the habit of waking up early.*
- 4 *I'm really **getting into** ▼ Bollywood films.*

come out **1** be published.

2 if the sun **comes out**, it appears.

3 become known.

go out **1** leave the house and go somewhere, especially to do sth enjoyable.

2 if a fire or light **goes out**, it stops burning or shining.

3 if a programme **goes out**, it is shown on TV.

turn sth up increase the volume of sth.

OPP **turn sth down**.

turn up (of a person) arrive.

come up be mentioned or discussed.

come up to sth reach a level that is good enough: *come up to standard*.

come up against sth/sb be faced with problems or be opposed by sb.

get into sth **1** INF put on a piece of clothing, especially with difficulty.

2 start or become involved in sth such as a conversation, a fight, an argument, etc.

3 develop a particular habit or routine: *get into the habit of doing sth*.

4 INF become interested in sth.

WORD FOCUS

In addition to the meanings above, **get into sth** has at least two more meanings.

5 (of a train, bus, etc.) arrive at a place: *When does the plane get into Rome?*

6 be accepted at a school or university, or chosen to play in a team: *I'm hoping to get into university next year.*

Style and register

Many phrasal verbs are neutral in style (not formal or informal), and they can be used in a wide range of situations.

*Let's **spread out** and search the whole area.
The neighbours **turned down** our invitation.
The students **put forward** some good ideas.*

However, phrasal verbs are most commonly used in spoken English and informal written English. In more formal spoken or written English, there is often a single word equivalent that we use instead.
Please extinguish all cigarettes now.

*'Can you **put** your cigarette **out** ▼, please?'*

'They want to abolish the monarchy.'

*'They want to **do away with** the monarchy.'*

Phrasal verbs that are particularly informal and used especially in spoken English are marked INF in this book.

(See 22.7.)

*Who **dreamt up** this silly idea?*

*The reforms will **kick in** soon.*

*Barry said he was coming, then **cried off** at the last minute.*

A small number of phrasal verbs are more formal, and are marked FML. (See 22.8.)

*The government has **entered into** an agreement with private hospitals.*

*They refused to **enlarge upon** their plans.*

spread out if people in a group **spread out**, they move away from each other to cover a larger area.

turn sth down reject or refuse an offer, request or invitation.

put sth forward offer an idea, opinion, etc., especially so that people can discuss it and make a decision.

do away with sth INF bring sth to an end or get rid of sth. SYN **abolish sth**.

dream sth up INF have an idea, especially a very unusual or silly one.

kick in INF begin to have an effect.

cry off INF say that you cannot do sth that you promised or agreed to do.

enter into sth FML begin a discussion or start a formal arrangement: *enter into an agreement/a contract*.

enlarge on/upon sth FML say or write more about sth that has already been mentioned.

WORD FOCUS

If you **put out** a fire or cigarette, you stop it burning (see text). SYN **extinguish sth**.

If you **put yourself out (for sb)**, you make a special effort to do something for somebody: *I'm not putting myself out for Donnie; he's so lazy.*

Although these phrasal verbs look similar, the second one has a different meaning and is also more informal in style.

Nouns from phrasal verbs

We create nouns from some phrasal verbs.

*I thought the concert was a bit of a **letdown**.*

*We've got two doctors **on standby** ▼.*

These nouns do not always have a related phrasal verb, or one with the same meaning.

*There was a two-week **stand-off** in the talks.*

*There has been a big **breakthrough** in the treatment of diabetes.*

Many phrasal nouns are written as one word, e.g. *letdown*, but nouns with *-up*, *-in*, and *-off* are usually written with a hyphen.

*The film got a good **write-up** in the paper.*

*Mrs Gregory will be my **stand-in**.*

*He had a crash, and the car's a **write-off**.*

The plural is usually formed by adding *-s* to the particle.

*Did the teacher give you any **handouts**?*

Some phrasal verbs form nouns where the particle is at the beginning. These nouns are written as one word, and the plural form comes at the end of the word.

*The **upkeep** of the palace is enormous.*

*The company values your **input**.*

*When I got to the accident, there were quite a large number of **bystanders** ▼.*

letdown sth that makes you feel disappointed because it is not as good as you expected it to be. **let sb down** v.

stand-off (between A and B) a situation in which no agreement can be reached.

breakthrough a discovery or achievement that comes after a lot of hard work.

write-up an article in a paper or magazine in which sb gives their opinion of a new book, film, product, etc.

stand-in sb who takes another person's place, especially at work, for a short period of time. **stand in (for sb)** v.

write-off a vehicle that has been so badly damaged in an accident that it is not worth repairing it. **write sth off** v.

handout a piece of paper with information, exercises, etc. on it that is given to everyone in a group. **hand sth out** v.

upkeep the process and cost of keeping sth in good condition. **keep sth up** v.

input a person's contribution in the form of ideas, information, etc. which help in a process or to make a decision.

WORD FOCUS

Two nouns may be created from different meanings of the same phrasal verb, e.g. **stand by**. If you are **on standby**, you are available to help if needed in a particular situation. A **bystander** is someone who watches what is happening, e.g. an accident, but is not directly involved.

Adjectives from phrasal verbs

A number of adjectives are formed from related phrasal verbs.

*There are still **ongoing** discussions.*

*The FA Cup is a **knockout** competition.*

*Clive's proposal was just a **watered-down** version of the original plan.*

*She made some very **outspoken** remarks.*

*The bedroom has two **built-in** wardrobes.*

The same adjective may correspond with different meanings of the related verb.

- 1 *The fish was tasty, but the smell was a bit **off-putting** ▼.*
- 2 *The noise was very **off-putting** ▼.*
- 1 *The children were **worn out** after the long walk.*
- 2 *My trainers are pretty **worn out**.*



A phrasal adjective usually has a very similar meaning to the related phrasal verb, but sometimes the meaning changes slightly.

*I'm looking for a more **go-ahead** company.*

*We can **go ahead** with the new development.*

ADJECTIVES FROM PHRASAL VERBS

ongoing continuing to happen or develop. **go on** v.

knockout in a knockout competition, only the winning team or players at each stage continue to play in the competition. **knock sb out** v.

watered-down a watered-down idea, plan, statement, etc. has been made less powerful, detailed, offensive, etc. than it was originally. **water sth down** v.

outspoken expressing what sb thinks, even if it shocks or upsets people. **speak out (against sth/sb)** v.

built-in constructed as part of sth and not separated from it. **build sth in** v.

worn out 1 if sb is worn out, they feel very tired, especially after hard work or exercise. **wear sb out** v. 2 if sth is worn out, it is damaged, or no longer useful, because it has been used a lot. **wear sth out** v.

go-ahead happy to try new ideas, methods, etc. and therefore more likely to succeed.

go ahead start or continue to do sth, especially after getting permission.

WORD FOCUS

Off-putting can describe somebody or something that is unpleasant (see example 1). **put sb off sb/sth** v. It can also be used to describe somebody or something that disturbs or distracts you so that you find it difficult to concentrate (see example 2). **put sb off** v.

What are idioms?

Idioms are expressions whose meaning is often difficult to understand by looking at the individual words. Seeing idioms in context can sometimes make them clearer.

She has a thing about men with beards.

My parents arrived out of the blue today.

These shoes will be fine for the time being.

I'm afraid I put my foot in it.

Some idioms are easier to understand, but are still called idioms because they are fixed expressions which need to be learnt as whole phrases.

After the break-up, things went from bad to worse.

I know enough Spanish to make myself understood.

With some idioms there is a choice of words without changing the meaning.

Are you going? ~ It/That depends.

He arrived at the last minute/moment. ▼

Idioms can be formed from such everyday words that you may not notice them or realize they are idioms.

I didn't think much of the film.

Karen is nothing like her sister.

I'm enjoying my new job so far.

The room was lovely and warm.

have a thing about sth/sb INF have a strong liking for or dislike of sth/sb.

out of the blue INF suddenly and unexpectedly.

for the time being for now and the immediate future.

put your foot in it INF accidentally say sth that embarrasses, upsets or annoys sb.

go from bad to worse (of a bad situation) become even worse.

make yourself understood make your meaning clear, especially in another language.

it/that depends used when you cannot give a definite answer because different things are possible in the situation.

not think much of sth/sb not like sth/sb very much.

be nothing like sb/sth not be similar to sb or sth in any way.

so far until now.

lovely and warm, cool, soft, etc. used to emphasize the pleasant quality that sth has: *The bed was lovely and soft.*

WORD FOCUS

If you arrive **at the last minute/ moment**, you arrive at the latest possible time before an event; you are almost late. We use **minute** in several other idioms.

any minute very soon: *They'll be here any minute.*

the minute as soon as: *I want to see him the minute he gets here.*

Physical actions



He's **fallen over**.



She's **tripped over** the log.



The cyclist has **knocked** him **over/down**.



She's **bumped into** the lamppost.



She's **lying down**.



He's **getting up**.



He's **bending down/over**.



He's **turning round/around** to talk to his friend.

A healthy eating plan

BRAD: I realized I'd **put on** weight when my trousers started to feel a bit tight. But when I couldn't **do up** the jacket on my best suit, I knew right away it was time to **turn over a new leaf** – as far as food **was concerned**, anyway. I mentioned this to a friend, who sent me details of an internet dieting programme. I thought it was worth trying, so I **signed up for** it.

The website sent me weekly recipes of healthy diet meals, but also recommended that I should **cut down on** the actual portion size, and obviously **cut out** junk food, sweets, fizzy drinks, etc. It was **hard going** at first because it meant changing a number of habits, but I **kept to** the diet very rigidly and after a while, the weight started to **fall off**. I combined it with **working out** at the gym, but I know the diet was the main thing that helped.

A normal meal now **fills me up**, so I'm not constantly looking for extra snacks (which are my big temptation). I'm going away on holiday next week, happy to **show off** my new image! I'm glad I **faced up to** my problem. •

put on (weight) become heavier.

do sth up fasten an item of clothing which has buttons or a zip.

turn over a new leaf start to act or behave in a better way.

as far as sth/sb is concerned used to say which person or thing you are talking about.

sign up (for sth) arrange to do a course, join a group, etc. by adding your name to a list of people doing it.

cut down (on sth) eat, drink or use less of sth.

cut sth out stop eating or drinking sth, especially sth that is bad for you.

hard going needing a lot of effort.

keep to sth follow a rule or an agreement, by doing what you said you would do.

fall off decrease in quantity or quality.

work out make your body fit and strong by doing a programme of regular exercises. **workout** N.

fill sb up (of food) make sb feel completely full.

face up to sth accept and deal with sth that is difficult or unpleasant.

WORD FOCUS

If you **show sth off**, you show people something that you are proud of. If you **show off**, INF, DISAPPROVING, you try to impress people by talking about your abilities, possessions or achievements (see also 16.4).

Common ailments

Li: Hi, Rose! How are things?

Rose: I'm feeling a bit **under the weather**, actually. I had some shellfish round at my sister's last night, and it **didn't agree with** me.

Li: Oh, dear! Were you sick?

Rose: Yes, I was **throwing up** all night.

Li: Well, just drink water and eat dry toast – that's what Mum recommends.

Rose: I will – when I can **keep** something **down!**

Ali: I hear Jamie's **picked up** a bug.

Ann: Yes, there are lots of them **going round** at the moment. I don't think it's serious, but he's looking pretty **washed out** ▼, so I'm keeping him at home today.

Ali: Well, **it won't do him any harm** to **take it easy** for a day or two.

Ann: No, these things can **take it out of** you, but I'm sure he'll **get over** it soon.

Ali: Yeah, he's young – he'll be **on the mend** in no time!

Joc: Dad's been **complaining of** a bad back again.

Lottie: Yes, it usually **flares up** when he's been gardening.