



## Idioms of character

*We love idioms of character and in particular when they are related to animals! Please find our top 15 here.*

- 1) To have ants in your pants. **To be very restless.**
- 2) Bark worse than bite. **To pretend to be tough but are not really.**
- 3) To be like a bear with a sore head. **To be grumpy.**
- 4) To be like a bull in a china shop. **To be clumsy.**
- 5) To have the heart of a lion. **To be courageous/brave.**
- 6) A cold fish. **To have no passion, feeling.**
- 7) To be as sly/crafty as a fox. **To be very intelligent but not for good purposes.**
- 8) A black sheep. **To be a disgrace to the family.**
- 9) To eat like a horse. **To be greedy.**
- 10) Mutton dressed (up) as lamb. **To dress like someone much younger!**
- 11) To be like a rabbit in the headlights. **To be paralysed with fear.**
- 12) A wolf in sheep's clothing. **To be nasty but to pretend to be nice.**
- 13) To be a chicken. **To be a coward.**
- 14) To be an early bird. **To like getting up early.**
- 15) To be a night owl. **To come to life at night!**

## How do you react in a crisis!

Do you **bury your head in the sand** and pretend everything is normal? Do you have **nerves of steel** and face danger fearlessly! Are you likely to **fly off the handle** and get very annoyed with just the slightest provocation or are you as **cool as a cucumber** despite the stress around you.

*“Life is what happens to you while you are busy making other plans.”*

*Lyrics in John Lennon song  
Beautiful boy/darling boy*

## Vince Lombardi



Legendary American Football coach Vince Lombardi led the Green Bay Packers to five NFL Championships and 2 Super Bowls in the 1960s. He was a famous tough talker but I think has produced some inspirational quotes.

**“It is not whether we get knocked down, it is whether you get up.”**

**“The only place success comes before work is in the dictionary.”**

**“Luck is what happens when preparation meets opportunity”.** (Used by Vince Lombardi)

**There is a lot of anxiety/fear for all of us. Some helpful idioms describing this state.**

- 1) My heart was in my mouth/missed a beat.
- 2) I was a bundle of nerves.
- 3) I had butterflies in my stomach.
- 4) I was on the edge of my seat.
- 5) My blood ran cold.