



Spring idioms

No spring chicken = a person who's not exactly young anymore I cannot run so fast anymore because I'm no spring chicken.

Spring back = recover quickly and completely It can take someone about three months to spring back from COVID 19.

Spring clean = thoroughly clean a place, especially in springtime When winter is over I will do some spring cleaning and put away all the winter things.

Spring fever = feeling of restlessness experienced by many people at the onset of spring Many people want to go outside and be active when they feel spring fever.

Spring for something = treat someone by paying for something Sometimes I spring for ice cream when my sons help me clean the backyard.

Spring in one's step = someone who looks happy and full of energy After Lisa heard the good news; she had a spring in her step.

Spring into action = do something quickly and with energy In the emergency room, the doctor must spring into action to save someone's life.

Spring to mind = immediately think of someone or something Cold winters and wide lands spring to mind when I hear the word "Canada."

Spring to one's feet = stand up quickly In the army the soldiers must spring to their feet when the General comes in the room.

Spring to life = become suddenly alive or active After a long winter, nature springs to life outside.

Sentence Practice

Use one of the idioms from above to complete the sentences below:

1. In some countries the students must _____ when the teacher enters the room.
2. My friend is very generous and she always _____ when we go out for dinner.
3. Lisa has a _____ because she is happy she passed the test.
4. Robert should be careful when he plays soccer with his grandson because he is _____.
5. It usually takes a week to _____ from a cold.
6. Many people are feeling _____ because the weather is getting warmer.

Conversation Questions

1. What springs to your mind when you hear the word “spring?”
2. Are there any things you can no longer do because you are no spring chicken?
3. How long does it take you to spring back from a cold or flu?
4. Do you have the custom of spring cleaning in your country? Why do people do this?
5. Have you felt spring fever before? Why do you think people experience this?
6. When did you last spring for dinner? Who did you treat?
7. What makes you have a spring in your step?
8. Have you been in an emergency situation where you had to spring into action?
Explain:
9. Do you spring to your feet when you wake up in the morning, or do you stay in bed?

10. Give examples of how people spring to life when the weather gets warmer: