

# Idioms: Positive Personality

Intermediate (B1-B2)



## WARM-UP

**Part 1. Discuss the following questions.**

1. Who is the most upbeat person you know?
2. Who always brings positive energy into a room?
3. Who looks innocent but is actually cheeky or playful?

**Part 2. Look at the photos below. For each person, discuss the questions.**



1. What vibe do you get from them?
2. What makes you think that?
3. Would you get along with this person?

## IDIOMS

**Part 1. Read the short conversations and guess the meaning of the idioms in bold. Then say whether you know anyone like this.**

👤 ♀ **Maya:** "We missed the train, and Sara just laughed."

👤 ♂ **Tom:** "She's so **happy-go-lucky**. Nothing stresses her out."

👤 ♂ **Ben:** "Nadia spent her weekend helping her neighbour move house."

👤 ♀ **Ella:** "She's got a **heart of gold**."

👤 ♂ **Dan:** "Jack is always the first to help and the last to complain."

👤 ♀ **Rina:** "He's **salt of the earth**."

👤 ♀ **Holly:** "Everyone was quiet this morning, but Leo walked in smiling and telling jokes."

👤 ♂ **Sam:** "He's a real **ray of sunshine**."

👤 ♀ **Ava:** "Lucy always looks so innocent, but she started the whole argument."

👤 ♂ **Mateo:** "**Butter wouldn't melt in her mouth**."

👤 ♀ **Sophie:** "Whenever Maya comes to a party, everyone ends up dancing."

👤 ♂ **Tom:** "She's **the life and soul of the party**."



**Part 2. Choose which idiom fits each situation. Explain why.**

**Happy-go-lucky**

**Heart of gold**

**Salt of the earth**

**Ray of sunshine**

**Butter wouldn't melt in  
their mouth**

**The life and soul of the  
party**

1. Someone who laughs when things go wrong.
2. Someone who makes everyone feel good.
3. Someone who seems innocent but definitely isn't.
4. Someone generous, kind, and helpful.
5. Someone who brings fun and energy to every event.
6. Someone grounded, humble, and reliable.

**Part 3. Choose two of the points below and discuss someone in your life who fits each one. Explain what they did or why you see them that way.**

- a time you met someone with a heart of gold
- a moment someone was a ray of sunshine
- someone who acted like butter wouldn't melt in their mouth
- the happiest happy-go-lucky person you know
- the life and soul of the party
- someone truly salt of the earth

**Part 4. Does the idiom fit? Say yes or no, and explain why.**

1. "He always brings snacks for everyone when he arrives at work." — Ray of sunshine?
2. "She sits quietly and never joins in." — Life and soul of the party?
3. "He looks innocent but always starts mischief." — Butter wouldn't melt?
4. "She helps people before they even ask." — Heart of gold?
5. "He stresses about everything." — Happy-go-lucky?
6. "He never shows off, but he's always supportive." — Salt of the earth?

**Part 5. Use the idioms to describe:**

**Happy-go-lucky**

**Heart of gold**

**Salt of the earth**

**Ray of sunshine**

**Butter wouldn't melt in  
their mouth**

**The life and soul of the  
party**

- yourself
- a close friend
- someone in your family
- a colleague or classmate

**REFLECTION**

**Finish the sentences with your own ideas.**

- One person who has a heart of gold is...
- Someone in my life who is a ray of sunshine is...
- I wish I could be more...
- People often say I am...
- Someone who is salt of the earth in my life is...
- The life and soul of any event I go to is...

