

BLUE

IDIOMS

A Comprehensive Guide

Here's a breakdown of common English idioms featuring the color blue, with their meanings, registers, and examples.

Idioms Explained

1. **Once in a blue moon**
 - **Meaning:** Very rarely
 - **Register:** Neutral
 - **Example:** I travel *once in a blue moon*.
2. **Feel blue**
 - **Meaning:** Sad
 - **Register:** Informal
 - **Example:** She *feels blue* today.
3. **Out of the blue**
 - **Meaning:** Unexpectedly
 - **Register:** Neutral
 - **Example:** He appeared *out of the blue*.
4. **Talk a blue streak**
 - **Meaning:** Speak very fast
 - **Register:** Informal
 - **Example:** She *talks a blue streak* when nervous.
5. **Blue in the face**
 - **Meaning:** No result (after arguing or trying hard)
 - **Register:** Informal
 - **Example:** I argued until I was *blue in the face*.
6. **True blue**
 - **Meaning:** Loyal
 - **Register:** Neutral
 - **Example:** He's a *true blue* friend.



7. **Blue blood**
 - **Meaning:** Noble background
 - **Register:** Formal
 - **Example:** He's from *blue-blood* heritage.

8. **Blue ribbon**
 - **Meaning:** Top quality
 - **Register:** Neutral
 - **Example:** The pie got a *blue ribbon*.

9. **Blue-collar**
 - **Meaning:** Working class

 - **Example:** A *blue-collar* job.

10. **Between the devil and the deep blue sea**
 - **Meaning:** Two bad options
 - **Register:** Neutral
 - **Example:** I was *between the devil and the deep blue sea*.

11. **Into the wild blue yonder**
 - **Meaning:** Into the unknown
 - **Register:** Literary
 - **Example:** They flew *into the wild blue yonder*.

12. **Blue Monday**
 - **Meaning:** Gloomy Monday
 - **Register:** Modern
 - **Example:** It's *Blue Monday* at the office.

Exercises

Practice your understanding of these blue idioms with the following exercises.

Matching

Match the idiom to its meaning:

- | | |
|---|---------------------|
| 1. Once in a blue moon | A. Working class |
| 2. Feel blue | B. Two bad options |
| 3. Out of the blue | C. Gloomy Monday |
| 4. Talk a blue streak | D. Unexpectedly |
| 5. Blue in the face | E. Speak very fast |
| 6. True blue | F. Very rarely |
| 7. Blue blood | G. Into the unknown |
| 8. Blue ribbon | H. Loyal |
| 9. Blue-collar | I. No result |
| 10. Between the devil and the deep blue sea | J. Sad |
| 11. Into the wild blue yonder | K. Top quality |
| 12. Blue Monday | L. Noble background |

Fill-in-the-Blank

Complete the sentences with the correct idiom:

- I only see my cousins _____ because they live far away.
- She's been _____ ever since she lost her job.
- He called me _____ with an offer I couldn't refuse.
- She _____ when she's nervous; it's hard to follow what she's saying.
- I argued with him until I was _____, but he wouldn't change his mind.
- He's a _____ friend; I know I can always count on him.
- He comes from a _____ family, so he's always been privileged.
- The cake won a _____ at the fair.
- My father has always worked a _____ job at the factory.
- I was _____: either lose my job or move to a new city.
- They decided to journey _____, not knowing what they would find.
- After a relaxing weekend, it was _____ again.

Discussion Prompts

Discuss the following questions with a partner or in a group:

1. When was the last time you felt "blue"? What did you do to feel better?
2. Have you ever had something happen "out of the blue" that changed your life?
3. Do you know anyone who "talks a blue streak"? What are they like?
4. Can you think of a time when you were "between the devil and the deep blue sea"?
5. What does "into the wild blue yonder" mean to you? Would you ever take such a risk?



Answer Key

Matching

1 F / 2 J / 3 D / 4 E / 5 I / 6 H / 7 L / 8 K / 9 A / 10 B / 11 G / 12 C

Fill-in-the-Blank

- 1 - once in a blue moon
- 2 - feeling blue
- 3 - out of the blue
- 4 - talks a blue streak
- 5 - blue in the face
- 6 - true blue
- 7 - blue-blood
- 8 - blue ribbon
- 9 - blue-collar
- 10 - between the devil and the deep blue sea
- 11 - into the wild blue yonder
- 12 - blue Monday

Next Steps

Continue practicing using these idioms in your everyday conversations to improve your fluency and understanding of English.