
In this episode, **The Teacher** introduces you to three idiomatic phrases connected with hair.

1. **I let my hair down**
 2. **Keep your hair on**
 3. **I'm tearing my hair out**
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Hello, I'm a very interesting and intelligent *and* hairy man.

And today, this hair and I will be teaching you some English idioms.

I bet you've never been taught by some hair before.

I've been a little bit busy recently but today, as you can see, I've decided to let my hair down.

In English, if we behave in a less serious way than usual and enjoy ourselves a little, we can say "I let my hair down."

I let my hair down.

[Phone ringing] Hey, what's happening baby?

Oh, sir it's you! err yes, yes, of course, yes I'll do that tomorrow, ok, really? Right now? ok, ok, ok... keep your hair on! *[Hangs up the phone]*

In English, if you want someone who's angry to calm down, you can say "keep your hair on".

Keep your hair on.

Fortunately, I never get angry. What do you mean? I do not! I'm always calm!... Look here you – I never get angry! I'm always calm! What is the matter with you? Look at me now! I'm calm... I'm calm and relaxed! Aarghhhh!

Darts. My favourite sport.

Oh but it's so tense... I'm tearing my hair out!

In English, if we're very anxious about something we can say "I'm tearing my hair out."

I'm tearing my hair out.