

Name _____

Heart Idioms Writing Challenge by Cindy O'Hora

Directions: Harness the heart idioms on the attached page to fill in this heart warming story.

Last night Emily had a _____ to _____ talk with her mother. She _____ her _____ out to her over the phone. Her mom said she had been _____ at _____ when she had heard the shocking news about that varmint Mike. She wished from the _____ of her _____ that the whole terrible situation had never occurred. She urged Emily to _____ in the love of those around her.

Truth be told, Mrs. Jones had been relieved when she heard Mike had announced his _____ of _____ about the marriage. In her _____ of _____ she had doubted his sincerity from the beginning. She hoped the year he was spending in Europe would end the relationship with her daughter. She had never believed the old saying _____ makes the _____ grow _____.

It certainly was not true in her past marriage. But recalling the pain of her break up with her Emily's father, John, made her _____ go _____ to her daughter all the more. She had encouraged her daughter to go to the party in hopes it would relieve Emily's _____.

"Mom is right," thought Emily as she got in the cab. "There is no point in sitting home all weekend."

She had always enjoyed being with Jane. Just thinking of her warmed the _____ of her heart. Besides, she didn't _____ the _____ to disappoint such a cherished friend, by missing the big celebration.

As she entered the atrium of the massive room, she spied herself in a full length mirror. She _____ heart in how good she looked in the flaming red, sequined dress. Even though her _____ was not _____, she pasted a smile on her face and began to circulate around the room.

A few people ahead of her she saw Grace Veiny. Grace looked stunning in her simple, dark red gown.

In college, Grace had been the one with the _____ of gold. Always a bit too sympathetic, Emily feared a word from Grace's _____ heart would put her in tears. Emily quickly reversed direction before Grace saw her.

The soft rock music pulsed through the room. The steady lub - dub rhythm soothed Emily's _____ heart a bit. Listening to music had always been relaxing for her. Suddenly, she saw an all too familiar figure. Her _____ skipped a _____. What was he doing here? How could Jane have invited Mike to her bash, too?

Emily _____ her heart as she walked towards Mike. She was behind him and hoped his _____ would be in his _____ when she unexpectedly appeared in front of him.

"He'll be eating his _____ when he sees me in this gorgeous dress," she mumbled to herself to build her confidence. As she drew near, Mike staggered a bit almost falling on the man standing next to him. Emily noticed the man was holding on to Mike's arm. Mike swayed abruptly again, spilling his drink down Jane's dress. He was drunk! Emily heard Jane angrily demand that Mike leave immediately. The man holding him up literally dragged Mike out the door.

Emily greeted Jane and offered to help clean up her dress. As they entered the ladies room Jane's anger exploded.

"None of us had the _____ to tell you this before, Emily. Mike is a drunk. How dare he come to my party high on drugs and booze? Oh no, Look at my dress!" Jane looked sadly at her reflection in the mirror. Emily's heart _____ over the look of disappoint and despair in Jane's face.

"I am so sorry he is such a jerk. Tell you what. We are the same size. Let's swap dresses. I want to head home anyway," suggested Emily. Jane could see by her expression that the offer came straight from Emily's _____. They quickly switched outfits. Jane whole _____ thanked Emily telling her she would stop by the next afternoon to return Emily's dress.

For Emily, the cab ride home was a peaceful pleasure. She went straight to bed. She even smiled as her eyes drifted shut. She _____ heart on the goal of forgetting Mike. She realized that ending the relationship with Mike was the right thing after all.

"The most powerful agent of growth and transformation is something more basic than any technique: a change of heart." ~ John Welwood

Heart idioms:

Absence makes the heart grow fonder

from the bottom of your heart

warm the cockles of your heart

your heart bleeds

heart is in their boots

heart is in the right place

heart skips a beat

eat your heart out!

break someone's heart

harden your heart

have a heart of stone

know/learn it (off) by heart

lose your heart to a person

a man/woman after your own heart

pour your heart out

put your heart and soul into doing

set one's heart on doing something

strike at the heart of it

take something to heart

take heart

go to the heart of the matter

a bleeding heart

a change of heart

put your hand on your heart

your heart goes out to

heart is in their mouth

heart is not in something

heart sinks

be all heart

close/dear to a person's heart

cry your heart out

have a heart of gold

in your heart of hearts

let your heart rule your head

lose heart

open your heart

to your heart's content

wear your heart on your sleeve

a heart-to-heart

Home is where the heart is

sick at heart

someone is heartless