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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 am tearing your hair on**

Hello, I'm a very interesting, 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.

Hey, what's happening Baby?

Oh, um, it's you, yes, ah, yes, of course, I'll do it tomorrow, ok, really? Right now? Ok, ok, ok... keep your hair on!

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

Keep your hair on.

Fortunately, I never get angry... What do you mean? I do not... I am always calm.

Look here you, I never get angry I'm always calm, what's the matter with you????!!!... Look at me now! I am calm! I am calm! And relaxed! Aaaaah!

Darts. My favourite sport. But argh... it's so tense!

I'm tearing my hair out!

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

I'm tearing my hair out.