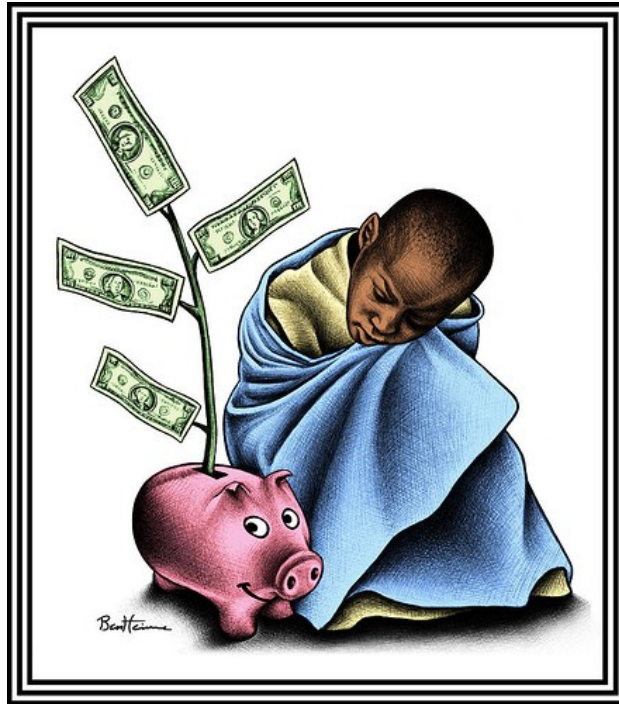


Arm/ Hand/ Finger Idioms Lesson 10 - Beginners



lend (someone) a hand

- to help someone with something

I will ask my friend to lend me a hand when I move.

lift/raise a finger/hand

- to do something to help someone

My niece will never lift a finger to help anyone.

live from hand to mouth

- to live on very little money

My friend has been living from hand to mouth since he lost his job.