

# Throw Caution to the Wind | Groundhog Day

## Vocabulary Breakdown

### Hollywood English Club

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*Phil Connors is stuck. The same day. Over and over. And in that repetition, something beautiful happens — he stops performing, stops calculating, and starts actually living. This lesson pulls apart the language that makes this scene so memorable.*

#### 1. "Throw Caution to the Wind"

■ To throw caution to the wind means to stop worrying about risks and do something bold or reckless.

✓ The idiom the whole lesson is built around. You are ignoring safety or common sense and just going for it.

▶ *"She had always been careful with money, but one day she threw caution to the wind and booked the trip."*

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#### 2. "Inspiring"

■ Inspiring means making someone feel motivated, excited, or moved to do something great.

✓ Used to describe a person, speech, story, or moment that fills you with energy or purpose.

▶ *"His story of recovery was so inspiring that half the audience was in tears."*

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#### 3. "Keep It Coming"

■ Keep it coming means continue bringing more of something — food, drinks, compliments, or anything else.

✓ Casual and enthusiastic. Used when you are enjoying something and want it to continue without stopping.

▶ *"The crowd loved the band so much they just kept shouting: keep it coming!"*

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#### 4. "Cholesterol"

■ Cholesterol is a fatty substance found in blood and food. High levels can lead to heart disease.

✓ In the scene, Phil ignores his cholesterol by eating whatever he wants — because there are no consequences.

▶ *"His doctor told him to cut down on red meat because his cholesterol was too high."*

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## 5. "Love Handles"

■ Love handles are the areas of soft flesh at the sides of your waist, often considered excess fat.

✓ Informal and slightly humorous. Not an insult — more of a self-deprecating expression.

▶ *"He patted his sides and laughed: I've developed quite the love handles since I stopped going to the gym."*

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## 6. "Floss"

■ To floss means to clean between your teeth using thin thread. Also slang for showing off wealth or style.

✓ Phil throws dental hygiene out the window too — a sign he has stopped caring about long-term consequences.

▶ *"The dentist reminded him to floss daily, not just before appointments."*

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## 7. "Forfeit Fair Renown"

■ To forfeit fair renown means to give up your good reputation or standing in society.

✓ Old-fashioned and poetic. From the Walter Scott poem Phil quotes. Renown means fame or a good name.

▶ *"By acting dishonestly, he forfeited the fair renown he had built over years in the industry."*

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## 8. "Unwept, Unhonoured, and Unsung"

■ This phrase means dying without being mourned, respected, or remembered by anyone.

✓ From Sir Walter Scott's *Lay of the Last Minstrel*. Phil uses it to say: a life lived without boldness is a life forgotten.

▶ *"The poet warned that those who do not live fully will pass through the world unwept, unhonoured, and unsung."*

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## 9. "Willard Scott"

■ Willard Scott was the long-time weather presenter on the NBC Today Show, famous for his warm personality.

✓ A cultural reference. Phil compares himself to Willard Scott — a well-known, loveable TV weatherman.

▶ *"She was the Willard Scott of the local news — always smiling, always warm."*

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## 10. "Egocentric"

■ Egocentric means thinking only about yourself and believing the world revolves around you.

✓ A psychological term used casually. Rita uses it to describe Phil before his transformation.

▶ *"He was so egocentric he turned every conversation back to himself within thirty seconds."*

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## 11. "Defining Characteristic"

■ A defining characteristic is the most important or distinctive quality that makes someone or something what they are.

✓ Often used in character analysis or descriptions of a person's essential nature.

▶ *"Her defining characteristic was her refusal to give up — no matter how many times she failed."*

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## 12. "Stay Ahead of the Weather"

■ To stay ahead of the weather means to predict or prepare for weather conditions before they arrive.

✓ Literal in meteorology. Metaphorically, it means anticipating problems before they hit you.

▶ *"A good farmer always tries to stay ahead of the weather during harvest season."*

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## 13. "Doggie Bag"

■ A doggie bag is a container given by a restaurant for taking home leftover food.

✓ Common in American dining culture. The name comes from the pretence of taking food home for your dog.

▶ *"The portions were huge, so they asked for a doggie bag and had the rest for breakfast."*

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## 14. "Grow on Me"

■ To grow on someone means to become more likeable or appealing over time, even if you did not like it at first.

✓ Used for people, places, food, music — anything that takes time to appreciate.

▶ *"I wasn't sure about the new neighbourhood at first, but it really grew on me."*

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## 15. "Quit"

■ To quit means to stop doing something — a job, a habit, an activity.

✓ Very common and versatile. Can mean to resign, to stop trying, or to give up an addiction.

▶ *"After three attempts, she finally quit smoking for good."*

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## 16. "Bon Appetit"

■ Bon appetit is a French phrase meaning enjoy your meal — used in English when someone is about to eat.

✓ Completely absorbed into English. Said with a smile before eating, or sometimes sarcastically.

▶ *"He placed the plate in front of her with a little bow and said: bon appetit."*

# Groundhog Day: Throw Caution to the Wind

## Student Worksheet

### Part 1: Vocabulary Match

Match each word or phrase with its correct definition. Write the letter on the line.

WORDS / PHRASES	DEFINITIONS
_____ 1. throw caution to the wind	a) To gradually start liking something more over time
_____ 2. egocentric	b) A bag for taking leftover restaurant food home
_____ 3. keep it coming	c) A person's most important or recognisable quality
_____ 4. grow on me	d) To take a big risk without worrying about consequences
_____ 5. doggie bag	e) Someone who only thinks about themselves
_____ 6. defining characteristic	f) A French phrase meaning 'enjoy your meal'
_____ 7. bon appétit	g) 'Give me more / don't stop'

### Part 2: Fill in the Blanks

Complete each sentence with a word or phrase from the word bank.

#### WORD BANK

throw caution to the wind • love handles • quit • growing on me • egocentric • keep it coming • doggie bag

1. She wasn't sure about moving abroad, but she \_\_\_\_\_ and booked a one-way ticket.
2. He's been going to the gym every day to lose his \_\_\_\_\_.
3. "\_\_\_\_\_ complaining and just get on with it!"
4. Hip-hop music wasn't my thing at first, but it's really \_\_\_\_\_ now.
5. "This pasta is incredible — \_\_\_\_\_!"
6. He never asks how other people feel. He's completely \_\_\_\_\_.
7. "Could I get a \_\_\_\_\_ for the rest of my steak, please?"

### Part 3: Body Slang

This lesson introduced several informal words for body types and health. Match each slang term with its meaning, then write your own example sentence.

SLANG TERM	MEANING	YOUR SENTENCE
love handles	Extra fat around the waist	_____ —
dad bod	A slightly overweight, soft body type	_____ —
muffin top	Belly fat that spills over a waistband	_____ —
cholesterol	A type of fat in the blood that can affect your health	_____ —

### Part 4: "Grow On" or "Wear Off"?

**Grow on me** = you start to like something more over time.

**Wear off** = you stop liking / feeling something over time.

Choose the correct phrase to complete each sentence.

8. I hated jazz at first, but it's really \_\_\_\_\_ now.
9. The excitement of the new job is starting to \_\_\_\_\_.
10. This city felt strange at first, but it's \_\_\_\_\_.
11. The painkillers are starting to \_\_\_\_\_ — my back is hurting again.
12. That new show was slow at first, but it's really \_\_\_\_\_ on me.

### Part 5: Multiple Choice

Circle the correct answer.

13. What does "throw caution to the wind" mean?
  - a) To be extra careful when making a decision.
  - b) To act recklessly without worrying about the consequences.
  - c) To go for a walk on a windy day.
  - d) To follow the weather forecast carefully.
  
14. Where does the phrase "throw caution to the wind" originally come from?

- e) A famous poem by Sir Walter Scott.
- f) The sport of football.
- g) Sailing, where sailors had to be careful with the wind.
- h) A scene from Groundhog Day.

15. Rita calls Phil's eating "inspiring(!)" — what tone is she using?

- i) She is genuinely inspired by him.
- j) She is using sarcasm to express that she finds his behaviour ridiculous.
- k) She is confused by his behaviour.
- l) She is complimenting him sincerely.

16. What is the difference between "egocentric" and "egotistical"?

- m) They mean exactly the same thing.
- n) "Egocentric" means self-focused; "egotistical" means arrogant or boastful.
- o) "Egotistical" means shy; "egocentric" means kind.
- p) "Egocentric" is a positive word; "egotistical" is neutral.

17. Why is Phil's confusion of "Sir Walter Scott" and "Willard Scott" funny?

- q) Because Willard Scott is a more famous writer.
- r) Because one is a celebrated poet and the other is a TV weatherman.
- s) Because Phil doesn't know how to read.
- t) Because Rita is also confused by the two names.

## Part 6: True or False?

Write T (True) or F (False). If the statement is false, correct it on the line below.

18. A doggie bag is only used to take food home for your pet.

Answer: \_\_\_\_\_

Correction (if false): \_\_\_\_\_

19. "Throw caution to the wind" can describe behaviour that is both brave and reckless, depending on the situation.

Answer: \_\_\_\_\_

Correction (if false): \_\_\_\_\_

20. "Keep it coming" is a formal expression used in business meetings.

Answer: \_\_\_\_\_

Correction (if false): \_\_\_\_\_

21. Phil throws caution to the wind because he realises there are no consequences in a time loop.

Answer: \_\_\_\_\_

Correction (if false): \_\_\_\_\_

22. The phrase "unwept, unhonored, and unsung" is a warning to live a meaningful life.

Answer: \_\_\_\_\_

Correction (if false): \_\_\_\_\_

23. "Bon appétit" is an English phrase that means "good appetite."

Answer: \_\_\_\_\_

Correction (if false): \_\_\_\_\_

## Part 7: Scene Analysis

Answer in complete sentences.

24. Phil is described as "egocentric" in this scene. Do you think this is a fair description? Use evidence from the scene to support your answer.

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25. Phil quotes "unwept, unhonored, and unsung" from Sir Walter Scott's poem. Why do you think the writers included this poetic reference in what is essentially a comedy scene?

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26. Rita calls Phil's eating habits "inspiring(!)" sarcastically. What does this tell us about her character compared to Phil's?

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## Part 8: Creative Writing Challenge

Imagine you have just found out that, like Phil, you are stuck in a time loop and today will repeat forever. Write a short paragraph (6–8 sentences) describing what you would do. Would you throw caution to the wind or would you use the time wisely? Use at least **FOUR** vocabulary words or phrases from this lesson.

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**Which words/phrases did you use? List them here:**

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### **Bonus: Discussion Questions**

Think about these and be ready to share your ideas!

- Have you ever thrown caution to the wind? What happened — and do you regret it?
- Phil eats whatever he wants because there are no consequences. Do you think most people would behave better or worse if they knew their actions had no consequences?
- The poem says that a selfish person will die "unwept, unhonored, and unsung." Do you agree that how we treat others is what we are remembered for?
- Is Phil's "defining characteristic" his egocentrism, or do you think there is more to him? What is your defining characteristic?

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Great work! Keep learning English with film and TV! ☐