



American Expression E1879 Alive and kicking

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"Alive and kicking" is an idiomatic expression used in the English language to describe someone who is not only alive but also well, active, and in good health. This phrase is often used informally to indicate that a person or thing is vibrant, energetic, and fully functional.

When people say that someone or something is "alive and kicking," they are typically emphasizing the individual's vitality and enthusiasm for life. It suggests that the person is not only surviving but thriving, and they are actively participating in various activities and engagements. This idiom can be applied to people, organizations, or even objects to convey a sense of vibrancy and robustness.

The origin of this expression can be traced back to the early 20th century. "Alive and kicking" likely emerged as a way to emphasize the physical and emotional well-being of a person. It is a colorful way of asserting that someone is not only existing but is full of life and energy.

For instance, if someone asks about an old friend whom they haven't seen in a while and you respond, "Oh, he's alive and kicking," you are assuring them that your friend is not only alive but also actively engaged in life, pursuing their interests, and enjoying good health.

This idiom can also be used in a broader context. For example, when referring to a business, you might say, "Despite the economic challenges, our company is still alive and kicking." In this context, you are conveying that the business is not only surviving but also thriving and continuing to operate successfully.

"Alive and kicking" can be a positive and reassuring phrase, providing a sense of well-being and optimism. It is often used to uplift and encourage someone who may have faced adversity or health issues. For example, if someone recovers from an illness or injury and is seen back at work or pursuing their hobbies, friends and family might say, "It's great to see you back, alive and kicking!"

In conclusion, "alive and kicking" is an idiomatic expression that signifies not just being alive but being active, healthy, and engaged in life. It is a colorful and informal way to describe someone's well-being and vitality, and it can be used to convey a sense of optimism and positivity in various contexts, from describing individuals to organizations and more.

Questions for Discussion

1. What are some common situations or contexts in which people might use the phrase "alive and kicking," and what does it typically imply about a person or thing?
2. How does the idiomatic expression "alive and kicking" reflect the importance of vitality, energy, and well-being in our daily lives?
3. Can you share a personal anecdote or example of when you used the phrase "alive and kicking" or heard it used to describe someone or something? What was the underlying message or sentiment?
4. In what ways can the concept of being "alive and kicking" serve as a source of motivation and inspiration in overcoming challenges or setbacks?
5. Are there cultural variations or similar idiomatic expressions in other languages that convey the same idea of being alive, active, and in good health? How do these expressions differ or compare to "alive and kicking" in English?