Your English Toolbox

VOCABULARY · EPISODE 228

Why Do We Get Goosebumps? | Curious English

English learning resource · EN

Key words & expressions · English

8 learning entries

Study task: Listen again and notice the expressions you studied.

1

goosebumps

DEF

Small raised bumps that appear on the skin when someone is cold or strongly moved.

Usually used in the plural; say have or get goosebumps, or something gives you goosebumps.

I got goosebumps when the choir started singing.

The cold water gave her goosebumps.

2

shiver

DEF

To shake slightly, often because you are cold or frightened.

As a verb it describes the movement rather than the visible bumps on the skin; it can also be a noun.

He began to shiver in the cold wind.

She gave a little shiver when she heard the noise.

3

get chills

DEF

To feel a sudden sensation of cold or excitement that moves through the body.

Chills can accompany strong emotion, but can also describe feeling cold when ill; context matters.

I get chills whenever I hear that song.

He got chills as the audience began to sing.

4

be covered in

DEF

To have something over much or all of a surface.

Often followed by a substance or many small things; the episode uses it for visible bumps.

Her arms were covered in goosebumps.

The path was covered in leaves.

5

stand up

DEF

To rise into an upright position.

In this episode the subject is a hair; the phrase also describes a person rising to their feet.

The tiny muscles make the hairs stand up.

Please stand up when your name is called.

6

trigger

DEF

Something that causes a reaction or starts a process.

A trigger can be physical, emotional or environmental; it does not describe the reaction itself.

Cold can be a trigger for goosebumps.

For her, that melody is a trigger for a happy memory.

7

exposure to

DEF

The experience of being in contact with something or affected by it.

Followed by a noun or an -ing form; the episode discusses exposure to cold in a study on mice.

Longer exposure to cold was studied in mice.

Regular exposure to a language can help listening skills.

8

overlap

DEF

To share some features or happen at the same time.

Experiences can overlap without being identical; shivering, chills and goosebumps are distinct but may occur together.

Chills and goosebumps can overlap.

Our two projects overlap in their goals.