

PHRASAL VERBS WITH 'SIT'

phrasal verb	meaning	example
sit about/around	sit and do nothing	The teacher was late, so we sat about for the first 20 minutes.
sit back	relax in a chair or wait for something to happen	Sit back, close your eyes and imagine you are on a secluded beach.
sit by	make no effort to help	I can't sit by and watch you destroy your life. I've arranged for you to go to rehab.
sit down	sit on a surface	All the children sat down and waited for further instructions.
sit for	pose/wait or look after someone's children/animals	The Royal family sat for hours while their new portrait was painted.
sit in	wait inside	The weather has been awful, so we sat in and watched films all day.
sit in for	take someone's work/responsibility whilst they are away	I've got to sit in for Julie while she is in Italy.
sit on	hold back information or sit on a surface	The government knew the country was in debt, they were sitting on the information for months.
sit out	not participate	I'll sit out the first round so I can see how to play the game.
sit through	endure something boring	I've sat through all of his meetings, but I refuse to go again.
sit up	move from a lying to a sitting position or suddenly take notice	The employees sat up and started listening when they heard about the takeover.
sit with	stay with someone or agree with	Can you sit with the kids for 10 minutes whilst I go to the shop for some milk?

