**G. Reflexive Verbs and Self-Care Vocabulary**

**Student Resource Page 1: Reflexive Verbs**

**What is a reflexive verb?**

\*A reflexive verb describes what a person or thing is doing to him/herself.

**What’s the difference between reflexive verbs and regular verbs?**

\*When using reflexive verbs, the action in the sentence is “reflected” back on to the person or thing.

**Examples:**

**He washes the car.** 🡪 This sentence is describing what he is doing to “the car.” **It is NOT reflexive.**

**He washes himself.** 🡪This sentence is describing what he is doing to “himself.” **This is a reflexive sentence.**

**Práctica: Circle the sentences that are reflexive.**

1. I prepare the dinner. I prepare myself for school.
2. She brushes her hair. She brushes the dog.
3. We dry the dishes. We dry our hands.
4. I bathe my little sister. I bathe myself.

**Common Reflexive Verbs: NOTE: All REFLEXIVE verbs end in “SE”**

|  |  |  |  |
| --- | --- | --- | --- |
| ac**o**starse (ue) | to go to bed (to put oneself to bed) | maquillarse | to put on make-up |
| afeitarse | to shave (oneself) | mirarse | to look at (oneself) |
| bañarse | to bathe (oneself) | peinarse | to comb (oneself) |
| cepillarse | to brush (oneself) | ponerse (\*yo) | to put on (oneself) |
| desp**e**rtarse (ie) | to wake up (oneself) | prepararse | to prepare (oneself) |
| desv**e**stirse (i) | to undress (oneself) | quedarse | to stay |
| div**e**rtirse (ie) | to have fun (enjoy oneself) | quitarse | to take off |
| d**o**rmirse (ue) | to sleep | reírse\* | to laugh |
| ducharse | to shower (oneself) | secarse | to dry (oneself) |
| irse \* | to go/leave | s**e**ntarse (ie) | to sit |
| lavarse | to wash (oneself) | s**e**ntirse (ie) | to feel |
| levantarse | to get up | v**e**stirse (i) | to dress (oneself) |
| llamarse | to call (oneself) |  |  |

**Student Resource Page 2: Regular Reflexive Verbs- Conjugation**

**How do you conjugate a regular reflexive verb?**

**Here's the process for saying "I wash myself":**

Step 1**: Yo lavarse.** (Choose the appropriate pronoun and verb)

Step 2**: Yo se lavar.** (Remove “se” and place it in front of the verb)

Step 3**: Yo se lavo.**  (Conjugate the verb as usual)

Step 4**: Yo me lavo.** (Make the reflexive pronoun agree)

**\*The reflexive pronoun “*se”* becomes “*me*” when the subject is “yo.” What about other subjects?**

**Reflexive Pronouns:**

|  |  |  |  |
| --- | --- | --- | --- |
| yo | *me* | nosotros/as | *nos* |
| tú | *te* | vosotros/as | *os* |
| él  ella  usted | *se* | ellos  ellas  ustedes | *se* |

**Práctica: Use the chart and follow the steps to conjugate the following verbs.**

**Modelo-** She combs (herself). **🡪 peinarse/ella 🡪** *Ella se peina.*

1. We get (ourselves) up. 🡪 **levantarse/nosotros** 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. You shower (yourself). 🡪 **ducharse/tú** 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. They put on make-up. 🡪 **maquillarse/ellas** 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. I dry myself. 🡪 **secarse/yo** 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. You all bathe (yourselves). 🡪 **bañarse/ustedes** 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Nota Cultural: España**

**Typical Daily Schedule in Spain:**

 ~8AM                                  "El desayuno" (Breakfast)  
   9-11AM                             work/school  
   11-11:30AM                     "El almuerzo" (mid-morning snack)  
   11:30-2PM                       work/school  
   2-4PM                              "La comida" (Lunch)  
   4-7PM                               work/school  
 ~6PM                                 "La merienda" (optional mid-afternoon snack)  
   9PM+                               "La cena" (Dinner)

A breakfast is usually light fare in Spain, so the "**almuerzo**" is an important snack to carry people over until a 2-2:30PM lunchtime. (Note: in Madrid, and possibly other regions in Spain, lunch is called *almuerzo*, and the mid-morning snack is referred to as "**picoteo**" or snack.)

The "merienda," is really more for kids. If you walk by an "**panadería**" (bakery) around 5–6PM, it is common to see parents or grandparents stopping by with their kids on the way home from school, to buy the kid a baked sweet (referred to as "**bollería**"). Though in the summer many adult Spaniards might also be spotted buying an ice cream snack. More commonly, around 6-7PM you will see many Spaniards out for a small tapa with friends or colleagues after work.

These snack times are why Spaniards have what seems to foreigners to be an amazing stamina for very late lunches and dinners. Spaniards have dinner at 9PM or later. Dinner at 10PM is pretty common, especially if one is dining out, and some eat even later. This is why primetime TV doesn't usually start until after the 9-10PM national news, and why Spaniards go to bed pretty late, around midnight on average, even on work nights.  
  
And this schedule runs even later on weekends, with lunch usually at 3-3:30PM, and dinner no earlier than 10PM. Lunches are usually the heavier meal, and dinners, what with being so late, a lighter meal.

**How does your schedule compare?**