

**SPANISH 1
LIFEPAC SEVEN
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Note to Students: Whenever you are prompted to listen to an audio portion of an exercise (indicated by the  icon), a blank has been provided for you to record the audio CD track number. This will aid you in quickly locating the correct track number when you review.

SPANISH 1: LIFE PAC 7

OBJECTIVES

When you have completed this LIFE PAC, you should be able to:

1. Recognize and apply reflexive verbs for a variety of situations, particularly to express personal care needs.
2. Use weather expressions.
3. Learn how to form Spanish adverbs.
4. Point things out by using demonstrative adjectives.
5. Reinforce your knowledge of expressions with *tener* and *ir* by reviewing LIFE PAC 6.



I. REFLEXIVE VERBS



Paula and Marta are talking about their daily routine. Listen to their conversation. (CD Track # _____)

Paula: Hola, Marta. ¿Qué tal?

Marta: Me siento muy cansada hoy.

Paula: ¿Por qué te sientes cansada?

Marta: Me acosté muy tarde anoche.

Paula: ¿A qué hora te acuestas generalmente?

Marta: Generalmente me acuesto a las diez y media, y me duermo a las once.

Paula: ¿Y a qué hora te despiertas?

Marta: Me despierto a las seis y media, y me levanto a las siete menos veinte.

Paula: ¿Te duchas por la mañana o por la noche?

Marta: Me ducho por la noche porque no tengo tiempo por la mañana. Después de levantarme, me lavo la cara, me cepillo los dientes, me visto y me peino.

Paula: ¿Te maquillas?

Marta: Sí, me maquillo todos los días.

Paula: ¿A qué hora te vas a la escuela?

Marta: Generalmente me voy a la escuela a las ocho menos cuarto. ¿Y tú?

Paula: Me despierto a las seis porque necesito irme a la escuela a las siete y cuarto.

Marta: ¡Es muy temprano!

Paula: Sí, pero casi nunca me siento cansada porque me acuesto temprano también.



Translation:

- Paula:** Hi, Marta. How's it going?
Marta: I feel really tired today.
Paula: Why do you feel tired?
Marta: I went to bed really late last night.
Paula: What time do you usually go to bed?
Marta: I usually go to bed at 10:30, and I fall asleep at 11:00.
Paula: And what time do you wake up?
Marta: I wake up at 6:30, and I get up at 6:40.
Paula: Do you take a shower in the morning or at night?
Marta: I shower at night because I don't have time in the morning. After getting up, I wash my face, I brush my teeth, I get dressed, and I comb my hair.
Paula: Do you put on makeup?
Marta: Yes, I put on makeup everyday.
Paula: What time do you leave for school?
Marta: I usually leave for school at 7:45. And you?
Paula: I wake up at 6:00 because I need to leave for school at 7:15.
Marta: That's really early!
Paula: Yes, but I almost never feel tired because I go to bed early too.



Using the conversation and its translation, write the English for the following.

- 1.1
- a. me siento _____
 - b. te sientes _____
 - c. te acuestas _____
 - d. me acuesto _____
 - e. me duermo _____
 - f. te despiertas _____
 - g. me despierto _____
 - h. me levanto _____
 - i. me lavo la cara _____
 - j. me cepillo los dientes _____
 - k. me visto _____
 - l. te maquillas _____

- m. me maquillo _____
- n. te vas _____
- o. me voy _____
- p. necesito irme _____



Reflexive Verbs

You will notice that the words *me* and *te* are used many times in the conversation between Paula and Marta and that *me* is used with the *yo* form of verbs while *te* is used with the *tú* form. *Me* and *te* are reflexive pronouns. If a Spanish verb is reflexive, reflexive pronouns must be used with it. Reflexive verbs are used to indicate that the person who does the action is also the person who receives the action; the action “reflects” back on the subject of the sentence. In English the reflexive pronouns *myself*, *yourself*, *himself*, *ourselves*, etc. are often used to express this. When the action is received by a different person or by an object, the verb is not reflexive. Study these examples:

Marta lava el coche. = Marta washes the car. The verb isn't reflexive because while Marta does the action, the car receives that action.

Marta se lava. = Marta washes (herself). Marta is washing herself; she is both doing the action and receiving it. Therefore, a reflexive verb is needed.

Clara pone los anteojos en la mesa. = Clara puts the glasses on the table.

The verb isn't reflexive because Clara is doing the action but isn't receiving it.

Clara se pone los anteojos. = Clara puts on the glasses. The verb is reflexive, as Clara is doing the action to herself. She both does and receives the action.



When you learn a new verb, if *se* is attached to the end of the infinitive, it's a reflexive verb.

lavarse

ponerse

vestirse

peinarse

All reflexive verbs use these reflexive pronouns:

<i>yo</i>	me	<i>nosotros</i>	nos
<i>tú</i>	te	<i>vosotros</i>	os
<i>Ud./él/ella</i>	se	<i>Uds./ellos/ellas</i>	se

For the simple present tense, the reflexive pronoun is placed directly before the verb. Consider the example of *lavarse* (to wash oneself).

<i>yo</i>	me lavo	<i>nosotros</i>	nos lavamos
<i>tú</i>	te lavas	<i>vosotros</i>	os laváis
<i>Ud./él/ella</i>	se lava	<i>Uds./ellos/ellas</i>	se lavan

If an infinitive is used, the reflexive pronoun is placed either directly before the conjugated verb or is attached to the infinitive.

Me voy a lavar. or **Voy a lavarme.** = I'm going to wash (myself).

Because *gustar* is a special verb that is conjugated differently, reflexive pronouns used with it must be attached to the infinitive.

No me gusta despertarme temprano. = I don't like to wake up early. (The pronoun *me* must be attached to *despertar*; otherwise you would have *No me me gusta despertar temprano*.)

With reflexive verbs, the definite or indefinite article is used instead of a possessive adjective for parts of the body and for clothing.

Me lavo la cara. (I wash my face.) Not *Me lavo mi cara*.

Te cepillas los dientes. (You brush your teeth.) Not *Te cepillas tus dientes*.

Ana se quita las botas. (Ana takes off her boots.) Not *Ana se quita sus botas*.

The reason for this is because with reflexive verbs, it's already obvious that the person is washing his or her own face, brushing his or her own teeth, and taking off his or her own boots. To use the possessive adjectives would be redundant.

Some verbs change their meaning when they become reflexive. Here are some common examples:

dormir (to sleep)	Duermo ocho horas cada noche. (I sleep eight hours each night.)
dormirse (to fall asleep, to go to sleep)	Me duermo a las once. (I fall asleep at 11:00.)
ir (to go)	Voy a la escuela todos los días. (I go to school everyday.)
irse (to leave, to go away)	Me voy a la escuela a las ocho. (I leave for school at 8:00.)
poner (to put, to place, to set)	Voy a poner el libro en la mesa. (I'm going to put the book on the table.)
ponerse (to put on)	Voy a ponerme una chaqueta. (I'm going to put on a jacket.)



Here are some common reflexive verbs; notice that many of them are stem-changing. Listen and repeat. (CD Track # _____)

acostarse (o-ue)	to go to bed
afeitarse	to shave
bañarse	to bathe, to take a bath
caerse	to fall down
cambiarse de (ropa)	to change (clothes)
cepillarse (el pelo/los dientes)	to brush (one's hair/teeth)
cortarse el pelo	to get a haircut; to cut one's hair
despertarse (e-ie)	to wake up
desvestirse (e-i)	to undress, to get undressed
divertirse (e-ie)	to have fun, to have a good time, to enjoy oneself
dormirse (o-ue)	to fall asleep, to go to sleep
 ducharse	to shower, to take a shower
irse	to leave, to go away
lavarse	to wash (oneself)

levantarse	to get up
maquillarse	to put on makeup
mirarse	to look at oneself
*peinarse	to comb one's hair
ponerse	to put on
ponerse a dieta	to go on a diet
prepararse	to get ready, to prepare oneself
quedarse (en casa)	to stay (at home)
quitarse	to take off
referirse (e-ie)	to refer
secarse	to dry (oneself)
*sentarse (e-ie)	to sit, to sit down
*sentirse (e-ie)	to feel
*verse (cansado, enfermo, etc.)	to look (tired, sick, etc.)
vestirse (e-i)	to dress, to get dressed

* Note the following explanations:

Peinarse (to comb one's hair) is not used with *el pelo*. To say *I comb my hair*, simply use *Me peino* (Not *Me peino el pelo*).

The *yo* form of *sentarse* (to sit, to sit down) and of *sentirse* (to feel) are the same: *me siento*. However, the rest of the sentence or the context of the conversation will make the meaning clear.

Me siento al lado de Juan.	I sit next to Juan.
Me siento muy nervioso.	I feel very nervous.

The adjectives used with *sentirse* (to feel) and *verse* (to look) must agree with the person or persons they modify. Remember that *bien* and *mal* are adverbs and therefore do not change.

Nos sentimos bien.	We feel good/fine.
Nos sentimos emocionados.	We feel excited.
Silvia se ve muy bonita.	Silvia looks very pretty.
Ellos se ven enojados.	They look angry.



Listen and repeat the conjugations of the following reflexive verbs. (CD Track # _____)

bañarse	<i>yo</i> <i>tú</i> <i>Ud./él/ella</i>	me baño te bañas se baña	<i>nosotros</i> <i>vosotros</i> <i>Uds./ellos/ellas</i>	nos bañamos os bañáis se bañan
acostarse (o-ue)	<i>yo</i> <i>tú</i> <i>Ud./él/ella</i>	me acuesto te acuestas se acuesta	<i>nosotros</i> <i>vosotros</i> <i>Uds./ellos/ellas</i>	nos acostamos os acostáis se acuestan
ponerse	<i>yo</i> <i>tú</i> <i>Ud./él/ella</i>	me pongo te pones se pone	<i>nosotros</i> <i>vosotros</i> <i>Uds./ellos/ellas</i>	nos ponemos os ponéis se ponen

divertirse (e-ie)	<i>yo</i>	me divierto	<i>nosotros</i>	nos divertimos
	<i>tú</i>	te diviertes	<i>vosotros</i>	os divertís
	<i>Ud./él/ella</i>	se divierte	<i>Uds./ellos/ellas</i>	se divierten
sentirse (e-ie)	<i>yo</i>	me siento	<i>nosotros</i>	nos sentimos
	<i>tú</i>	te sientes	<i>vosotros</i>	os sentís
	<i>Ud./él/ella</i>	se siente	<i>Uds./ellos/ellas</i>	se sienten



Fill in the conjugations of these reflexive verbs. Remember that you must have two words in each blank: a reflexive pronoun and a verb form.

1.2

a. **levantarse** (to get up)

yo _____	nosotros _____
tú _____	vosotros _____
Ud. _____	Uds. _____

b. **despertarse** (to wake up)

yo _____	nosotros _____
tú _____	vosotros _____
él _____	ellos _____

c. **verse** (to look)

yo _____	nosotros _____
tú _____	vosotros _____
ella _____	ellas _____

d. **sentarse** (to sit, to sit down)

yo _____	nosotros _____
tú _____	vosotros _____
Ud. _____	Uds. _____

e. **dormirse** (to fall asleep, to go to sleep)

yo _____	nosotros _____
tú _____	vosotros _____
Ud. _____	Uds. _____





Translate the following into English; use the simple present tense.

1.3

- a. ¿A qué hora se despiertan Uds.?
- b. Generalmente nos levantamos entre las seis y las seis y media.
- c. Me divierto cuando salgo con mis amigos.
- d. ¿Vas a quedarte en casa esta noche?
- e. Nora se sienta cerca de Luisa.
- f. Me pongo un suéter cuando tengo frío.
- g. Me siento alegre cuando saco una buena nota.
- h. Los niños se ven asustados.
- i. Toña se afeita las piernas.
- j. ¿Por qué nunca se maquilla Alicia?
- k. Me corto el pelo cada dos meses.
- l. Te debes cepillar los dientes dos veces al día.
- m. Julieta se necesita secar el pelo.
- n. No nos gusta acostarnos temprano.