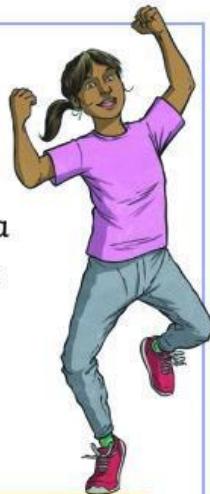


We use reflexive pronouns when we want to refer back to a person or a thing. The reflexive pronoun is used as a direct object when the object of the sentence is the same as the subject of the verb.



Example: I'm so proud of **myself** for passing my exams.

Personal Pronouns	Reflexive Pronouns
I	myself
you	yourself
he	himself
she	herself
they	themselves
we	ourselves
it	itself
you (plural)	yourselves

## Activity 1

Underline the correct reflexive pronoun.

- 1 Have you been teaching **yourself** / **myself** Spanish?
- 2 He fell over yesterday and hurt **yourself** / **himself**.
- 3 I hope you enjoy **yourselves** / **ourselves** at the basketball match tomorrow.

**Disclaimer:** This resource has been made for the purpose of teaching English language learners. We know that students can be learning English in many different places, in many different ways and at age, so we try to keep these resources as general as possible.

There are many acronyms associated with English language teaching. These include (but are not limited to) ELT, TEFL, EFL, ELL, EAL and ESOL. While the term ESL may not fully represent the linguistic backgrounds of all students, it is the most widely recognised term for English language teaching globally. Therefore, we use the term 'ESL' in the names of our resources to make them easy to find but they are suitable for any student learning to speak English.

4 She's preparing **herself / himself** for her driving test tomorrow.

5 Paul introduced **himself / itself** to the class.

6 Our dog plays ball with **yourself / itself** when we're at work.



## Activity 2

Complete the sentences by choosing the correct answer a—c.

1 The show is about to start. Please help \_\_\_\_\_ to the snacks and drinks provided.

a. yourselves      b. myself      c. themself

2 Please don't cut \_\_\_\_\_ with that sharp knife.

a. myself      b. herself      c. yourself

3 During my marathon training, I had to always tell \_\_\_\_\_ that I wasn't tired.

a. itself      b. herself      c. myself

4 This is a fantastic book. Did you write this all by \_\_\_\_\_ ?

a. myself      b. yourself      c. himself

5 My teenage daughter has to feed \_\_\_\_\_ while I'm at work.

a. themself      b. ourselves      c. herself

6 Do they know they need to clean up this mess \_\_\_\_\_ ? I'm not doing it.

a. themselves      b. ourselves      c. yourselves

**Activity 3**

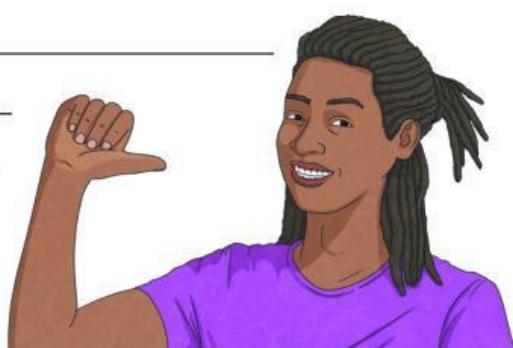
Complete the sentences using the correct reflexive pronoun.

- 1 The main actress, Charlotte, presented \_\_\_\_\_ to the audience.
- 2 I always send messages to \_\_\_\_\_ because I'm very forgetful.
- 3 You should all be very proud of \_\_\_\_\_ for winning the football tournament!
- 4 She bought \_\_\_\_\_ everything she needed for her first year at university.
- 5 Did you know that Tom is teaching \_\_\_\_\_ how to play the guitar?
- 6 They always look at \_\_\_\_\_ in the mirror before leaving the house.

**Activity 4**

Finish the sentences so they are true for you.

- 1 I enjoy myself when I \_\_\_\_\_  
\_\_\_\_\_
- 2 In the future, I would like to teach myself \_\_\_\_\_  
\_\_\_\_\_
- 3 When I was younger, I hurt myself \_\_\_\_\_  
\_\_\_\_\_
- 4 I'm proud of myself when \_\_\_\_\_  
\_\_\_\_\_



## Activity 5

Write your own sentences. Use the verbs often used with reflexive pronouns to help you.

cut

dry

enjoy

help

hurt

present

teach

1

\_\_\_\_\_

\_\_\_\_\_

2

\_\_\_\_\_

\_\_\_\_\_

3

\_\_\_\_\_

\_\_\_\_\_

4

\_\_\_\_\_

\_\_\_\_\_