# Reflexive Pronouns

• ESL Activity Sheet •



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.



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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



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## Activity 3

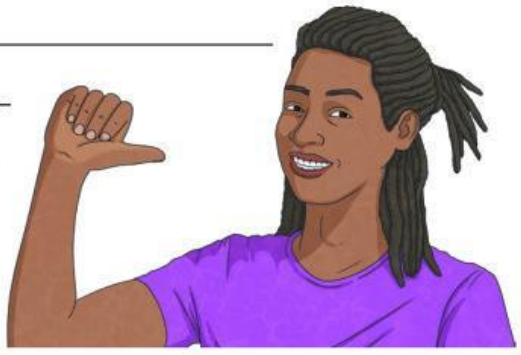
Complete the sentences using the correct reflexive pronoun.

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 _____
_____
_____





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## 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. _____



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