

Useful Commands for TPR Activities and Classroom Exercises

abre / abren (open)	levántate / levántense (stand up)
anda / anden (walk)	mira / miren (look)
asómate / asómense (look out of)	muestra / muestren (show)
borra / borren (erase)	párate / párense (stand up; stop)
brinca / brinquen (jump)	pasa / pasen (pass)
busca / busquen (look for)	pon / pongan (put)
canta / canten (sing)	pregunta / pregunten (ask)
cierra / cierren (close)	quita / quiten (take off)
colorea / coloreen (color)	recoge / recojan (pick up)
contesta / contesten (answer)	recorta / recorten (cut out)
corta / corten (cut)	repite / repitan (repeat)
cuenta / cuenten (count)	responde / respondan (respond)
da / den (give)	saca / saquen (take out)
da / den un saltito (hop)	sal / salgan (leave)
date / dense una vuelta (turn around)	salta / salten (jump)
di / digan (say)	señala / señalen (point to)
dibuja / dibujen (draw)	siéntate / siéntense (sit down)
dobla / doblen (fold; turn)	sigue / sigan (follow)
entra / entren (enter)	suma / sumen (add up)
escoge / escojan (choose)	tira / tiren (throw)
escribe / escriban (write)	toca / toquen (touch)
escucha / escuchen (listen)	toma / tomen (take)
habla / hablen (talk)	trae / traigan (bring)
levanta / levanten la mano (raise your hand)	ve / vaya (go)
	ven / vengán (come)