

REFLEXIVE PRONOUNS

1 THEORY: REFLEXIVE PRONOUNS

Task: Study the grammar tables below.

Reflexive Pronouns	
I	myself
You (singular)	yourself
You (plural)	yourselves
She	herself
He	himself
It	itself
We	ourselves
They	themselves

When to use Reflexive Pronouns
1. When the subject and the object are the same Example: The boy hit himself with the ball.
2. Used as the object of a preposition, when the subject and object are the same Example: The boy talks to himself
3. Used to emphasise the subject Example: I will deliver the letter myself!



2 MULTIPLE CHOICE QUESTIONS

Task: Read the questions below then choose the correct response.

1. Beth and Amy are not sharing their chocolate. They made it for _____.
 a. **themselves**
 b. ourselves
 c. himself
2. Dogs and cats clean _____, so they don't need a bath everyday.
 a. **themselves**
 b. myself
 c. ourselves
3. I can practice English by talking to _____.
 a. himself
 b. ourselves
 c. **myself**
4. John saved money and bought the car _____.
 a. **himself**
 b. myself
 c. itself
5. Mary taught _____ to juggle by practicing everyday.
 a. himself
 b. **herself**
 c. themselves
6. Have you ever asked _____ - what is the meaning of life?
 a. itself
 b. **yourself**
 c. themselves
7. Darren was not concentrating, and injured _____.
 a. **himself**
 b. myself
 c. yourself
8. I have studied very hard this week so I am giving _____ a break.
 a. **myself**
 b. ourselves
 c. yourself



3 CORRECT THE MISTAKES

Task: Each of the following sentences contains a mistake. Can you correct it?

1. He drank the drink herself.

He drank the drink himself.

2. They paid for the house ourselves.

They paid for the house themselves.

3. I looked at me in the mirror.

I looked at myself in the mirror.

4. They need help, they can't finish the project themself.

They need help, they can't finish the project themselves.

5. Beth enjoyed himself on holiday.

Beth enjoyed herself on holiday.

6. He didn't come to the cinema, so I watched it by myself.

He didn't come to the cinema, so I watched the film by myself.

7. The dogs took itself for a walk.

The dogs took themselves for a walk.

8. The men were so drunk, they were talking to himself.

The men were so drunk, they were talking to themselves.





4 COMPLETE THE SENTENCES

Task: Complete the sentences below using the correct reflexive pronoun.

1. The boy saved his money and bought the sweets **himself**.
2. The computer is working now - it seems to have fixed **itself**!
3. I get nervous when I have to introduce **myself**.
4. My little brother is growing up fast! He even dressed **himself** today.
5. She dried **herself** when she got out of the swimming pool.
6. They enjoyed **themselves** in Mexico so they are going to go again next year.
7. David can't afford Spanish classes so he practises by talking to **himself**.
8. Nobody ever helps me so I have to clean the house **myself**!
9. The dog scared **itself** when it looked in the mirror.
10. They didn't order a takeaway so they cooked the food **themselves**.
11. She prepared breakfast for **herself** and her brother.
12. The cat groomed **itself** by licking its fur.
13. We challenged **ourselves** to complete the obstacle course.
14. He hurt **himself** while playing basketball.
15. The students organised the charity event all by **themselves**.
16. The mirror seemed to clean **itself** whenever someone walked by.
17. I can't believe he fixed the car engine **himself**!
18. They found a way to entertain **themselves** during the long wait.
19. The movie was so terrifying that she couldn't sleep by **herself**.
20. Remember to be kind to **yourself** and others around you.

5 EMILY'S STORY

Task 1: Read the following story about Emily.

Emily was a diligent student who always challenged herself to excel in her studies. Her day usually started early, with the sound of her alarm clock. She would stretch and get out of bed, determined to make the most of her day.

After washing her face and brushing her teeth, Emily would head to the kitchen to make breakfast. She preferred to cook for herself, as it allowed her to choose healthy ingredients that suited her taste. Once she had finished eating, she would gather her books and head to the library.

At the library, Emily had a special routine. She would find a quiet corner for herself and spend the morning studying. She would immerse herself in her textbooks and take notes diligently. Occasionally, she would reward herself with short breaks to stretch her legs and clear her mind.

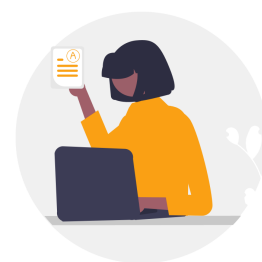
In the afternoon, Emily attended her classes. She actively participated and challenged herself to ask questions whenever she needed clarification. After the classes, she would return to her room and dedicate time to a personal project. She loved working on creative projects, as they allowed her to express herself.

In the evening, Emily would usually go for a jog. She enjoyed spending time outdoors and having some time to herself. After exercising, she would prepare dinner for herself and relax by reading a book or watching a movie.

Reflecting on her day, Emily felt proud of how she managed her time. She believed that challenging herself and taking care of herself were equally important for personal growth and success.

Task 2: Complete the following exercises.

1. What does Emily do when she wakes up in the morning?
2. Why does Emily prefer to cook for herself?
3. Where does Emily go to study in the library?
4. How does Emily reward herself during her study sessions?
5. How does Emily spend her evenings?
6. Why does Emily believe challenging herself is important?
7. Identify each time a reflexive pronoun is used in the text.
8. Predict what will happen tomorrow in Emily's life.



HOMework

1 SENTENCE COMPLETION

Task: Complete the sentences below using the correct reflexive pronoun.

1. He prepared dinner for **himself** and her brother .
2. The boy cleaned **himself** in the river.
3. We challenged **ourselves** to complete the puzzle.
4. He hurt **himself** while playing soccer.
5. The students organised the event all by **themselves**.
6. She taught **herself** how to bake cookies.
7. They decided to challenge **themselves** by climbing the mountain.
8. The cat was licking **itself** on the paw.
9. Please help **yourself** to some snacks from the buffet.
10. He blamed **himself** for the mistake.
11. We should always be true to **ourselves**.
12. The concert was so amazing; you need to experience it for **yourself**.
13. The dog groomed **itself** in front of the mirror.
14. After a long day, she likes to relax by pampering **herself** with a warm bath.



2 ALEX'S STORY

Task 1: Read the following story about Alex.

Alex loved spending weekends at the local park. It was a place where he could relax, have fun, and enjoy some time to himself. Last Saturday, he decided to take advantage of the beautiful weather and head to the park early in the morning.

He packed a picnic basket with sandwiches, fruits, and a thermos of hot chocolate. Alex enjoyed making food for himself, as he could choose his favourite ingredients and flavours. He also brought a book to read and a frisbee to play with.

Upon arriving at the park, Alex found a cosy spot for himself under a shady tree. He laid out the picnic blanket and arranged the food neatly. He made a sandwich for himself and sipped on the hot chocolate, savouring the warmth and sweetness.

After eating, Alex decided to read his book. He immersed himself in the story, blocking out the sounds of laughter and conversations around him. Every now and then, he would glance up and watch others enjoying the day in the park.

Feeling a burst of energy, Alex stood up and took out the frisbee. He tossed it to himself and then threw it high into the air. As the frisbee descended, he leaped to catch it with a grin of satisfaction on his face.

As the sun began to set, Alex packed up his belongings and headed home. He felt refreshed and content, grateful for the time he had spent by himself in the park.

Task 2: Complete the following exercises.

1. Why did Alex head to the park early in the morning last Saturday?
2. What did Alex pack in his picnic basket?
3. Why does Alex enjoy making food for himself?
4. Where did Alex find a spot to relax in the park?
5. What did Alex do after eating his sandwich and drinking hot chocolate?
6. How did Alex feel after his day at the park?
7. Identify each time a reflexive pronoun is used in the text.
8. Predict what will happen when Alex arrives home.

