
breath deeply	respire profundo (<i>reh-spee-reh proh-foon-doh</i>)
breath slowly	respire despacio (<i>reh-spee-reh deh-spah-see-oh</i>)
cough	tosa (<i>toh-sah</i>)
follow	sigala (<i>see-gah</i>)
follow me	sígame (<i>see-gah-meh</i>)
follow the instructions	sigala las instrucciones (<i>see-gah lahs een-strook-see-ohn-ehs</i>)
again	otra vez (<i>oh-trah behs</i>)
be careful	cuidado (<i>koo-ee-dah-doh</i>)
put it	póngalo (<i>pohn-gah-loh</i>)
put it under	póngalo debajo (<i>pohn-gah-loh deh-bah-hoh</i>)
put it under your tongue	póngalo debajo de la lengua (<i>pohn-gah-loh deh-bah-hoh deh lah lehn-goo-ah</i>)
touch	toque (<i>toh-keh</i>)
don't touch	no toque (<i>noh toh-keh</i>)
point to	señale (<i>seh-nyahl-eh</i>)
point to it	señálelo (<i>seh-nyahl-eh-loh</i>)

show	enseñe (<i>ehn-seh-nyeh</i>)
show me	enséñeme (<i>ehn-seh-nyeh-meh</i>)
try	trate (<i>trah-teh</i>)
try it	trátelo (<i>trah-teh-loh</i>)
try to sleep	trate de dormir (<i>trah-teh deh door-meer</i>)
take	tome (<i>toh-meh</i>)
take the medicine	tome la medicina (<i>toh-meh lah meh-dee-see-nah</i>)
roll up	enrrolle (<i>ehn-rroh-yeh</i>)
roll up your sleeve	enrrolle la manga (<i>ehn-rroh-yeh lah mahn-gah</i>)
take off	quítese (<i>kee-teh-seh</i>)
take off your shirt	quítese su camisa (<i>kee-teh-seh soo kah-mee-sah</i>)
take off your pants	quítese sus pantalones (<i>kee-teh-seh soos pahn-teh-loh-nehs</i>)
take off your clothes	quítese su ropa (<i>kee-teh-seh soo roh-pah</i>)
wake up	despiértese (<i>dehs-pee-ehr-teh-seh</i>)
calm down	cálmese (<i>kahl-mah-seh</i>)

relax	relájase (<i>reh-lah-ha-seh</i>)
rest	descanse (<i>dehs-kahn-seh</i>)
don't worry	no se preocupe (<i>noh seh preh-oh-koo-peh</i>)
don't cry	no llore (<i>noh yohr-eh</i>)

LESSON 1

Ejercicios: Commands (Mandatos)

A. Tell the patient...

1. ... to close his / her eyes. → _____
2. ... to breathe deeply. → _____
3. ... to roll up his / her sleeve. → _____
4. ... to relax. → _____
5. ... to try to sleep. → _____
6. ... not to cry. → _____
7. ... to rest. → _____
8. ... not to worry. → _____
9. ... to sit down. → _____
10. ... to tell you what happened. → _____

B. Identify, from the list of words given, all of the terms that make reference to body parts.

mire	vaya afuera	quédese quieto
acuéstese de espalda	doble el brazo	respire
saque la lengua	abra los ojos	cálmese
quítese sus pantalones	póngalo debajo de la lengua	doble la pierna
silencio	cierre los ojos	cierre la boca

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____