

Lesson Plan: Reflexive Pronouns

Level

Beginner (A1)

Time

45–60 minutes

Objectives

By the end of the lesson, students will be able to:

- Understand what reflexive pronouns are
- Identify common reflexive pronouns
- Use reflexive pronouns in simple sentences

Materials

- Whiteboard / slides
- Pictures showing people doing actions alone
- Simple worksheet (fill in the blanks)
- Real-life examples (daily actions)

1. Warm-up (5–10 minutes)

Teacher action:

- Point to yourself and say:

"I hurt **myself**."

- Point to a student:

"You hurt **yourself**."

Ask:

"Who did it?"

"Did another person help?"

Explain simply:

Reflexive pronouns show the subject and object are the same person.

2. Presentation: What are reflexive pronouns? (10 minutes)

Simple Explanation (on the board):

We use **reflexive pronouns** when a person does something **to the same person**.

List of Reflexive Pronouns:

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

Say each word clearly and have students repeat.

3. When Do We Use Reflexive Pronouns? (10 minutes)

1. When someone does an action alone

- I washed **myself**.
- She dressed **herself**.

2. When the subject and object are the same

- He cut **himself**.
- They taught **themselves** English.

3. Common daily expressions

- Help **yourself**.
- Enjoy **yourself**.
- Be careful! Don't hurt **yourself**.

4. Guided Practice (10 minutes)

Activity 1: Choose the correct word

Say sentences and let students answer:

I made this cake ____.

She looked at ____ in the mirror.

We taught ____ English.

(Answers: myself / herself / ourselves)

5. Pair or Individual Practice (10–15 minutes)

Activity 2: Fill in the blanks

Students complete:

1. I hurt ____.
2. He made the bed by ____.
3. They enjoyed ____ at the party.
4. Please help ____ to some food.

Activity 3 (optional speaking)

Students say sentences about daily life:

"I wash ____."

"I teach ____ English."

6. Review & Assessment (5 minutes)

Quick Review Questions:

- When do we use reflexive pronouns?
 - ☒ When the subject and object are the same
- Is "myself" used with "he"?
 - ☒ No

Error Correction (common mistakes):

- ☒ He hurt hisself
- ☒ He hurt himself
- ☒ She enjoyed
- ☒ She enjoyed herself

7. Homework (optional)

Write **5 sentences** using reflexive pronouns about your daily routine.