

Hola

Gracias

Quick Guide to the Spanish Language

Numbers

English	Spanish	Pronunciation
One	Uno	Oo-noh
Two	Dos	Dohs
Three	Tres	Trehs
Four	Cuatro	Kwah-troh
Five	Cinco	Seehn-koh
Ten	Diez	Dee-ehs
fifteen	Quince	Keeh-she
Twenty	Veinte	Beh-een-teh
Thirty	Treinta	Treh-een-tah
Forty	Cuarenta	Kwah-rehn-tah
Fifty	Cincuenta	Seen-kwehn-tah
One hundred	Cien	See-ehn
Two hundred	doscientos	Dohs-see-ehn-tohs

Body (cuerpo)

English	Spanish	Pronunciation
Hair	pelo	Peh-loh
Face	Cara	Kah-rah
Eye(s)	Ojo(s)	Oh-hoh(s)
Arm (s)	Brazo (s)	Brah-soh(s)
Legs	Pierna(s)	Pee-her-nah
Foot, Feet	Pie(s)	Pee-eh(s)
Hand (s)	Mano (s)	Mah-noh
Chest	Pecho	Peh-choh
fingers	Dedo(s)	Deh-dohs
Teeth	Dientes	Dee-ehn-tehs
Stomach	Estómago	Ehs-toh-mah-goh
back	Espalda	Ehs-pahl-dah

Nouns

English	Spanish	Pronunciation
bathroom	Baño	Bah-nyoh
Bed	Cama	Kah-mah
Floor	Piso	Pee- soh
Light	luz	loos
Room	cuarto	Kwahr- toh
Table	Mesa	Meh- sah
chair	silla	See-yah
Water	Agua	Ah-gwah
Walker	caminadora	Kah-mee-nah-doh-rah
Insurance	Seguro	She-goo-roh

Commands/ Phrases

English	Spanish	Pronunciation
More slowly	Más despacio	Mahs dehs-pahs-see-oh
Again	Otra vez	Oh-trah behs
How do you say it?	Cómo se dice	Koh-moh seh dee-seh
Do you speak English?	Habla ingles	Ah-blah een-glehs
I speak little Spanish	Hablo poquito Español	Ah-bloh Poh-kee-toh Ehs-pah-'nyohl
Wake up	despiértese	Dehs-pee-ehr-tee-seh
careful	Cuidado	Kwee-dah-doh
With this hand (refer to body to more options)	Con esta mano	Kohn ehs-the mah-noh

Can you brush your (see body above)	Puede cepillarse su	She-pee-yah-seh soo(s)
Can you get dressed	Puede vestirse	Poo-eh-deh behs-teer-seh
Can you wash your (see body above)	Puede lava sus...	Poo-eh-deh lah-bah soos...
Can you put on your (see clothing below)	ponga sus zapatos	Pohn-gah soos sah-pah-tohs
Repeat	repita	Reh-pec-tah
Push	Empuje	Ehm-poo-heh
Pull	Jalé	Jah-leh
Sit down	Siéntese	See-ehn-the- seh
Stand up	Levátese	Leh- bahn-the-seh
Take a deep breath	Aspire profundo	Ahs-pee-reh pro-foon-doh
Turn around	Voltéese	Bohl-teh-ch-seh
Wait	Espérese	Ehs-peh-reh-seh
Lie down on your (see body above)	acuéstese en su	ehn soo
Listen to me	Escúcheme	Ehs-coo-cheh-meh
Look	Míre	Mee-reh
Like this	Como este	Coh-moh ehs-teh
Take a bigger step	De un paso más grande	Pah-soh mahs grahn-deh
I'm an occupational therapist	Soy un terapeuta(o) ocupacional	Soy oon teh-rah-pee-stah oh-coo-pah-see-oh-nahl
I'm a physical therapist	Soy un(a) terapeuta(o) físico	Soy oon teh-rah-pee-stah fee-see-coh
Do you have pain?	Tiene Dolor	Tee-eh-neh doh-lohr
Do not cross your legs or ankles?	No cruces sus piernas ni sus tobillos	Noh kroo-she soos pee-her-nahs nee soos toh-bee-yohs
Do not turn your hips	No voltee sus caderas	Noh bohl-teh-eh soos kah-deh-rah

Pleasantries

English	Spanish	Pronunciation
Thank you	gracias	Grah-see-ahs
Your're welcome	De nada	Deh nah-dah
Please	Por favor	Pohr-fah-bohr
See you later	Hasta luego	Ah-stah loo-eh-go

Clothing

English	Spanish	Pronunciation
Shirt	La Camisa	Kah-mee-sah
Pants	Los pantalones	Lohs pahn-tah-loh-nehs
Shorts	Calzoncillos	Kahl-soh-see-yohs
Socks	Los calcetines	Kahl-she-tee-nehs
Shoes	Los zapatos	Sah-pah-tohs
Underwear	La ropa interior	Lah roh-pah een-the-ree-ohr
Eyeglasses	Anteojos	Ahn-the-oh-hohs

Direction

English	Spanish	Pronunciation
Right	Derecho	Deh-reh-choh
Left	Izquierdo	Ees-kee-her-doh
Up	Arriba	Ah-rree-bah
down	Abajo	Ah-bah-hoh

Pronunciations

a (ah) as in yacht	e (eh) as in met	i (ee) as in keep	o (oh) as in open
u (oo) as in moon	h (silent)	j (h) as in hot	ll (y) as in yes
qu (k) as in kite	rr (rolled rr)	v (b)	z (s)