ESTAR, SENTIRSE, and TENER

1. You have used **SER** to tell what people and things are normally like. Use **ESTAR** with adjectives describing mental or physical states or conditions.

Mi amigo es joven. Está muy cansado.

My friend is young. He is very tired.

Review of the verb ESTAR

Yo estoy --- I am

 Tú estás --- you are

 Él está--- he is

 Ella está --- she is

 Usted está --- you are (formal)

 Nosotros estamos --- we are

 Nosotras estamos --- we are (all females)

 Vosotros estáis --- you all are (in Spain)

 Vosotras estáis --- you all are (all females) (Spain)

 Ellos están --- they are

 Ellas están --- they are (all females)

 Ustedes están --- you all are

1. Like **estar**, **sentirse** (to feel) can be used with adverbs **bien/mal** or with adjectives to describe mental or physical states.

SENTIRSE (e to ie)

 Yo me siento --- I feel

 Tú te sientes --- you feel

 Él se siente --- he feels

 Ella se siente --- she feels

 Usted se siente --- you feel (formal)

 Nosotros nos sentimos --- we feel

 Nosotras nos sentimos --- we feel (all females)

 Vosotros os sentís --- you all feel (in Spain)

 Vosotras os sentís --- you all feel (all females) (Spain)

 Ellos se sienten --- they feel

 Ellas se sienten --- they feel (all females)

 Ustedes se sienten --- you all feel

Nos sentimos cansados. No se sienten bien.

We feel tired. They don’t feel well.

You can use estar and sentirse interchangeably when you talk about how people are feeling. Some feeling words are *cansado(a), contento(a), nervioso(a), triste, enfermo(a), enojado(a)*, and *aburrido(a)*.

1. Expressions with tener for mental or physical states:

***Idioms***

tener frío ---------------- to be cold

tener calor -------------- to be hot

tener miedo ------------ to be afraid

tener sueño ------------ to be sleepy

tener sed---------------- to be thirsty

tener hambre-----------to be hungry

tener prisa---------------to be in a hurry

Forms of tener (from seventh grade):

Yo tengo—I have

Tú tienes—you have

Él tiene—he has

Ella tiene—she has

Usted tiene—you have

Nosotros tenemos—we have

Nosotras tenemos—we have

Vosotros tenéis—you all have

Vosotras tenéis—you all have

Ellos tienen—they have

Ellas tienen—they have

Ustedes tienen—you all have

Examples:

Yo tengo frio. I am cold.

Nosotros tenemos miedo. We are afraid.

Durante el verano, ellos tienen calor. During summer, they are hot.