Ceacht

10

Tar isteach!

Come in!

This lesson introduces verbs and looks at the imperative mood.

This lesson contains the following topics:

§1. Verbs to express motion
§2. Verbs to express states of being
§3. Verbs to express speech
§4. Verbs to express observations and thoughts
§5. Verbs to express actions
§6. Using the Imperative Mood
§7. The Imperative Mood - 2nd person plural
§8. Short-stem verbs
§9. Mutable verbs
§10. Long-stem verbs
§11. Syncopated verbs
§12. Non-syncopated verbs
§13. Irregular verbs
§14. Negative of the Imperative Mood
§15. Secondary forms of the Imperative Mood

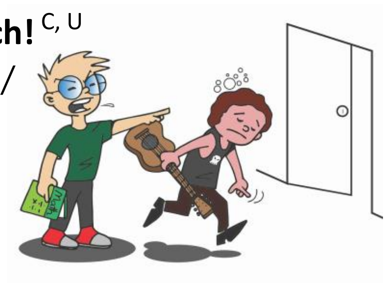
Briathra - Verbs

In Irish, you use the simplest form of the verb when giving orders or instructions to another person. Here are some of the most common Irish verbs and how they are used in this way.

§1. Verbs to express motion

Come in(side)! **Tar isteach!**
/ta:r əs′t′æ:x/

Go out(side)! **Téigh amach! Gabh amach!** [C, U]
/t′e: əma:x/ /gaβ əma:x/



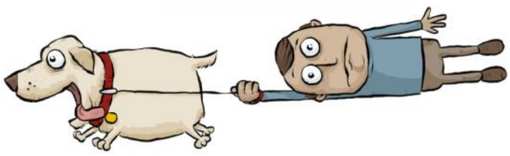
Go away! Leave! **Imigh leat!**
/im′i: l′æ:t/

Follow the leader! **Lean an treoraí!**
/ʟ′æ:ɴ ə t′r′o:ri:/

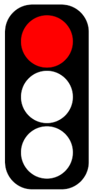
Carry on! Go ahead! **Lean ort! Lean ar aghaidh!**
/ʟ′æ:ɴ ort/ /ʟ′æ:ɴ ərai:/

Wait (stay) a minute! **Fan nóiméad! Fan bomaite!** [U]
/fa:ɴ ɴo:m′e:d/ /fa:ɴ bomət′ə/

Walk on the (foot)path! **Siúil ar an gcosán!**
/s′u:l′ er′ ə gosɑ:ɴ/

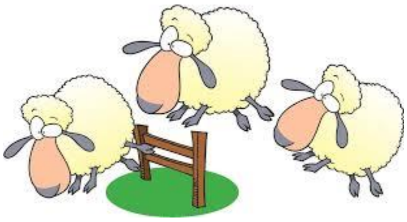


Stop at a red light! **Stad ag solas dearg!**
/sta:d eg′ soləs d′æ:rəg/



Turn left! Turn right! **Cas ar chlé! Cas ar dheis!**
/ka:s ər′ x′l′e:/ /ka:s ər′ ɣ′es′/

Jump over the fence! **Léim thar an gclaí!**
/ʟ′e:m′ ha:r ə gli:/



Swim underwater! **Snámh idir dhá uisce!**
/sɴɑ:β id′ər′ ɣɑ: is′k′ə/

Ride a horse! **Marcaigh capall!**
/ma:rəki: ka:pəʟ/

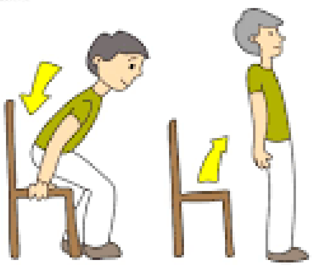
Run home! **Rith abhaile!**
/ri h əβa:l′ə/

Fall to the ground! **Tit go talamh!**
/t′it′ gə ta:ləβ/[M] /t′it′ gə ta:lu:/ [C]

§2. Verbs to express states of being

Be quiet! **Bí ciúin!**
/b′i: c′u:n′/

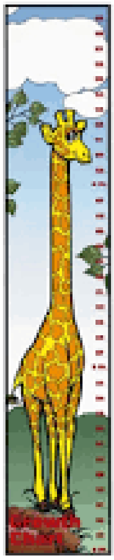
Stand up! **Seas suas!**
/s′æ:s suəs/



Sit down! **Suigh síos!**
/si: s′i:s/

Lie back! **Luigh siar!**
/ʟi: s′iər/

Sleep soundly! **Codail go sámh!**
/kodəl′ gə sa:β /



Wake up! **Dúisigh suas!**
/du:s′i: suəs /

Hurry up! Make haste! **Déan deifir!**
/d′e:ɴ d′ef′ər′/ /d′e:ɴ d′ef′r′ə/[U]

Grow up! **Fás aníos!**
/fɑ:s ən′i:s/

§3. Verbs to express speech

Say it after me! **Abair i mo dhiadh é!**
/a:bər′ i mə ɣie:/

Speak the truth! **Labhair an fhírinne!**
/ʟaur′ ən i:r′əɴ′ə/

Tell us a story! **Inis dúinn scéal!**
/in′əs du:ɴ′ s′k′e:ʟ/

Answer the question! **Freagair an cheist!**
/f′r′æ:gər′ ə x′es′t′/

Ask him about it! **Fiafraigh de faoi!**
(enquire)
/f′iəfri: d′ə f^{u}i:/

Ask him for money! **Iarr airgead air!**
(demand)
/i:ər a:r′əg′əd er′/

§4. Verbs to express observations and thoughts

Listen to the radio! — **Éist leis an raidió!**
/e:s′t′ l′es′ ə ra:d′o:/

Look at (watch) the television! — **Féach ar an teilifís!**
/f′e:x er′ ə t′el′if′i:s′/

Breathnaigh ar an teilifís!
/b′r′æ:hɴi: er′ ə t′el′if′i:s′/

Amharc ar an teilifís![U]
/aurək er′ ə t′el′if′i:s′/[U]

Don't hear what you'll hear!
(Don't believe everything you hear!) — **Ná clois a gcloisfidh tú!**
/ɴɑ: kʟes′ ə gles′i: tu:/

Don't see what you see!
(Be discreet in your observations!) — **Ná feic a bhfeiceann tú!**
/ɴɑ: f′ek′ ə β′ek′əɴ tu:/

What do you think (suppose)? — **Cad/Céard a cheapann tú?**
/ka:d/k′e:rd ə xæ:pəɴ tu:/

Expect (intend, consider) to see me! — **Síl mé a fheiceáil!**
/s′i:l′ m′e: ec′ɑ:l′/

Think carefully (deeply)! — **Smaoinigh go domhain!**
/sm^{u}i:n′i: gə du:n′/

(You can) take it from me!
(Believe me! Take my word for it) — **Creid uaimse é!**
/k′r′ed′ wems′ e:/

Believe it or not!
(Understand it or don't understand!) — **Tuig é nó ná tuig!**
/tig′ e: ɴo: ɴɑ: tig′/

Read a book! **Léigh leabhar!**
/ʟ′e: l′aur/

Learn Irish! **Foghlaim an Ghaeilge!**
/fo:ləm′ ə ɣ^{u}e:l′g′ə/

Look out for (beware of) the dog! **Coimhéad an madra!**
/keβ′e:d ə ma:drə/

Mind (avoid) the gap! **Seachain an bhearna!**
/s′æ:xən′ ə β′æ:r ɴə/

§5. Verbs to express actions

Write it down! **Scríobh síos é!**
/s′k′r′i:β s′i:s e:/

Get up with the birds! **Éirigh leis na héin!**
/air′i: l′es′ nə he:n′/[M] /e:r′i: l′es ′nə he:n′/

Dress yourself! **Gléas tú féin!**
/g′l′e:s tu: f′e:n′/[M] /g′l′e:s tu: he:n′/

Wash your hands! **Nigh do lámha!**
/n′i: də ʟɑ:βə/

Eat your fill! **Ith do dhóthain!**
/ih də ɣo:hən′/

Drink it down! **Ól siar é!**
/o:ʟ s′iər e:/

Mend (fix) your clothes! **Deisigh do chuid éadaí!**
/d′es′i: də xid′ e:di:/

Sweep the floor! **Scuab an t-urlár!**
/skuəb ə turʟɑ:r/

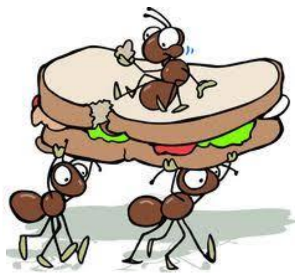
Put on your hat! **Cuir ort do hata!**
/k^{u}ir′ ort də ha:tə/

Take off your coat! **Bain díot do chóta!**
/ba:n′ d′i:t də xo:tə/ /b^{u}in′ d′i:t də xo:tə/ M

Throw it away! **Caith amach é!**
/ka:h əma:x e:/

Give (pass) me the salt! **Tabhair dom an salann!**
/taur′ dum ə sa:ʟəɴ/

Show me the way! **(Tai)speáin dom an bealach !**
/(ta:)s′p′ɑ:n′ dum ə ba:ʟəx /



Get something to eat! **Faigh rud éigin le n-ithe!**
/fa:ɣ′ rud e:g′in′ l′e n′ihə/

Buy it for me! **Ceannaigh dom é!**
/k′æ:ni: dum e:/

Sell it to me for a dollar! **Díol liom ar dhollar é!**
/d′i:ʟ l′um er′ ɣoʟər e:/

Don't take it out on me! **Ná híoc orm é!**
(lit. Don't pay it on-me!) /ɴɑ: hi:k orəm e:/

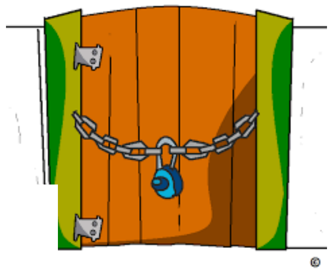
Begin (start) the work! **Tosaigh ar an obair!**
/tosi: er′ ən obər′/

Open the window! **Oscail an fhuinneog**
/oskəl′ ən iɴ′o:g/

Shut (close) the door! **Dún an doras!** /du:n ə dorəs/ — **Druid an doras!**[U] /drid′ ə dorəs/

Clear (leave) the way! **Fág an bealach!**
/fɑ:g ə b′æ:ləx/

Keep it locked up! **Coinnigh faoi ghlas é!**
/koɴ′i: f^{u}i: ɣʟa:s e:/

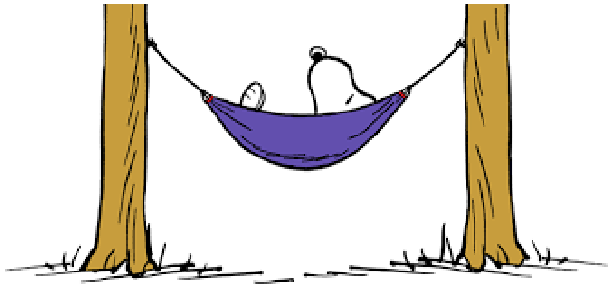


Finish (with) it! **Críochnaigh leis!**
/k′r′i:xni: l′es′/

Break it in half! **Bris ina dhá leath é!**
/b′r′is′ inə ɣɑ: l′æ:h e:/

Tear it in pieces! **Stróic ina phíosaí é!**
/stro:k′ inə f′i:si: e:/

Cut the cards! **Gearr na cartaí!**
/g′ɑ:r nə ca:rti:/



Relax! **Lig do scíth!**
(Lit. Let your rest!) /l′ig′ də s′k′i:h/

Take it easy! **Tóg go bog é!**
/to:g gə bog e:/

Pull the cord! **Tarraing an tsreang!**
/ta:rəŋ ə t′r′æ:ŋ/

Push it aside! **Brúigh i leataobh é!**
/brui: (i) l′æ:ti:β e:/

Hit the ball! **Buail an liathróid!**
/buəl′ ə l′iəhro:d′/

Play the game with us! **Imir an chluiche linn!**
/im′ir′ ə xlix′ə l′iɴ′/

Play the fiddle! **Seinn an fhidil!**
/s′eɴ′ ən′ id′il′/

Rub your hands (palms)! **Cuimil do bhosa!**
/kim′il′ də βosə/

Kindle (ignite) the fire! **Adhain an tine!**
/ain′ ə t′in′ə/

Drive the vehicle (car)! **Tiomáin an gluaisteán (carr)!**
/t′imɑ:n′ ə ŋluəs′t′ɑ:ɴ (kɑ:r)/

Save our souls! **Sábháil ár n-anam!**
/sɑ:βɑ:l′ ə(r) ɴɑ:ɴəm/

§6. Using the Imperative Mood

Use the *imperative mood* to give orders, requests or instructions.

To give instructions to one person, use the simplest form or *stem* of the verb without any suffixes. (Most dictionaries list verbs in this form.)

Some instructions can be used ordinarily in polite speech:

Come in! **Tar isteach!** *Sit down!* **Suigh síos!** *Look out!* **Coimhéad!**

Giving instructions can sound a little rude when talking to people you do not know well. So, remember to add a few polite phrases…

please *(to one person)*	**más é do thoil é** /mɑ:s′e: də hel ′e:/	or	**le do thoil** /l′ə də hel′/
(to more than one person)	**más é bhur dtoil é** /mɑ:s′e: βə del′ e:/	or	**le bhur dtoil** /l′ə βə del′/
thank you *(to one person)*	**go raibh maith agat** /gə rə(β′) ma:(h əgə)d/[m]		
(to more than one person)	**go raibh maith agaibh** /gə rə(β′) ma:h gᵘəβ′/		

§7. The Imperative Mood - 2nd person plural

To give instructions to more than one person, add /əg′i:/ to the root of the verb.

Wait a minute, ladies and gentlemen! **Fanaigí nóméad, a dhaoine uaisle!**
/faɴəg′i: ɴo:m′e:d ə ɣi:n′ uəs′l′ə/

Quiet (listen), children! **Éistigí, a pháistí!**
/e:s′t′əg′i: fɑ:s′t′i:/

Sit down, please! (pl.) **Suígí síos, más é bhur dtoil é!**
/si:g′i s′i:s mɑ:s′e βə del′ e:/

Come on! (sing.) **Goitse!** (*a corruption of* **Gabh anseo!**)
/get′s′ə/

(pl.) **Goitsigí!**
/get′s′ig′i:/

An Céad Reimniú *The First Conjugation*

Irish verbs are divided into two types or *conjugations,* based on the endings that can be attached to the stem of the verb.

§8. Short-stem verbs

Type 1 or *short-stem* verbs have stems with only one syllable.

Short-stem Verbs		
	2nd pers. sing.	2nd pers. pl.
get! reap! take! extract!	**bain**	**bainigí**
break!	**bris**	**brisigí**
put!	**cuir**	**cuirigí**
*shut! close!**	**druid**	**druidigí**
listen!	**éist**	**éistigí**
jump!	**léim**	**léimigí**
let!	**lig**	**ligigí**
run!	**rith**	**rithigí**
play (an instrument)!	**seinn**	**seinnigí**
tear!	**stróic**	**stróicigí**
fall!	**tit**	**titigí**
understand!	**tuig**	**tuigigí**
turn! twist!	**cas**	**casaigí**
sell!	**díol**	**díolaigí**
*shut! close!**	**dún**	**dúnaigí**
wait! stay!	**fan**	**fanaigí**
leave! (forsake!)	**fág**	**fágaigí**
grow!	**fás**	**fásaigí**
look!	**féach**	**féachaigí**
clean!	**glan**	**glanaigí**
cut!	**gearr**	**gearraigí**
dress!	**gléas**	**gléasaigí**
ask (for)! demand!	**iarr**	**iarraigí**
drink!	**ól**	**ólaigí**

Short-stem Verbs		
	2nd pers. sing.	2nd pers. pl.
write!	**scríobh**	**scríobhaigí**
sweep!	**scuab**	**scuabaigí**
stand!	**seas**	**seasaigí**
swim!	**snámh**	**snámhaigí**
stop!	**stad**	**stadaigí**
take! lift! raise! pick up!	**tóg**	**tógaigí**
read!	**léigh**	**léigí**
lie (down)!	**luigh**	**luígí**
wash!	**nigh**	**nígí**
sit!	**suigh**	**suígí**
burn!	**dóigh**	**dóigí**
milk!	**crúigh**	**crúigí**

§9. Mutable verbs

There are a small number of verbs with stems that:

- Consist (usually) of two syllables
- Have a long vowel in the second syllable, followed by a (slender) consonant or consonant group
- Take the same endings as *Type 1 (short-stem)* verbs
- Broaden the final slender consonant of the stem before adding a suffix

	Mutable Verbs	
	2nd pers. sing.	2nd pers. pl.
walk!	**siúil**	**siúlaigí**
beat! strike! (+ **le** *= meet!)*	**buail**	**bualaigí**
kindle!	**adhain**	**adhnaigí**
*knit!**	**cniotáil**	**cniotálaigí**
*mark!**	**marcáil**	**marcálaigí**
*paint!**	**péinteáil**	**péinteálaigí**
save!	**sábháil**	**sábhálaigí**
collect!	**tionóil**	**tionólaigí**
hurl!	**iomáin**	**iománaigí**
drive!	**tiomáin**	**tiománaigí**
show!	**(tai)speáin**	**(tai)speánaigí**
celebrate!	**ceiliúir**	**ceiliúraigí**
roll! tumble!	**iomlaisc**	**iomlascaigí**
dedicate! bestow!	**tíolaic**	**tíolacaigí**
accompany!	**tionlaic**	**tionlacaigí**
hinder! prohibit!	**toirmisc**	**toirmeascaigí**
deliver!	**seachaid**	**seachadaigí**

* Many verbs in this group are foreign (mainly English) loan-words with the suffix **-áil** added.

An Dara Reimniú *The Second Conjugation*

The second *conjugation*, (Type 2) consists of verbs with stems of two or more syllables.

§10. Long-stem verbs

Second conjugation (Type 2) or *long-stem* verbs have stems that:

- Consist of two (or more) syllables
- End in **–(a)igh** /iː/

Long-stem Verbs		
	2nd pers. sing.	2nd pers. pl.
admit!	**admhaigh**	**admhaígí**
feel! sense! perceive!	**airigh**	**airígí**
count! reckon!	**áirigh**	**áirígí**
move! translate!	**aistrigh**	**aistrígí**
collect!	**bailigh**	**bailígí**
buy!	**ceannaigh**	**ceannaígí**
arrange! dress! fix!	**cóirigh**	**cóirígí**
more! stir!	**corraigh**	**corraígí**
cover!	**clúdaígh**	**clúdaígí**
finish!	**críochnaigh**	**críochnaígí**
gather!	**cruinnigh**	**cruinnígí**
remember!	**cuimhnigh**	**cuimhnígí**
mend! fix!	**deisigh**	**deisígí**
deny!	**diúltaigí**	**diúltaígí**
wake!	**dúisigh**	**dúisígí**
rise! get up!	**éirigh**	**éirígí**
ask (about)! enquire!	**fiafraigh**	**fiafraígí**
go away!	**imigh**	**imígí**
turn! change!	**iompaigh**	**iompaígí**
ride!	**marcaigh**	**marcaígí**
begin!	**tosaigh**	**tosaígí**

§11. Syncopated verbs

Syncopated verbs have stems that:

- End in /əl′/, /ər′/, /ən′/ or /əs′/
- Take the same endings as *Type 2 (long-stem)* verbs
- Lose the unaccented vowel sound when adding other syllables (and change the final consonant from slender to broad if the preceding consonant is broad)

Syncopated Verbs (Ending in /əl′/, /ər′/, /en′/ or /əs′/)		
	2nd pers. sing.	2nd pers. pl.
recognise!	**aithin** /a:hin′/	**aithnígí** /ahn′i:g′i:/
sleep!	**codail** /kodəl′/	**codlaígí** /ko(d)ʟi:g′i:/
protect! defend!	**cosain** /kosən′/	**cosnaígí** /kosɴi:g′i:/
rub!	**cuimil** /kim′il′/	**cuimlígí** /kim′l′i:g′i:/
fly!	**eitil** /et′il′/	**eitlígí** /et′l′i:g′i:/
answer!	**freagair** /f′r′æ:gər′/	**freagraígí** /f′r′æ:gri:g′i:/
play (a game)!	**imir** /im′ir′/	**imrígí** /im′r′i:g′i:/
tell!	**inis** /in′is′/	**insígí** /in′s′i:g′i:/
convey! transport! broadcast!	**iompair** /umpər′/	**iompraígí** /umpri:g′i:/
speak!	**labhair** /ʟaur′/	**labhraígí** /ʟauri:g′i:/
open!	**oscail** /oskəl′/	**osclaígí** /oskʟi:g′i:/
mind! avoid!	**seachain** /s′æ:xən′/	**seachnaígí** /s′æ:xɴi:g′i:/
shine!	**taitin** /ta:t′in′/	**taitnígí** / ta:t′in′i:g′i:/

§12. Non-syncopated verbs

There are a small number of verbs with stems that belong to the second declension, but do not lose their unstressed vowel in the second syllable. If the stem ends in a slender **l**, it changes to a broad **l** before adding a suffix.

Non-syncopated Verbs	2nd pers. sing.	2nd pers. pl.
narrate! recite!	**aithris**	**aithrisígí**
learn!	**foghlaim**	**foghlaimígí**
serve! attend!	**freastail**	**freastalaígí**
travel!	**taistil**	**taistealaígí**
seek!	**lorg**	**lorgaígí**
tolerate!	**fulaing**	**fulaingígí**
draw! pull!	**tarraing**	**tarraingígí**
descend! alight! dismount!	**tuirling**	**tuirlingígí**

§13. Irregular verbs

Here are the 11 irregular Irish verbs. These verbs do not always behave according to the patterns of other (regular) verbs.

As you can see in the table below, a couple of irregular verbs use different stems in the plural form.

Irregular Verbs		
	2nd pers. sing.	2nd pers. pl.
say! mention!	**abair**	**abraigí**
bear! carry! (+ **ar** *= catch!)*	**beir**	**beirigí**
be!	**bí**	**bígí**
hear! {	**clois**	**cloisigí**
	cluin	**cluinigí**
make! do!	**déan**	**déanaigí**
get! obtain! receive!	**faigh**	**faighigí**
see!	**feic**	**feicigí**
go! {	**téigh**	**téigí**
	gabh	**gabhaigí**
eat!	**ith**	**ithigí**
come!	**tar**	**tagaigí**
give! take! bring! (cause something to move)	**tabhair**	**tugaigí**

§14. Negative of the Imperative Mood

To tell someone *not* to do something:

- Put **ná** before the verb.
- **Ná** prefixes **h-** to verbs that start with a vowel.

Don't do that, Johnny! **Ná déan sin, a Sheáinín!**
/ɴɑ: d′e:n s′in′ ə hɑ:n′i:n′/

Don't do that, children! **Ná déanaigí sin, a leanaí!**
/ɴɑ: d′e:nəg′i: s′in′ ə l′æ:ɴi:/

Don't mention it! **Ná habair é!**
/ɴɑ: ha:bər′ e:′/

§15. Secondary forms of the Imperative Mood

Irish has a complete set of personal endings for the Imperative Mood. However, they are really only used in very formal speech.[1]

For example, in the Irish Mass you often hear: **Guímis**! *Let us pray!*

	Déan		Ceannaígh
Let me do it!	**Déanaim é!** /d′e:ɴəm′ e:/	*Let me buy it!*	**Ceannaím é!** /k′a:ɴi:m′ e:/
Do it! (sing.)	**Déan é!** /d′e:ɴ e:/	*Buy it! (sing.)*	**Ceannaigh é!** /k′a:ɴi: e:/
Let him do it!	**Déanadh sé é!** /d′e:ɴəx s′e: e:/	*Let him buy it!*	**Ceannaíodh sé é!** /k′a:ɴi:x s′e: e:/
Let her do it!	**Déanadh sí é!** /d′e:ɴəx s′i: e:/	*Let her buy it!*	**Ceannaíodh sí é!** /k′a:ɴi:x s′i: e:/
Let us do it!	**Déanaimis é!**[M] /d′e:ɴəm′is′ e:/	*Let us buy it!*	**Ceannaímis é!**[M] /k′a:ɴi:m′is′ e:/
Do it! (pl.)	**Déanaigí é!** /d′e:ɴəg′i: e:/	*Buy it! (pl.)*	**Ceannaígí é!** /k′a:ɴi:g′i: e:/
Let them do it!	**Déanaidís é!**[M] /d′e:ɴəd′i:s′ e:/	*Let them buy it!*	**Ceannaídís é!**[M] /k′a:ɴi:d′i:s′ e:/
Let it be done!	**Déantar é!** /d′e:ɴtər e:/	*Let it be bought!*	**Ceannaítear é!** /k′a:ɴi:t′ər e:/

Consult your dictionary for all forms of regular and irregular verbs.

Other examples:

Let him clear the table. **Glanadh sé an bord**
and have Cáit wash the dishes. **agus níodh Cáit na soithí.**[2]

Let Tomás wear the coat **Caitheadh Tomás an cóta**
but don't let him dirty it. **ach ná salaíodh sé é.**

Let them eat cake! **Ithidís ciste!**

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[1] In colloquial speech, the future tense is used as a quasi-imperative.
Let's have (drink) a drink! **Ólfaimid deoch!**

[2] OS, p. 202

Making soda bread	**Arán sóide a dhéanamh**

Ingredients	**Na comhábhair**
4 cups of flour	**cheithre chupán plúir**
a teaspoon of salt	**taespúnóg salainn**
2 teaspoons of bicarbonate of soda	**dhá thaespúnóg sóid aráin**
1½ teaspoons of cream of tartar	**taespúnóg gealtartar agus leath**
2 teaspoons of lard	**dhá thaespúnóg blonag**
one and a half cups of buttermilk	**cupán bláthach agus leath**

	Method	**An Modh**
1.	*Turn the oven on*	**Cuir an t-oigheann ar siúl**
	to 220 degrees (C).	**go dhá chéad fiche céim (C).**
2.	*Put the flour,*	**Cuir an plúr,**
	the bicarbonate of soda,	**an sóid aráin,**
	and the cream of tartar	**agus an gealtartar**
	through a sieve	**trí chrithar**
	into a bowl.	**isteach i mbabhla.**
3.	*Rub in the lard*	**Cuimil an bhlonag ann**
	and add enough buttermilk	**agus cuir go leor bláthach ann**
	to make a soft dough.	**go taos bog a dhéanamh.**
4.	*Spread a little flour*	**Spréigh beagán de plúr**
	onto a board	**ar chlár**
	and put the dough onto it.	**agus cuir an taos air.**
	Knead the dough	**Fuin an taos**
	for a minute.	**ar feadh nóiméad amháin.**
5.	*Shape the dough into a round*	**Déan cuach den taos**
	and put it onto a baking sheet.	**agus cuir ar chlár bácála é.**
	Cut a cross	**Gearr an crois**
	deep into the dough.	**go domhain sa taos.**
6.	*Bake for forty*	**Bácáil ar feadh daichead**
	or fifty minutes	**nó caoga nóméad é**
	until it is golden brown.	**go mbeidh sé ina órdhonn.**

Variation:	**Athrú:**
You can use milk	**Is féidir le bainne**
instead of buttermilk,	**in áit bláthaí a chaitheamh,**
but measure the cream of tartar	**ach méadaigh an gealtartar**
by two (double the quantity).	**faoi dhó.**

A. Oiliúint Umhlíochta *Obedience Training*

Múin do do mhadra nó do chat nó d'fhear céile roinnt cleas nua. Scríobh síos iad!

Teach your dog or your cat or your husband some new tricks. Write them down!

Roll over! **Iomlaisc tharais!**

Stand up! ______________________

Sit down! ______________________

Lie down! ______________________

Stay! ______________________

Go outside! ______________________

Get it yourself! ______________________

Anois, bain triall as do chlainne nó do chuid comrádaithe seomra!

Now try your children or your room-mates!

Get up out of bed! **Éirigí as an leaba!**

Be quiet (listen)! ______________________

Hurry up! ______________________

Shut the door! ______________________

Take off your shoes! ______________________

Wash your hands! ______________________

Don't eat that! ______________________

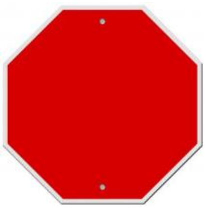
B. Fógra oibre agus sráide *Work and street signs*

Meaitseáil an fógra leis an treoir!
Match the sign with the instruction!

1. **Ná caitear tobac!**
2. **Géill slí!**
3. **Cas ar chlé!**
4. **Coimhéad an madra!**
5. **Dún an doras!**
6. **Ná téitear isteach!**
7. **Caitear hata crua anseo!**
8. **Bí ciúin!**
9. **Stad!**
10. **Tosaigh!**

A

B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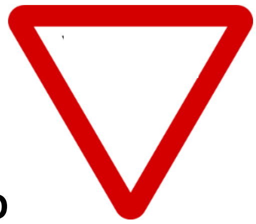
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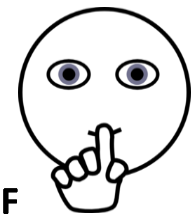
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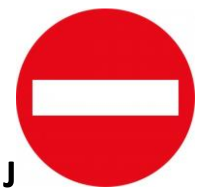
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C. Líon na bearnaí *Fill in the blanks*

Bain rogha den bhriathar ceart as an líosta, agus bain feidhm as an bhfoirm go dtaispeánann an forainm!

Choose the right verb from the list, and use the form indicated by the pronoun!

éirigh	**inis**	**marcaigh**	**bain**
cuir	**éist**	**smaoinigh**	**siúil**
déan	**codail**	**seas**	**iarr**
faigh	**imir**	**fan**	**cas**

1. ___________________ oraibh bhur gcuid éadaigh! (sibh)

2. Tá siad sa leaba. ___________________! (siad)

3. Ná ___________________ dearmaid ar an gcóisir dé Sathairn. (mé)

4. ___________________ Cáit a rothar chun scoile. (sí)

5. ___________________ amhrán dúinn, a Sheáin! (tú)

6. ___________________ cluiche leadóige! (muid)

7. ___________________ dúinn an scéala maith! (sibh)

8. ___________________ sé ina seasamh.

9. ___________________ leis an clár ceoil traidisiúnta! (mé)

10. ___________________ as bhur leaba! (sibh)

11. ___________________ go domhain faoi. (siad)

12. ___________________ cead air é a dhéanamh! (muid)

13. ___________________ go dtí an siopa! (sibh)

14. ___________________ sí as an cófra.

15. ___________________ sult as an gceol! (mé)

16. ___________________ suas go díreach. (tú)

Freagraí

A **1. Seas suas! 2. Suigh síos! 3. Luigh síos! 4. Fan! 5. Téigh/Gabh amach! 6. Faigh tú féin é! 7. Éistigí! 8. Deanaigí deifir! 9. Dún/Druid an doras. 10. Bain díbh bhur gcuid bróg. 11. Nígí bhur lámha. 12. Ná hithigí sin!**

B **1E, 2D, 3A, 4G, 5H, 6J, 7B, 8F, 9C, 10I**

C **1. Cuirigí 2. Codlaídís 3. Déanaim 4. Marcaíodh 5. Cas 6. Imrímis 7. Insígí 8. Fanadh 9. Éistim 10. Éirígí 11. Smaoinídís 12. Iarraimis 13. Siúlaigí 14. Faigheadh 15. Bainim 16. Seas**

Greeting the Sun (Surya Namaskar) **Beannacht den Ghrian**

Starting:	**Tosnú:**
Stand up,	**Seas suas,**
put your feet together,	**cuir do chosa le chéile,**
knees straight,	**glúine díreach,**
arms at your sides.	**lámha ar do dhá thaobh.**
Keep straight and relaxed	**Coinnigh díreach agus suaimhneach**
your head and your body.	**do cheann agus do chorp.**
Breathe in (Draw in your breath).	**Tarraing isteach d'anáil.**

1. *Breathe out*	**Lig amach d'anáil,**
and bring your two palms together	**agus tabhair do dhá bhois le chéile**
at the centre of your chest.	**i lár d'uchta.**

2. *Breathe in*	**Tarraing isteach d'anáil,**
and stretch your arms	**agus sín do lámha**
up over your head.	**suas os do chinn.**
Keep your arms beside your ears	**Coinnigh do lamha in aice le do chluasa**
and your knees straight,	**agus glúine díreach,**
and arch your body backwards.	**agus tabhair do chorp siar i stua.**
Let your head and your neck stretch	**Síneadh do cheann agus do mhuineál**
along with your body.	**in éineacht le do chorp.**

3. *Breathe out*	**Lig amach d'anáil,**
and bend (yourself) forward	**agus crom ar aghaidh tú féin**
and bring your hands	**agus tabhair do lámha**
down to the floor	**síos ar an urlár**
next to your feet.	**in aice le do chosa.**

4. *Without moving your hands,*	**Gan do lámha a bhogadh,**
breathe in	**tarraing isteach d'anáil**
and stretch your right leg back	**agus sín do chos dheas**
as far as possible.	**chomh fad agus is féidir.**
Drop your right knee to the floor	**Lig do ghlúin dheas síos ar an urlár**
and then stretch your head up.	**agus ansin sín suas do cheann.**

5. *Hold your breath*	**Coinnigh isteach d'anáil,**
and bring your left leg back	**agus tabhair do chos chlé siar**
and put it next to your right leg.	**agus cuir in aice le do chos dheas é.**
Keep your body and hips straight	**Coinnigh díreach do chorp agus do chromán**
in the 'push-up' position.	**i suíomh 'brúigh-suas'.**
6. *Breathe out*	**Lig amach d'anáil**
and drop your knees to the floor	**agus lig do ghlúine síos ar an urlár**
but keep your hips	**ach coinnigh do chromáin**
above the ground.	**os cionn an talaimh.**
Bring your chest	**Tabhair d'ucht**
straight down to the floor	**díreach síos ar an urlár**
between your two palms.	**idir do dhá bhois.**
Bring your forehead or your chin	**Tabhair do chlár éadain nó do smig**
down to the floor.	**síos ar an urlár.**

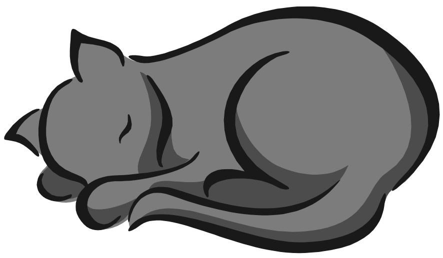
7. *Breathe in*	**Tarraing isteach d'anáil**
and slide your body forwards	**agus sleamhnaigh ar aghaidh do chorp**
till your hips are on the floor	**go mbeidh do chromán ar an urlár**
and arch your chest upwards	**agus tabhair d'ucht suas**
and your body backwards	**agus do chorp siar i stua**
in the 'cobra' position.	**i suíomh 'cóbra'.**

8. *Breathe out*	**Lig amach d'anáil**
and bring your hips up	**agus tabhair do chromán suas**
Push your heels to the floor	**Brúigh do sháile ar an urlár**
and keep your knees straight.	**aius coinnigh díreach do ghlúine.**
Drop your head between your arms.	**Lig síos do cheann idir do lámha.**

9. *Breathe in*	**Tarraing isteach d'anáil**
and bring your right foot forward	**agus tabhair do chos dheas ar aghaidh**
between your two palms	**idir do dhá bhos.**
Drop your left knee to the floor	**Lig do ghlúine chlé síos ar an urlár**
and stretch your head up.	**agus sín suas do cheann.**

10.	*Without moving your hands,*	**Gan do lámha a bhogadh,**
	breathe out	**lig amach d'anáil**
	and bring your left foot forwards	**agus tabhair do chos chlé ar aghaidh**
	next to your right foot.	**in aice le do chos dheas.**
	Your forehead is down	**Tá do chlár éadain thíos**
	in front of your knees.	**os comhair do ghlúine.**
11.	*Breathe in*	**Tarraing isteach d'anáil**
	and stretch your arms	**agus sín do lámha**
	up over your head	**suas os do chinn**
	and arch your body backwards again.	**agus tabhair do chorp siar i stua arís.**
12.	*Breathe out*	**Lig amach d'anáil**
	and bring your arms down	**agus tabhair do lámha síos**
	to your side.	**ar do dhá thaoibh.**

An Puisín



A haon, a dó, a trí
Tá puisín ina luí.
Bígí ciúin! Bígí ciúin!
Ná dúisígí í!

Mamaí, Daidí agus Babaí Cangarú

Istigh sa zú, tá mamaí cangarú.
Léim anois, léim anois,
Léim anois, go luath!

Istigh sa zú, tá daidí cangarú.
Léim anois, léim anois,
Léim anois go luath!

Istigh sa zú, tá babaí cangarú.
Léim anois, léim anois,
Léim anois go luath!