

nuučaañuł Total Physical Response (TPR) Exercises

TPR is based on the coordination of language and physical movement, along with repetition. See [TPRWorld](#) for more information on this approach. See this easy [YouTube video](#) as well.

Facilitator Notes (nuučaañuł in bold, *English notes in italics below*).

1. tuxšič - *Jump! (Once)*
2. tuuxtuxʷašič - *Jump! (Repeatedly)*
3. wešič tiiñiła - *Pretend to sleep!*
4. λupkšič - *Wake up!*
5. ćucinkič - *Wash your hands!*
6. λupšič - *Wash your face!*
7. λupšič qʷaaʔaʔiiʔaał piišpiš - *Wash your face like a cat!*
8. mitxšič - *Turn around! (Once)*
9. λuñinkšič - *Clap your hands!*
10. yaacšič - *Walk now!*
11. wiinapašič - *Stop now!*
12. kamatqšič - *Run!*
13. λuułλuułšič yaacuk - *Walk slowly!*
14. λiikmałapušič - *Wave your arms in the air!*

Plural and Singular Commands Note:

These phrases use the plural command form -ič, which means “you all”, or “y’all” for speaking to more than one person. If you are speaking with only one person, your command ending would be the singular -i, for example: tuxšiči - Jump! (Once).

To hear these and more TPR command phrases, go to [FirstVoices Language Tutor](#) and take the TPR lesson in the “hesquiaht” section.