

The “Super Seven” Verbs in Spanish

The “Super Seven” verbs are a set of high-frequency verbs that appear constantly in everyday communication. These verbs give learners the power to express essential ideas: who they are, what they have, what they like, where they are, what they do, and what exists around them. Because they form the backbone of real, meaningful conversation, the Super Seven are often introduced early in Spanish learning. Mastering them helps students communicate naturally, build confidence, and understand the core structure of the language.

The Super Seven Verbs

Verb	Meaning	Common Uses
ser	to be	identity, description, time, origin
estar	to be	feelings, conditions, location
tener	to have	possession, age, obligations
ir	to go	movement, future plans
querer	to want	preferences, desires
haber	there is / there are	existence, describing what exists
gustar	to like	expressing likes and interests

1. SER - To Be (Permanent)

Used for **identity, description, origin, time, and relationships**.

Conjugation English

soy	I am
eres	you are (informal)
es	he/she/you (formal) is
somos	we are
sois	you all are (Spain)
son	they / you all are

Examples:

- Soy estudiante. → I am a student.

- Ella es simpática. → She is nice.
- Son las ocho. → It's eight o'clock.

2. ESTAR - To Be (Temporary)

Used for **location, emotions, and temporary states.**

Conjugation English

estoy	I am
estás	you are (informal)
está	he/she/you (formal) is
estamos	we are
estáis	you all are (Spain)
están	they / you all are

Examples:

- Estoy cansado. → I'm tired.
- Estamos en casa. → We are at home.
- ¿Cómo estás? → How are you?

3. TENER - To Have

Used for **possession, age, physical states, and obligations.**

Conjugation English

tengo	I have
tienes	you have (informal)
tiene	he/she/you (formal) has
tenemos	we have
tenéis	you all have (Spain)
tienen	they / you all have

Examples:

- Tengo hambre. → I'm hungry.
- Tienes 15 años. → You're 15 years old.

- Tenemos que estudiar. → We have to study.

4. IR - To Go

Used for **movement** and **future actions** (with a + *infinitive*).

Conjugation English

voy	I go
vas	you go (informal)
va	he/she/you (formal) goes
vamos	we go
vais	you all go (Spain)
van	they / you all go

Examples:

- Voy al parque. → I'm going to the park.
- Vamos a estudiar. → We're going to study.
- Ellos van a viajar. → They're going to travel.

5. QUERER - To Want

Used to **express desires, preferences, or intentions**.

Conjugation English

quiero	I want
quieres	you want (informal)
quiere	he/she/you (formal) wants
queremos	we want
queréis	you all want (Spain)
quieren	they / you all want

Examples:

- Quiero comer pizza. → I want to eat pizza.
- Ella quiere un gato. → She wants a cat.
- Queremos viajar a México. → We want to travel to Mexico.

6. HABER - There Is / There Are

Used mostly as “**hay**” in the present tense to express existence — what *there is* or *there are*.

Form English

hay there is / there are

Examples:

- Hay un libro en la mesa. → There is a book on the table.
- Hay muchos estudiantes. → There are many students.
- No hay clases hoy. → There are no classes today.

Tip: *Hay* doesn’t change for singular or plural — it works for both!

7. GUSTAR - To Like

Used to express **likes and interests**, but it works differently than English. In Spanish, the thing being liked is the subject, and the person who likes it is the [indirect object](#).

Structure	Translation
Me gusta + singular noun / verb	I like (it / doing something)
Me gustan + plural noun	I like (them)

Examples:

- Me gusta el chocolate. → I like chocolate.
- Me gustan los libros. → I like books.
- ¿Te gusta bailar? → Do you like to dance?
- A ella le gusta el arte. → She likes art.

Key Tip:

The [verb *gustar*](#) literally means “*to be pleasing*” — so the sentence structure is reversed from English.

8. Why the Super Seven Matter

These seven verbs allow learners to express:

- **Identity** (ser)
- **Location and feelings** (estar)
- **Possession and needs** (tener)
- **Movement and plans** (ir)
- **Desires and preferences** (querer)
- **Existence** (haber / hay)
- **Likes and interests** (gustar)

With just these, learners can build hundreds of natural, communicative sentences. They form the **core of high-frequency communication** and are essential for proficiency at all levels.

9. Practice: Mini Conversation Example

A: ¿De dónde eres?

(*Where are you from?*)

B: Soy de Chile, pero ahora estoy en México.

(*I'm from Chile, but now I'm in Mexico.*)

A: ¿Tienes familia aquí?

(*Do you have family here?*)

B: Sí, tengo una hermana. Vamos a visitarla mañana.

(*Yes, I have a sister. We're going to visit her tomorrow.*)

A: ¡Qué bien! ¿Te gusta México?

(*That's great! Do you like Mexico?*)

B: ¡Sí! Hay muchas cosas que hacer.

(*Yes! There are many things to do.*)

Building Proficiency for World Language Learners: 100+ High-Interest Activities

Discover over 100 dynamic activities to make world language learning interactive and fun. I wrote this book with some of my favorite activities for educators aiming to build proficiency with high-impact strategies.

[Learn more and get your copy here.](#)

5 Weeks of No and Low Prep Fun

Need quick, engaging activities for your class? This free guide includes **25 no-prep and low-prep ideas** to save time while keeping students excited about learning. [Download your free copy now.](#)

100s of videos to learn Spanish:

<https://real-life-language.kit.com/b1531a6404>