



NISENAN

HATÍP!

Simple commands for families
in the Nisenan language.

SCAN TO LISTEN TO THESE PHRASES!



<https://bit.ly/ssbmi-simple-commands>
SSBMI LANGUAGE DEPARTMENT 2025

SSBMI LANGUAGE DEPARTMENT
Simple Commands #001

Stop it!



BONUS PHRASE

Stop it!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

SSBMI LANGUAGE DEPARTMENT
Simple Commands #002

Be careful!



BONUS PHRASE

Be careful!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

SSBMI LANGUAGE DEPARTMENT
Simple Commands #003

Behave!



BONUS PHRASE

Behave!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

SSBMI LANGUAGE DEPARTMENT
Simple Commands #004

Come here!



BONUS PHRASE

Come here!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

SSBMI LANGUAGE DEPARTMENT
Simple Commands #005

Stay there!



BONUS PHRASE

Stay there!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

SSBMI LANGUAGE DEPARTMENT
Simple Commands #006

Wait!



BONUS PHRASE

Wait!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

SSBMI LANGUAGE DEPARTMENT
Simple Commands #007

Hurry up!



BONUS PHRASE

Hurry up!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
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SSBMI LANGUAGE DEPARTMENT
Simple Commands #008

Don't run!



BONUS PHRASE

Don't run!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Wallíp!



BONUS PHRASE

Walliwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Hatíp!



BONUS PHRASE

Hatiwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

WAYS TO USE THESE CARDS...

LISTEN TO THE LANGUAGE

Scan the QR code or follow the link on the front of this card to listen to these phrases and to access more resources for learning the Nisenan language!

CHALLENGE YOURSELF

Learn these phrases in groups of five until you are familiar with all of them.

Challenge yourself to use these phrases in your daily life with family, friends, and co-workers.

PLAY GAMES

You can practice Nisenan commands by playing games like Simon Says!

Is miydí!



BONUS PHRASE

Iswá miydí!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

ṭpín!



BONUS PHRASE

ṭpinwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Wentín is!



BONUS PHRASE

Wentín iswá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Bedok'oymén!



BONUS PHRASE

Bedok'oymenwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Heek'áap!



BONUS PHRASE

Heek'aawá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Heyák'!



BONUS PHRASE

Heyak'wá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Don't hit!



BONUS PHRASE

Don't hit!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Don't talk bad!



BONUS PHRASE

Don't talk bad!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Don't yell!



BONUS PHRASE

Don't yell!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Don't cry!



BONUS PHRASE

Don't cry!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Leave him/her alone!



BONUS PHRASE

Leave him/her alone!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Leave me alone!



BONUS PHRASE

Leave me alone!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Listen to me!



BONUS PHRASE

Listen to me!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Tell!

= Tell me what's going on



BONUS PHRASE

Tell!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Let go of it!



BONUS PHRASE

Let go of it!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Henamén!



BONUS PHRASE

Henamenwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Osí henimmén!



BONUS PHRASE

Osí henimmenwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
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Wodoymén!



BONUS PHRASE

Wodoymenwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Maatíp nik!



BONUS PHRASE

Maatiwá nik!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Maatíp mihé!



BONUS PHRASE

Maatiwá mihé!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Woomén!



BONUS PHRASE

Woomenwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Tokdáap!



BONUS PHRASE

Tokdaawá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Weydáap!



BONUS PHRASE

Weydaawá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Pintanóp nik!



BONUS PHRASE

Pintanowá nik!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Give me that!



BONUS PHRASE

Give me that!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Look at that!



BONUS PHRASE

Look at that!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Pick that up!



BONUS PHRASE

Pick that up!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Throw that away!



BONUS PHRASE

Throw that away!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Put that away!



BONUS PHRASE

Put that away!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Clean that!



BONUS PHRASE

Clean that!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Drink that!



BONUS PHRASE

Drink that!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Eat that!



BONUS PHRASE

Eat that!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Sit down!



BONUS PHRASE

Sit down!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Wiip miyé!



BONUS PHRASE

Wiiwá miyé!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Etáp miyé!



BONUS PHRASE

Etawá miyé!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Mey nik miyé!



BONUS PHRASE

Meywá nik miyé!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Yuc'úup miyé!



BONUS PHRASE

Yuc'uuwá miyé!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Hukít miyé!



BONUS PHRASE

Hukitwá miyé!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Wiinóp miyé!



BONUS PHRASE

Wiinowá miyé!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Iskít!



BONUS PHRASE

Iskitwá!

(when said to 2 or more people)

NISENÁAN

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<https://bit.ly/ssbmi-simple-commands>

Payél miyé!



BONUS PHRASE

Payelwá miyé!

(when said to 2 or more people)

NISENÁAN

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Mop miyé!



BONUS PHRASE

Mowá miyé!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Stand up!
(from sitting)



BONUS PHRASE
Stand up!
(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Lie down!



BONUS PHRASE
Lie down!
(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Get up!
(from lying down)



BONUS PHRASE
Get up!
(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Go outside!



BONUS PHRASE
Go outside!
(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Come inside!



BONUS PHRASE
Come inside!
(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

**Wash
your face!**



BONUS PHRASE
Wash your faces!
(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

**Wash
your hands!**



BONUS PHRASE
Wash your hands!
(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

**Go take a
bath/shower!**



BONUS PHRASE
Go take a bath/shower!
(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Go pee!



BONUS PHRASE
Go pee!
(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Otóop!



BONUS PHRASE

Otoowá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Tukít!



BONUS PHRASE

Tukitwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Dəkədok'óy!



BONUS PHRASE

Dəkədok'oywá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Hindáap!



BONUS PHRASE

Hindaawá!

(when said to 2 or more people)

NISENÁAN

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<https://bit.ly/ssbmi-simple-commands>

ᑭpin uyná!



BONUS PHRASE

ᑭpinwá uyná!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Unóp pīyc'aná!



BONUS PHRASE

Unowá pīyc'aná!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Uc'unóp!



BONUS PHRASE

Uc'unowá!

(when said to 2 or more people)

NISENÁAN

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<https://bit.ly/ssbmi-simple-commands>

Hebiknóp!



BONUS PHRASE

Hebiknowá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Makdáap!



BONUS PHRASE

Makdaawá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Go poop!



BONUS PHRASE

Go poop!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Wake up!



BONUS PHRASE

Wake up!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Go to bed!



BONUS PHRASE

Go to bed!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Sleep well!



BONUS PHRASE

Sleep well!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Sweet dreams!

= Dream well!



BONUS PHRASE

Sweet dreams!

(when said to 2 or more people)

NISENAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

NOTES

COMMANDS TO ONE PERSON

To tell one person to do something:
If the verb (the action word) ends in a vowel (a, e, i, o, u, i, or ə), you add the suffix **-p**. If it ends in a consonant, you don't add anything.

Example: **hati-** 'to stop' ends in a vowel, so you say **Hatíp!** 'Stop!'

Example: **heyak'-** 'to wait' ends in a consonant, so you say **Heyák'!** 'Wait!'

COMMANDS TO 2 OR MORE PEOPLE

To tell two or more people to do something, you add the suffix **-wa** to the verb.

Example: **hati-** 'to stop' becomes **Hatiwá!** 'Stop (you guys)!'

Example: **heyak'-** 'to wait' becomes **Heyak'wá!** 'Wait (you guys)!'

Tuynóp!



BONUS PHRASE

Tuynowá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

C'enóp!



BONUS PHRASE

C'enowá!

(when said to 2 or more people)

NISENÁAN

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<https://bit.ly/ssbmi-simple-commands>

Pic'inóp!



BONUS PHRASE

Pic'inowá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

NOTES

THE NISENAN LANGUAGE

The SSBBI Community has ancestral ties to the Valley and Southern Hill dialects of Nisengan through the Tribe's Matriarchs, **Pamela Cleanso Adams** and **Annie Hill Murray Paris**. Pamela spoke Valley Nisengan and Annie likely spoke Southern Hill Nisengan.

The language on these cards comes from speakers of these dialects, including **Pamela Cleanso Adams & Tom Cleanso** (Valley Nisengan) and **Ida Hill Starkey, William Joseph, and Charlie Hunchup** (Southern Hill Nisengan).

Questions? Contact Language@ssband.org

Wentín nedíip!



BONUS PHRASE

Wentín nediwá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>

Wentín tuy!



BONUS PHRASE

Wentín tuywá!

(when said to 2 or more people)

NISENÁAN

LISTEN TO THIS PHRASE AT
<https://bit.ly/ssbmi-simple-commands>