

The helping verb is always a form of the verb **Estar** (to be) which translates as “am”, “is”, or “are”. Below is a chart of **Estar**’s irregular conjugation.

Subject	Conjugation	Translation
Yo	Estoy	I am
Tú	Estás	You are
Él, Ella, Usted	Está	He is, She is, You are
Nosotros	Estamos	We are
Ellos, Ellas, Ustedes	Están	They are, You are