

Basic Sign Language Chart



BATHROOM/TOILET

Start with your hand in front of your shoulder, palm facing out. Close your hand with your thumb sticking out between the index and middle fingers and shake it from side to side twice



GIRL

Brush the thumb of your flattened fist, palm facing left, down the cheek with a double movement.



BOY

Start with the flattened C-hand at the forehead then bring your thumb and fingers together to form a flattened O-hand. Repeat movement. Imagine touching the visor of a cap.



GOOD-BYE

Bend the fingers of your open B-hand, palm facing out, up and down with a repeated movement.



EAT/FOOD

Form your hand into a flattened O shape, fingertips facing toward you. Bring your hand to your mouth with a single movement. Imagine putting food in your mouth. Use a double movement to sign FOOD.



HELLO

Bring your flat hand, palm facing out, to your temple then move outward with a kind of sideway motion.



FAMILY

Start with both C-hands, palms facing out, in front of you. Move the hands apart in an outward circle to end with the palms facing in.



HELP

With both hands in front of your body, place the pinky finger side of a flattened fist on top of the other hand, palm flat and facing up. Raise both hands up at the same time. It looks as if the flat hand is helping to lift the other one up.



FRIEND

Hook the bent index finger of your dominant hand on the bent index finger of the other hand, then reverse your hands and repeat.



HOME

Touch the fingertips of your flattened O-hand first on your lower cheek near the corner of your mouth then on your upper cheek near your ear.



Basic Sign Language Chart



HUNGRY

Slide your C-hand, palm facing in, from the top of your chest to your stomach.



PLEASE

Your open hand, palm facing in, rubs your chest in a circular motion.



HURT/PAIN

Put your hands in front of you with your index fingers extended and slightly apart. Move the index fingers toward each other with a slight twisting motion two times. Sign can also be done by tapping the tips of the index fingers together twice. Make the sign near the location of the pain to show where it hurts.



SICK

Starting with the middle fingers of both 5-hands bent forward, palms facing in, simultaneously touch the middle finger of one hand on your forehead and the other on your stomach.



LOVE

Cross both hands in front of your heart, palms facing toward you. The sign is often made with the hands closed in fists, either flat or with the thumb lying on top of the closed fingers, but can also be done with the hands open as well.



SORRY

Rotate your fist, either flat or with the thumb lying on top of the closed fingers, palm facing in, over your heart with a repeated circular motion.



MAN

The tip of the thumb of the 5-hand, palm facing side and fingers pointing up, touches the head then moves down to touch the center of the chest.



THANK YOU

Move the fingertips of your open hand, palm facing in, fingers together and pointing up, forward from your mouth then down, ending with your hand angled up in front of your chest.



No

Tap your index and middle finger on your thumb with a double movement. You can also bring your index and middle fingers down to your thumb with a quick decisive movement to show a more firm or definitive meaning.



THIRSTY

Move your extended index finger down the length of your neck.



Basic Sign Language Chart



UNDERSTAND

Hold a closed hand near your forehead, palm facing in, then flick your index finger up with a quick movement.



WHO

Place the tip of your thumb just below the center of your bottom lip then wiggle your bent index finger in front of your mouth with a repeated movement. Furrow your brow and use a questioning facial expression.



WANT

Pull both open 5-hands, palms facing up and fingers pointing forward, in towards your body as your fingers curl up and change to the claw handshake.



WHY

Starting with the fingertips of the open B-hand, palm facing in, at your forehead, change to a Y-hand as you move your hand forward from the head. Furrow your brow and use a questioning facial expression.



WHAT

Bring both relaxed 5-hands, palms facing up, out in front of your body and shake them a little. As you do this, furrow your brow with a questioning facial expression.



WOMAN

The tip of the thumb of the 5-hand, palm facing side & fingers pointing up, touches the chin then moves down to touch the center of the chest.



WHEN

One index finger makes a circle around the tip of the other index finger then lands on it, ending with the tips of both fingers touching. Use a questioning facial expression.



WORK

Tap one S-hand on the side or wrist of the other S-hand, palm facing down, with a double movement.



WHERE

Shake your extended index finger, palm facing out and finger pointing up, in front of you with a short, repeated, side to side movement. Use a questioning facial expression.



YES

Shake your S-hand, palm facing forward, at the wrist with a repeated up and down movement.

