

Hear's Your Sign

Alphabet, numbers and introductions



A
Closed fist. Thumb rests alongside the fingers.



B
Fingers straight together. Thumb folds across the palm.



C
Curve fingers and thumb into a C.



D
Index up. Other fingertips meet the thumb.



E
Bend fingers toward the thumb. Keep the hand relaxed.



F
Index and thumb form a circle. Other three fingers up.



G
Index and thumb extend sideways, parallel to each other.



H
Index and middle fingers extend sideways together.



I
Little finger up. Other fingers closed.



J
Start with I. Trace a J with the little finger.



K
Index and middle fingers up. Thumb touches the middle finger.



L
Index up and thumb out to form an L.



M
Thumb under three fingers. Little finger closes.



N
Thumb under two fingers. Other fingers close.



O
Curve fingertips to touch the thumb, forming an O.



P
K handshape points downward.



Q
G handshape points downward.



R
Cross the middle finger over the index finger.



S
Closed fist. Thumb crosses the front of the fingers.



T
Thumb peeks between the index and middle fingers.



U
Index and middle fingers up, together.



V
Index and middle fingers up, separated.



W
Index, middle and ring fingers up.



X
Index bends into a hook. Other fingers closed.

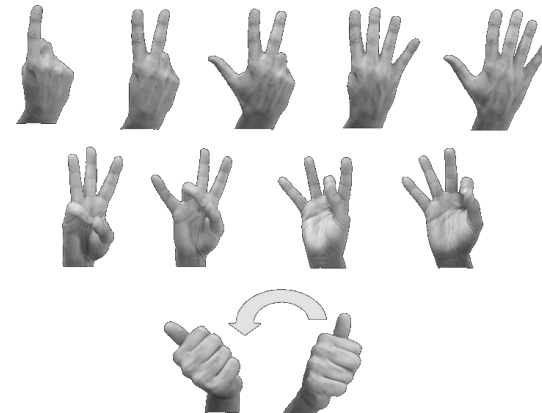


Y
Thumb and little finger extend. Other fingers closed.



Z
Index traces a Z in the air.

NUMBERS 1-10



- 1 Index finger up.
 - 2 Index and middle fingers up.
 - 3 Thumb, index and middle fingers up.
 - 4 Four fingers up; thumb tucked.
 - 5 All fingers and thumb spread.
 - 6 Thumb touches the little finger.
 - 7 Thumb touches the ring finger.
 - 8 Thumb touches the middle finger.
 - 9 Thumb touches the index finger.
 - 10 Thumb-up fist; gently shake at the wrist.
- For 6-9, keep the other fingers extended.

HELLO

Give a friendly wave.



MY

Place a flat hand on your chest, palm inward.



NAME

Tap two extended fingers (H handshape) across the other hand's two fingers.

Then fingerspell your first name.

Hear's Your Sign

Everyday signs



YES

Start: closed fist. Move: nod the fist up and down at the wrist.



NO

Start: index and middle fingers extended. Close them onto the thumb.



PLEASE

Start: flat hand on chest. Move: make a small circle on the chest.



THANK YOU

Start: flat fingertips at chin. Move: hand forward toward the person.



YOU'RE WELCOME

FINE reply: spread fingers, thumb at chest. Move slightly outward.



OPEN

Doors: flat hands together. Move: swing them outward like double doors.



CLOSE

Doors: flat hands apart. Move: swing them inward until together.



STAND UP

Bent V fingers on the other palm. Straighten the V fingers to stand.



SIT DOWN

Bent index and middle over the other two fingers. Move down once.



WALK

Flat hands, palms down. Move: alternate forward like walking feet.



LEFT

Start: L handshape. Move: toward your own left.



RIGHT

Start: R handshape. Move: toward your own right.



HELP

Thumb-up fist on open palm. Move: lift both hands together.



TOILET or BATHROOM

Start: T handshape. Move: shake it gently from side to side.



HOT

Start: claw hand near mouth. Move: outward and downward.



COLD

Start: two fists near your body. Move: shake as if shivering.



DRINK

Start: C handshape like a cup. Move: tip it toward your mouth.



EAT

Bring fingertips together. Move: touch them toward your mouth.



DANCE

Upside-down V over the other palm. Move: sway the V side to side.



YOU

Extend your index finger. Point toward the person.



MY

Flat hand, palm inward. Place it against your chest.



ONLY

Start: index finger up. Move: rotate at the wrist.



SUN

Circle near your head. Move: open fingers outward like rays.



ME

Extend your index finger. Point to your own chest.



HAPPY

Start: flat hands at chest. Move: brush upward on the chest.



SKY

Start: flat hand overhead. Move: sweep it in an arc above you.



GRAY

Open fingers overlap loosely. Move: hands in and out.



NEVER

Flat hand: trace a curved path, then move downward.



KNOW

Bend fingertips slightly. Touch them to your forehead.



LOVE

Make two fists. Cross them over your chest.



DON'T TAKE

Reach forward, grasp, then pull inward while shaking your head no.



AWAY

Move the hand outward, away from your body.



DEAR / SWEETHEART

Fists near your heart, thumbs up. Move: bend thumbs down, up, then down again.

Use your dominant hand consistently. LEFT and RIGHT refer to your own sides. Read movement cues alongside the photos.