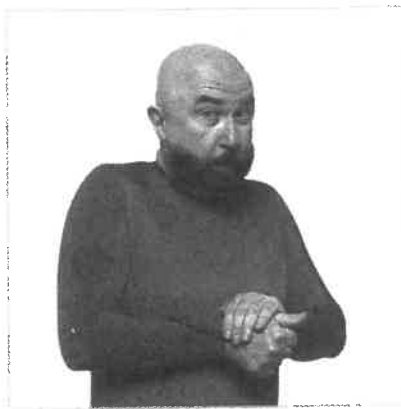


turtle • tortoise



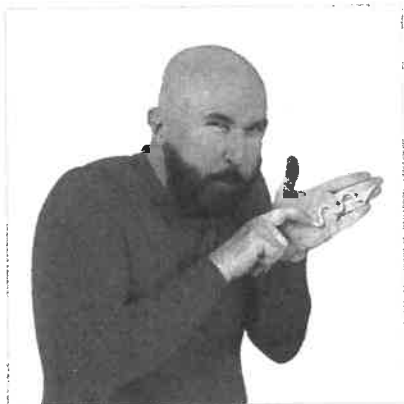
HANDSHAPES: Right A hand and left CURVED hand

POSITION: In front of the chest

MOVEMENT: Hold the right A hand under the downturned palm of the left CURVED hand. Then poke the right thumbtip out from under the little finger side of the left hand and wiggle the thumb up and down.

VISUALIZE: A turtle's head peeking out from its shell.

worm



HANDSHAPES: Left FLAT hand and right ONE hand

POSITION: In front of the chest

MOVEMENT: Point the left FLAT hand forward with the palm facing right. Touch the index fingertip of the right ONE hand to the left palm. Then wiggle the right index finger while moving it across the left palm to the fingertips.

VISUALIZE: A worm squirming across a leaf.

NATURE

earth • globe • terrestrial • geography



HANDSHAPES: Right OPEN hand and left S hand

POSITION: In front of the chest

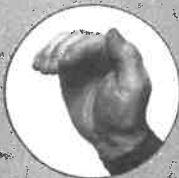
MOVEMENT: With the palms facing down, place the thumbtip and middle fingertip of the right OPEN hand on the sides of the left S hand. Then rock the right hand forward and back a few times, first toward the left fingers, then toward the left wrist.

VISUALIZE: A globe spinning on its axis.

A hand



Curved hand



Open hand



S hand



fire • flame • burn

HANDSHAPE: Right and left OPEN hands

POSITION: In front of the chest

MOVEMENT: Hold up the right and left OPEN hands with the palms facing in. Then move both hands alternately up and down while wiggling the fingers.

VISUALIZE: The flickering flames of a bonfire.



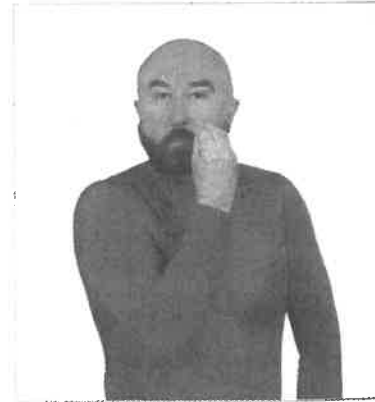
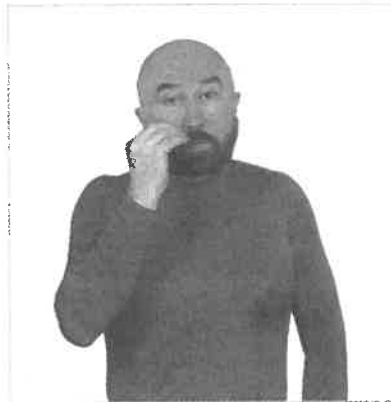
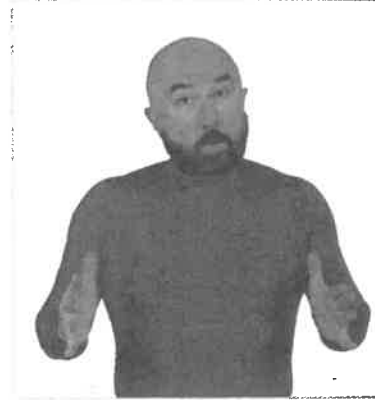
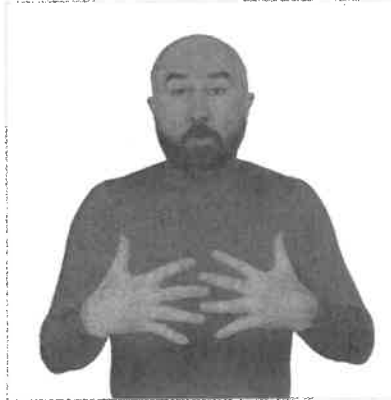
garden • yard

HANDSHAPES: 1. Right and left OPEN hands
2. Right AND hand

POSITIONS: 1. In front of the chest 2. Under the nose

MOVEMENT: 1. Hold up the right and left OPEN hands with the palms facing in. Move the hands in a half circle until they face each other. 2. Touch the fingertips of the right AND hand under the right nostril, then under the left. (This is the sign for *flower*.)

VISUALIZE: A fence surrounding flowers.



grass



HANDSHAPES: 1. Right G hand 2. Right AND hand and left C hand

POSITION: In front of the body

MOVEMENT: 1. Point the right G hand to the left; then move the hand to the right while shaking it from the wrist. (This is the sign for *green*.) 2. Hold the left C hand forward with the fingers pointing right. Push the right AND hand up through the left C hand, opening the right hand as it passes through. (This is the sign for *grow*.)

VISUALIZE: Green grass growing.

flower • blossom

HANDSHAPE: Right AND hand

POSITION: Under the nose

MOVEMENT: Touch the fingertips of the right AND hand under the right nostril, then under the left.

VISUALIZE: Smelling a flower.



moon

HANDSHAPE: Right C hand

POSITION: In front of the right eye

MOVEMENT: Hold up the right C hand in front of the right eye with the fingers pointing left.

VISUALIZE: A crescent moon hanging in the sky.



mountain • hill

HANDSHAPES: 1. Right and left S hands
2. Right and left OPEN hands

POSITION: In front of the chest

MOVEMENT: 1. With the palms facing down, place the right S hand on the back of the left S hand. (This resembles the sign for *rock*.)
2. Hold up the right and left OPEN hands with the palms facing forward and move both hands upward and to the left with a wavy motion.

VISUALIZE: Rocks piled to form a mountain slope.



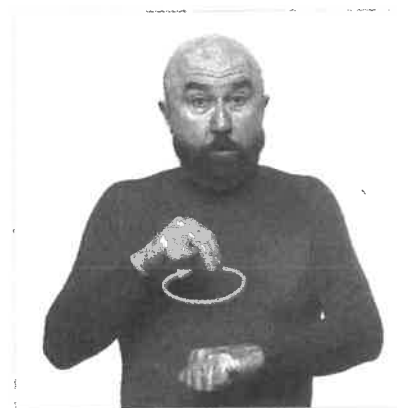
nature • natural

HANDSHAPES: Right N hand with index and middle fingers extended, and left S hand

POSITION: In front of the chest

MOVEMENT: With the palms facing down, move the right N hand in a small clockwise circle above the left S hand. Then touch the N fingertips to the back of the left hand.

VISUALIZE: The initial N resting on a firm foundation.



C hand



S hand



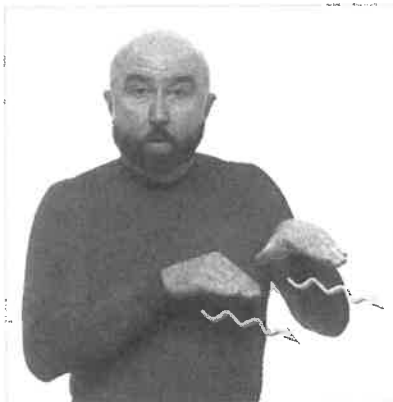
Open hand



N hand



ocean • sea



HANDSHAPES: 1. Right W hand 2. Right and left CURVED hands

POSITIONS: 1. On the lips 2. In front of the chest

MOVEMENT: 1. With the fingertips pointing up, tap the index finger side of the right W hand on the lips a few times. (This is the sign for water.) 2. Then point the right and left CURVED hands forward with the palms facing down and the left hand slightly behind the right; move both hands forward with a wavy motion.

VISUALIZE: Water flowing towards the shore in waves.

river



HANDSHAPES: 1. Right W hand 2. Right and left OPEN hands

POSITIONS: 1. On the lips 2. In front of the chest

MOVEMENT: 1. With the fingertips pointing up, tap the index finger side of the right W hand on the lips a few times. (This is the sign for water.) 2. Point the right and left OPEN hands forward with the palms facing down; then move the hands to the left while wiggling the fingers.

VISUALIZE: Water flowing along a river bank.

rock • stone



HANDSHAPES: 1. Right and left A hands 2. Right and left C hands

POSITION: In front of the chest

MOVEMENT: 1. With the palms facing down, tap the knuckles of the right A hand on the back of the left A hand. 2. Hold both C hands in front of the chest with the palms facing each other.

VISUALIZE: The hardness and roundness of a rock.



W hand



Curved hand



A hand

sky • heavens • space

HANDSHAPE: Right **FLAT** hand

POSITION: Above the forehead

MOVEMENT: With the palm facing out, move the right **OPEN** hand in an arc from left to right above the forehead.

VISUALIZE: The sweep of sky above your head.



star • starry

HANDSHAPE: Right and left **ONE** hands

POSITION: In front of the face

MOVEMENT: Hold up the right and left **ONE** hands in front of the face with the palms facing forward. Then move both hands up alternately, brushing the side of one index finger against the other.

VISUALIZE: A shooting star in the sky.



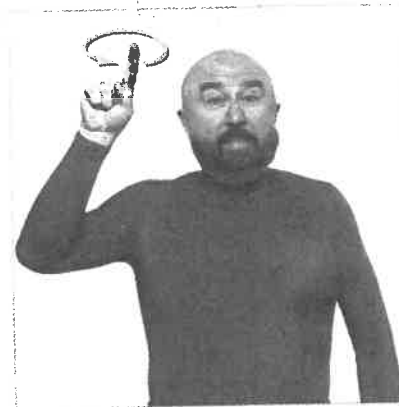
SUN

HANDSHAPE: Right **ONE** hand

POSITION: Above the right side of the head

MOVEMENT: Hold up the right **ONE** hand above the right side of the head with the palm facing forward. Trace a small clockwise circle in the air.

VISUALIZE: A round sun blazing in the sky.



Flat hand



One hand



tree • woods • forest • branch



HANDSHAPES: Right OPEN hand and left S hand

POSITION: In front of the chest

MOVEMENT: Place the bent right elbow, forearm upright, on the back of the left S hand. Then twist the right OPEN hand from the wrist while wiggling the fingers.

VISUALIZE: A tree moving in the wind.

WEATHER

cloud • gale • storm



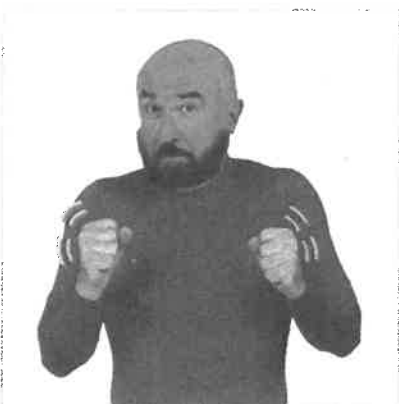
HANDSHAPE: Right and left CURVED hands

POSITION: In front of the forehead

MOVEMENT: Hold up the right and left CURVED hands in front of the forehead with the palms facing each other. Move the hands gently from side to side while making small circular motions from the wrists. For *gale* and *storm*, use more forceful movements.

VISUALIZE: Clouds forming in the sky.

cold • chilly • frigid • shiver



HANDSHAPE: Right and left S hands

POSITION: In front of the shoulders

MOVEMENT: Hold up the right and left S hands with the palms facing each other and shake them.

VISUALIZE: Shivering from the cold.

Open hand



S hand



Curved hand

