

Basic Survival Sign Language

Vióla! Sign language strengthens communication abilities and supports oral communication development. Signing is easier for children to learn because these motor skills develop sooner than oral motor skills. A multi-sensory approach to learning increases the ability to retain information. Language is stored in the left brain. Information taken in with sight activates the right brain -- therefore, signing uses both sides of the brain.

***ALWAYS remember to say the word as you sign the word.

Simple signs to increase communications skills and help lower frustrations:

more tap the fingertips of the two smashed, closed fists together (like two birds kissing each other)

all done/finished shake the two open hands, palms facing down in front of the chest

yes closed fist with thumb in front across knuckles gently shakes up and down in front of the body

no two fingers (index and middle) snap together with thumb in front of body

please rub the open palm of the right hand in small circles over the heart

thank you open hand palm facing and touch mouth moves out from mouth

help closed fist of the right hand pinky side down sits on top of the open palm up left hand and both hands are slightly lifted

stop left hand with palm facing up is abruptly tapped by the pinky side of the right open hand

come index fingers rotate around each other toward the body

go index fingers rotate around each other away from the body

sorry closed fist with thumb in front across knuckles, rubs small circles over the heart

walk open palms facing down move forward away from the body as though walking

sit right curved index and middle fingers are placed crosswise on the left curved index and middle finger, palms facing down

stand index and middle finger of right or left hand "stand" in palm of opposite hand

sleep open hand palm facing in front of the face lowers and gently pinches fingers together while closing the eyes

listen point to one of your ears

first the left fist is held with thumb to the side of the fist pointing up - strike it with the tip of the right index finger

wash hands two closed fists rub together

eat smashed fist of right or left hand taps the fingertips onto the lips several times

drink cup the right hand to the mouth as though drinking from a cup

****** Keep in mind that as you use these signs, the appropriate facial expressions can accompany the signs for added clarity in meaning.

Form created by Kate Ross, MS, CCC-SLP (2008)