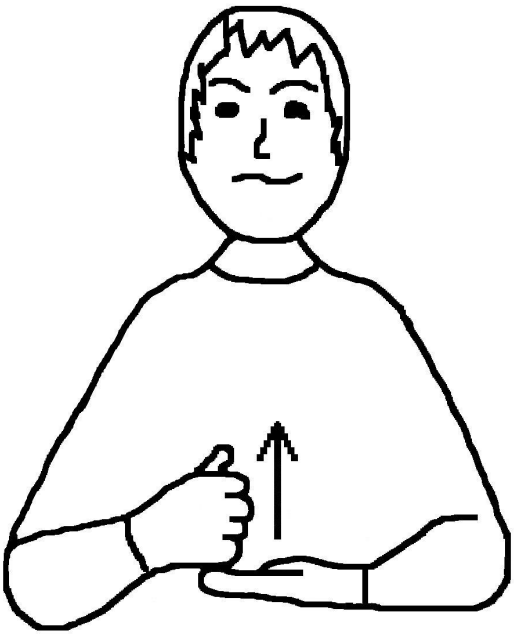
NHS
Humber Teaching
NHS Foundation Trust

Sign Of The Week Pack

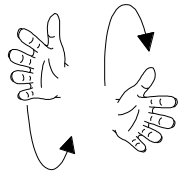


Humbernhsft
www.humber.nhs.uk

Caring, Learning and Growing

Total Communication Charter

Signed Core Vocabulary

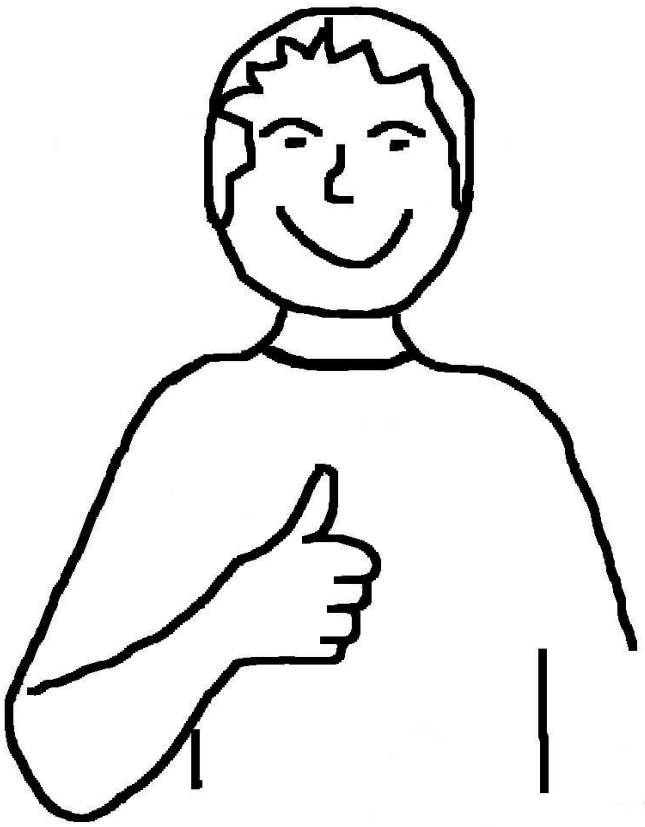


Week	Sign	Week	Sign
1	Hello + Goodbye	31	Wash + Bath
2	Home	32	Good + Bad
3	Friend	33	holiday
4	How are you?	34	Feel ill
5	Please + Thank you	35	Feel hot
6	Yes + No	36	Lady + Man
7	Dinner	37	Sandwich
8	Mum + Dad	38	Brush (teeth + hair)
9	Car/Bus	39	Water
10	Brother + Sister	40	Help
11	Wait + Later	41	Feel cold
12	Stand up	42	Sleep + Bed
13	Sit down	43	Biscuit
14	Look + Listen	44	Swim
15	Like + Want	45	Horse riding
16	Walk	46	Milk + Sugar
17	Name	47	Cake
18	Come + Go	48	Orange
19	More	49	Party
20	Drink/cup	50	Cook (cakes + dinner)
21	What? + Where?	51	Shopping
22	Coffee + Tea	52	Work
23	Food + Eat		
24	Shower		
25	Angry		
26	Happy + Sad		
27	Toilet		
28	T.V. + Music		
29	Pain		
30	Tablet + Medicine		

Please put these signs up for each week of the year, so that everybody can see them and use them.

WEEK 1

Hello



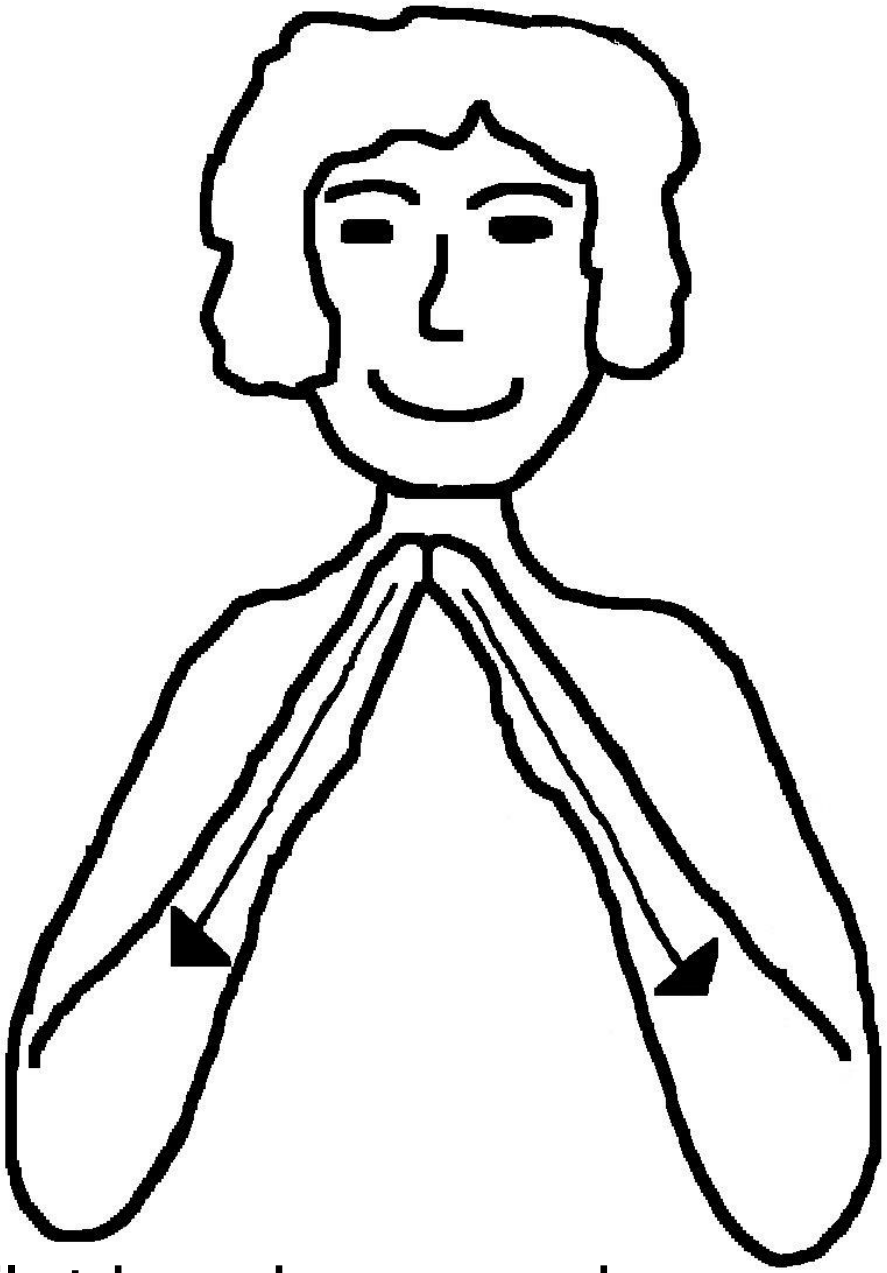
With thumb up,
small side
to side movement
of hand.

Goodbye

Wave

WEEK 2

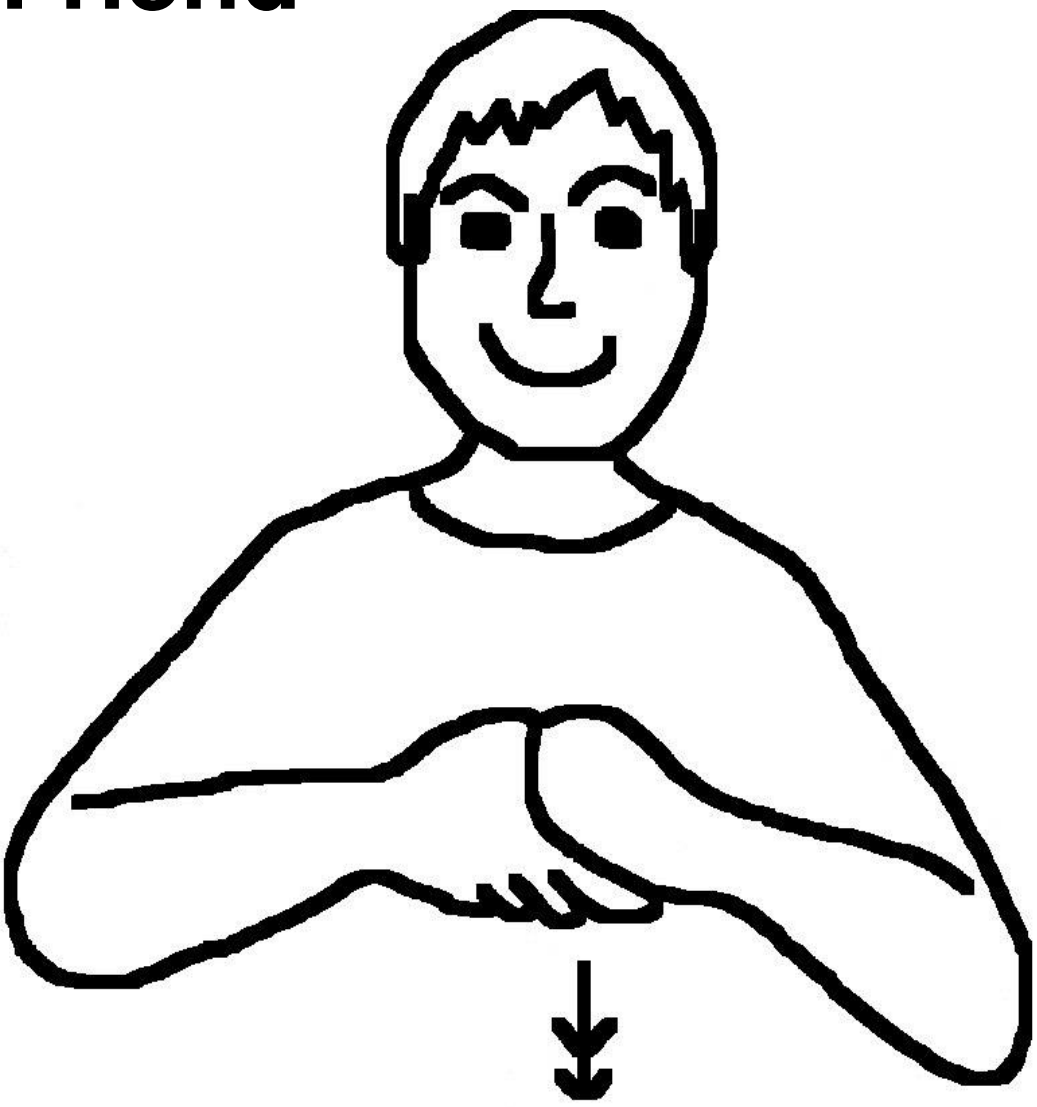
House / Home



Flat hands move down and out, outlining roof eaves.

WEEK 3

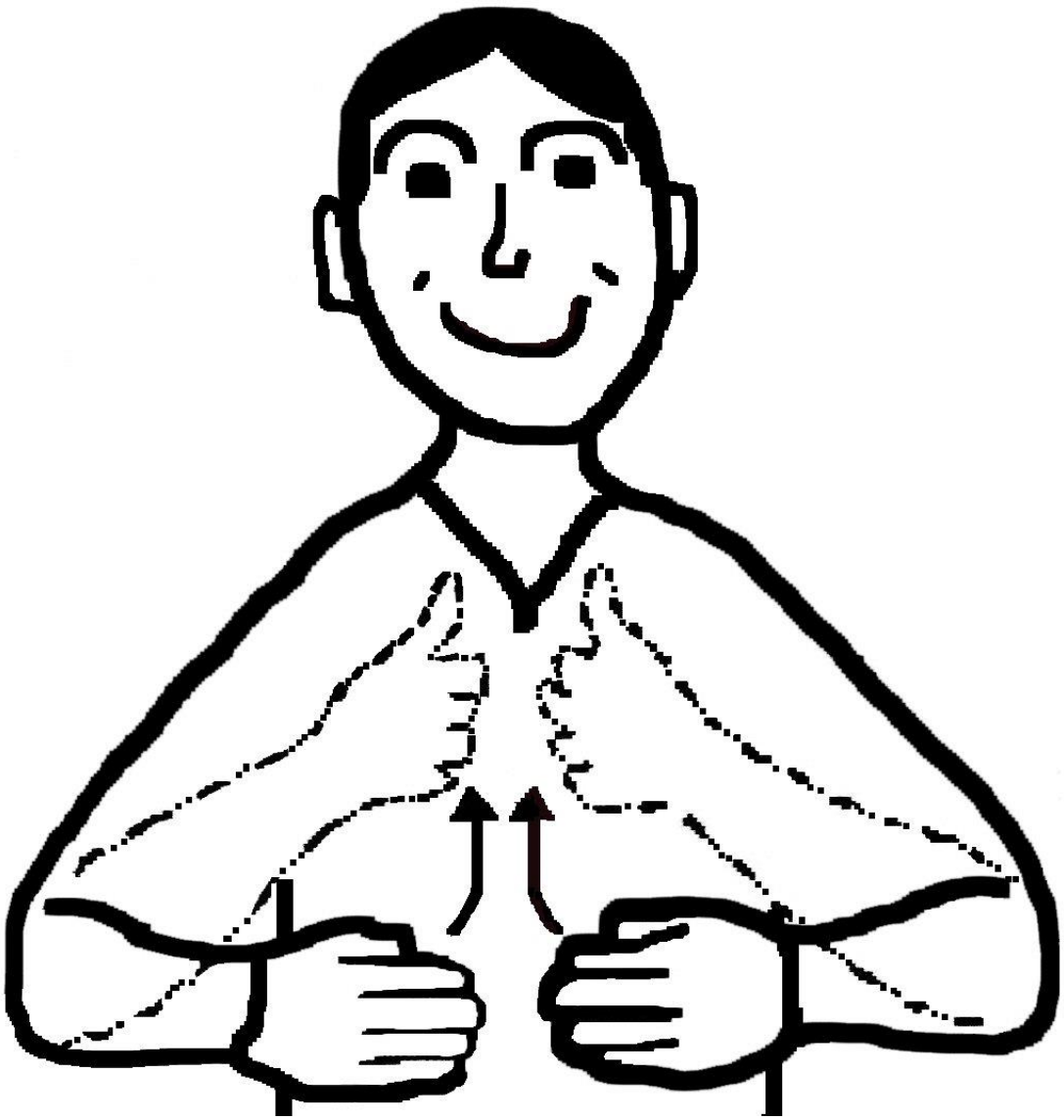
Friend



Clasp hands and
shake them twice

WEEK 4

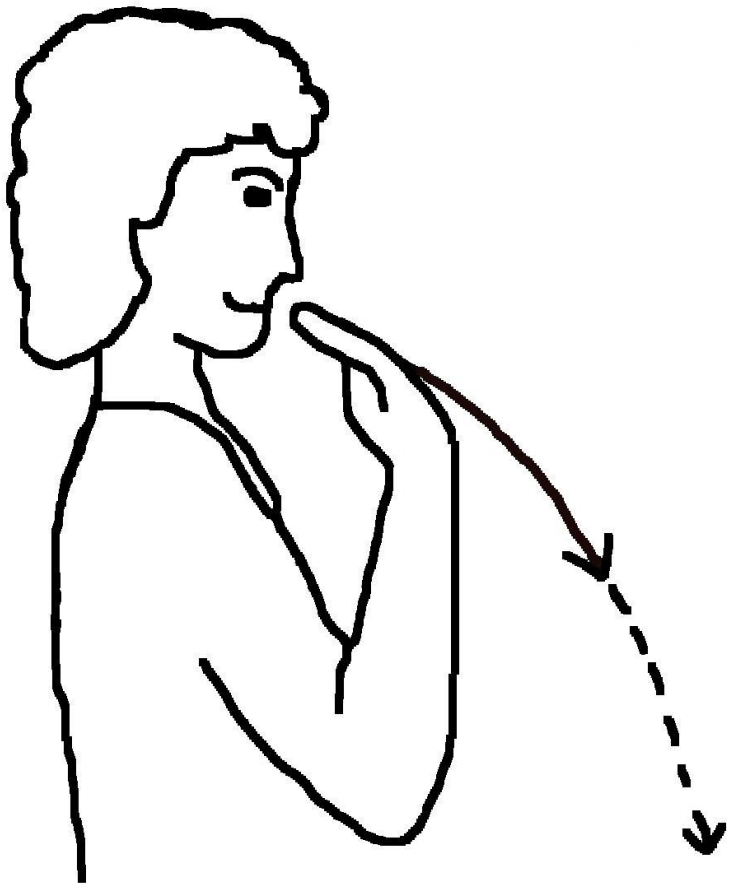
How are you?



Fingertips brush up torso
+ 2 thumbs up

WEEK 5

Please. Thank you



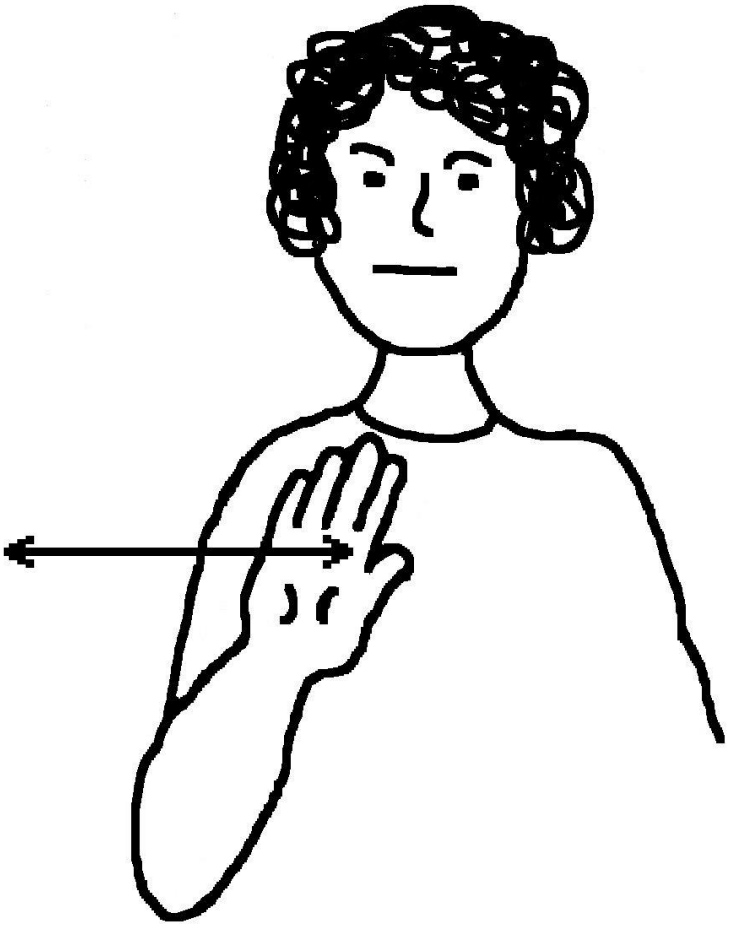
Flat hand makes movement from Lips. Short movement for thank you, long for please.

WEEK 6

Yes

Fist makes small “nodding” movement

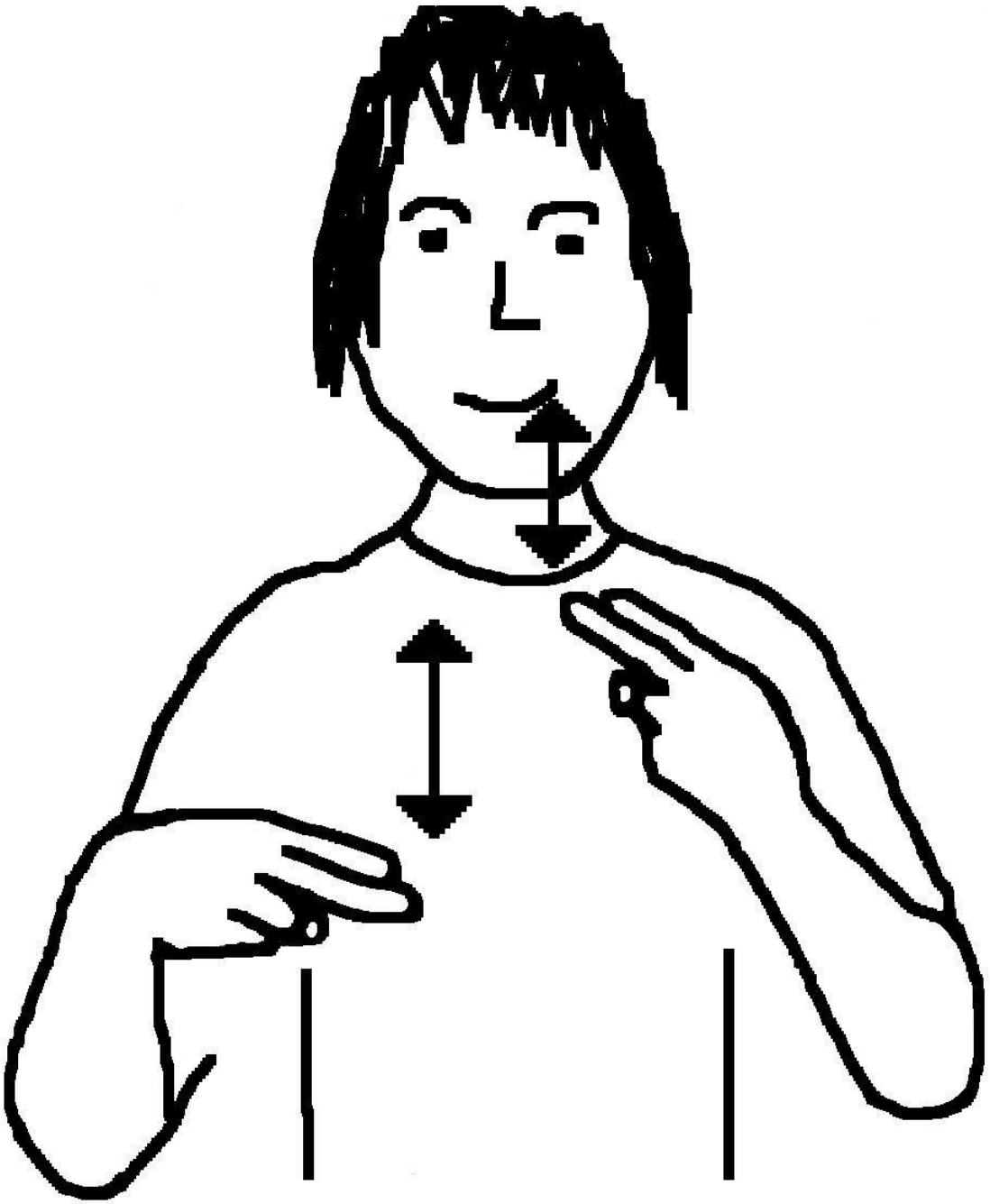
No



Palm forward moves across body from opposite side

WEEK 7

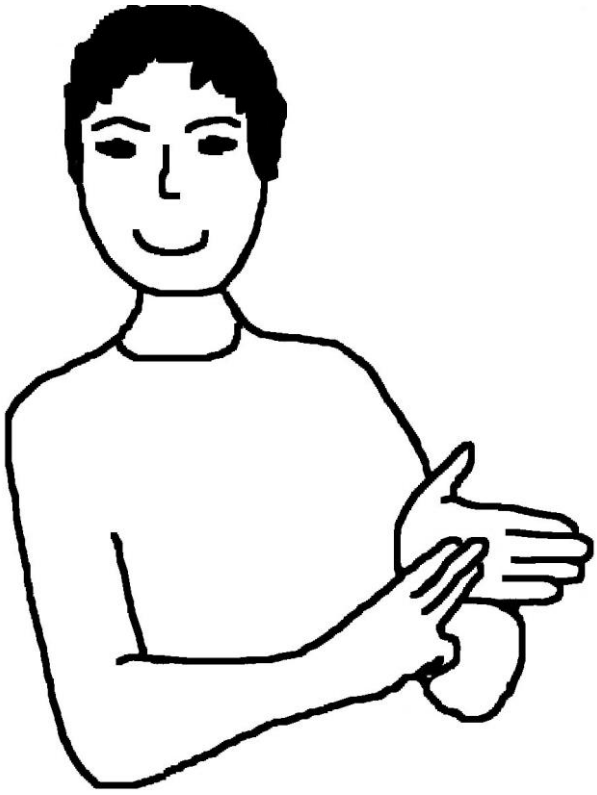
Dinner



F hands move
alternately to lips.

WEEK 8

Mum



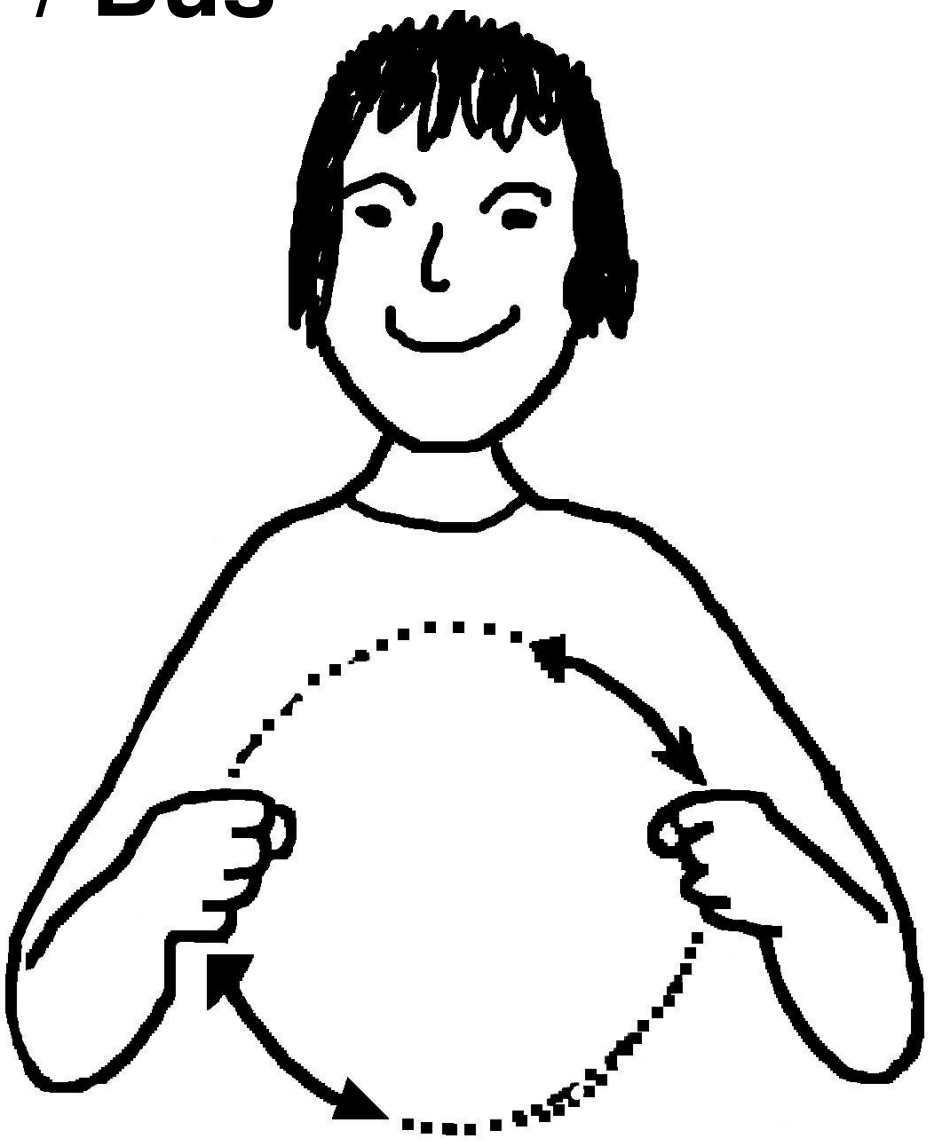
Fingerspell
M + M

Dad

F + F

WEEK 9

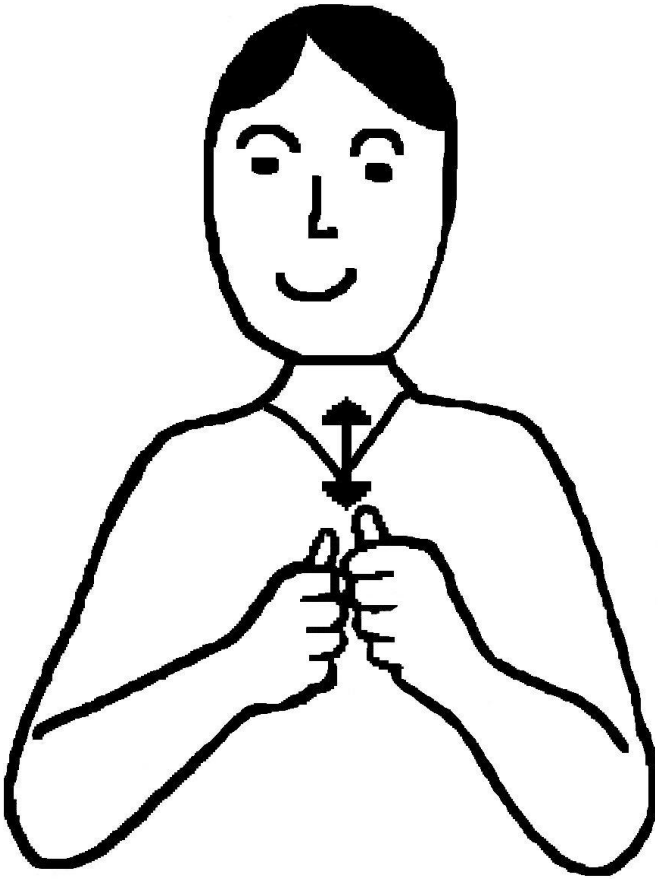
Car / Bus



Mime steering. For bus, mime bigger wheel, held more horizontally.

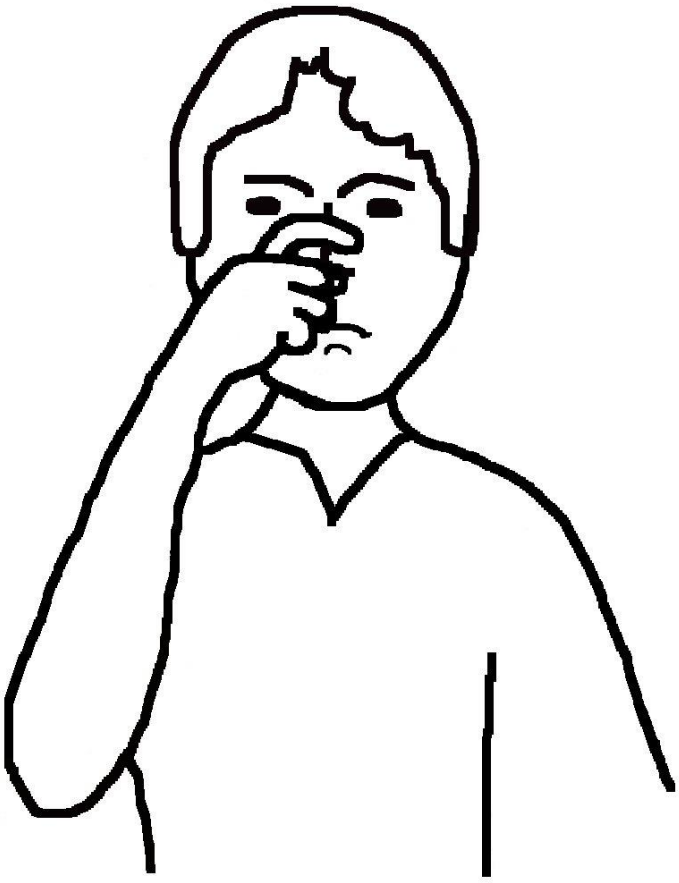
WEEK 10

Brother



Rub fists
together.

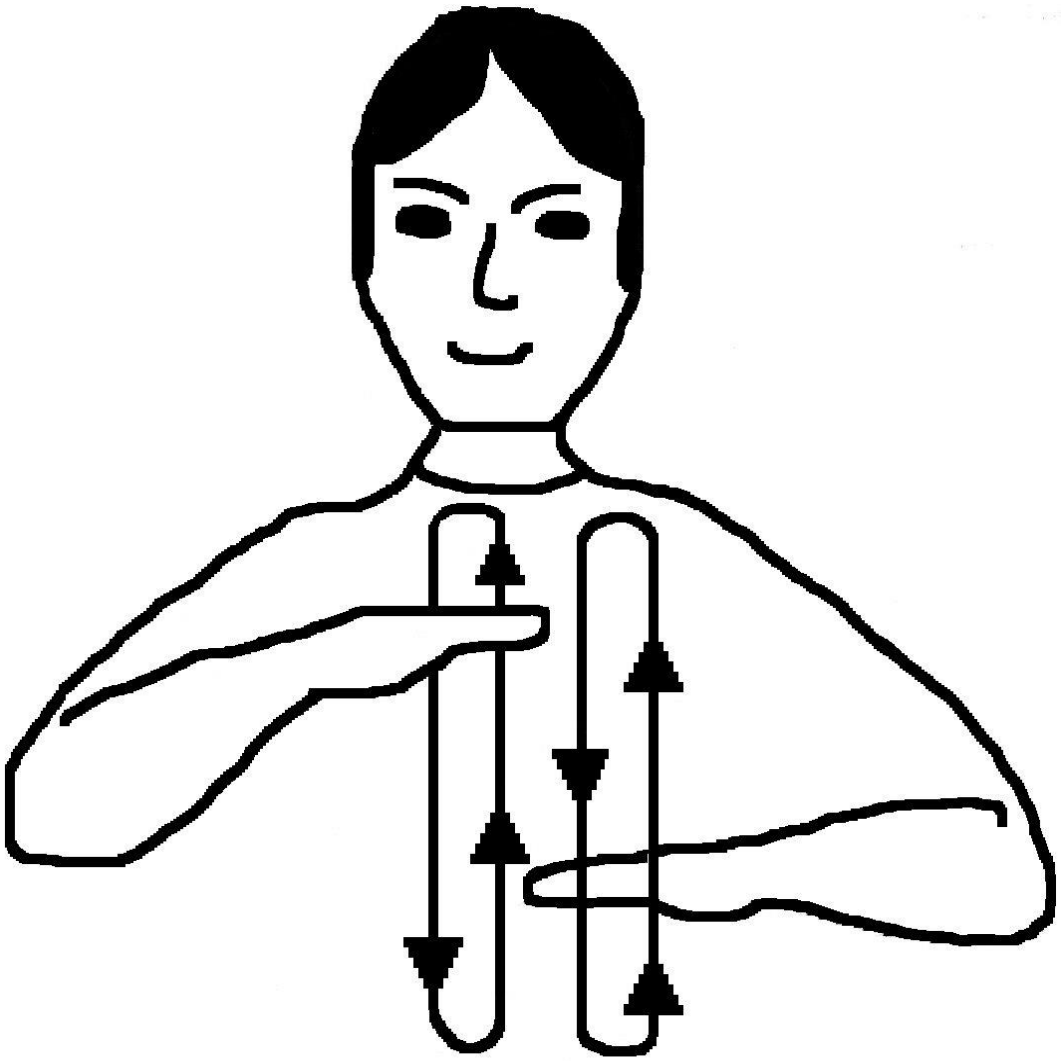
Sister



“R” shape tapped
twice on
bridge of nose.

WEEK 11

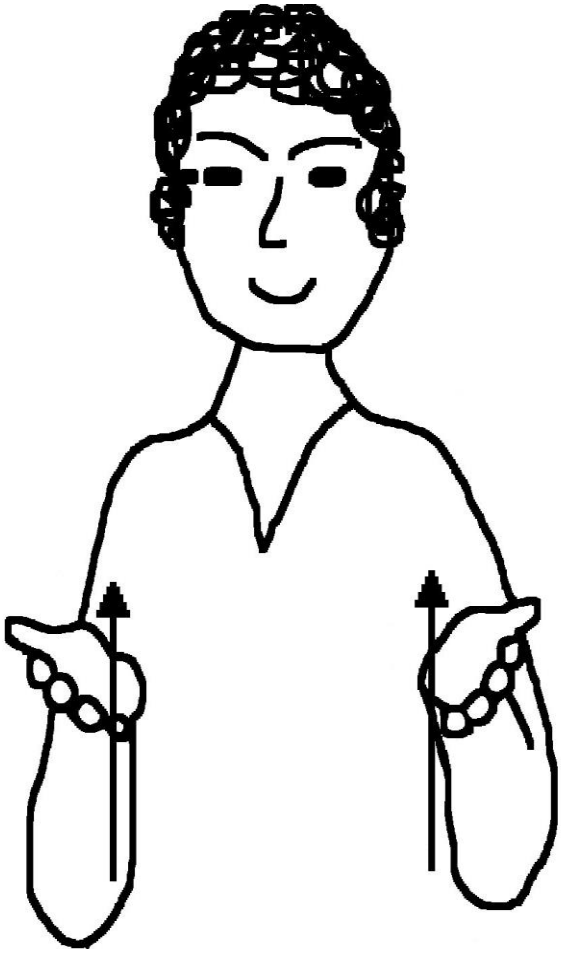
Wait / Calm



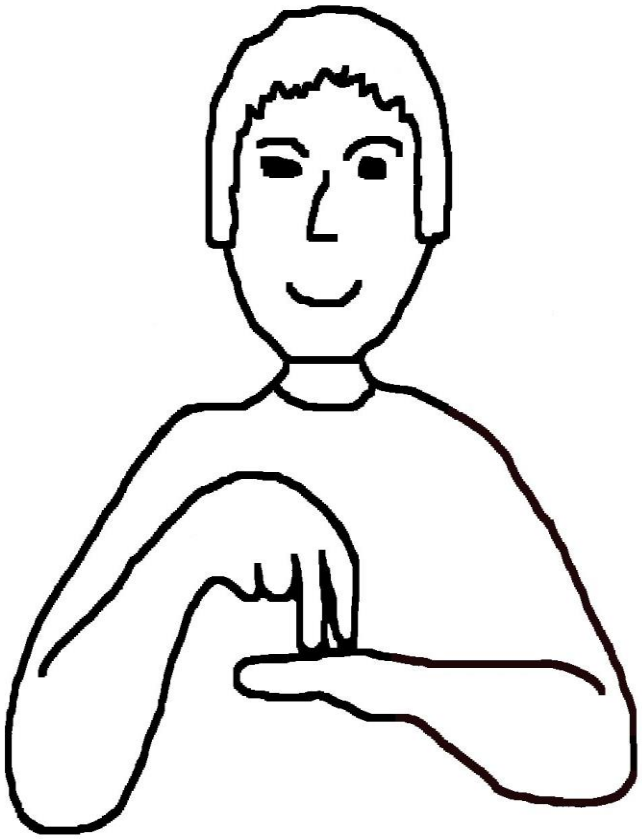
Hands revolve inwards

WEEK 12

Stand



Stand up
From sitting
position



To be
standing

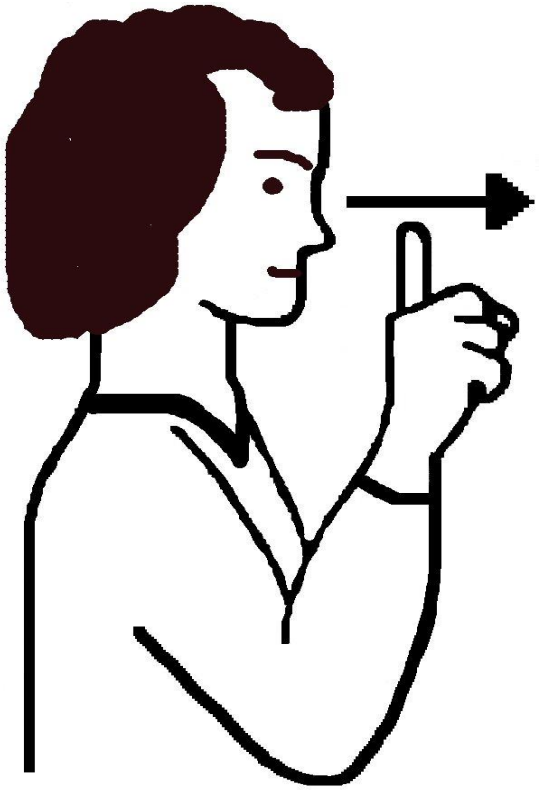
WEEK 13

Sit

Aim the movement in the direction of the seat

WEEK 14

Look / See



Index hand,
palm in,
pointing up,
moves forward
from eye

Listen

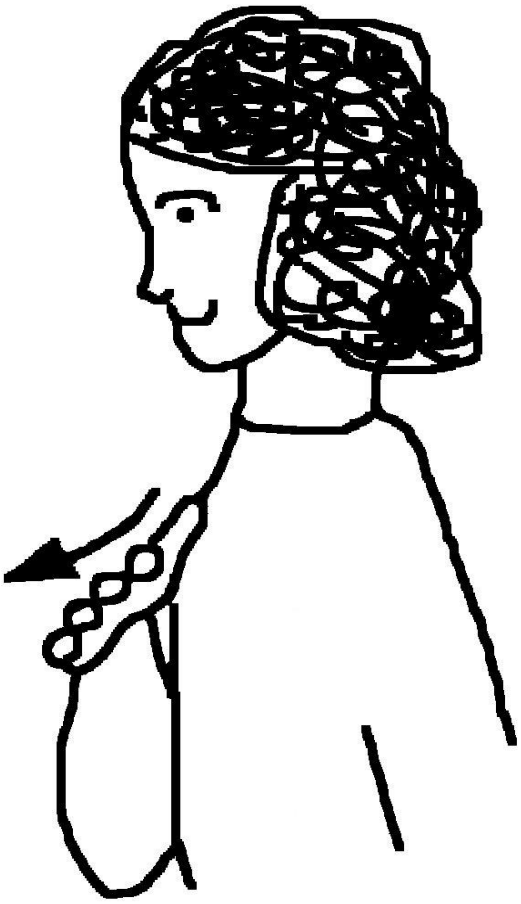
Cup hand to ear

WEEK 15

Like

Fingers tap lightly
on chest

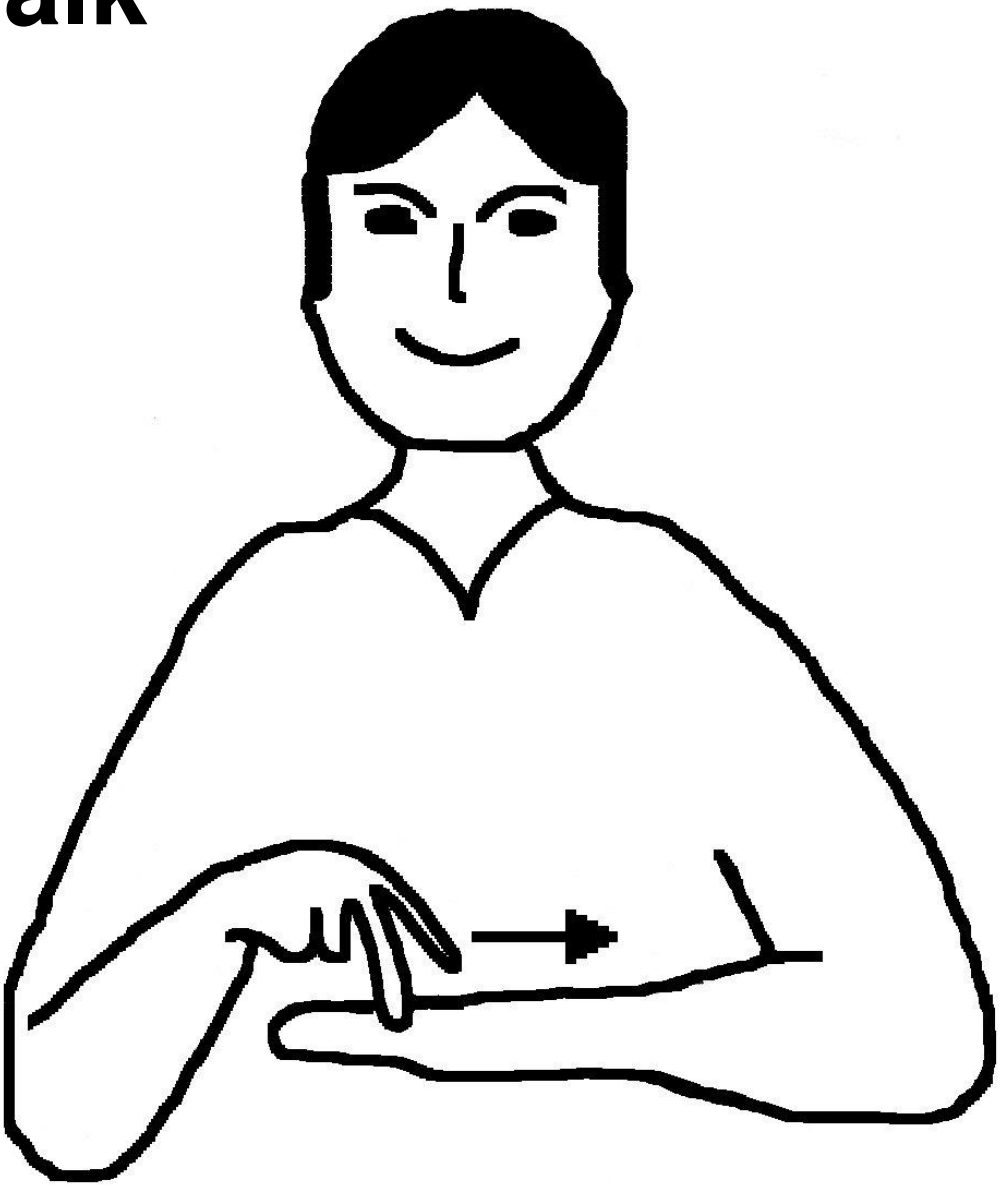
Want



Palm brushes down
chest to
palm facing down,
pointing in

WEEK 16

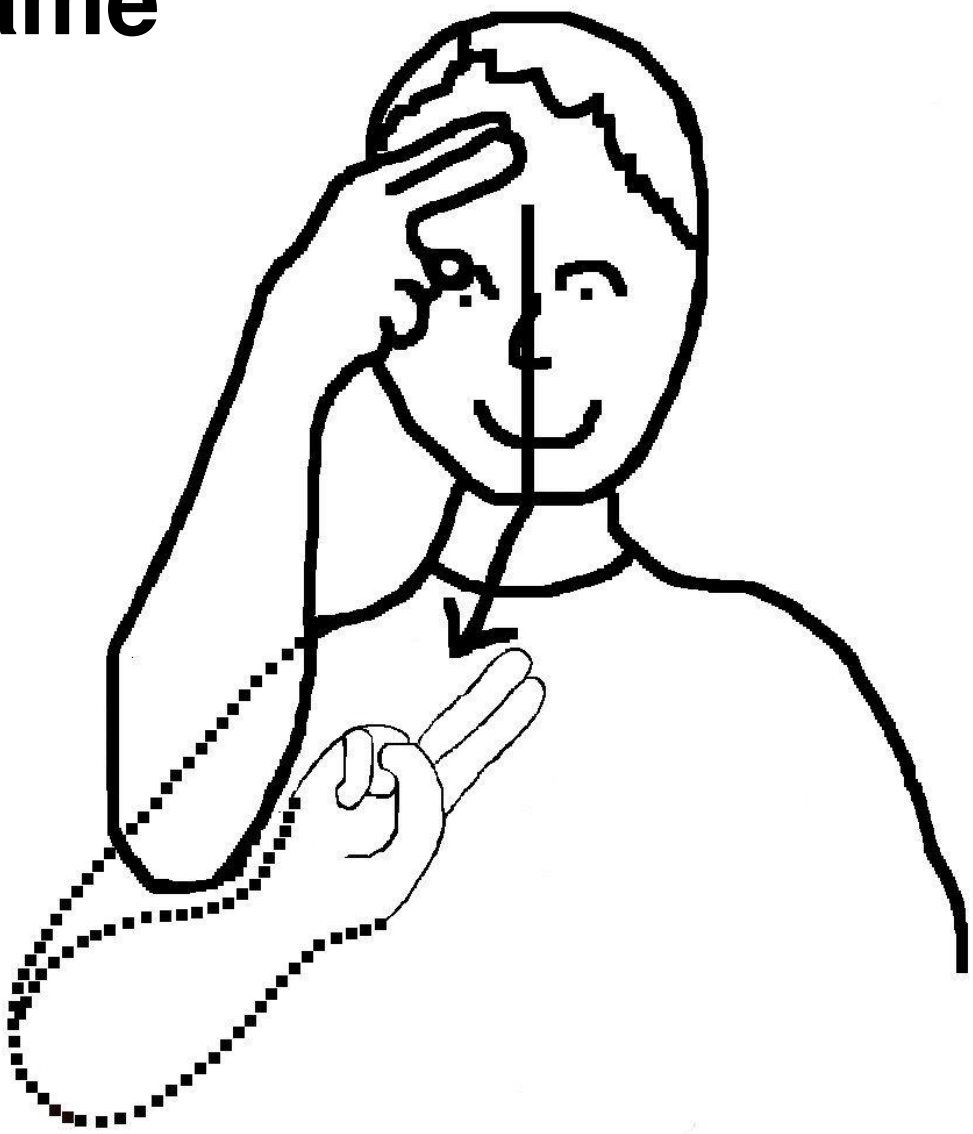
Walk



Fingers “walk” up arm

WEEK 17

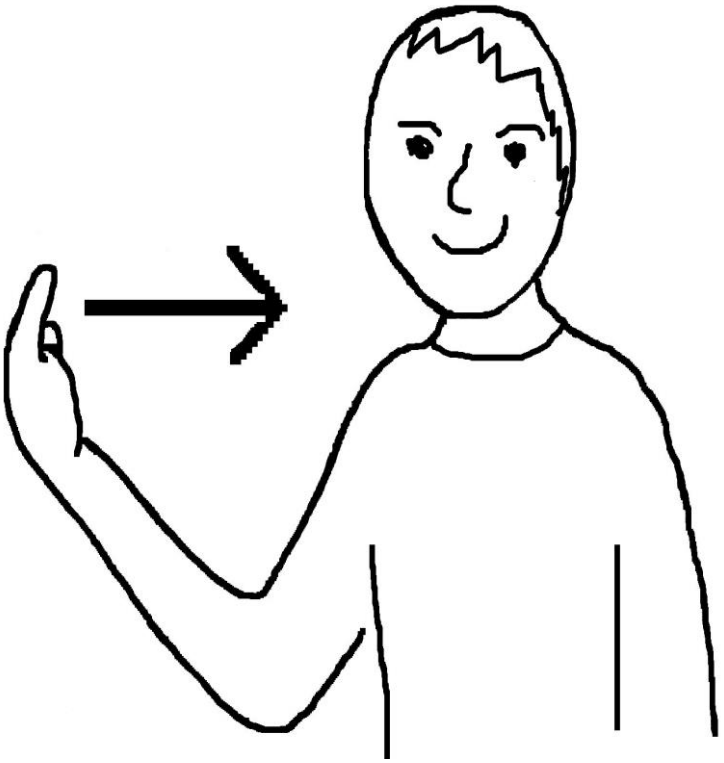
Name



F hand moves forward and down from forehead (Twists from palm backwards to palm forwards)

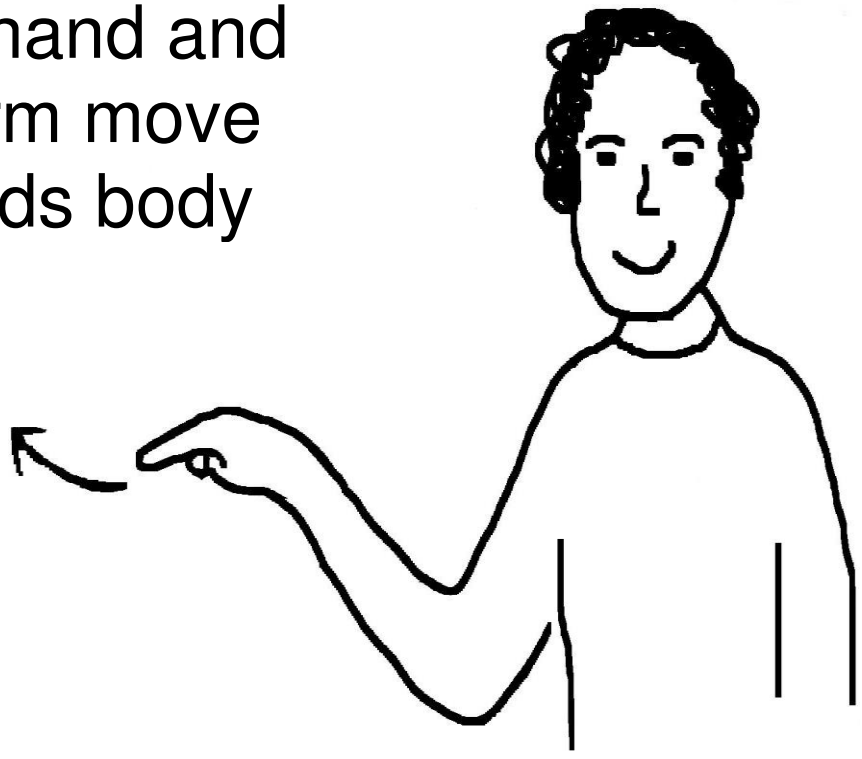
WEEK 18

Come



Index hand and forearm move towards body

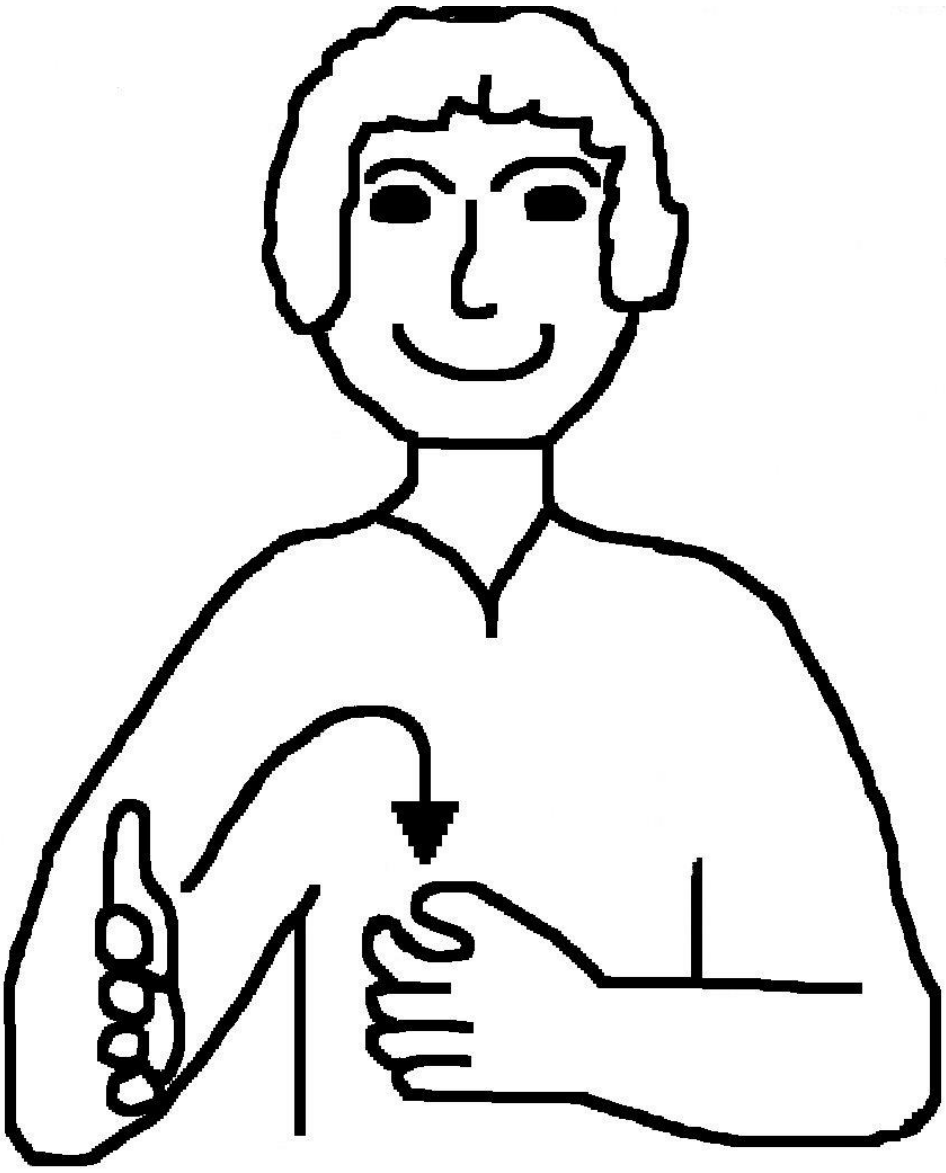
Go



Index finger indicates direction of movement.

WEEK 19

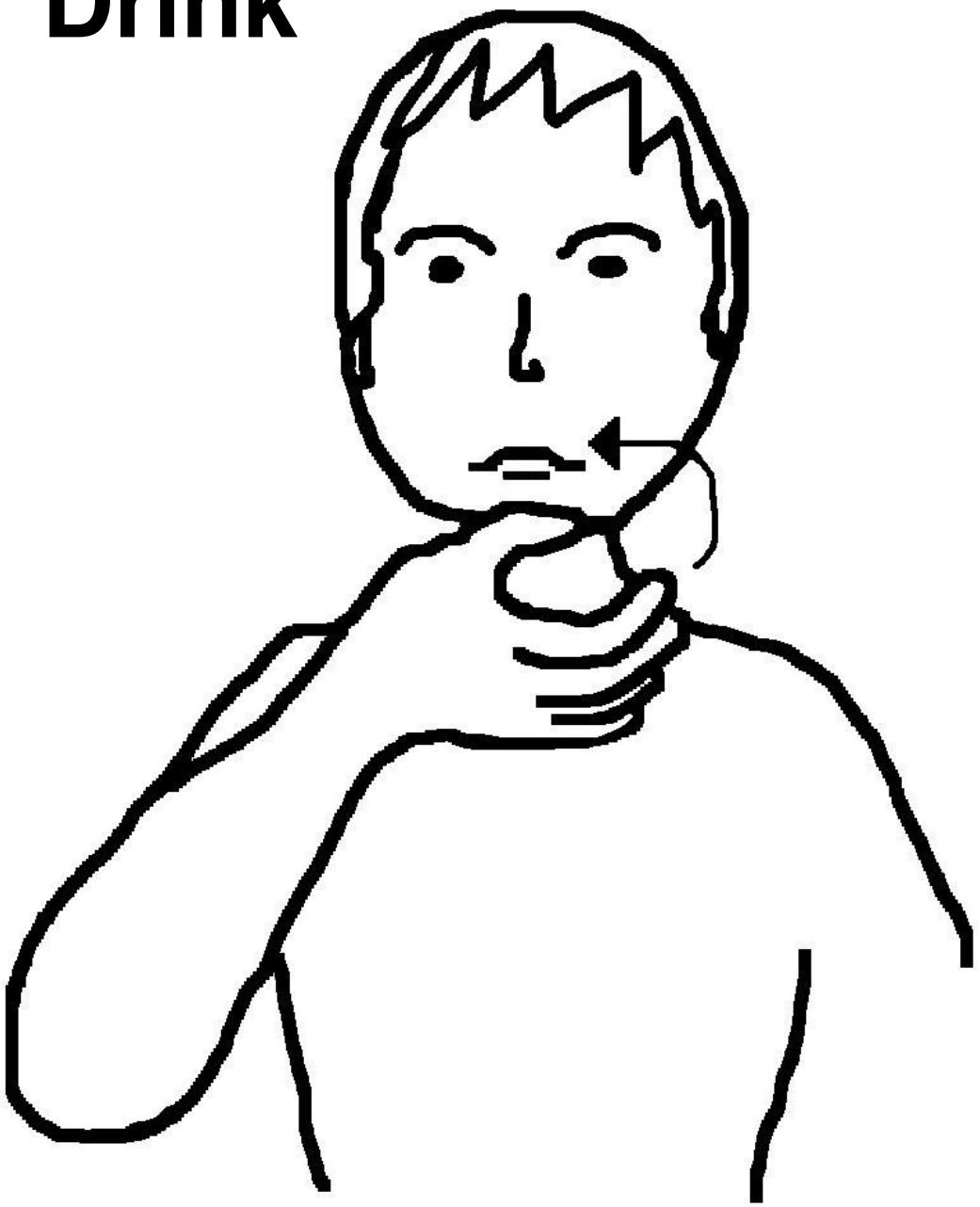
More



Move flat hand, palm in pointing forward on top of "Full O" support hand

WEEK 20

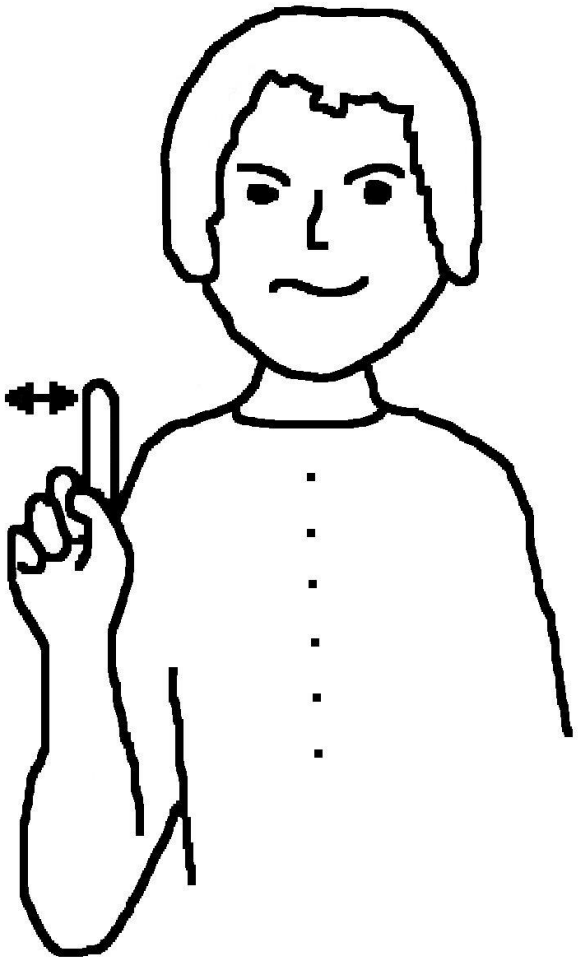
Drink



Full C hand mimes drinking

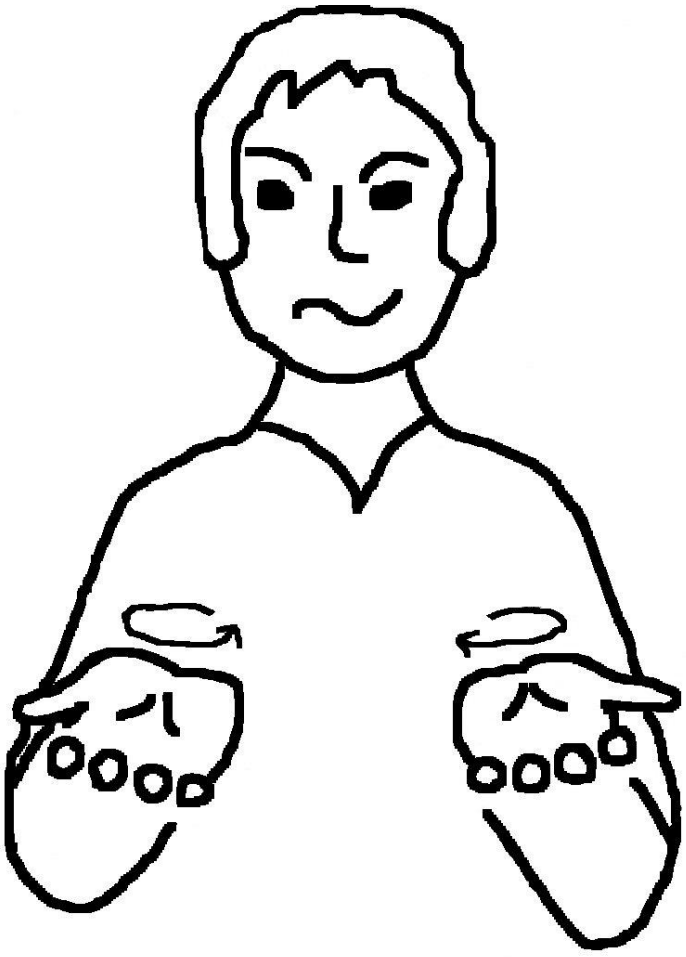
WEEK 21

What



Index hand waggles from side to side

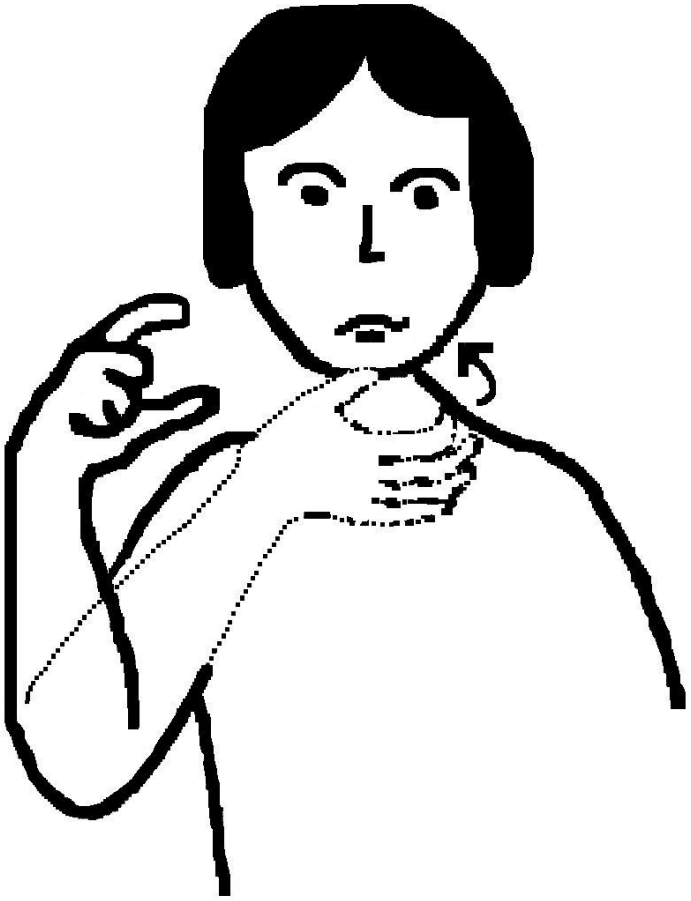
Where



Small circular movements, palms upwards

WEEK 22

Coffee



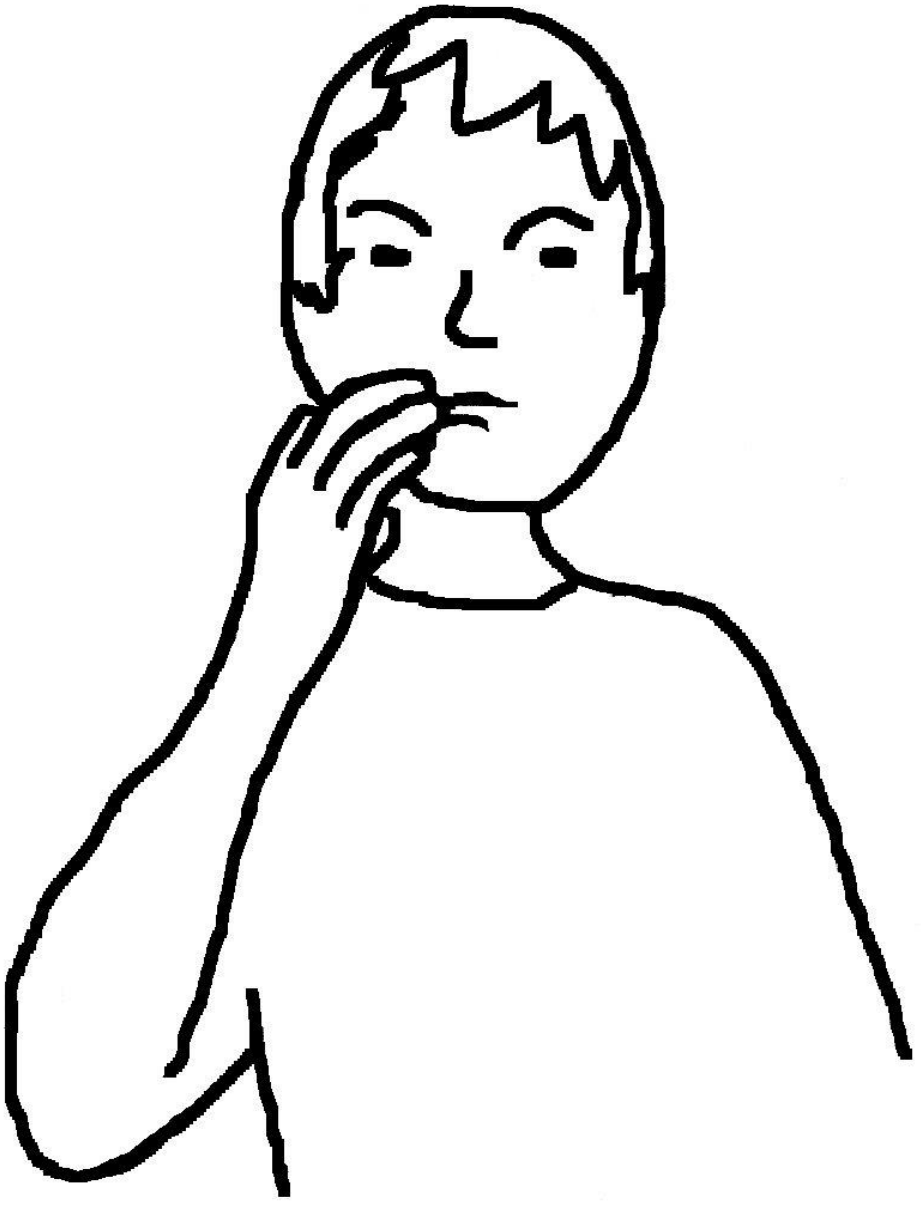
C shape, then
Full C hand
Mimes drinking.

Tea

Mime lifting cup
from saucer
(Support hand)
to mouth.

WEEK 23

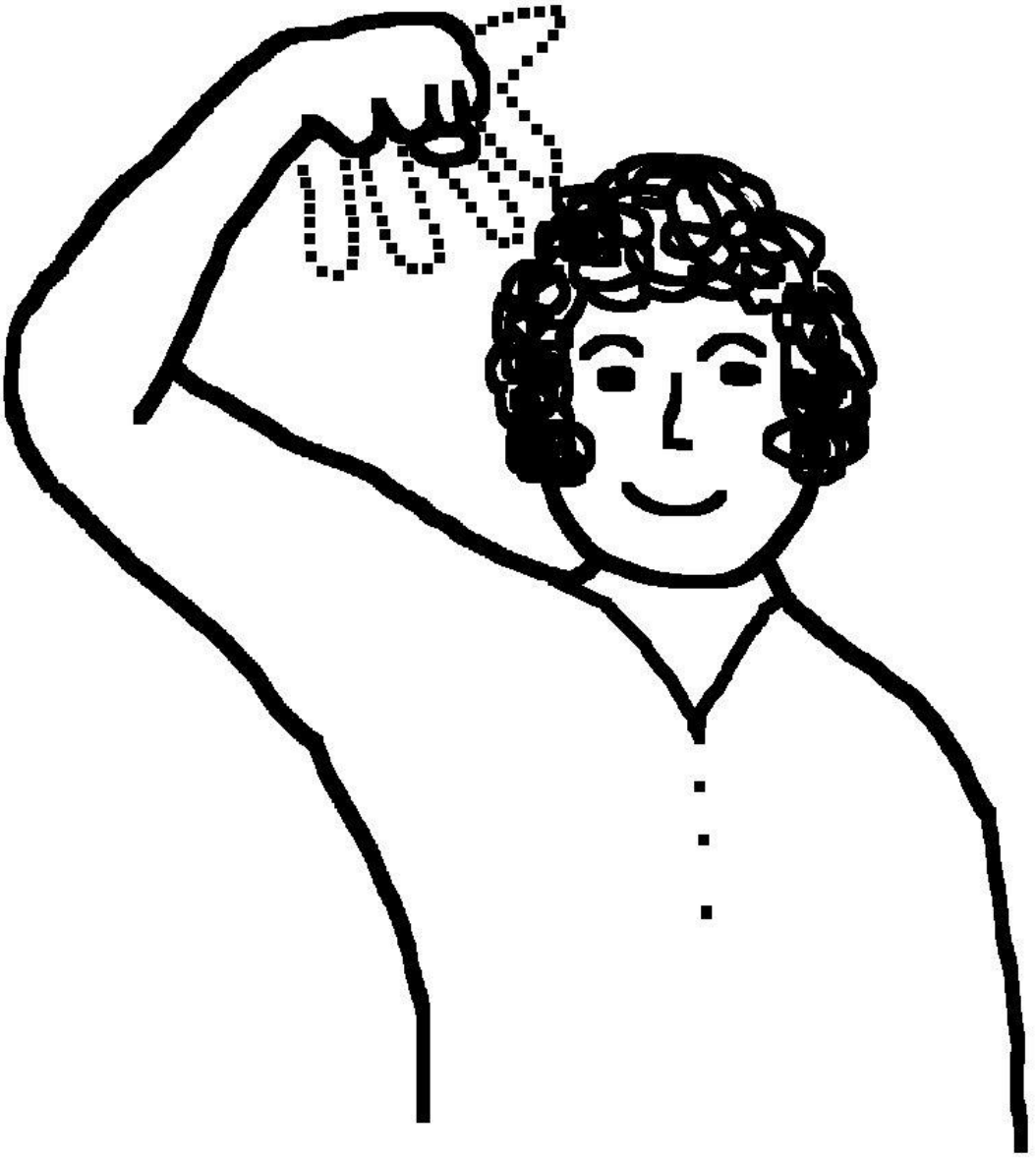
Food / Eat



Bunched hand touches corner of mouth. Food=1 tap, Eat=2 taps

WEEK 24

Shower



Fist opens to spread
hand above head

WEEK 25

Angry

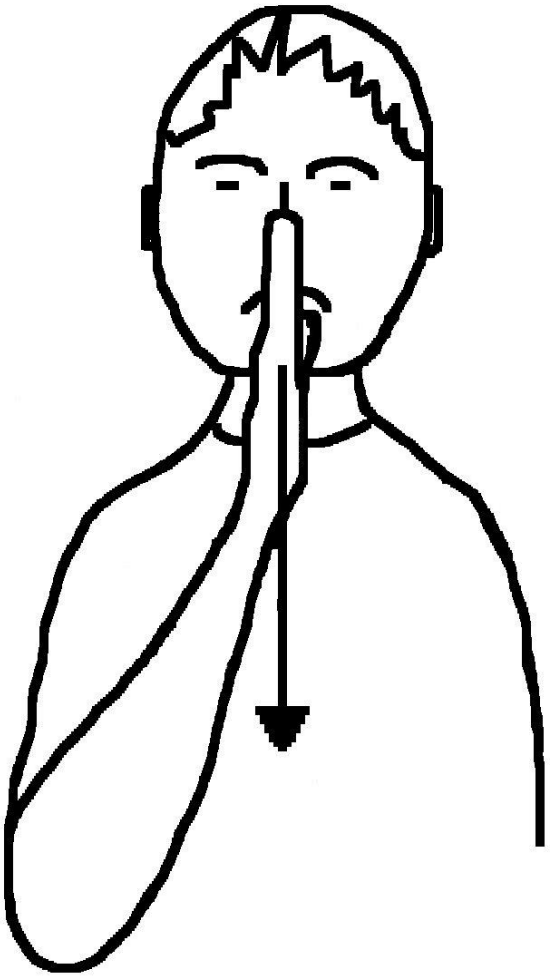
Clawed hands in front of body, shake slightly

WEEK 26

Happy

Cupped hands clap together twice

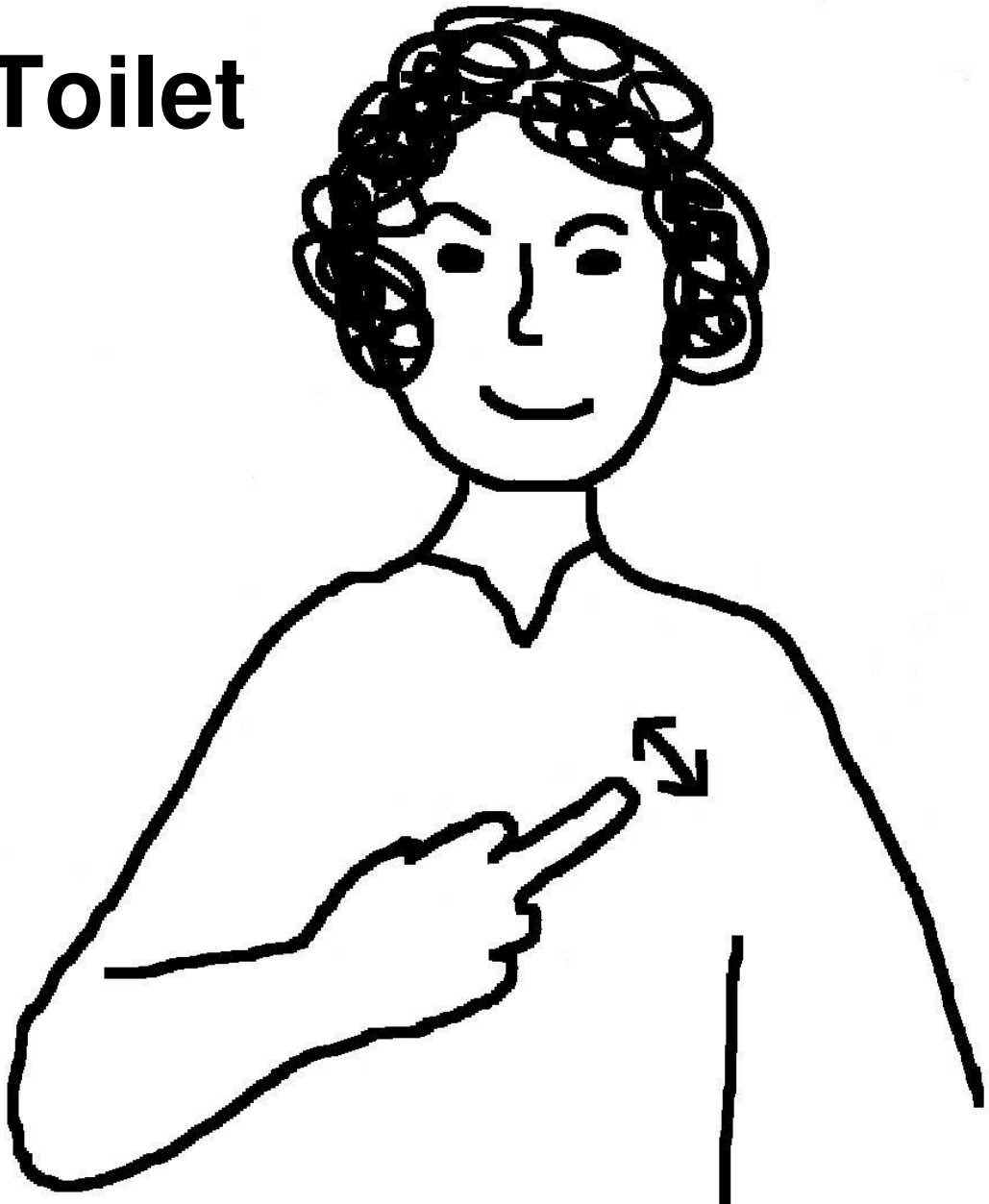
Sad



Flat hand palm facing in moves down midline of face.

WEEK 27

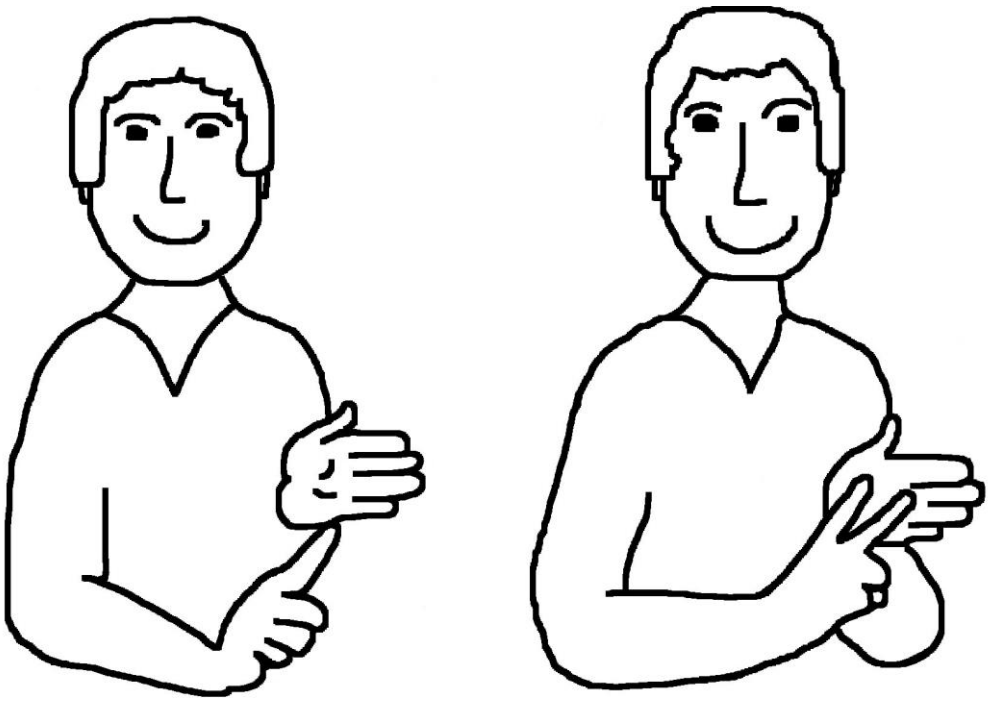
Toilet



Middle finger makes small side to side movements on opposite chest.

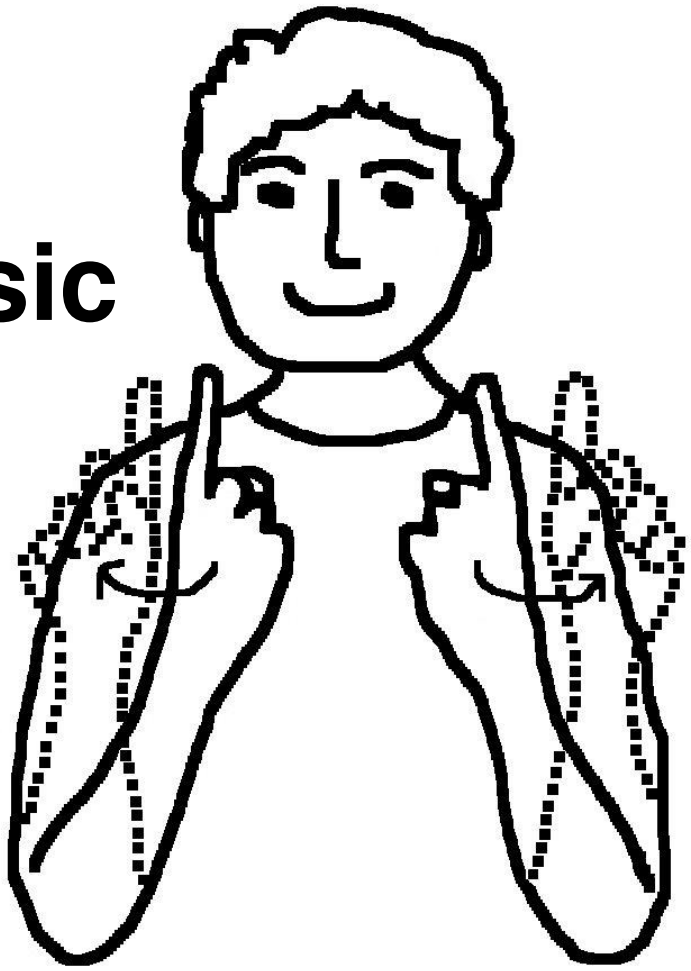
WEEK 28

T.V.



Fingerspell T + V

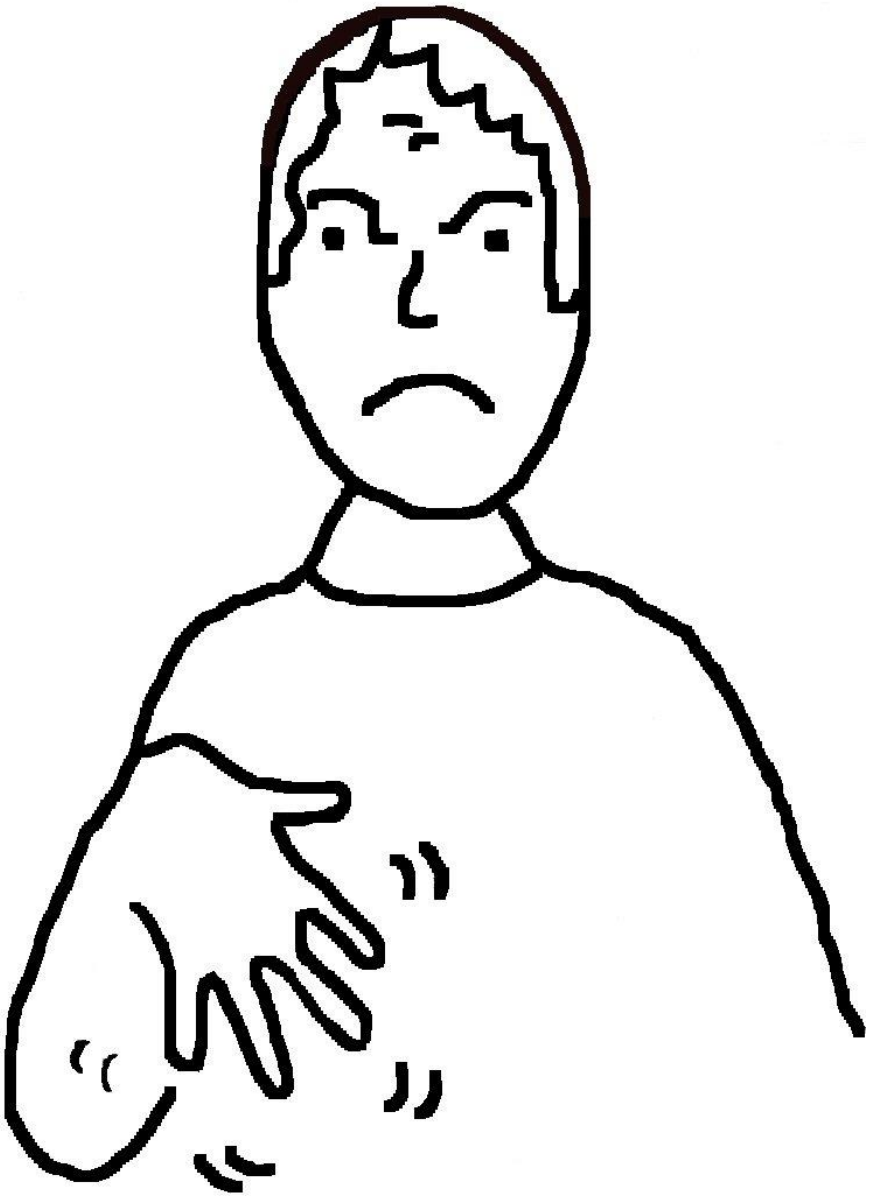
Music



Mime conducting

WEEK 29

Pain



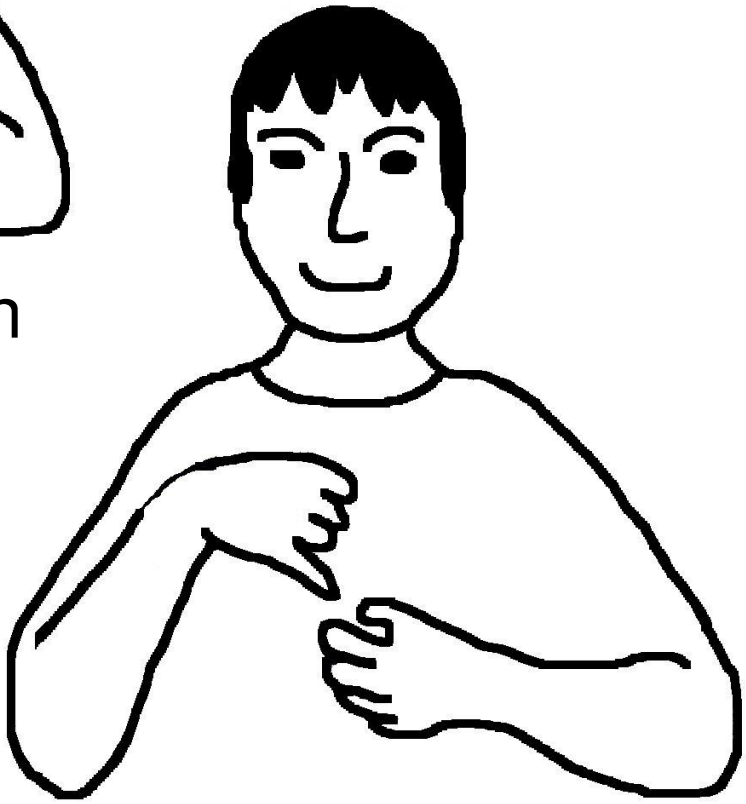
Shake clawed hand over position of pain. Severity of pain shown by amount of movement.

WEEK 30

Tablet

Draw small circle on palm of hand.

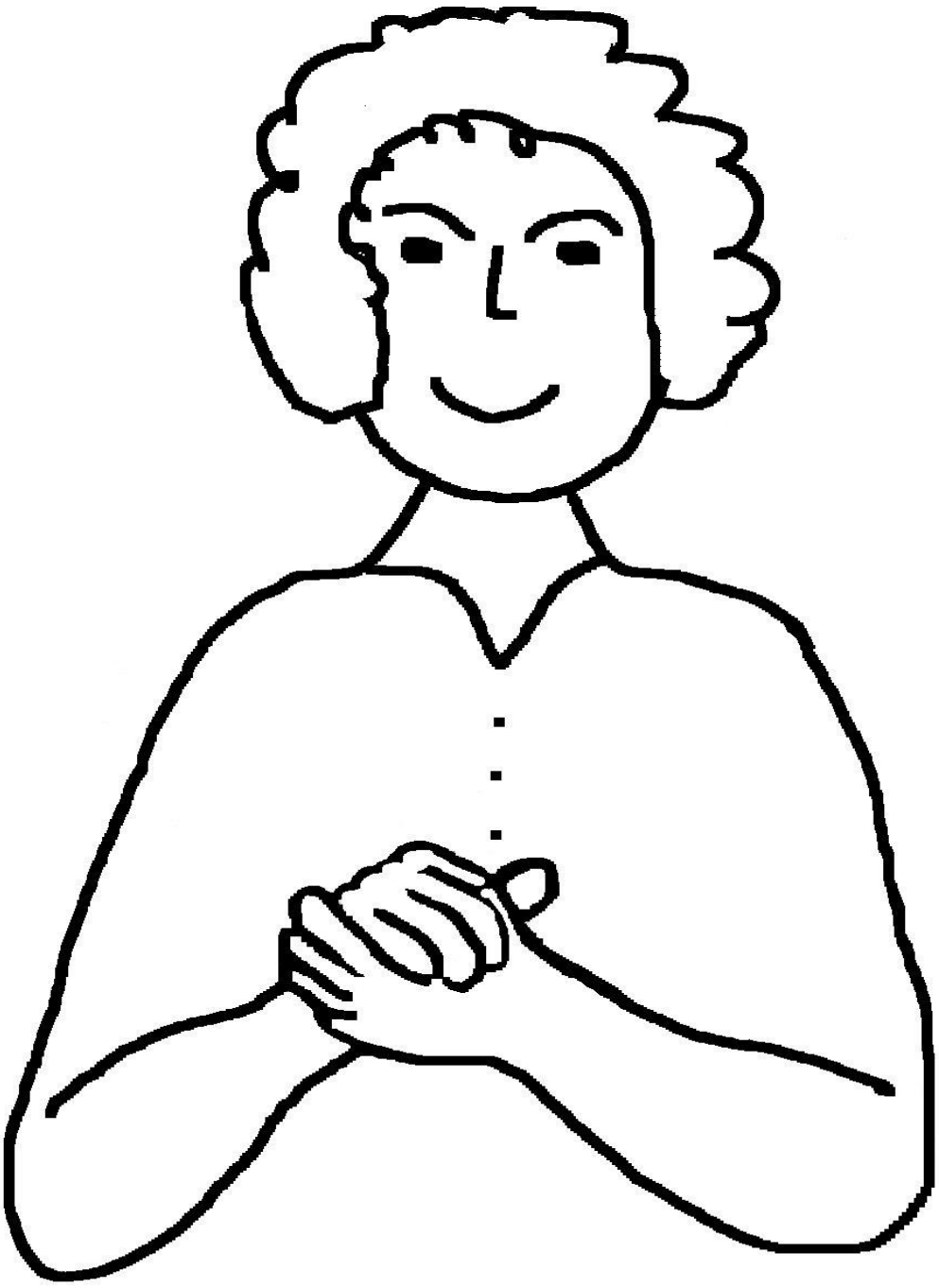
Medicine



Little finger makes stirring movement in “full O” support hand

WEEK 31

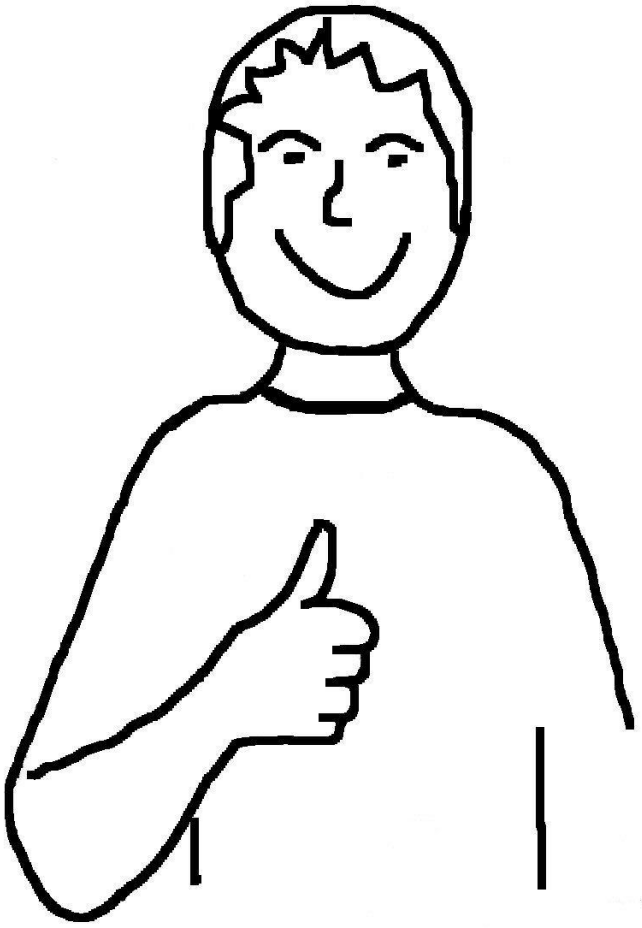
Wash



Rub hands
together

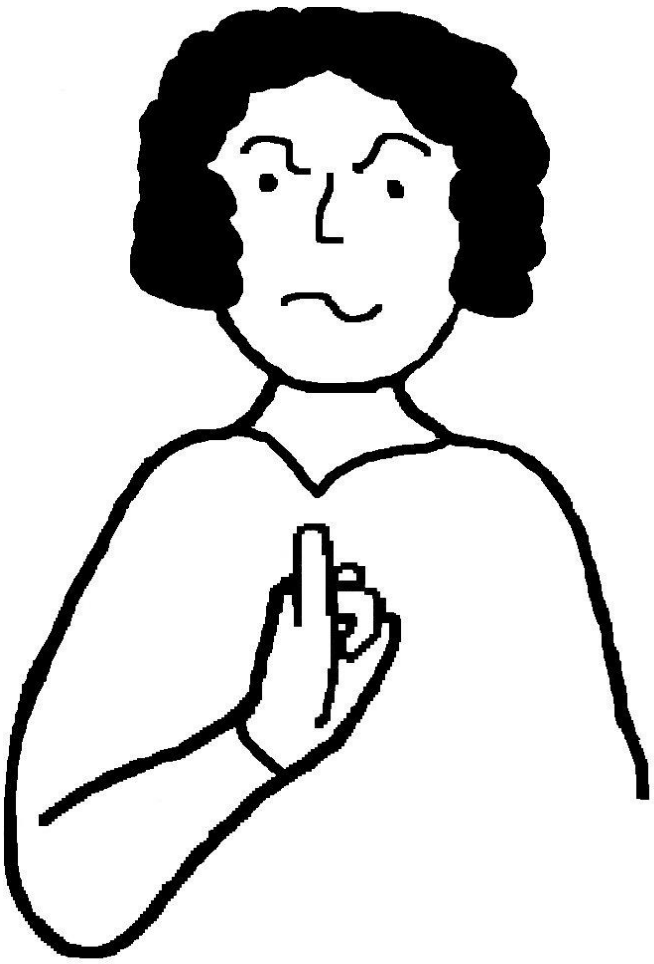
WEEK 32

Good / OK



Thumbs up.
Use both thumbs
for very good.

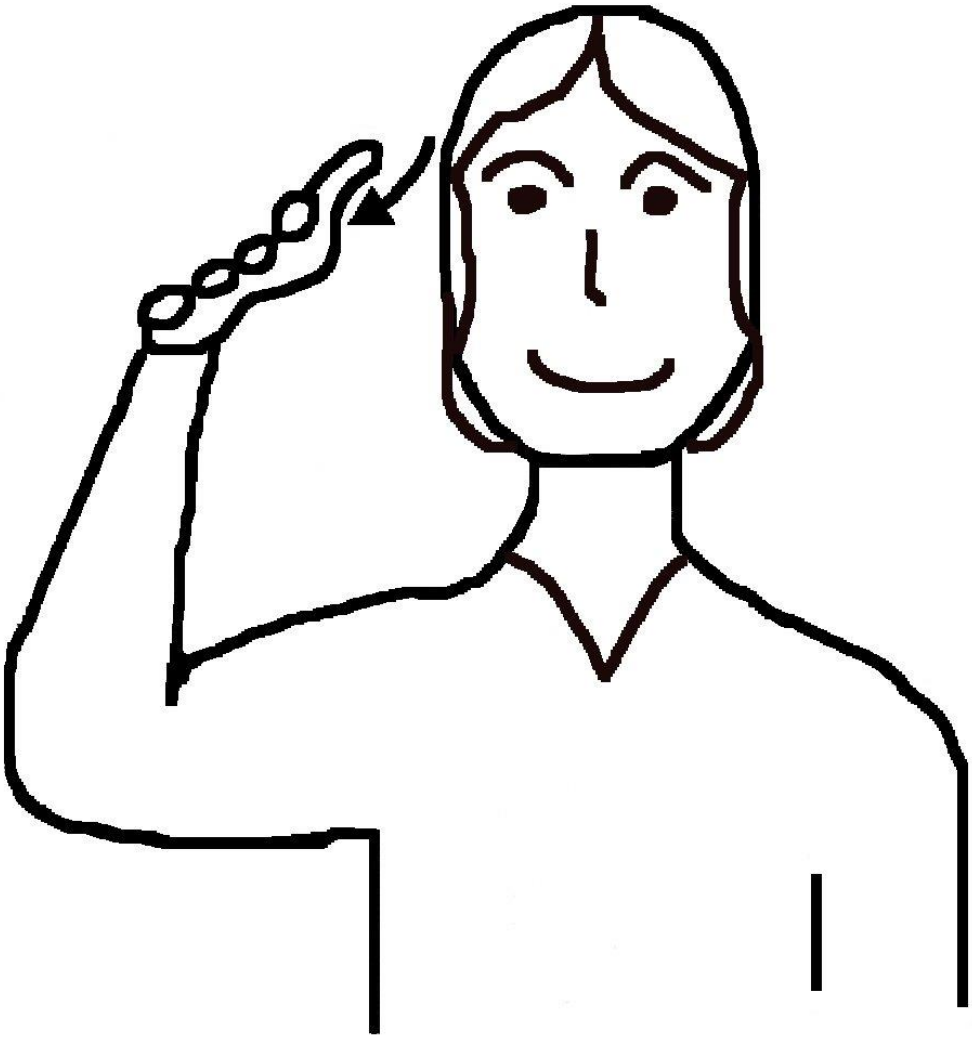
Bad



Use little fingers of
both hands if more
emphasis is needed.

WEEK 33

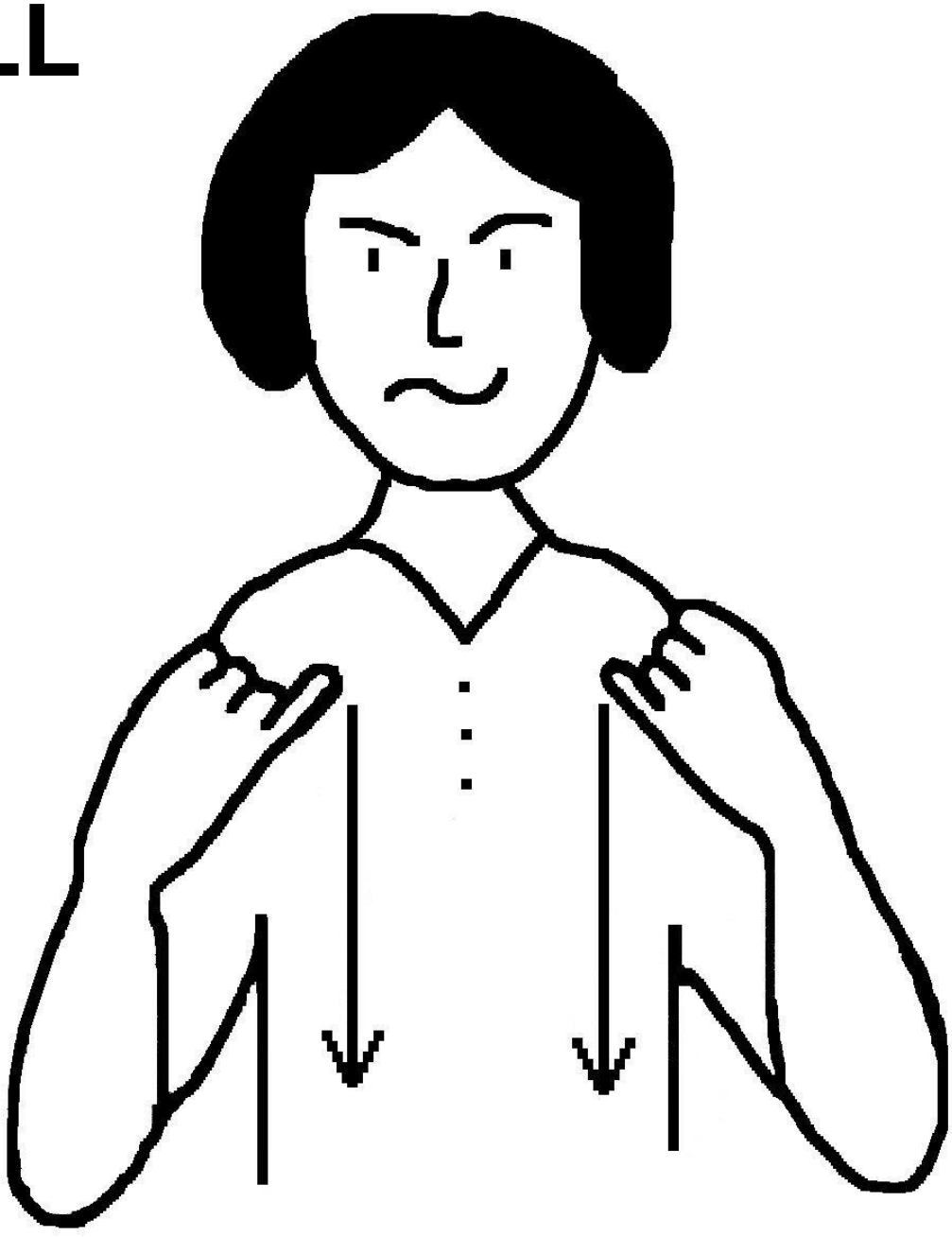
Holiday



Palm back and pointing in moves down and forward from forehead to palm front and pointing in (pushing cares away)

WEEK 34

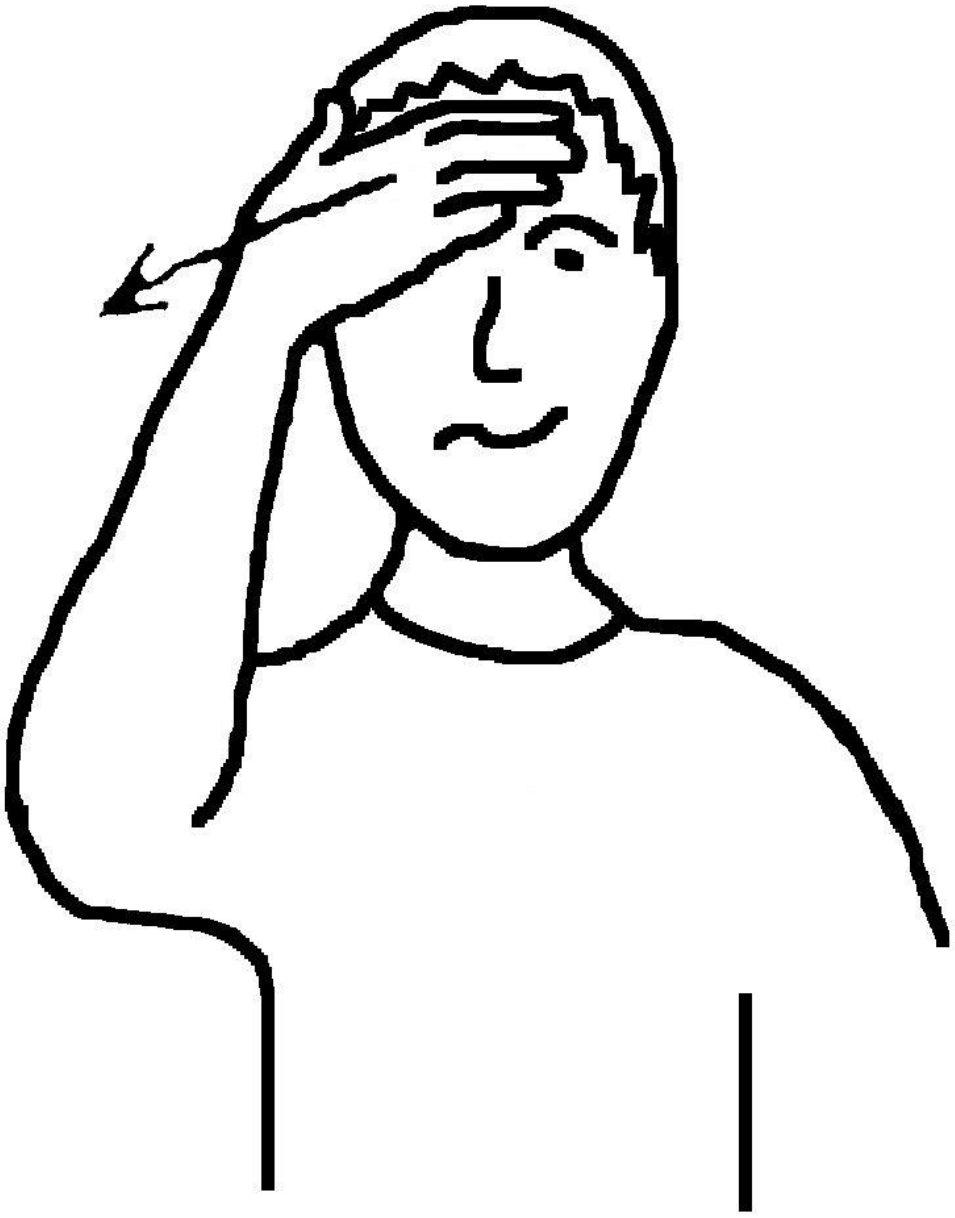
ILL



Little fingers brush down torso

WEEK 35

Hot



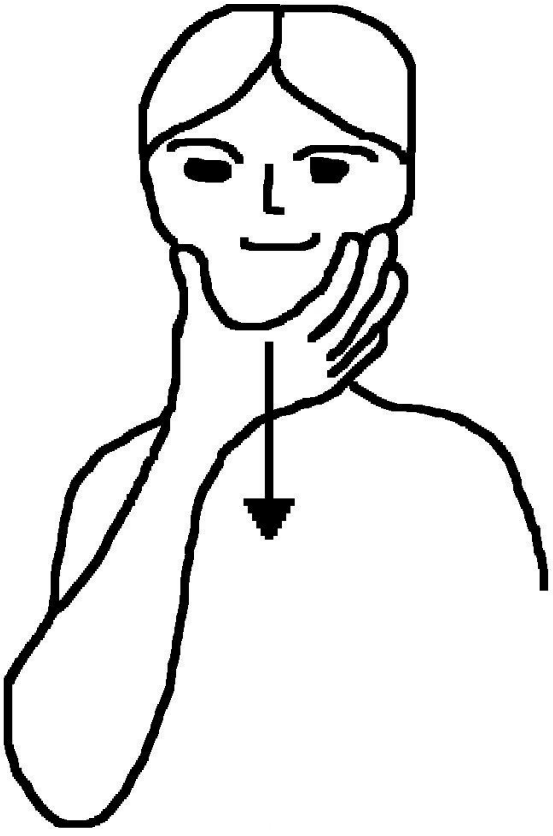
Mime stroking sweat from brow

WEEK 36

Lady

Index hand strokes
down cheek
towards lip

Man



Mime stroking a beard.
(one downward movement)

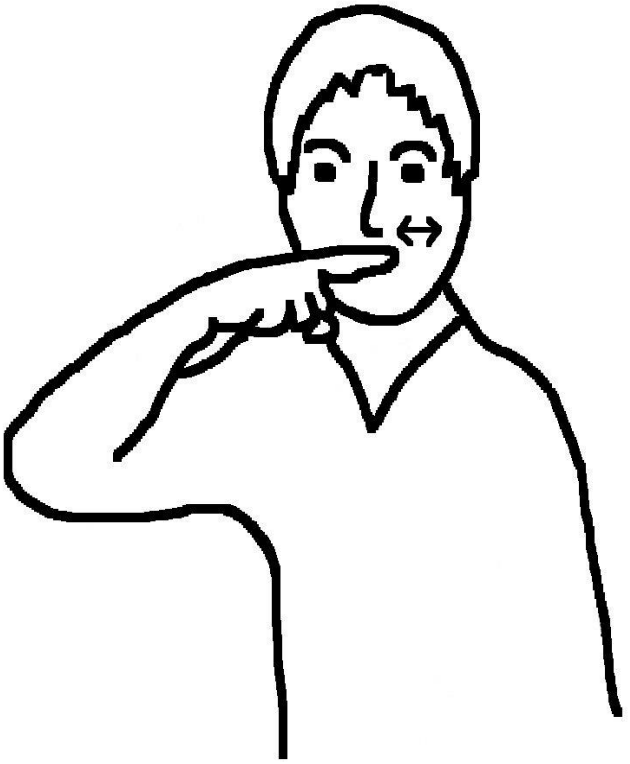
WEEK 37

Sandwich

Flat hands palms together

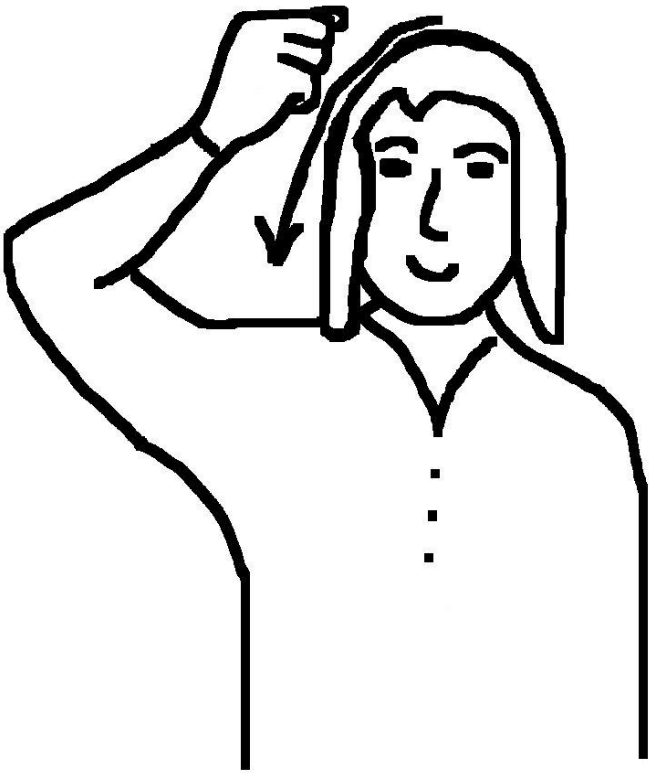
WEEK 38

Brush teeth



Index finger mimes
Brushing teeth

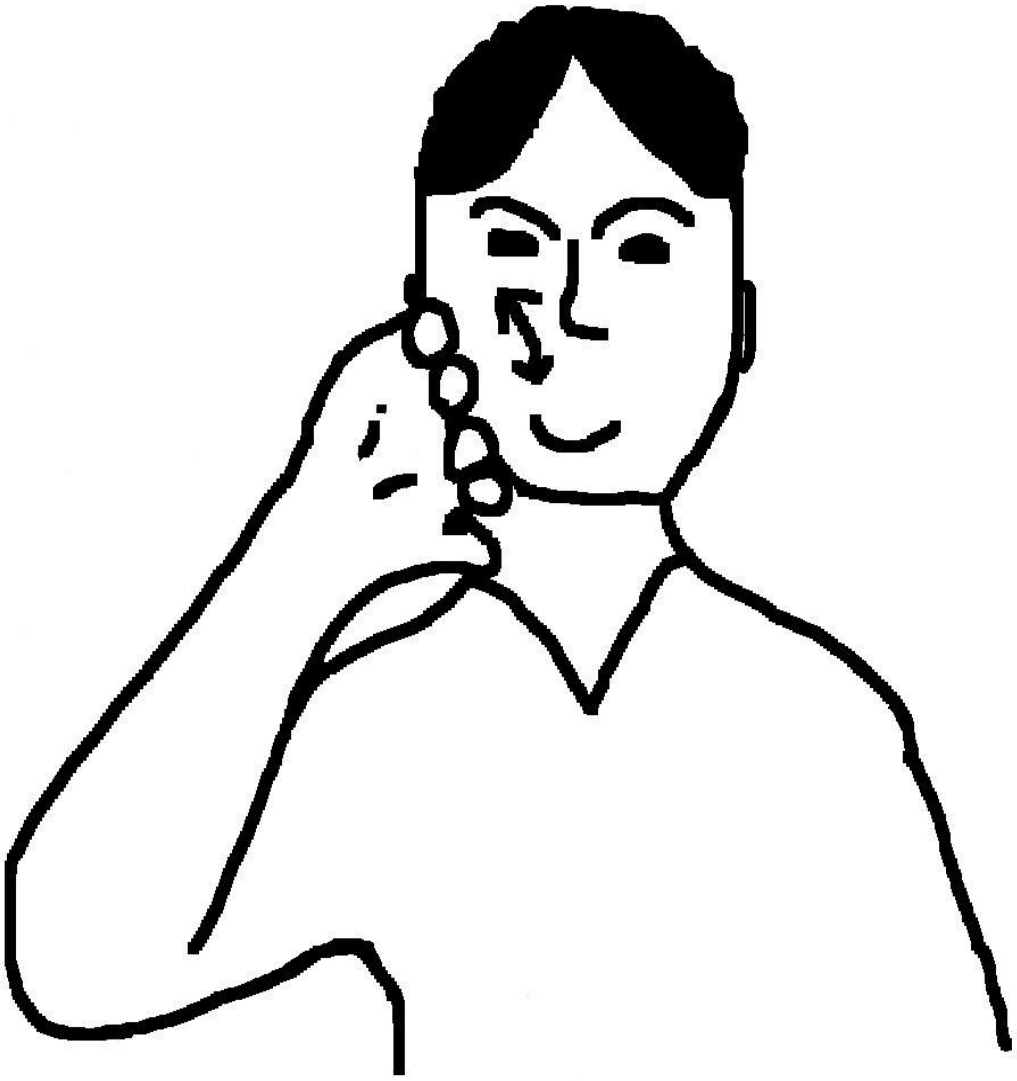
Brush hair



Fist mimes brushing

WEEK 39

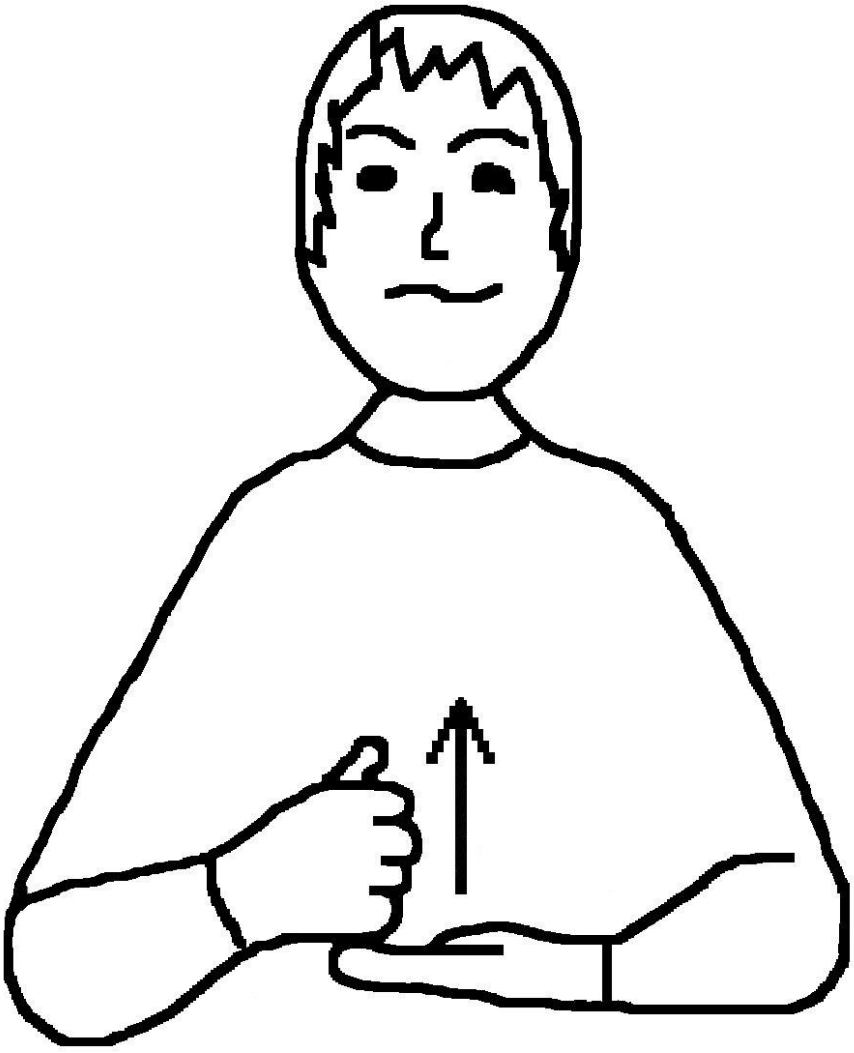
Water



Back of hand brushes gently
up and down cheek

WEEK 40

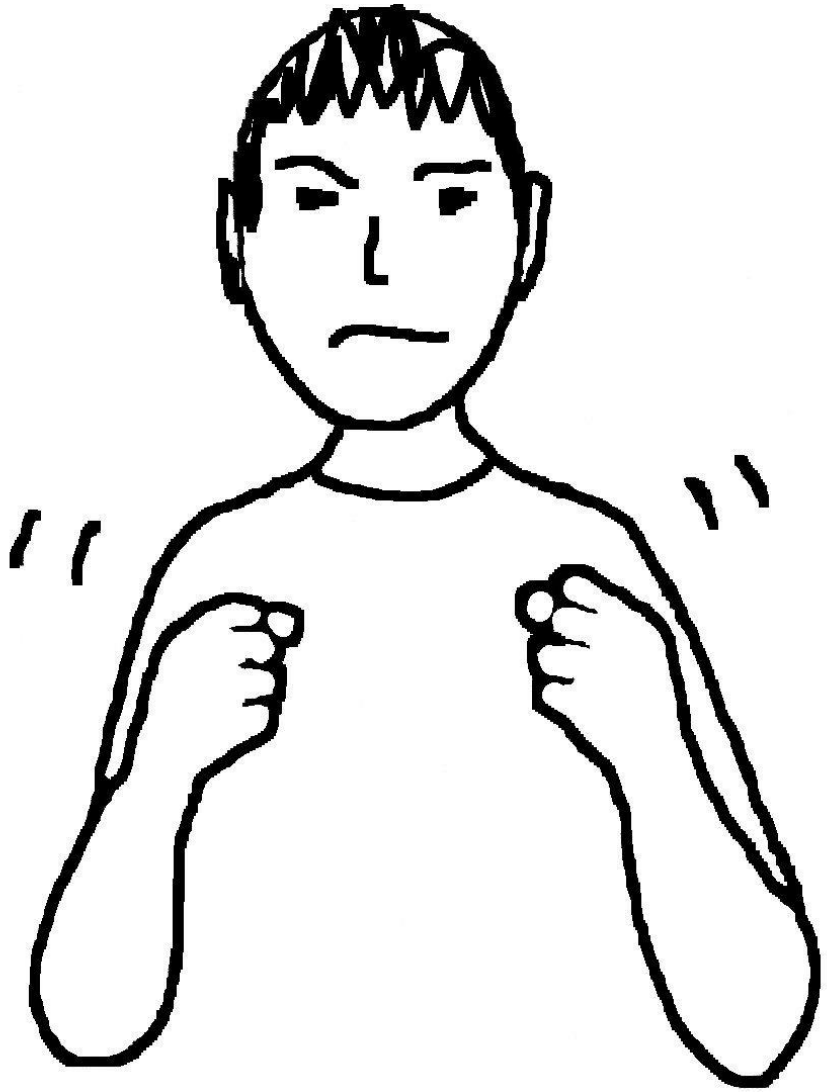
Help



Support hand flat, palm up, pointing in, moves upwards and forwards carrying fisted hand

WEEK 41

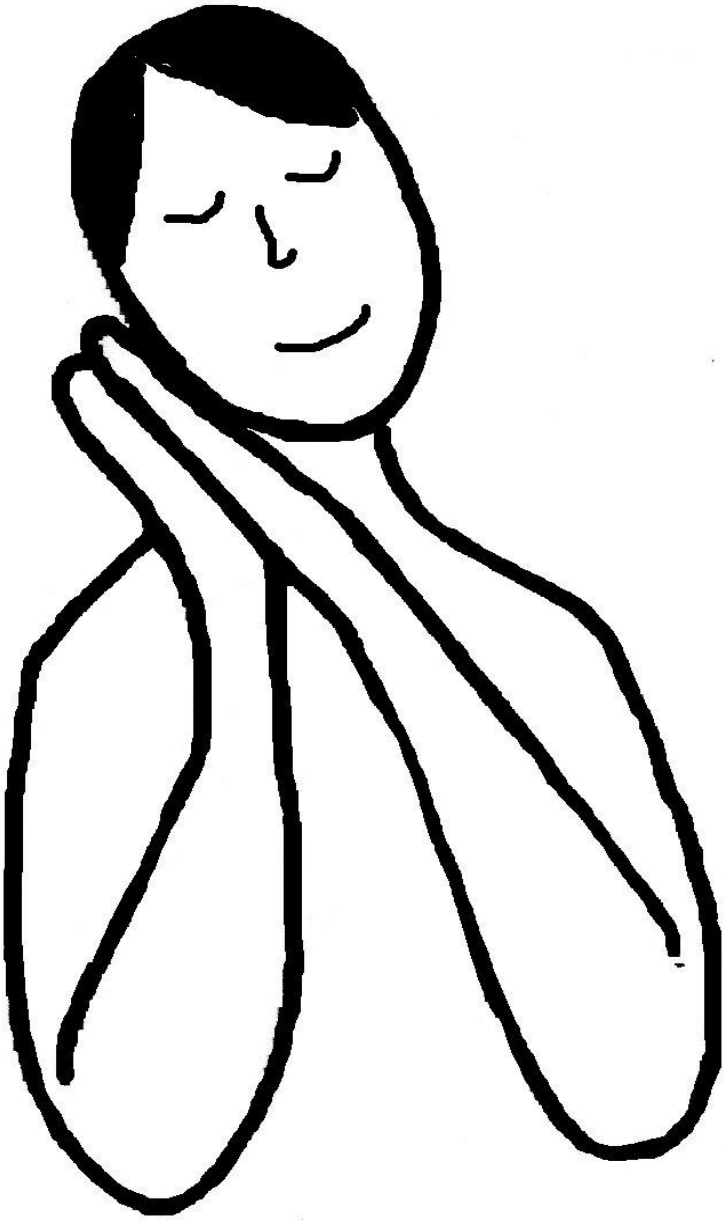
Cold



Fisted hands mime shivering

WEEK 42

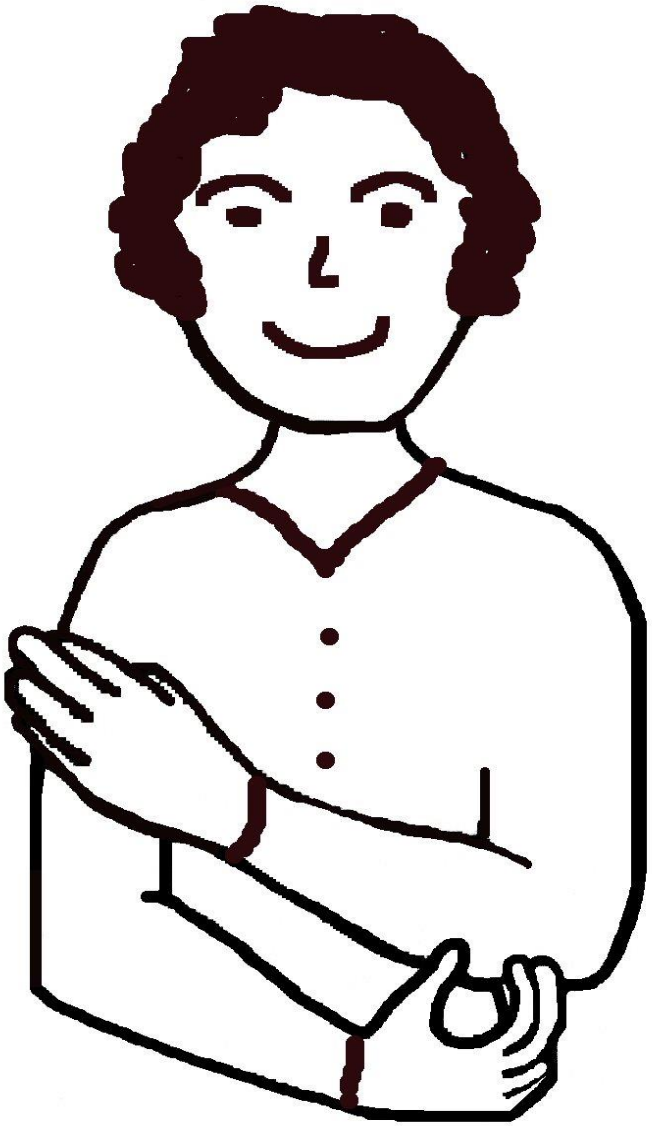
Bed & Sleep



For “bed” eyes are open, for “sleep” eyes are closed.

WEEK 43

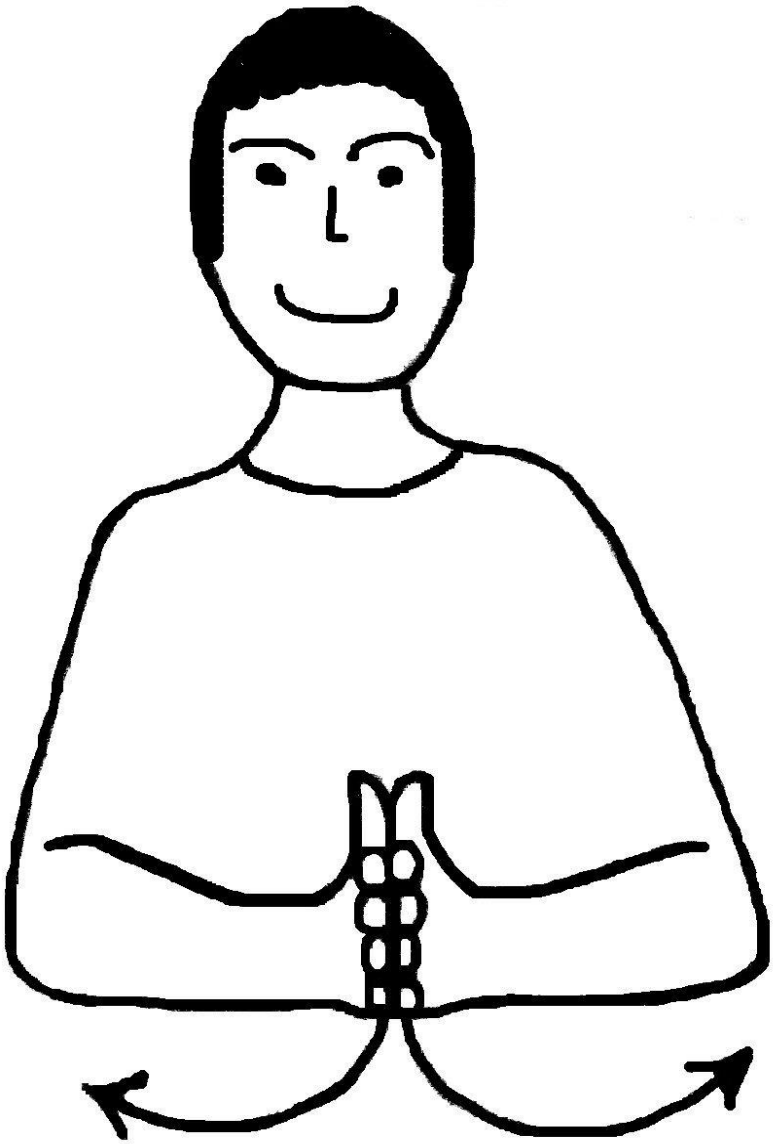
Biscuit



Lead hand, bunched fingers,
taps support elbow twice.

WEEK 44

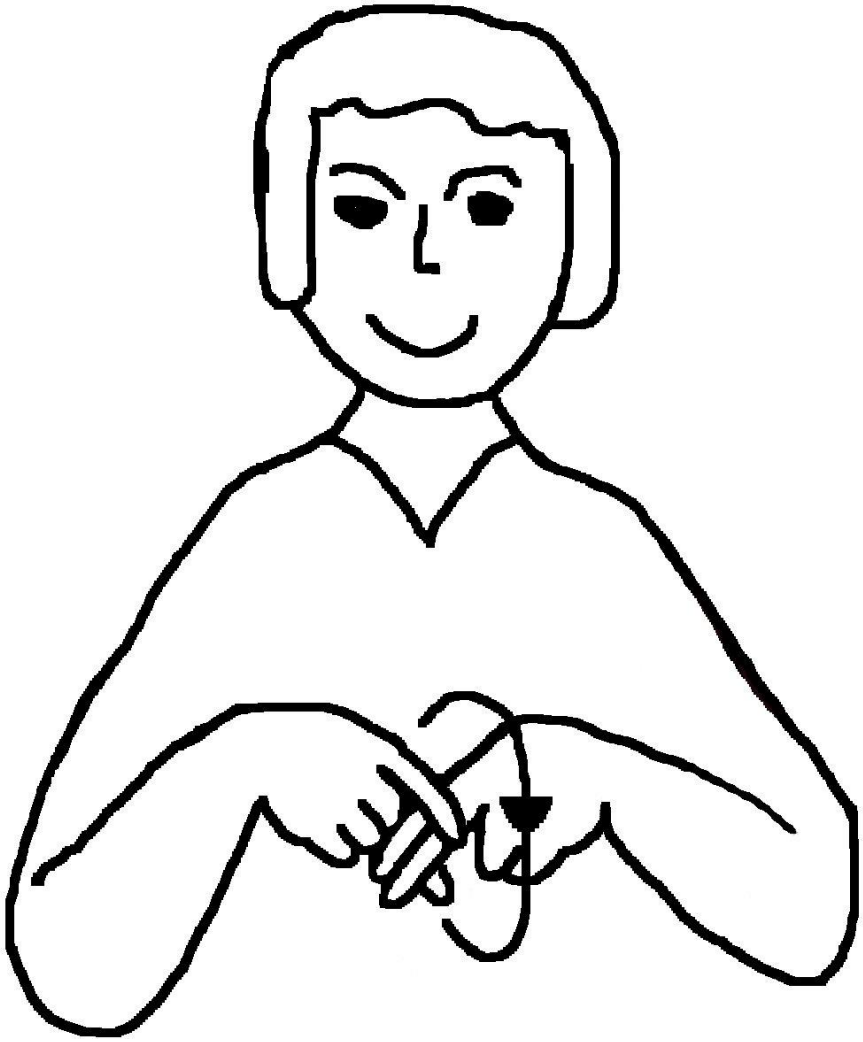
Swim



Mime the breast stroke

WEEK 45

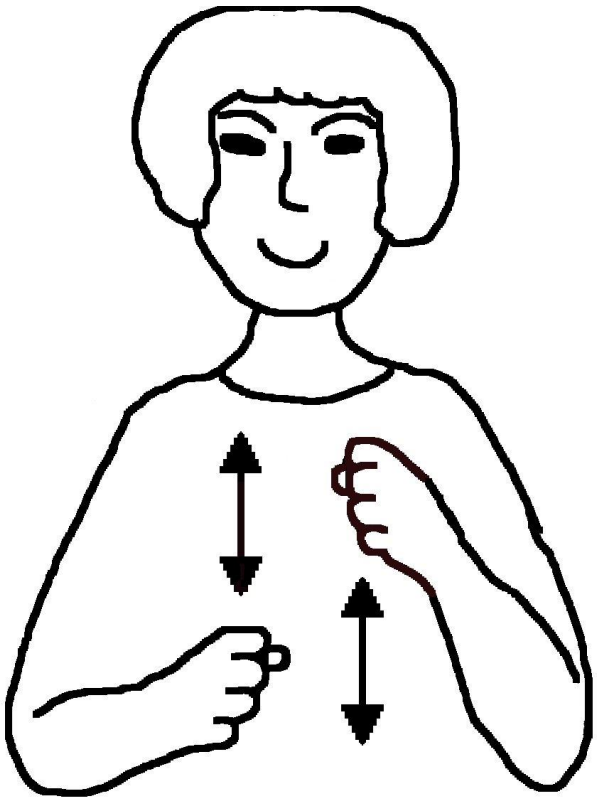
Horse riding



“V” hand straddles support “F” hand and makes small, forward, circular, riding movements.

WEEK 46

Milk



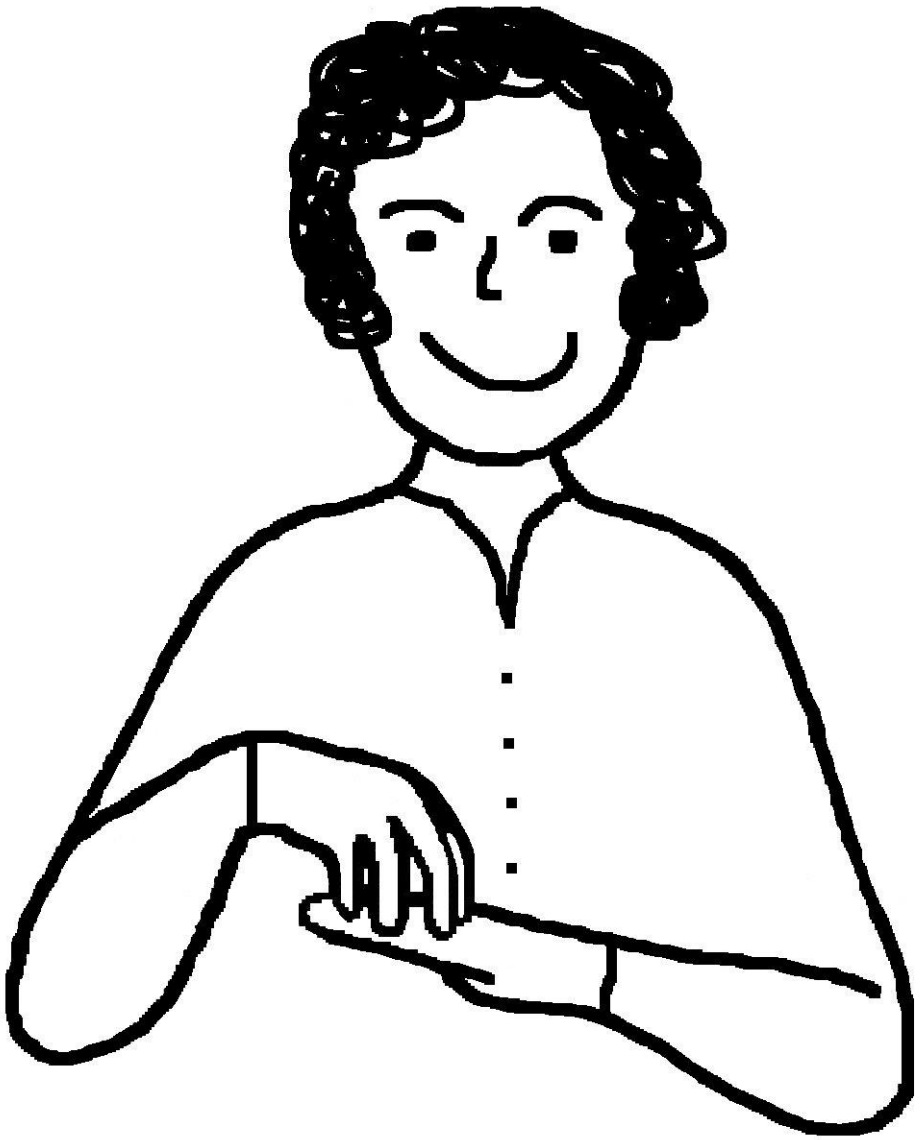
Mime milking a cow

Sugar

Gently scratch cheek

WEEK 47

Cake



Clawed hand rests on back of support hand.

WEEK 48

Orange

Squeeze orange at
corner of mouth

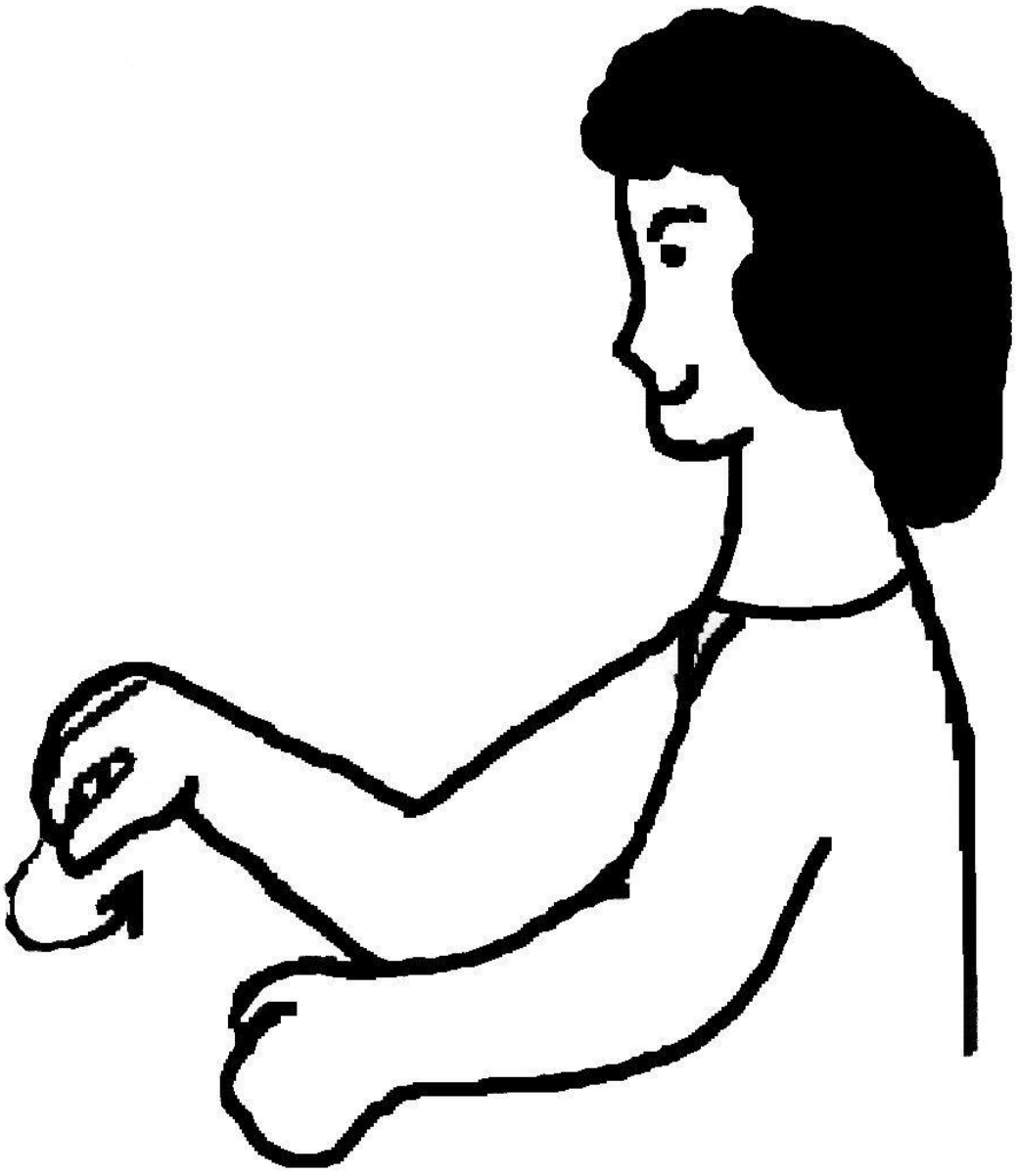
WEEK 49

Party

Rotate hands from palm
forwards to palm backwards

WEEK 50

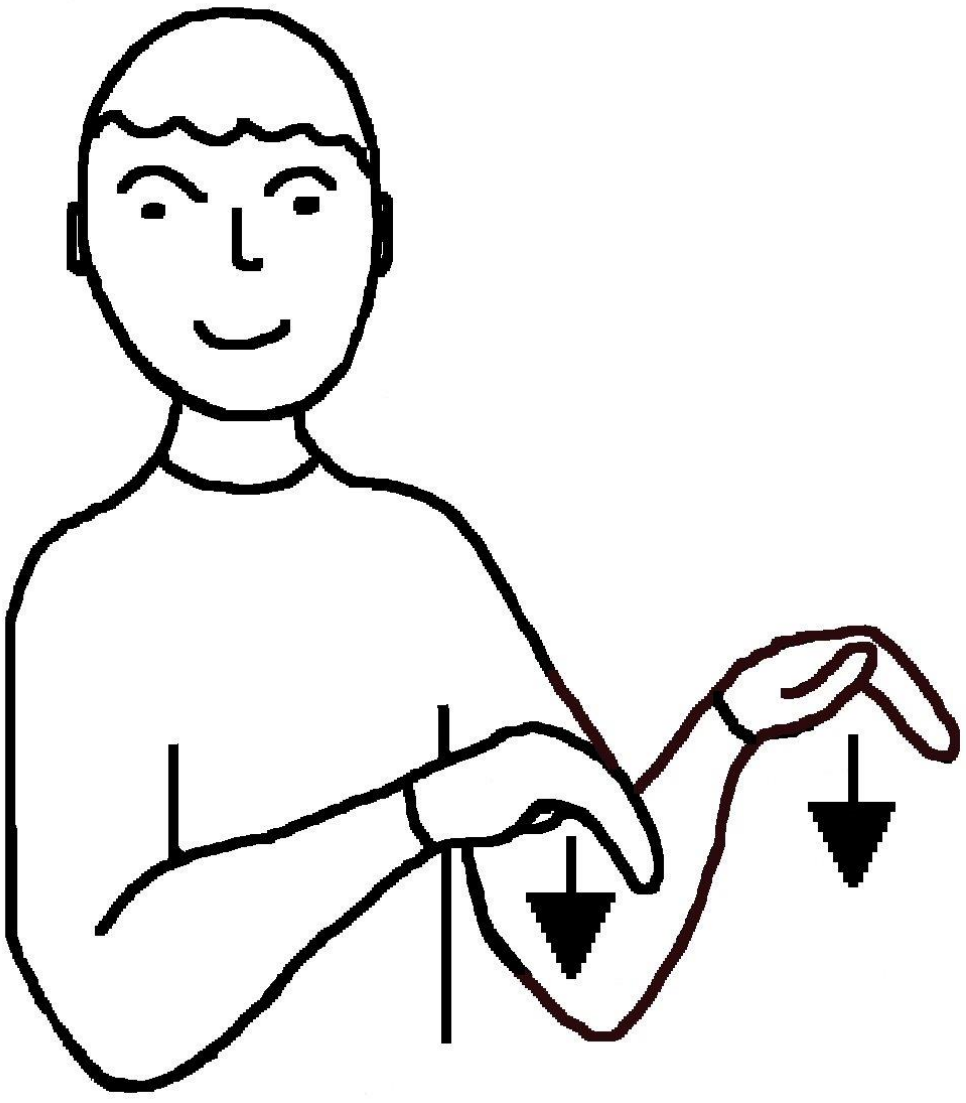
Cook



Support hand mimes holding pan, lead hand mimes stirring.

WEEK 51

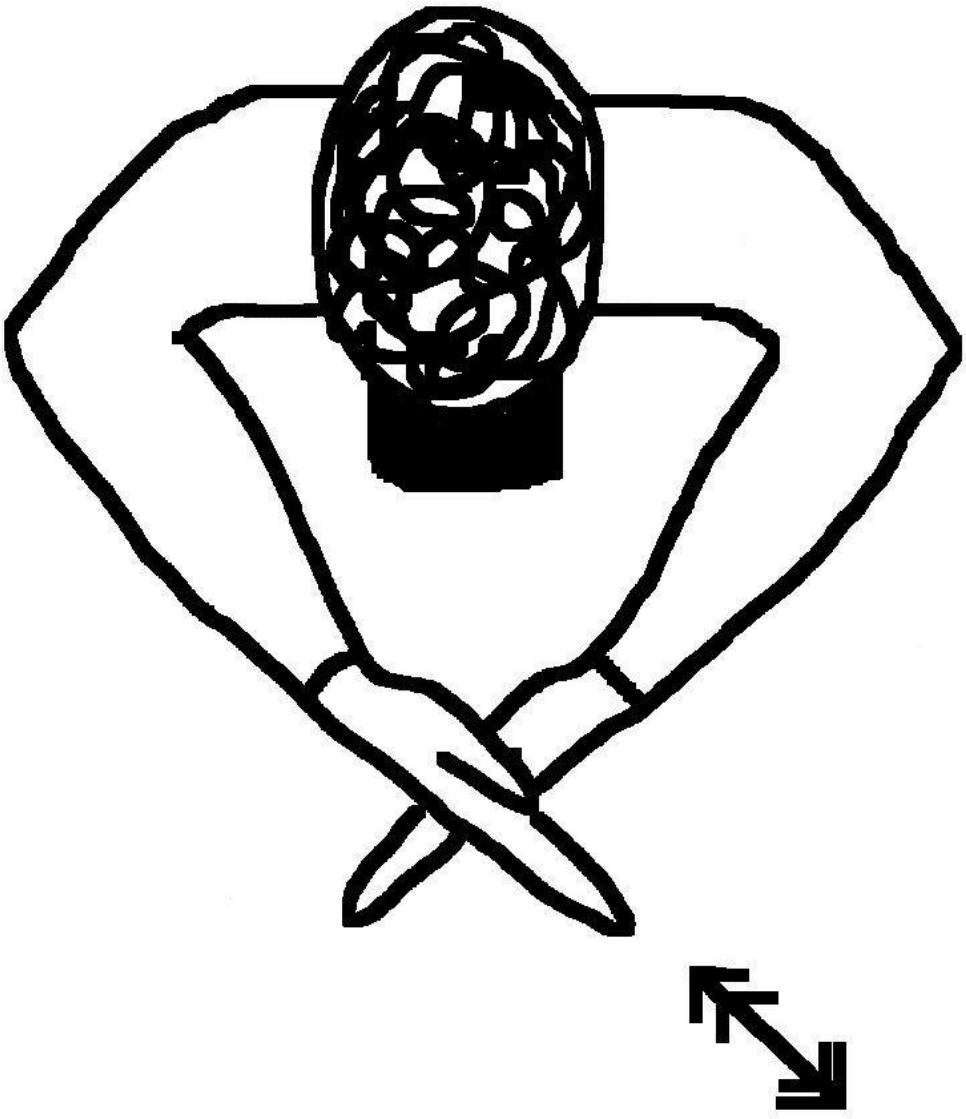
Shop



Bent hands make
downward movement

WEEK 52

Work



Dominant hand makes small sawing movements on thumb