





Concepts

<p>Big</p> <p>Begin with hands close together like “small” and then draw apart</p>	<p>1. </p> <p>2. </p>
<p>Clean</p> <p>Place one hand on top of the other (palm side down) and move the top hand across the one below</p>	
<p>Cold</p> <p>Place fists as shown and move them backwards and forwards slightly</p>	

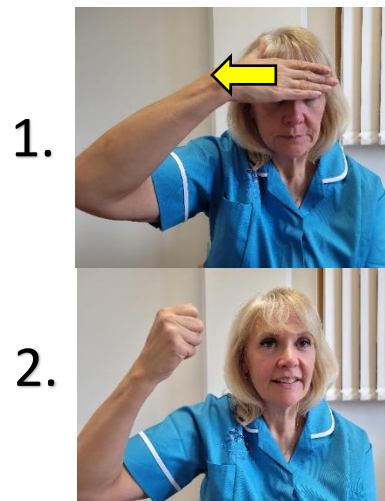
Dirty

1. Put your wrists together as shown with hands in a fist shape
2. Top fist makes small twisting upward movement



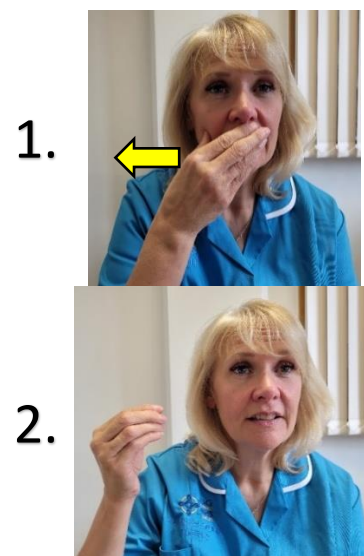
Hot (Feeling Hot)

1. Place flat hand as shown on forehead
2. Move it across whilst moving hand into a fist shape



Hot (Hot Food)

1. Place hand by mouth
2. Move it away whilst pinching fingers





GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

Little/Tiny

Place index finger and thumb close together and push towards each other slightly



Small

Put hands in front of chest as shown and push towards each other slightly

