



Action Words

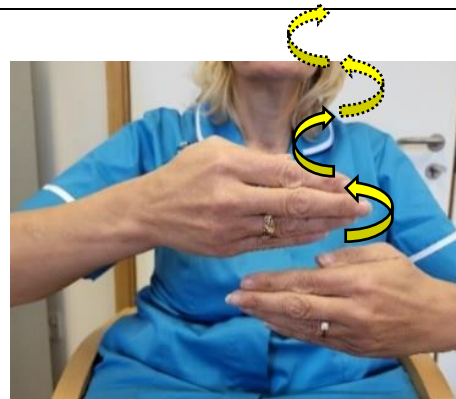
To break

1. Put fists of both hands together
2. Break fists apart



To build

1. Place hands as shown in front of your chest
2. Move the lower one up so it sits just above the other, and repeat this movement twice



To cut (with scissors)

1. Place one hand as shown with index and middle finger slightly apart
2. Move hand across chest while index and middle fingers move up and down



To draw

Place one hand palm side up and use other hand to pretend to draw on it



To drink

All fingers and thumb of one hand form a 'C' shape and then pretend to drink. Tilt head backwards slightly



To eat

Pinch fingers and thumb together and tap twice against the side of your mouth



To fall over





1. Place one hand palm side down with index and middle fingers of other hand on top of it
2. Move other hand down so it is flat against the first hand, with palm facing upwards

1.



2.



<p>To get up/to stand up (from sitting/lying down) Place hands as shown with palms facing upwards, move hands straight upwards</p>	
<p>To go Index finger points forwards</p>	
<p>To jump</p> <ol style="list-style-type: none"> 1. Place one hand palm side down with index and middle fingers of other hand on top of it 2. Make fingers of the top hand 'jump' up and down on the other 	
<p>To kick</p> <ol style="list-style-type: none"> 1. Place one hand palm side down with index and middle fingers of other hand on top of it 2. Make index finger of top hand flick outwards 	

To paint

Index and middle fingers repeatedly move up and down in front of you



To play

Place hands as shown with palms facing upwards, move hands upwards and outwards, forming the shapes of 2-3 circles



To read

Place hands as shown and move book slightly from side to side



To ride (bicycle)

1. Hold both of your fists out in front of you (one below the other, as per the photo).
2. Move them round and round, in the way your feet move when peddling a bike – this sign is the same as 'bike' but move your fists forwards as they go round



To run

Hold fists out in front of you with thumbs facing upwards and move them around in a circle shape, as if pretending to run



To sing

Place middle and index finger by the corner of your mouth and move them upwards and outwards and in 2-3 circle shapes



To sit

Place hands as shown and press down slightly



To sleep

Place hands as shown (palms touching) against ear with your head tilted slightly, and eyes closed



To swim

1. Place hands as shown (palms touching, with elbows bent and in front of your chest)
2. Move them forwards and outwards as if pretending to swim breaststroke



To walk

1. Place index and middle fingers in front of you as shown
2. Move these fingers back and forth whilst your hand moves across in front of your chest



To want

Place flat hand on your chest, then move it downwards and outwards



To wash

Clasp hands together



To work

Place hands as shown and make a repeated sawing movement on knuckles of other hand

