

EMOTIONS

angry	Clawed hands (palms in, pointing forward) at waist height, move up and down alternately with emphasis
bored	Working flat hand (palm back, pointing up) fingers tap chin twice
excited	Clawed hands (palms back, pointing in) against upper chest, alternately move rapidly up and down while maintaining contact with chest
fed up	Working bent hand (palm in, pointing up) under chin, moves firmly up so that backs of fingers are held against the chin
frightened	Working clawed hand (palm back, pointing in/up) quivers over heart. Shoulders hunch, body shrinks back
happy	Working cupped hand strikes twice across supporting palm moving towards heel of hand
hungry	Working flat hand (palm back, pointing in) makes inward circles on stomach
hurt/pain	Working clawed handshakes over painful area. Directional sign, use appropriate facial expression
ill	Little finger hands (palms out, pointing up) at upper chest, drop in straight line to waist level
sad	Index hands (palms back, pointing in/up) at sides of lips make a short downward movement
thirsty	Fingertips of working parallel flat hand touch throat and pull forward closing to bunched hand (palm back, pointing in/up). Repeat
tired	Working open hand (palm down, pointing forward/in) with thumb resting against upper chest, arcs over to palm up, pointing forward/in at waist height, shoulders slump
Upset	working bent hand (palm back, pointing in) fingertips against chest, twists to palm up while maintaining contact
Uncomfortable	Flat hands (palms down, pointing forward/in) with working hand above, move forwards/out; then flat hands with thumbs extended (palms down, pointing forward/in) thumb tips held against outer chest, hands move in towards each other

