

More than 30 activities to boost your ASL skills



# SIGN LANGUAGE

101

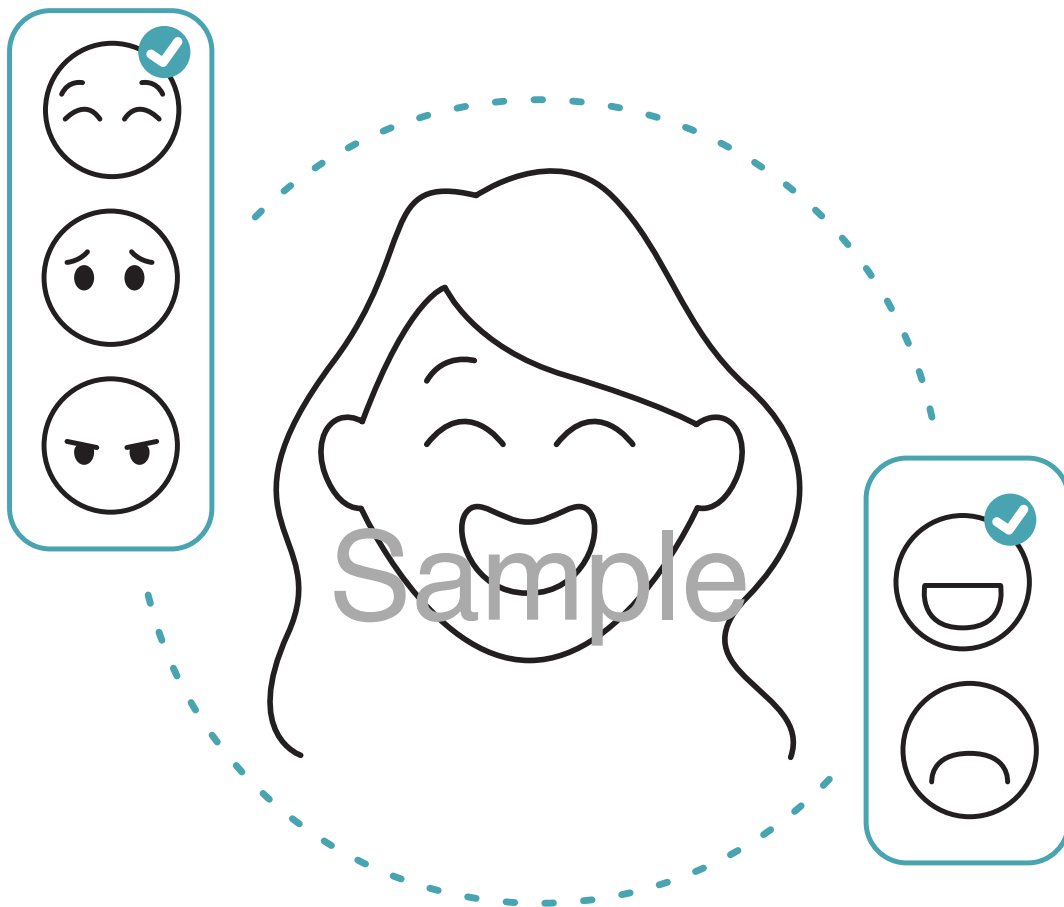
Sample

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Level 1

**WORKBOOK**

# LEVEL 1

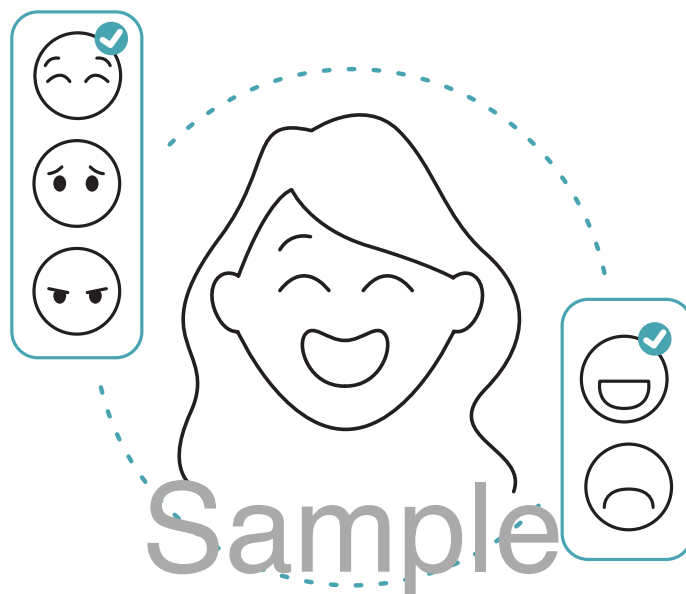


## LESSON 1

# Non-Verbal Communication

# LET'S GET STARTED WITH LESSON 1!

We've got lots of learning ahead, so let's go!



## THIS LESSON INCLUDES:

- Facial expressions
- Body language
- Numbers 1-10
- Putting it together
- Lesson 1 quiz

*Ready? Let's go!*

## 1.3 LESSON – FACIAL EXPRESSIONS

### ACTIVITY

We learned about the important role that facial expressions play in communicating your message. Now it's time to practice! For this activity, you'll practice several common facial expressions and then analyze how your eyebrows, lips, nose, and other parts of your face help express your meaning.

For best results, take a selfie-style video using your phone or webcam. You can also practice in front of a mirror, although it may be harder to review your movements.

#### DIRECTIONS:

1. Practice conveying the expressions below using **only your face**. Record these one at a time on your phone or webcam, or to yourself in the mirror.
2. Next, review your **facial expressions** and write down what you discover. How do the various parts of your face move and combine to convey your meaning? Use the lines below each expression to describe the position and movement of your eyebrows, lips, nose, and other parts of your face. What else do you notice?
3. If you're comfortable, share your video with a friend or family member and see how many of the expressions they can understand using just your facial expressions.

**“I’m exhausted”**

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**“We won the game!”**

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**“What is that smell?”**

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1.3 LESSON – FACIAL EXPRESSIONS (CONTINUED)

**“Who is that?”**

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**“That’s interesting!”**

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**“How rude!”**

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**“I don’t understand.”**

Sample

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**“I’m so embarrassed!”**

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**“I’m very sorry.”**

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**“I’m frightened!”**

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## ACTIVITY

Body language also plays an important role in communicating your message. We're going to practice communicating without any signs, this time also combining our body language.

For best results, take a selfie-style video using your phone or webcam. You can also practice in front of a mirror, although it may be harder to review your movements.

### DIRECTIONS:

1. Practice conveying the expressions below using **body language**. Record these one at a time on your phone or webcam, or to yourself in the mirror.
2. Next, review your **body movement** and write down what you discover. How do the various parts of your body move and combine to convey your meaning? Use the lines below each expression to describe the position and movement of your arms, legs, hips, torso and other body parts. What else do you notice?
3. If you're comfortable, share your video with a friend or family member and see how many of the expressions they can understand using just your facial expressions.

Sample

**“Where are my keys?”**

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**“This cake is yummy!”**

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**“It’s cold in here.”**

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1.4 LESSON – BODY LANGUAGE (CONTINUED)

**“This music is so loud!”**

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**“I’m perfectly relaxed.”**

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**“I smashed my finger!”**

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**“These noodles are slippery!”**

Sample

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**“I’m focused on playing this game.”**

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**“I couldn’t stop staring at my phone!”**

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**“You almost hit that parked car!”**

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## ACTIVITY

Learning and using numbers is a great way to kick off your ASL journey! In fact, you probably already know many of them already!

### DIRECTIONS:

1. Practice using numbers over the next few days. Cross off the number once you've got it down.
2. Find opportunities in your day to practice numbers you see – house address numbers, prices of items at the store, phone numbers you see, etc.
3. Once you've mastered these numbers, record yourself using the number sequences on the next page. Go back and watch the video and see if you can understand the numbers you've signed. Write these down and check your answers!

Sample

<input type="checkbox"/>	1	<input type="checkbox"/>	2
<input type="checkbox"/>	3	<input type="checkbox"/>	4
<input type="checkbox"/>	5	<input type="checkbox"/>	6
<input type="checkbox"/>	7	<input type="checkbox"/>	8
<input type="checkbox"/>	9	<input type="checkbox"/>	10



## ACTIVITY

Record yourself (or have someone record you) signing the following numbers slowly. Watch the recording again and write down the numbers you see.

Were you able to produce and understand all of the numbers? If so, pat yourself on the back! If not, there's lots of time to continue to practice!

### PRACTICE ROUND 1

7 5 3 9 10 2 1 8 4 6

### PRACTICE ROUND 2

1 4 5 3 7 6 9 10 8 2

### PRACTICE ROUND 3

8 3 6 4 2 7 5 1 10 9

### PRACTICE ROUND 4

9 2 6 1 10 4 5 7 3 8

### PRACTICE ROUND 5

2 6 3 10 1 5 9 7 6 4

Sample

## 1.6 LESSON - PUTTING IT TOGETHER

### ACTIVITY

Now it's time to practice understanding meaning by looking at gestures, facial expressions, and body language. We'll give you three exercises that will test your superpowers of deciphering meaning without spoken language.

#### DIRECTIONS:

1. Select three scenes from a recorded television show or movie you're not very familiar with (you may want to use a service like Netflix, Hulu, DVR, or YouTube).
2. Turn off the sound and watch each clip for 1-2 minutes.
3. Choose one character and study their body language, facial expressions, and gestures. In the space below, write what you think they were communicating.
4. Then, re-watch with the sound on. Were you right? Write down what you learned about the experience.

Scene description	What you thought they were communicating	What they were actually communicating	Were you right? What did you learn?
Scene 1			
Scene 2			
Scene 3			

## 1.7 QUIZ - LESSON 1

# QUIZ

This quiz is designed to test your knowledge and comprehension of the content we've covered so far.

### DIRECTIONS:

1. Watch the video and record your answers below. What do you think Dr. Byron is communicating in each video clip?
2. If you don't score perfectly, no worries! You can always re-watch content and retake this quiz, or revisit it in a few days or weeks to make sure you're still practicing what you've learned!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Sample