



Sign Language 101 for Kids Workbook



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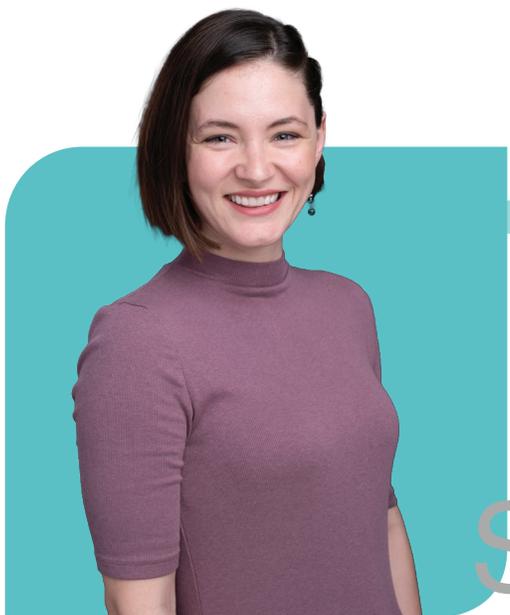


LESSON 1

Letters, Names & Numbers

WELCOME TO SIGN LANGUAGE 101!

We're excited you've joined us to learn ASL – the most beautiful language you've ever seen.



ABOUT YOUR INSTRUCTOR

Sandra Mae Frank is your Deaf instructor for this ASL course. She is famous for her wonderful acting skills. She has been in several movies, TV shows, and in theatre on Broadway. She also enjoys signing music. Sandra recently performed the National Anthem and “America the Beautiful” for the Super Bowl. She says her hearing loss is not a burden. In fact, she considers it a blessing. We hope you enjoy learning ASL along with your instructor Sandra Mae Frank.

This lesson includes:

- The ABCs
- Numbers 1-10
- Helpful hints
- Deaf culture – Did you know?
- Fingerspelling practice
- Vocabulary review
- A quiz to test your own knowledge

Are you ready? Let's go!

ACTIVITY

Let's start with practicing the ABCs. Watch the videos and practice each of the letters below with Sandra, then try it in front of a mirror. Place a check mark or a sticker on top of each sign as you learn it.



Aa



Bb



Cc



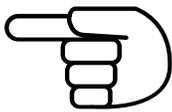
Dd



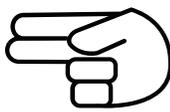
Ee



Ff



Gg



Hh



Ii



Jj



Kk



Ll



Mm



Nn



Oo



Pp



Qq



Rr



Ss



Tt



Uu



Vv



Ww



Xx



Yy



Zz

ACTIVITY

Practice signing your name and introducing yourself in front of a mirror. Continue practicing and notice your progress. Which letters are easier? Which ones are more challenging?



TIP

Remember the word order for introductions:
me name (fingerspell) , you name what?

1.3 LESSON - OTHER VOCABULARY

ACTIVITY

Sample

You're amazing! Let's review some words and practice others. Place a check mark or a sticker on top of each sign as you learn it.

YOU

COUNT

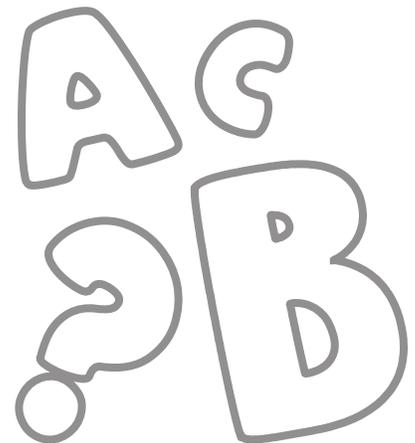
ME

NUMBER

NAME

WHAT?

AGAIN



ACTIVITY

It's time to learn how to count in ASL. We'll start with numbers 1-10.

Follow Sandra and practice using numbers 1-10. Once you've memorized each one, check it off below. You can always go back and watch the video again and again until you've got them all!

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



ACTIVITY

Once you've learned them all, try signing them out of order.

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

ACTIVITY

Remember that English and ASL sentences are different! Watch Sandra explain the difference and write down the correct word order in ASL:

English	ASL
What is your name?	



TIP

Eyebrows are an important part of grammar in ASL. When you ask **WHAT**, your eyebrows should always be down.

1.6 LESSON - WHICH HAND DO I USE?

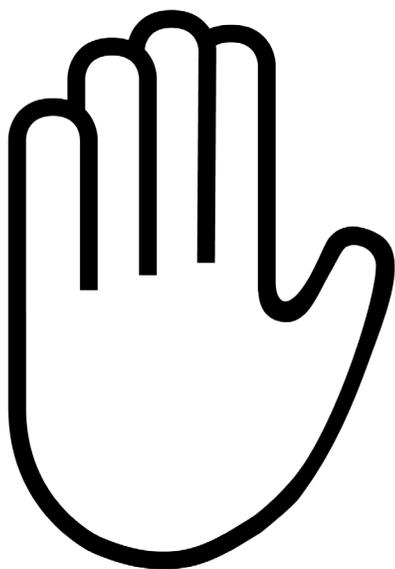
ACTIVITY

You've learned so much already, we bet you could sign with one hand behind your back. But which hand should you use? See how much you know about ASL dominant hands.

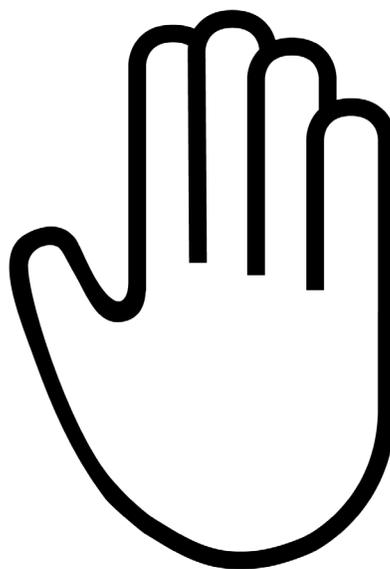
1. T F People only sign with their right hand
2. T F Signers can understand you no matter which hand you sign with
3. T F Most people sign with the same hand they write with

Answers: 1. F - you should sign with your dominant hand, 2. T, 3. T

Which hand is your dominant hand for signing? Color or write your name inside that hand below.



Left



Right

Sample

Way to go!

You're doing a great job. Keep practicing over the next few weeks with new people you meet.

ACTIVITY

Watch the video and practice introducing yourself with Sandra. Then pretend you're one of your favorite characters from a movie or show. Introduce yourself with their name and practice your fingerspelling!

Who are your favorite characters?