

Level 1A

Getting Started with ASL **WORKBOOK**

Sample

More than 80 activities to boost your ASL skills

Sample

Copyright © 2023 Sign Language 101, LLC

All rights reserved. No portion of this book may be reproduced in any form without written permission from the publisher or author, except as permitted by U.S. copyright law.

First Edition September 2023

Published by Sign Language 101, LLC

PO Box 40778

Austin, TX 78707

www.signlanguage101.com

INSIDE THIS WORKBOOK

LESSON 1

NON-VERBAL COMMUNICATION

Gestures	2
Facial Expressions	3
Body Language	6
Vocabulary & WH-Questions	9
ASL Word Order: Subject-Verb-Object	10
Asking WH-Questions	11
Numbers 1 - 10	13
Let's Practice	15
Extend Your Learning	16

LESSON 2

THE ALPHABET, COLORS & PRONOUNS

The Alphabet	18
Colors	21
Introduction to Pronouns in ASL	23
More Vocabulary & WH-Questions	27
Numbers 11 - 20	30
Ages	32
Let's Practice	33
Fingerspelling	36
Extend Your Learning	38

LESSON 3

EVERYDAY SIGNS & COMMON PHRASES

Everyday Signs	40
Common Phrases	43
More Vocabulary & WH-Question	46
What is ASL Gloss?	47
Answering WH-Questions	49
Numbers 21 - 30	52
Double Digit Numbers	52
Let's Practice	54
Fingerspelling	57
Extend Your Learning	58

LESSON 4

ANTONYMS

Antonyms	60
More Antonyms	63
Common Signs	66
Asking Yes/No Questions	70
Answering Yes/No Questions	72
Numbers 31 - 40	74
Numbers ending in Zero	74
Let's Practice	76
Fingerspelling	79
Extend Your Learning	80

LESSON 5

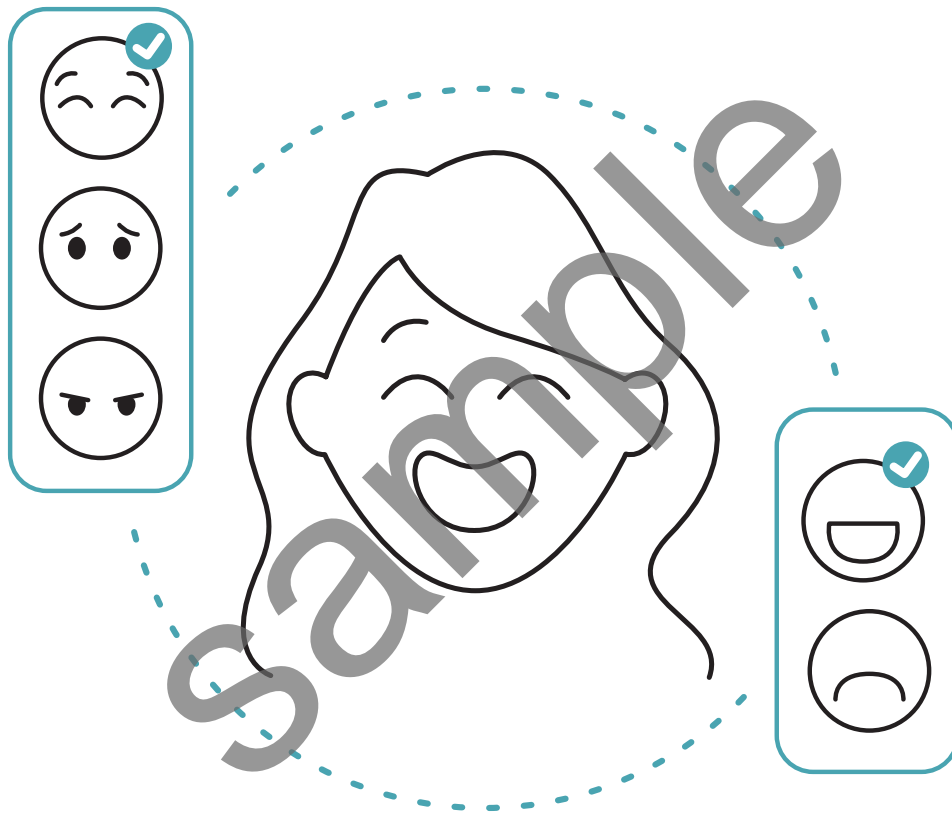
AROUND THE HOUSE & HOBBIES

Around the House	82
Hobbies	85
More Vocabulary & WH-Question	88
Numbers 41 - 50	91
Numbers ending in Five	91
Let's Practice	93
Fingerspelling	96
Extend Your Learning	97

Sample

LESSON 1

Non-Verbal Communication



THIS LESSON INCLUDES:

- Gestures
- Facial Expressions
- Body Language
- ASL Word Order
- Numbers 1-10
- Extend Your Learning

GESTURES

ACTIVITY 1.2.1



The goal of this activity is to reflect on the lesson and to ensure you're comfortable communicating with your hands. You'll be taught the actual ASL sign for these words later in the course, so don't worry about getting them correct for now.

DIRECTIONS:

Think of how you would communicate the following words with others if you didn't speak the same language as them. Then, use clear and concise hand gestures to communicate these words and phrases.

PRACTICE ROUND 1

eat

search

fishing

sewing

PRACTICE ROUND 2

drive

piano

sick

throw

PRACTICE ROUND 3

wait

read

turn light on

music

PRACTICE ROUND 4

open the door

sleep

drink

paint

PRACTICE ROUND 5

rabbit

stay

wash

swim

1.3 LESSON – FACIAL EXPRESSIONS

FACIAL EXPRESSIONS



American Sign Language (ASL) is a visual language that relies not only on hand gestures but also on facial expressions to convey meaning and emotions. Facial expressions have many important roles in ASL. Listed below are some of the ways facial expressions are used for grammatical purposes. These concepts can be advanced, and we will go more in-depth in later lessons. For now, we'll focus on the basics of using facial expressions to show meaning and intensity in order to enhance your dialogue.

CONVEYING EMOTIONS AND ATTITUDES:

Facial expressions in ASL are used to communicate a wide range of feelings and sentiments. They add depth and context to signs, to help deliver the signer's intended meaning. Facial expressions are essential because they convey emotions, attitudes, intensity, and nuance that cannot be expressed through signs alone.

For example:

- A smile can convey happiness, joy, or agreement.
- Raised eyebrows can signal surprise, curiosity, or asking a question.
- Frowning can express sadness, disappointment, or disapproval.

LANGUAGE ENHANCEMENT:

In ASL, facial expressions do more than just show emotions; they contribute to the language's grammar. They can indicate the verb's tense, or even change the context of a sentence from "I like this" to "I don't like this."

For instance:

- Raised eyebrows can indicate a yes/no question, while lowered eyebrows can indicate WH-questions (such as who, what, when, why, or how).
- Nodding can indicate affirmation while shaking the head can show negation.
- Puffing out cheeks can mark a repeated or ongoing action.



1.3 LESSON – FACIAL EXPRESSIONS (CONTINUED)

SIGNING LIKE A PRO

In ASL, non-manual signals (NMS) include mouth movements, eye gazes, head and body position, and facial expressions that accompany signs in order to convey meaning and grammatical information. While manual signs involve the use of the hands, non-manual signals utilize various aspects of the face, head, and body.

Non-manual signals play a crucial role in ASL as they provide important grammatical markers, inflections, and nuances that are not conveyed through manual signs alone. They contribute to the overall expression and interpretation of ASL by adding emotional and linguistic elements.

ACTIVITY 1.3.1



For this activity, you'll observe how Dr. Byron incorporates facial expressions into his signing.

DIRECTIONS:

Rewatch the video in **Lesson 1.1 – Intro** and observe how Dr. Byron uses facial expressions to help convey his message.

ACTIVITY 1.3.2



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 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:

- Practice conveying the expressions below using only your face. Record these one at a time on your phone or a webcam or observe your expressions in the mirror.
- 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?
- If you're comfortable, share the video with a friend or family member and see how many of your facial expressions they are able to understand.

1.3 LESSON – FACIAL EXPRESSIONS (CONTINUED)

EXPRESSION OR PHRASE	DESCRIBE THE POSITION AND MOVEMENT OF YOUR EYEBROWS, LIPS, NOSE, AND OTHER PARTS OF YOUR FACE	WHAT ELSE DID YOU NOTICE?
"I'm exhausted!"		
"We won the game!"		
"What is that smell?"		
"Who is that?"		
"That's interesting!"		
"How rude!"		
"I don't understand."		
"I'm so embarrassed!"		
"I'm very sorry."		
"I'm frightened!"		

1.4 LESSON – BODY LANGUAGE

BODY LANGUAGE



In ASL, body language plays a crucial role in conveying spatial relationships, conveying intensity, providing context, expressing emotions, and the overall tone of a message. It adds depth and expressiveness to signs. In this section, we will explore the importance of body language in ASL and how it contributes to effective, meaningful, and clear communication.

CONVEYING INTENSITY AND EMOTIONS:

Examples:

- Large, dynamic movements of the body can indicate excitement or intensity.
- Slow and deliberate movements can convey calmness or seriousness.
- Leaning forward can express interest while leaning back can express disinterest.

SPATIAL RELATIONSHIPS AND DIRECTIONALITY:

In ASL, body language is essential for indicating relationships between objects and people and the directionality of verbs (such as, “He gave me” versus “I gave him”). Signers can use their bodies to represent objects, people, and locations. Body orientation, movement, and placement all play a vital role in conveying this information.

Examples:

- Pointing with the index finger indicates the location of an object or a person.
- Shifting body position can represent different people in a story.
- Body language can reflect how a person or object moves.

1.4 LESSON – BODY LANGUAGE (CONTINUED)

ACTIVITY 1.4.1

For this activity, you'll observe how Dr. Byron incorporates body language into his signing.

DIRECTIONS:

Rewatch the video in **Lesson 1.1 – Intro** and note how Dr. Byron uses body language to help convey his message.

ACTIVITY 1.4.2

For this activity, you will practice communicating by only using body language. You should avoid using any ASL signs you may already know.

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

DIRECTIONS:

1. Practice conveying the expressions below using **only body language**. Record these one at a time on your phone or webcam, or to yourself in the mirror.
2. Review your **body movement** and write down what you observe. How do the various parts of your body move and combine to convey your intended meaning?
3. If you're comfortable, share your video with a friend or family member and see how many of the expressions they can identify from your body language.

1.4 LESSON – BODY LANGUAGE (CONTINUED)

EXPRESSION OR PHRASE	DESCRIBE THE POSITION AND MOVEMENT OF YOUR ARMS, LEGS, HIPS, TORSO, AND OTHER BODY PARTS	WHAT ELSE DID YOU NOTICE?
“Where are my keys?”		
“This cake is yummy!”		
“It’s cold in here.”		
“This music is so loud!”		
“I’m perfectly relaxed.”		
“I smashed my finger!”		
“These noodles are slippery!”		
“I’m focused on playing this game.”		
“I couldn’t stop staring at my phone!”		
“You almost hit that parked car!”		

Sample

VOCABULARY & WH-QUESTIONS

Creating a regular ASL practice routine will set you up for success for the remainder of your lessons!

ACTIVITY 1.5.1

In this activity, you'll practice signing the words learned in this lecture.

DIRECTIONS:

1. Watch Dr. Byron's video and practice the words listed below.
2. Find opportunities throughout your day to practice these words – you can practice signing when you're talking to others, when you're commuting, or by yourself when you have down time.

you	me	again
count	number	what?

SIGNING LIKE A PRO

American Sign Language (ASL) is its own complete and distinct language. It is not a form of English communicated through hand signs. It's crucial to grasp this foundational concept in order to effectively learn ASL. ASL has its own grammar, vocabulary, and syntax. To truly engage in ASL, it is essential to train your mind to think in ASL, rather than solely relying on ASL signs that directly correspond to English words.