Ghanaian
Sign Language

Second Edition Dictionary
Casey Deutsch and Caitlin McGuire
To those who can't hear
And live their lives in hardship
You are all able
I take this opportunity to say,

Communication among the deaf and between the deaf and the hearing in Ghana has been a difficult issue for many years. Each school for the deaf in Ghana has unique varieties of vocabulary and therefore, differs from school to school. Another problem is that, the quantum of vocabulary is very limited, resulting in issues with syntax and synonyms. These have all contributed to making it difficult for the deaf child to aspire academically, seek political power, integrate socially, engage in meaningful economic activities and finally become a self-dependent entity.

The presence of the Peace Corps (Ghana) Volunteers in our schools for the deaf has helped to identify these problems. The volunteers have seen that a rich vocabulary bank in sign language will help the deaf emancipate themselves.

Thus, a bold step was taken by Peace Corps Volunteers, Caitlin McGuire and Casey Deutsch to research in Ghanaian schools for the deaf and the local communities on various sign forms in order to write the first dictionary. The project was further contributed to when new Peace Corps volunteers Dara Katzenstein, Gene Trujilo, Lisa Wentling, Vanessa Toland, Bekah Alviani, and Katie Dobbins helped to develop this second edition. Robert Sampana and Eric Kwaku Sapey Jr., prominent members of the Ghana National Association for the Deaf, also added their contribution by tirelessly reviewing the work and ensuring the accuracy of the signs contained within. Today, we are proud to have a rich Sign Language Dictionary for the deaf and others connected with the deaf in Ghana.

For this effort and dedication, I say, “Congratulations” to every one who partook in completing this book.

I assure there will be significant improvement in the academic, social, political, and economic lives of the deaf in Ghana. Thank you.

Nathan K. Pecku
National Coordinator for Education of the Deaf
Special Education Division
Ghana Education Service
Sign Language in Ghana can be attributed to the work of Andrew Jack Foster, a black deaf American. Foster arrived in Ghana in June of 1957, shortly after Ghana gained independence from colonial England. Upon arrival, he quickly started making vigorous enquiries about deaf education at the Ministry of Education, Department of Social Welfare, the Accra Municipal Council and the District Education Office. Foster faced many challenges identifying deaf individuals and was told that there were not many deaf children to start a school for the deaf at that time.

However, it is said that there were thousands of deaf children hiding by their families due to fear of stigmatization by other people and the community. As a result of this negative perspective, Foster had to explore other means to fight and liberate these deaf people being hidden by their families. During this time, many Ghanaians believed deafness was to some degree a curse or associated with various negative factors, which lowered the status of the deaf person and his parents.

Believing in his mission to accomplish positive results, Foster continued to be a crusader and finally, as a result of his perseverance, when it was concluded that he was an educated deaf man with a string of three university degrees, they accorded him due respect and gave him the cooperation he needed.

This is when the birth of Ghanaian Sign Language occurred. Foster used American Sign Language to begin teaching the many deaf people he found in Ghana. Based on the same foundations as American Sign Language, Ghanaian Sign Language contains various signs that are unique to Ghana only. Signs derived from cultural activities are what separate GSL from ASL and give it status as its own language.

After the tragic death of Andrew Foster in a plane crash in 1987, Ghanaian Sign Language gained recognition by the University of Ghana and the University of Education Winneba, where sign language is offered as a subject, and it is clear that they still use the same sign language Foster started in Ghana. Additionally, all the 14 schools for the deaf in Ghana use the same sign language begun by the “Father of Sign Language in Ghana,” Dr. Andrew Foster.

Ghanaian Sign Language continues to gain recognition because of the involvement and interest of various stakeholders such as the Ghana Health Service, Police Service, The Special Education Division of GES, Peace Corps Ghana and other individuals who see GSL as a human rights issue for deaf people.

With all the effects being made to improve Ghanaian Sign Language, it is only the Ghana National Association of the Deaf (GNAD) who have for years been advocating for the recognition of Ghanaian Sign Language as an official language for the Deaf.

The foundations of Ghanaian Sign Language is therefore credited to Rev. Dr. Andrew Jack Foster for his hard work, dedication and believing in his mission to bring light to the deaf people in Ghana.

Robert W. Sampana,
Advocacy Officer of the Ghana National Association of the Deaf
GHANAIAN DEAF CULTURE, COMMUNITY, AND SIGN LANGUAGE

The Ghanaian Deaf community values Ghanaian Sign Language as the core of a cultural Deaf identity. Through GSL, members are given a unique medium for personal expression, a spatial and visual language that does not require the use of sound, but rather emphasizes the hands, faces, bodies and eyes as a mode of communication.

In the Deaf Community, the capitalization of the letter “D” implies a new meaning. For example, the capital “D” defines a deaf person who uses Sign Language and identifies as a member of the Deaf Community. It is also a way to define the community as a group of people with a similar identity and culture. However the lowercase “d” implies that the deaf person is not very active in the Deaf community. These individuals may not rely on Sign Language as a mode of communication and may be inactive in Deaf Associations.

Members of this community share a common history, values, morals and experiences. Deaf individuals come from diverse backgrounds and influences, and as a result, that variation is reflected in the community. Different types of sign systems are used to varying degrees and the Deaf community welcomes this variety. In the Ghana, Deaf people often talk about the sense of belonging they feel upon their first experience in this type of environment. There is a feeling of home and community that comes from interaction with other deaf people.

The degree of ones hearing and fluency in sign language are not the only factors that define identification with the Deaf community. Deaf people describe a sense of connection and a shared understanding of what it means to be a Deaf person that is felt almost immediately upon meeting another person who is deaf.

The central challenge facing the deaf in Ghana is that of exclusion from the economic, political, and social sphere of society. The different barriers to participation relate to prejudice, perception and poverty. But what is unique to the deaf in Ghana is their paramount problem relating to communication, which is Sign Language.

Deaf people have specific needs concerning communication and many deaf children in rural communities grow up without contact to other deaf people or the wide society as a result of language barrier. Some families do not include their deaf family members in activities due to a language barrier, leaving the deaf person isolated, sometimes without a language. It is only through the medium of Sign Language that a deaf person can enjoy and exercise their human rights and play an active role in society.

In the pursuit of equal rights for deaf individuals, we need to focus on the education of deaf youth in their native language, Ghanaian Sign Language, and make strides to spread Sign Language training to the hearing community in order to foster a better understanding of the deaf in Ghana.

Robert W. Sampana,
Advocacy Officer of the Ghana National Association of the Deaf
Caitlin McGuire

Caitlin served as a Peace Corps Volunteer in Ghana for two years at Bechem School for the Deaf in Brong Ahafo. Within the school, she taught sign language classes for the teaching staff. She also established a school farm to aid in the student’s agricultural studies and to provide more food for the school. Caitlin’s primary assignment was teaching vocational art to basic and technical students. She specialized in teaching textiles to students. Caitlin extended her service for a third year at Koforidua School for the Deaf in the Eastern Region. While there, Caitlin worked to improve the computer lab, develop a school library and establish a health club. She trained students to become peer educators that would later teach the community about various topics such as malaria, HIV and AIDS, hygiene, and food security. She also helped organize and facilitate several national camps for the deaf in order to promote leadership among the disabled community. Caitlin coordinated with Ghana Education Services to produce a manual about HIV and AIDS education, specifically tailored for the deaf, which were distributed to schools for the deaf across Ghana.

Casey Deutsch

Casey came to Ghana in 2013 to teach at Gbeogo School for the Deaf in the Upper East Region as a Peace Corps Volunteer. During his time at the school, he worked to establish a library and computer lab to promote literacy and technical skills among his students. Along with teaching sign language classes to staff at his school, he also devised a dictionary for students to teach their families sign language. He worked heavily in HIV education and stigma reduction with his students. The focus of his work was to begin a Vocational Program at Gbeogo School for the Deaf that would allow post-JHS students to continue their education. Casey collaborated with the Ghana Ministry of Education to adapt and launch a national HIV Programme at each of the Schools for the Deaf in Ghana. In 2014, Casey was named a National Best Teacher for his work during his service. He extended his tour at Gbeogo School for the Deaf for a third year where he worked to further develop the Vocational Department, which focused on batik, tailoring, and bookmaking. Students formerly employed through his program are now pursuing apprenticeships with Our Talking Hands.
CONTRIBUTORS

BEKAH ALVIANI
Rebekah (Bekah) Alviani came to Ghana in June 2015 after completing an Associate of Art degree in Photography and a Bachelor of Fine Arts degree in Graphic Design. She works in the Salvation Army School for the Deaf, teaching visual arts and sign language to junior high and primary students, and is working with the school’s Girls Club. Bekah joined Peace Corps with the goals of starting a pre-vocational program in her school, and hopes to begin sign language classes at hospitals and clinics within her community. She also plans to create a sign language handbook designed for medical professionals. She photographed and re-designed the second edition of the Ghanaian Sign Language Dictionary.

DARA KATZENSTEIN
Dara Katzenstein traveled to Ghana in 2015 as a Peace Corps Volunteer for the Volta School for the Deaf in Hohoe. She completed University in the United States and has a Bachelor of Fine Arts Degree in Sculpture and Art History. Currently, she teaches Creative Arts in the primary school and has assembled an art class room. She works with a group of Junior High students to paint educational murals at the school and has initiated a Health Club. For the second edition of this dictionary, she helped design the layout.

GENE TRUJILLO
In 2015, Gene Trujillo came the Peace Corps to teach at Savelugu School for the Deaf in Northern Region. He studied Art History and worked at various art museums prior to coming to Ghana. In the months after arriving at his school, he worked on projects that utilized observational and critical thinking skills, which focused on an understanding of the history and forms of art. Gene's upcoming projects includes developing a leatherwork and tailoring vocational program, an after school girls art club, and various agriculture collaborations projects with the local community that foster a strong dialogue between the deaf and hearing communities.
KATIE DOBBINS

Katie Dobbins graduated from Martin Methodist College with a Bachelor of Science in Church Vocations and an emphasis in Pre-Seminary. Before moving to Ghana, Katie worked as a Director of Children’s Ministry within the United Methodist Church. She joined Peace Corps Ghana in June, 2015 and teaches primary art at Bechem School for the Deaf in Brong Ahafo Region. Katie hopes to begin teaching her students about Malaria and HIV prevention throughout the remainder of her service. She acted as a consultant during the creation of this dictionary.

LISA WENTLING

Lisa Wentling holds a degree in Art Education from Muskingum University and worked as an Art teacher for two years in the United States before joining the Peace Corps in 2015. She works at Wa School for the Deaf in the Upper West Region of Ghana, where she teaches Creative Arts to the primary students. Throughout her service Lisa worked in the primary school and also extended her classes to include the junior high school students. She is working to establish a health club for the junior high school girls and boys. After school, Lisa teaches sign language to the kindergarten students. She was involved with two youth camps in Ghana that focused on girls empowerment. Lisa assisted in editing the second edition of this dictionary.

VANESSA STAVER TOLAND

Vanessa has a B.F.A. degree in Ceramics with a minor in Art History, and Education. She also has a Graduate Certificate in Culturally Responsive Pedagogy from University of Missouri Kansas City. She worked as a secondary art teacher in the United States of America for six years before coming to Ghana to work as a Peace Corps Volunteer in 2015. She is now a primary creative arts teacher at Demonstration School for the Deaf in Mampong, Eastern Region. During her service, Vanessa has worked on a recycling project with the primary and JHS students, where they created football and handball nets from recycled pure water sachets. She teaches weekend sign language classes at a local orphanage to hearing students and is also in the beginning stages of starting an art club. Vanessa assisted in editing and writing the second edition of this Sign Language Dictionary.
COMFORT KUMAH

Comfort was born in Cape Coast. She became deaf after a physical injury and falling ill when she was 11 years old. She grew up speaking, so she continued to develop her oral language skills even after the doctor informed her she would not be able to hear. She attended basic school at Cape Coast School for the Deaf and SHS at Mampong in the Eastern Region. She has two hearing daughters. At home and in the community, she uses Twi and English to communicate. She currently works at Koforidua School for the Deaf as a Kindergarten Assistant Teacher and is also the leader of the Wing National Association for the Deaf.

SYLVIA TINDANAF

Sylvia was born in Koforidua, Eastern Region. At the age of 12, she fell ill and lost her hearing. She attended a hearing school throughout her primary and secondary education. After schooling at Bolgatanga Girls’ Senior High School, Sylvia met a Jehovah Witness and began learning Ghanaian Sign Language. From there, she attended Akropong Teacher Training College where she received a degree in Education. Sylvia now works in her hometown at Koforidua School for the Deaf as a Primary 4 teacher, where she continues to develop her sign language skills.

MARIAM OBUBISA

Obubisa was born in Yawkyerema, Eastern Region. She attended school at Koforidua School for the Deaf while it was an integrated school, for her basic education. In junior high school, she was taught by a Peace Corps Volunteer, who taught her batik making in the afternoons. During that time, the Volunteer took her to a National Art show to display her work. She attended SHS at Mampong in the Eastern Region and finished her education at Akropong Teacher’s Training College. She is now a teacher at Koforidua School for the Deaf and her favorite subject to teach is visual arts. In the future, she would like to go to University and continue studying art.
**MODELS**

**Daniel Agyina**
Daniel was born as the only deaf member in his family. He was raised in Takoradi and schooled at Sekondi School for the Deaf, both in the Western Region. After completing SHS at Mampong School for the Deaf, he attended Presbyterian College of Education in Akropong-Akuapem, both in the Eastern Region, where he received his teaching certificate. During his student teaching at Koforidua School for the Deaf, he helped to establish an afterschool Health Club. He is now a full time teacher at Sekondi School for the Deaf. He wanted to return to the school where he grew up to become a role model for the students there and teach them how to create attainable goals.

**Adu Ahmad**
Adu Ahmad was born hearing but fell sick at the age of 10 and became deaf. He was raised in the village of Asamang-Tamfoe in the Eastern Region. Because of his hearing loss, he was an older student when he started school. He worked his way up from Kindergarten, where he began to learn sign language, and eventually attended SHS at Mampong School for the Deaf in the Eastern Region. There, he learned leatherwork, which he now teaches at the Koforidua School for the Deaf Vocational Program. He creates clothing items to promote deaf awareness and acceptance. He has a deaf wife and they have one deaf daughter, along with a hearing daughter. He is trying to encourage his deaf daughter to continue school to become a nurse.

**Benjamin Bekoe**
Benjamin's hometown is Akropong Akuapem, Eastern Region. He became deaf through a physical injury when he was three years old. He attended Koforidua School for the Deaf for his basic education and attended Mampong SHS, both in the Eastern Region afterward. He finished his education at Akropong College of Education. He currently teaches Primary and JHS sign language at Koforidua School for the Deaf. He is also the secretary for Ghana's National Association for the Deaf. He would like to see deaf people in Ghana have equal opportunity and tries to encourage more employment of the deaf. He wants to become a role model for people with all types of deafness in Ghana.
Kwadwo Asaule

Kwadwo was raised in St. James, Eastern Region. He became deaf at the age of 10. His parents encouraged him to continue to communicate using speech so he stayed in a hearing school. Later, his teachers informed his parents that his education was suffering due to the hearing loss; he went for tests which concluded that one ear was closed. As a result, he was enrolled in an integrated school, which later became Koforidua School for the Deaf. Following JHS, he paid his way through an apprenticeship and learned how to tailor clothing. He now works at Koforidua School for the Deaf as a Vocational Teacher and hopes to open a shop of his own in the city soon.

Edward Ampomah

Edward was born in North Kaneshie, Volta Region. He was born deaf and attended school at Volta School for the Deaf. Near the end of his JHS education, he began working with Scott Anderson, a Peace Corps Volunteer at the school, and continued his education in the Vocational Department. He worked as a tailor during his time in the program. Edward also attended a national Leadership Camp for the Deaf where he learned about leadership skills and empowerment within the deaf community. The Volta School for the Deaf Vocational Program eventually developed into the organization Our Talking Hands, where Edward now works full-time as a tailor.

Eric Kwaku Sapey Jr.

Eric was born hearing, but became deaf as a result of spinafm. Eric attended Koforidua School for the Deaf, and then continued to Secondary Technical School for the Deaf at Mampong Akwapim. After his Senior High School he continued to volunteer at the headquarters of the Ghana National Association of the Deaf. Eric holds a Diploma from the School of Social Work and also completed his National Service with GNAD. Currently; he is the Assistant Project Officer and also uses his free time teaching people who are interested in learning basic Ghanaian Sign Language. Eric is also Secretary and Youth Educator as well as a preacher of the Church of Christ Deaf Ministry in Accra.
**COMMON HAND SHAPES**

**ILY HAND**
The “ILY hand” or I Love You hand, is most commonly used for objects that are in flight, such as aeroplanes.

**FLAT HAND**
The “flat hand” is almost always used to sign smooth or flat objects. It is commonly used to classify flat objects that are lined up, such as books on a bookshelf or a stack of papers.

**AND HAND**
The “AND hand” is another very common shape that is used when signing objects that are closed or flat, and when signing the act of giving or moving. It can also be used to classify animals with long necks.

**CLAWED HAND**
The “clawed hand” is commonly used to represent objects that come in abundance or rough objects. It can also be used to signify the act of throwing objects.

**BENT HAND**
The “bent hand” is a good hand shape to use when describing flat surfaces or objects with right angles. It is also used to show the evenness of objects or other abstract ideas.

**OPEN HAND**
The “open hand” is commonly used for signs of large, flat objects; signs pertaining to height, and natural signs such as fire, water level and trees. It can also be used to classify weather patterns, traffic and upright objects.

**CURVED HAND**
The “curved hand” is a good sign to use for any object that has a curved surface. It can also be used to demonstrate actions like scooping, digging, or collecting things.
Fingerspelling

Fingerspelling is used to spell out names, or if a word is short, the sign may in fact be fingerspelled. It is a very useful tool at your disposal, especially when you cannot think of a sign. You can simply ask “How sign?,” then fingerspell the word to get your answer. As a beginner, this will be a very effective method to help build your vocabulary. But first, there are a few rules when fingerspelling:

- **Stability**
  One of the most important aspects of fingerspelling is keeping your hand steady. If you are bouncing your hand with each letter, the receiver’s eyes will easily fatigue and he/she will not understand what you are spelling. Imagine trying to read individual letters on a ball as it is bouncing. You can practice this by placing your non-dominant index finger against your signing wrist. This will prevent your arm and hand from bouncing as you spell.

- **Clarity**
  The next important rule of fingerspelling is clarity. You should take time to make each of your letters clear and precise, otherwise the receiver may misunderstand you. It is always better to sign slowly and be understood than to be fast and sloppy.

- **Speed**
  Another aspect of fingerspelling is speed. Just as words flash before your eyes without having time to process them, individual letters during fingerspelling are easily missed. As a general rule, always start spelling the word slowly, giving a slight pause between each letter. You may gradually increase the pace throughout the word, just make sure the receiver can understand the individual letters.

- **Movement**
  The last rule entails movement. When fingerspelling words, you should move your hand slightly to the right for each individual letter. This will help visually break up the word for the receiver. Also, for particularly long words, it is important to pause at times during the spelling to let the receiver process the letters. For example, when fingerspelling the word INTERMEDIATE, you should pause at certain points:

  INTER-MED-IATE

As you progress through this book, you will encounter a few signs that are fingerspelled. The images are to be read from right to left, similar to how you will see them being spelled.
How to Read this Book

Hands
Start with the hands that are solid, and then use the faded set of hands as the second motion.

Arrows With One Direction
Movement will begin from the back of the arrow towards the point.

Arrows With Opposite Directions
For these arrows each of your hands or arms will be moving in opposite directions.

Circular Arrows
Follow the circular movement with your arm or hand while moving in the direction of the arrow.

Accents
This symbol will indicate a literal snap of the fingers or a flick of the wrist.

Double Arrows
These arrows indicate a motion that repeats.

Waves
This motion indicates a shaking movement of your arms or hands. Small waves by the fingertips will indicate shaking your fingers.

Curved Arrows
When you see this, use your hand or arm to follow the arc of the arrow from the back of the arrow towards the point.

Double Pointed Arrow
Movement will go back and forth from one point of the arrow to the other.

Double Curved Lines
This sign will usually indicate a pulse or squeezing motion. In a few cases, it will represent a small shaking motion.
<table>
<thead>
<tr>
<th>Table of Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Alphabet</strong></td>
<td>2</td>
</tr>
<tr>
<td><strong>Numerals</strong></td>
<td>3</td>
</tr>
<tr>
<td><strong>1. Colours</strong></td>
<td>5</td>
</tr>
<tr>
<td><strong>2. Family, People and Pronouns</strong></td>
<td>8</td>
</tr>
<tr>
<td><strong>3. Grammar and Parts of Speech</strong></td>
<td>22</td>
</tr>
<tr>
<td><strong>4. Home and Clothing</strong></td>
<td>28</td>
</tr>
<tr>
<td><strong>5. Food</strong></td>
<td>39</td>
</tr>
<tr>
<td><strong>6. Animals</strong></td>
<td>58</td>
</tr>
<tr>
<td><strong>7. Work</strong></td>
<td>67</td>
</tr>
<tr>
<td><strong>8. Money</strong></td>
<td>74</td>
</tr>
<tr>
<td><strong>9. Opposites and Questions</strong></td>
<td>84</td>
</tr>
<tr>
<td><strong>10. Activities</strong></td>
<td>99</td>
</tr>
<tr>
<td><strong>11. Sports and Games</strong></td>
<td>118</td>
</tr>
<tr>
<td>Page</td>
<td>Title</td>
</tr>
<tr>
<td>------</td>
<td>--------------------------------------------</td>
</tr>
<tr>
<td>129</td>
<td>12. Science and Nature</td>
</tr>
<tr>
<td>139</td>
<td>13. Education and Communication</td>
</tr>
<tr>
<td>159</td>
<td>14. Health</td>
</tr>
<tr>
<td>179</td>
<td>15. Ideas and Mental Action</td>
</tr>
<tr>
<td>189</td>
<td>16. Emotions and Character</td>
</tr>
<tr>
<td>200</td>
<td>17. Time</td>
</tr>
<tr>
<td>212</td>
<td>18. Travel and Directions</td>
</tr>
<tr>
<td>224</td>
<td>19. Towns, Regions and Countries</td>
</tr>
<tr>
<td>239</td>
<td>20. Politics</td>
</tr>
<tr>
<td>248</td>
<td>21. Religion</td>
</tr>
<tr>
<td>264</td>
<td>22. Festivals, Holidays and Traditions</td>
</tr>
<tr>
<td>272</td>
<td>23. Idiomatic Expressions</td>
</tr>
<tr>
<td>287</td>
<td>24. Technology</td>
</tr>
<tr>
<td>293</td>
<td>Index</td>
</tr>
</tbody>
</table>
Numerals

0 1 2 3
4 5 6 7
8 9 10 11
12 13 14 15
16 17 18 19
Numerals

20  21  22  23

24  25  26  27

28  29  30  40

50  60  70  80

90  100 1000 1 million
Colours
**COLOURS**

**COLOUR**
Wiggle the fingers and move the hand down the face.

**RED**
Move the index finger down your chin.

**BLUE**
Shake the “B” hand at the wrist.

**YELLOW**
Shake the “Y” hand at the wrist.

**GREEN**
Shake the “G” hand at the wrist.

**ORANGE**
Slightly open and squeeze the “S” hand in front of your mouth.
COLOURS

PURPLE
Place the index finger of the “P” hand on your temple and rotate your hand at the wrist.

VIOLET
Place the index finger of the “V” hand on your temple and rotate your hand at the wrist.

PINK
Move the middle finger of the “P” hand down your lips.

BROWN
Rub the “B” hands together in a circular motion.

BLACK
Move the index finger sideways across your forehead.

WHITE
Open the hand on your chest and pull forward into the “AND” hand.
FAMILY, PEOPLE AND PRONOUNS
FAMILY
Place both “F” hands together with palms facing front and twist forward, bringing the little fingers together.

PARENTS
Place the middle finger of the “P” hand on the middle of the forehead and then on the chin.

FATHER / DAD
Touch the forehead with the thumb of your open hand.

MOTHER / MOM
Touch the chin with the thumb of your open hand.

GRANDFATHER
Touch the forehead with the thumb of your open hand then move the hand in forward arcs.

GRANDMOTHER
Touch the chin with the thumb of your open hand then move the hand in forward arcs.
BOY
Pull the “AND” hand forward from the forehead then place your flat hand at your side.

GIRL
Slide the “A” hand forward over the cheek then place your flat hand at your side.

SON
Make the sign for “BOY” then move the hand to the inner elbow.

DAUGHTER
Make the sign for “GIRL” then move the hand to the inner elbow.

BROTHER
Make the sign for “BOY” then point both index fingers forward and bring them together.

SISTER
Make the sign for “GIRL” then point both index fingers forward and bring them together.
FAMILY, PEOPLE AND PRONOUNS

**NEPHEW**
Shake the wrist of the “N” hand at the side of your head.

**NIECE**
Shake the wrist of the “N” hand at your cheek.

**UNCLE**
Shake the wrist of the “U” hand at the side of your head.

**AUNT**
Shake the wrist of the “A” hand at your cheek.

**COUSIN**
Shake the wrist of the “C” hand at your temple for a male and at your cheek for a female.

**RELATIONSHIP**
With both “R” hands fingertips touching, move the hands back and forth.
SWEETHEART
Place both “A” hands together with knuckles touching over the left side of chest and wiggle both thumbs.

ENGAGED
Circle the right “E” hand over the left hand, then place it on the left ring finger.

MARRIAGE
Clasp both hands together at your front.

WEDDING
Place both flat hands pointing down, then move the right hand to the inner thumb of the left hand.

HUSBAND
Make the sign for “BOY” then clasp both hands together.

WIFE
Make the sign for “GIRL” then clasp both hands together.
BABY / INFANT
Place one upturned flat hand in the other and rock you arms back and forth.

CHILD
Place the flat, downturned hand in front of the body and press down slightly.

CHILDREN
Place the flat, downturned hand in front of the body and motion as if patting the heads of many children.

YOUNG
With palms facing up and turned into your body, tap the fingers at each hip.

KID
Place the “ILY” hand under the nose and wiggle the hand slightly.

TWINS
Place the thumb of the “T” hand first on the left side of the chin, then on the right.
IN-LAW
1. Insert the right “AND” hand into the left open hand.
2. Move the “I” hand from the fingertips to the palm.

DIVORCED
Hold both “D” hands with fingertips touching, then slide both hands apart.

ADULT
Place the thumb of the “A” hand thumb first at the side of the chin, then at the temple.

MAN
Make the sign for “BOY” and raise the hand to the top of the forehead.

WOMAN
Make the sign for “GIRL” and raise the hand to the top of the forehead.

GENTLEMAN
1. Make the sign for “BOY”
2. Place the thumb of the open hand on your chest.
FAMILY, PEOPLE AND PRONOUNS

15

FRIEND
Interlock the right and left index fingers and rotate each hand.

LADY
1. Make the sign for “GIRL”
2. Place the thumb of the open hand on your chest.

PERSON
Place both “P” hands forward and move them downward at the same time.

PEOPLE
Make alternating forward circles with both “P” hands.

INDIVIDUAL
Drop both “I” hands together in front of the body.

NAME
Tap the fingers of both “H” hands together twice.
FAMILY, PEOPLE AND PRONOUNS

**ENEMY / FOE**
Point the two index fingers toward each other and move them outward sharply in opposite directions.

**GROUP**
Place both “G” hands together with palms facing front and twist forward, bringing the little fingers together.

**NEIGHBOUR**
1. Move the right curved hand close to the left hand
2. Move both hands in a downward motion together.

**GANG**
Place the thumb of the open hand at the nose and wiggle the fingers.

**ROBBER**
Place the “R” hand under your nose then draw the hand outward.

**RASTA**
Wave both “R” hands up and down at the sides of the head.
FAMILY, PEOPLE AND PRONOUNS

I
Place the “I” hand against your chest.

ME
Point the index finger at the chest.

MY
Place the palm of the flat hand on the chest.

MINE
Pat the palm of the flat hand on the chest twice.

MYSELF
Bring the “A” hand to the center of the chest with the knuckles facing toward your body.

WHITE MAN / WOMAN / FAIR SKINNED
Rub the underside of your arm with your hand.
FAMILY, PEOPLE AND PRONOUNS

YOU
Point the index finger at the person being addressed.

YOURSELF
Hold the right “A” hand thumb up, and move the hand forward in the direction of the person being addressed.

US
Touch the “U” hand on the right chest, then rotate it forward until it touches the left chest.

WE
Touch the index finger on the right side of the chest, then move it to the left side of the chest.

OUR
Touch the curved hand on the right side of the chest, then rotate it around to the left side of the chest.

YOUR
Place the flat hand in front of the body with your palm facing the person being addressed.
**OURSELVES**
Place the curved hand on the side of the chest, then rotate it around and place the “A” hand in the center of the chest.

**HE**
Push the right “E” hand from the temple to in front of the face.

**HIS**
Push the right “E” hand from the temple to a flat hand in front of the face.

**HERS**
Push the right “R” hand from the temple to a flat hand in front of the face.

**HER**
Push the right “R” hand from the temple to in front of the face.

**SOMEONE**
1. Draw back the right flat hand against the left palm.
2. Make the sign for “1.”
EVERYONE
1. Pull right “A” hand down left “A” hand toward body.
2. Make the sign for “1.”

OTHER
Rotate the “A” hand from facing down to the outside while slightly moving the arm outward.

THIS
Place your index finger in the palm of your left hand.

THAT
Place the “Y” hand in the palm of your left hand.

THERE / AVAILABLE
Point your flat hand in the direction of the object being referred to.

THEY
Swing the “Y” hand from the side to in front of the body.
THOSE
Twist the right “Y” hand in the left palm.

THEM
Swing the “M” hand from the side to in front of the body.

THESE
Swing the right hand with the pointer finger down from the side to in front of the body.
GRAMMAR AND
PARTS OF SPEECH

SAMPLE
A  Hold the “A” hand in front of the body.

AN  Spell the letters “A” and “N” while moving the hand slightly to the right.

THE  Hold the “T” hand with the palm facing upward and rotate it forward.

NOUN  Place the “N” hand under the chin and move it forward.

PRONOUN  Place the middle finger of the “P” hand under the chin and move it forward.

ADJECTIVE  lace the “A” hand at the left side of the mouth then place the “D” hand at the right side of the mouth.
**VERB**
Slide the “V” hand down the side of the face.

**ADVERB**
1. Place the right “A” hand thumb near the mouth
2. Place the “V” hand at the nose and draw it down.

**PUNCTUATION**
With the index finger and thumb touching at the tips, make a point in the air in front of the body.

**QUESTION MARK**
Use the index finger to draw a question mark in the air in front of the body.

**QUOTATION MARKS**
Hold both curved “V” hands to the front with palms facing forward and twist them slightly, twice.

**CAPITAL LETTER**
Touch the shoulder with the clawed hand then place the thumb of the “A” hand on the left palm.
**LOWERCASE LETTER**
Hold the “Q” hand in front of your body then place the thumb of the “A” hand on the left palm.

**AND**
Move the right open hand to the right while bringing the fingertips and thumb together.

**ALSO**
Touch the two index fingers together on the right side of the body then repeat on the left.

**OR**
Sign the letters “O” and “R” at your side.

**TOO**
Tap the right “O” hand on the left index finger.

**EVERY**
Hold both “A” hands to the front then strike the knuckles of the right hand against the left thumb.
**IS**
Place the “I” hand at the lips and move it forward.

**IF**
Point the two “F” hands forward and move them up and down alternatively with palms facing each other.

**BY**
Keep the left “B” hand steady as the right “B” hand rotates forward around it.

**IT**
Touch the little finger of the right “I” hand into the left palm.

**AM**
Place the “A” hand at the lips and move it forward.

**ARE**
Place the “R” hand at the lips and move it forward.
FOR
Place the index finger at the temple then move it forward from the head.
HOME AND CLOTHING
HOME
Place the fingertips of the “AND” hand first at the mouth then at the temple.

HOUSE
Place both flat hands together at head level then move them apart and straight down simultaneously.

DORMITORY
Place the fingertips of the “D” hand first at the mouth then at the temple.

ROOF
Place both hands with palms facing down above the head and move them forward simultaneously.

FLOOR
Place both flat hands together with palms down in front of your body and move both outward.

WALL
Hold both “W” hands in front of you with palms out and circle them forward to touch ring fingers.
HOME AND CLOTHING

GATE
Touch the fingertips of both flat hands and swing the right hand forward while the left remains still.

ROOM
Place the “R” hands to the front with fingers facing forward and form the shape of a box.

DOOR
Align both “B” hands and twist the right hand to the left while the left remains.

WINDOW
Place both “B” hands in front with palms facing the body and rotate both hands so the palms face down.

GLASS
Tap the teeth with the middle finger a few times.

FAN
Use the index finger to make a large circle in the air above your head.
TABLE
Touch both “T” hands together then draw hands to the sides and back simultaneously into flat hands.

CHAIR
Touch the fingers of the “U” hand to the thumb of the flat hand.

BED
Hold both flat hands together on the cheek and tilt your head to the side.

MAT
1. Sweep both flat hands forward from the waist.
2. Pull both flat hands back toward the body.

MIRROR
1. Tap the middle finger against the teeth twice.
2. Hold the flat hand up and look at the palm.

REFRIGERATOR
Shake both hands at the side of the body with fists clenched.
BASKET
Place the “B” hand at the wrist and then the elbow of the left arm.

BUCKET
Pull the “S” hand up at the side of your body.

BOREHOLE
Bring both “S” hands up and down simultaneously.

WASH / LAUNDRY
Rub both “A” hands together at the knuckles.

BATH
Slide the flat side of both “A” hands up and down your body alternately.

SPONGE
Pull both clawed hands out to “O” hands and repeat a few times.
**HOME AND CLOTHING**

**HAIRCUT**
Open and close the “V” hand fingers near the hair several times.

**TOILET**
Slide the middle finger of the right hand out over your waist.

**SHAVE**
Slide the “X” hand upward on the cheek a few times.

**IRON**
Hold the flat left hand up and slide the “A” hand back and forth over the palm with knuckles down.

**SEWING**
With both “F” hands, swing the right hand up and over the left as if sewing.

**NEEDLE**
Curl the right “F” hand beside the right “F” hand a few times.
HOME AND CLOTHING

TIE / KNOT
Use the modified “A” hands to make a tying motion in the air.

ZIP
Hold both “A” hands together at waist level then slide the right hand straight upward to the chest.

SOAP
Rub the fingers of the right hand in a circle over the left palm.

CANDLE
Place your right index finger in the left palm and wiggle the fingers.

THREAD / STRING / CORD / YARN
Touch the little fingers of the “T” hands then draw them apart to the sides with a slight wavy motion.

CHAIN
Interlock both index fingers and thumbs then alternate the position of each hand and repeat.
**BLADE**
Slide the thumb of the “A” hand downward on the cheek.

**SCISSORS**
Open and close the “V” hand fingers several times.

**TELEPHONE / CALL**
Place the “Y” hand at the side of the face with the thumb near the ear and the little finger near the mouth.

**KEY / LOCK**
Place the modified “A” hand index finger into the palm of the left hand and twist clockwise.

**UMBRELLA**
Hold both “S” hands over each other then raise the right hand into the “X” hand.

**WEAR**
With both open palms facing the chest, drop the hands down.
CLOTHES / ATTIRE
Brush the fingertips of both hands down the body.

SHIRT
Grasp your shirt between thumb and index finger of both hands and pull slightly.

TROUSERS
Place both “P” hands just below the waist and move them upward.

DRESS
Slide both “D” hands down the body, stopping at the waist.

SKIRT
Brush the fingers of both flat hands downward and outward just below the waist.

COAT / JACKET
Move both “Y” hands downward from shoulders to the abdomen.
HOME AND CLOTHING

HAT
Bring the “Y” hands down on both sides of the head.

GLOVES
Hold the left open hand up with palm facing yourself then pull the curved hand down the wrist.

NECKTIE
Place both “A” hands together at the neck then pull the right hand down to your waist.

SOCKS / STOCKINGS
Point both index fingers down while rubbing them up and down against each other alternately.

SHOES
Tap the thumb sides of both “S” hands together twice.

SANDALS
Tap the right thumb between the index finger and thumb of the left open hand.
HOME AND CLOTHING

PURSE / HAND BAG
Place the “S” hand at the top of the shoulder then move the hand down to your hip.

BACKPACK / BAG
Place both “A” hands at the shoulders and then move the hands down toward your waist.

JEWELRY
Place the index fingers of both hands at the back of the neck and then move them forward to the front.

CAP
Place the modified “A” hand in front of the forehead and move it slightly downward.

THINGS
Bounce the flat hand with the palm up a few times as you move it to the right.

MATERIALS
Bounce the “M” hand with the palm up a few times as you move it to the right.
BREAKFAST
Move the “B” hand down toward the mouth a few times.

LUNCH
Move the “L” hand down toward the mouth a few times.

SUPPER
Move the “S” hand toward the mouth a few times.

FOOD
Move the “F” hand toward the mouth a few times.

EAT
Move the “AND” hand toward the mouth a few times.

DRINK
Tilt the “C” hand in a short arc toward the mouth.
HUNGRY
Move the thumb and fingers of the “C” hand down the center of the chest.

STARVING
Drag the clawed hands down from neck to stomach, alternating both hands while straining your face.

SATISFIED / FULL
With both palms facing down, place one flat hand at the chest and the other at the abdomen.

BITTER
Place the tip of the index finger at your cheek and twist forward.

SWEET
Slide the index finger from the mouth and then snap the finger at the side.

RESTAURANT
Pull the “R” hand fingers down the right side of the mouth then the left.
BOWL
Place the fingertips of both curved hands together in front you and draw back in a circular motion.

PLATE
Place the fingertips of both flat hands together in front you and draw back in a flat circular motion.

CUP
Place the little finger of the “C” hand on the left palm.

SPOON
Bring the “U” hand to the mouth a few times.

FORK
Bring the “V” hand up from your left palm to your mouth.

KNIFE
With both “H” hands, rub the right middle finger back and forth over the left index finger.
**COOK**
Slide the right flat hand back and forth over the left palm.

**KITCHEN**
Slide the right "K" hand back and forth over the left palm.

**MARKET**
Place the “M” hands at the waist and swing both hands forward slightly a few times.

**MORTAR AND PESTLE / GRIND**
Grind the “S” hand against the left palm.

**COAL POT**
Use the index fingers to draw a box in the air then fan the air with your right hand.

**WATER**
Touch the mouth several times with the index finger of the “W” hand.
lace the “B” hand against the cheek and rotate in a backward motion.

Place the “G” hand against the cheek and rotate in a backward motion.

Place the middle finger of the “P” hand against the cheek and twist it back and forth.

Place the “M” hand against the cheek and rotate in a backward motion.

Strike the right “ILY” hand against the left wrist.

Slide the right curved hand under the left arm.
WINE
Place the “W” hand against the cheek and rotate in a backward motion.

MILO
Rotate the thumb and index finger of the “F” hand over the “C” hand.

TEA
Dip the “F” hand up and down over the “C” hand.

COFFEE
Place both “C” hands in front of you and circle the right hand over the left hand.

MILK
Squeeze both “S” hands up and down alternately.

MINERAL
Place the fingertips of the “U” hand at the chin and rotate in a circular motion.
**BREAD**
Draw the fingertips of the right curved hand down over the back of the flat left hand a few times.

**TOM BROWN PORRIDGE**
1. Place the “T” hand into the left palm.
2. Circle the “B” hand in the left palm.

**BUFFLOAF**
Cup the air and then bring your hand down into a fist.

**PORRIDGE / KOKO**
Place your index finger over your mouth and bend the finger into the “X” hand.

**BANKU**
With both “S” hands in front of you, drive them toward the body several times.

**KENKEY**
Hold the “S” hand at the wrist and wiggle it back and forth at the wrist.
FANTE KENKEY
Hold the “F” hand at the wrist and wiggle it back and forth at the wrist.

RICE
Place the “X” hand at the left index finger and flick the right index finger down a few times.

JOLOFF
1. Flick the right index finger against the left finger.
2. Circle both clawed hands around each other.

RICE BALL
1. Flick the right index finger against the left finger.
2. Form both open hands into a ball shape.

WAAKYE
Bring together both “W” hands at the thumbs and twist back and forth while flexing the fingers.

YAM
Bring the right flat hand down against the back of the left forearm a few times.
1. Tap the right “P” hand to the forehead.
2. Slide the right hand over the left fist.

CASSAVA
Bring the right flat hand down against both sides of the left forearm.

COCOYAM
1. Tap the right “P” hand to the forehead.
2. Slide the right hand over the left fist.

KOKONTE
1. Pound both “S” hands up and down.
2. Circle the “B” hand in your left palm.

TUO ZAAFI
Spell the letters “T” and “Z” while moving the hand slightly to the right.

FUFU
Place both “S” hands one over the other and bring them up and down with force.
NOODLE / SPAGHETTI / MACARONI / PASTA
Bring both “R” hands together at the fingertips then move the hands in opposite wavy lines.

POTATO
Swing the “N” hand fingers over the back of the left hand.

MAIZE
Grasp the flat left hand in the right and pull the thumb down from the little finger a few times.

MILLET
Rotate the right hand over the left fist then flatten the right hand and slide the left hand over the fingers.

WHEAT
Place the right “W” hand on the left index finger and flex the right fingers downward.

BEANS
Place the right index finger between the left index finger and thumb and twist back and forth.
GROUNDNUT
Place the “A” hand at your mouth and blow onto the hand as you rub your fingers together.

GARI
With the right thumb against the left palm, wiggle the fingers of the right open hand.

EGG
Place the fingers of both “H” hands together as you move both hands down at the wrists.

MEAT / FLESH
Pinch the skin of the left hand between the right thumb and index finger.

SOUP
Wave the curved hand to your mouth several times.

BITTER SOUP
Shake the “B” hand against your cheek.
FOOD

APPLE
Place the thumb of the “A” hand on the cheek and twist back and forth.

BANANA
With your left index finger pointing up, use the right hand to make a peeling motion around it.

COCONUT
Place both curved hands at the ear with palms facing each other and shake back and forth.

MANGO
Place the “AND” hand at the mouth and open and close the thumb and fingers together.

STEW
Sign the letters “S” “T” and “W” while slightly moving the hand to the right.

FRUIT
Place the thumb and index finger of the “F” hand on the cheek and twist back and forth.
ORANGE
Slightly open and squeeze the “S” hand in front of your mouth.

PAWPAW
Starting at the fingertips of the left curved hand, draw the right “P” hand down to the wrist.

PINEAPPLE
Place both flat hands with fingertips down and slide the right hand over the left hand a few times.

LEMON
Place the thumb of the “L” hand on the corner of the mouth and twist back and forth.

TOMATO
Place the thumb of the “T” hand on the cheek and twist back and forth.

WATERMELON
Place both curved hands at the mouth and move then downward as you close your mouth.
VEGETABLE
Place the index finger of the “V” hand on the cheek and twist back and forth.

CABBAGE
Place the fingertips of both curved hands together the tap both wrists together.

CARROT
Place the index finger at the corner of the mouth and twist the hand at the wrist.

CUCUMBER
1. Make shape of a cucumber with open “AND” hands.
2. Chop the air with the right flat hand.

GARDEN EGG
1. Brush the thumbs of both “A” hands together.
2. Place both “H” hands together and drop outward.

GRILLED MAIZE
Place the index finger in front of the mouth and twist the hand back and forth.
PEPPE
Grind the “A” hand back and forth against the palm of the left hand.

HOT PEPPE
Wave the index finger back and forth in front of the mouth while inhaling.

KONTOMIRE
Place the left flat hand against your forearm and swing the right “K” hand back and forth.

LETTUCE
Place the right arm on the flat left hand and swing the “L” hand back and forth.

MUSHROOM
Place the downturned, right open hand on the left index finger.

OKRO
Pull the open hand upward from the left palm and close into the “AND” hand.
ONION
Place the fingers of the “O” hand on the cheek and twist back and forth.

PEAR
Bring the right “P” hand over the top of the curved hand.

GREEN PEPPER
1. Shake the “G” hand at the wrist.
2. Twist the “V” hand back and forth at your cheek.

COCOA
Drop the right flat hand into the left palm then dip the right hand downward.

GINGER
Rub the right “H” hand fingers back and forth over the left fingers.

GARLIC
1. Twist the “O” hand at your cheek.
2. Wave the flat hand in front of your nose.
FOOD

SHITO
1. Pull the right index finger across your forehead.
2. Grind the “A” hand against the palm of the left hand.

OIL
Pinch the back of the left hand and palm and pull downward as you bring the fingers together.

PALM OIL
1. Draw the index finger down your lips.
2. Pull the fingers down from the left palm.

SUGAR
Brush the fingertips downward over the chin.

SALT
Alternate tapping the right hand fingers against the left hand fingers.

BUTTER
Brush the fingertips of the “H” hand across the left palm.
**BISCUIT**
Twist the clawed hand in the left palm.

**TOFFEE**
Place the index finger at the mouth and twist the hand at the wrist.

**GUM**
Place the fingers of the “N” hand on your cheek and bend the wrist up and down.

**FANICE**
Place the “B” hand at your mouth and open and close your mouth.

**SUGAR CANE**
Hold both clawed hands in front of your body at an angle, then slide the arms together to the left.
ANIMAL
Place the fingertips of both bent hands on the chest and rock both hands back and forth.

CAT
Place the index fingers and thumb of the “F” hands under the nose and move them outward.

DOG
Slap the right hand against your waist and snap your middle finger.

BIRD
Place both flat hands at your shoulders and flap them up and down.

CHICKEN
Open and close the index finger and thumb in front of the mouth and against the left palm.

COCK
Place the thumb of the “3” hand against the forehead.
DUCK
Point the “N” fingers and thumb forward in front of the mouth and open and close the fingers and thumb.

GUINEA FOWL
Place the right “X” hand on top of the head.

TURKEY
With the palm facing down, place the “Q” hand at your nose.

OWL
Look through both “C” hands and twist them toward the center and back a few times.

GOAT
Place the “H” hand on the forehead then chin.

SHEEP
Place the back of the “V” hand on your forearm then open and close the fingers as they move up the forearm.
COW
Place the thumb of both “Y” hands against the temples and twist forward.

DONKEY
Place the “U” hands on your temples with palms facing forward and bend the fingers a few times.

HORSE
Place the “V” hand astride the index finger of the left flat hand and bounce both hands forward in arcs.

PIG
Place the back of the “E” hand under the chin and wiggle it up and down from the wrist.

DEER
With palms facing forward, touch the temples with the thumbs of both open hands.

FOX
Place the circle formed by the thumb and index finger of the “F” hand over your nose and twist to the left.
ANIMALS

RABBIT
Cross the wrists of both “H” hands so palms face the body and wiggle the fingers.

SQUIRREL
Hold the fingers of both curved “V” hands near each other with palms facing and tap the fingertips together.

GRASSCUTTER
Open and close both curved “V” hands at the wrists so the fingertips meet in front of your face.

RAT
Brush across the tip of the nose with the “R” fingers.

MOUSE
Brush the index finger of the “M” hand against the tip of the nose.

BAT
Place both clawed hands up near your shoulders.
MONKEY
Scratch the side of the abdomen with both clawed hands.

TIGER
Place both clawed hands at the sides of your face and pull away in opposite directions.

LION
Move the clawed hand backward over the head.

GIRAFFE
Place the “C” hand on then neck and move the hand in an upward direction.

ZEBRA
Place both clawed bands against the body and pull away in opposite directions.

CAMEL
Rest the right elbow on the left hand and move the right curved hand back and forth.
ANIMALS

RHINOCEROUS
Rest the “I” hand on the nose with the little finger facing forward.

ELEPHANT
Place the “S” hand at the mouth and move it down and forward in a wavy motion.

HIPPOPOTAMUS
With both arms in front of you, bring both hands together with index and little fingers out.

CROCODILE
With both arms in front of you and wrists touching, bring both clawed hands together.

FISH
Place the fingertips of the left hand at the wrist of the right and swing it back and forth a few times.

TURTLE
Place the “A” hand under the left curved hand and wiggle the “A” thumb.
Hold the curved “V” hand under the chin and flick your fingers open and closed a few times.

Place the “U” hand at the mouth fingertips facing the lips then move the “U” hand to the back of the wrist.

Place the “R” hand at the mouth with fingers touching your lips then move it forward in a wavy motion.

Wiggle the fingers of the “V” hand as you slide it forward across the left palm.

Touch the nose with the thumb of the “3” hand and bend the fingers a few times.

Touch the thumbs of both open hands and wiggle the fingers as you move both hands upward and forward.
ANIMALS

**BUTTERFLY**
Interlock the thumbs of both open hands facing your body and wiggle the fingers.

**BEE**
Bring the thumb and index finger of both hands together and tap both sides of the face alternately.

**MOSQUITO**
1. Pinch the back of your hand
2. Slap the back of your hand.

**SPIDER**
Place both clawed hands together at the wrists with palms facing down and wiggle the fingers.

**SCORPION**
Place the wrists of both “X” hands together and tap the fingers back and forth.

**WORM**
Wiggle the index finger as it moves forward along the left palm.
**WORK**
Tap both “S” hand wrists together together at the wrists twice.

**WORKSHOP**
Place both “W” hands together at the index fingers and circle them downward into “S” hands.

**BUSINESS / BUSY**
Tap the right “B” hand against the left wrist twice.

**VOCATION**
Place the “V” hand facing forward on the left wrist and shake the “V” hand back and forth.

**PERSONIFICATION**
Move both flat hands down the body with fingers facing front.

**INTERPRETER**
1. Rotate right “F” hand against left “F” hand.
2. Slide the flat hands down the body.
STUDENT
1. Bring right "AND" hand from left palm to temple.
2. Slide the flat hands down the body.

TEACHER
1. Push both "AND" hands back and forth
2. Slide the flat hands down the body.

HEADMASTER / HEADMISTRESS
Place the curved hand on the forehead then place the clawed hand on the right shoulder.

ELDER
Place the "S" hand on your chin then swing down and out to the side with the "A" hand.

FARMER
1. Slide the "F" hand under the mouth.
2. Slide the flat hands down the body.

MARKET SELLER
1. Swing both "M" hands at the waist and few times
2. Slide the flat hands down the body.
1. Tap the right “B” hand against the left wrist.
2. Slide the flat hands down the body.

BANKER
1. Tap the back of the left hand with “B” hand.
2. Slide the flat hands down the body.

SECRETARY
1. Pull the modified “A” hand from ear to hand.
2. Slide the flat hands down the body.

ACCOUNTANT
1. Slide the “A” hand across the left palm.
2. Slide the flat hands down the body.

BOSS / MASTER
Place the clawed hand on your right shoulder.

LAWYER
1. Move the “L” hand from the left fingertips to palm.
2. Slide the flat hands down the body.
**JUDGE**
Swing the little fingers of both “J” hands from your temples to your shoulders.

**DOCTOR**
Tap the left wrist with the fingers of the “D” hand.

**NURSE**
Tap the left wrist with the fingers of the “N” hand.

**DENTIST**
Tap your teeth with the fingers of the “D” hand then slide your flat hands down the body.

**PILOT**
1. Glide your right “ILY” hand over the left hand.
2. Slide the flat hands down the body.

**DRIVER**
1. Twist both “S” hands up and down.
2. Slide the flat hands down the body.
1 and 2: Layer both arms above each other alternately
3: Slide your flat hands down the body.

1. Push the “G” hand finger toward the left palm.
2. Slide the flat hands down the body.

1. Swing both “S” hands forward and backward.
2. Slide the flat hands down the body.

1. Circle the right “A” hand and push the left forward.
2. Slide the flat hands down the body.

1. Wave the modified “A” hand across your left palm.
2. Slide the flat hands down the body.

1. Wave the right “D” hand down the left palm.
2. Slide the flat hands down the body.
ARTIST
1. Wave the finger of the “I” hand down the palm.
2. Slide the flat hands down the body.

PHOTOGRAPHER
1. Hold both hands up and pull the right index finger down.
2. Slide the flat hands down the body.

ACTOR
1. Circle both “A” hands in front of your chest.
2. Slide the flat hands down the body.

FILM MAKER
1. Circle the “A” hand next to the open left palm.
2. Slide the flat hands down the body.

COOK / CHEF
1. Slide the right hand back and forth over the palm.
2. Slide the flat hands down the body.

SERVER
1. Push and pull both flat hands in front of the body.
2. Slide the flat hands down the body.
MONEY
Strike the back of the right hand into the upturned palm of the left hand a few times.

CEDI
With the left flat hand facing forward, place your right fingers over the left fingers and slide the hand forward.

PESEWA
Snap the right “P” hand to the right.

COINS
Tap the right “Q” hand against the left palm.

BUY / PURCHASE
Place the right upturned hand in the left then lift the right hand upward and forward.

PAY
Place the middle finger of the right “P” hand into the palm and swing the hand forward.
SELL
Curve both “B” hands toward the body and then swing both hands forward a few times.

PROFIT
Move the right “F” hand down slightly over your heart with thumb and index finger facing downward.

COST / PRICE / EXPENSE
Strike the right “X” hand downward against the left palm.

CHEAP
With the left palm facing right, brush the right flat hand against the palm a few times.

TAX / FINE / CHARGE
Curve the right fingertips and pull the right hand down against the flat left hand.

FINANCIAL
Slide the back of the right “F” hand into the upturned palm a few times.
BORROW
Cross the curved “V” hands at the wrists and move them toward the body into modified “V” hands.

LEND / LOAN
Place the right “G” hand on top of the left “G” and lift both hands forward.

SAVE
With the left flat hand facing the body, tap the back of the hand with the right “H” hand fingers.

INCREASE
With both “H” hands turned in opposite directions, lift the right hand up and over to rest on the left.

REDUCE / DECREASE
With the left palm facing right, lower the right flat hand from the left palm downward.

BANK
Tap the right “B” hand against the back of the flat left hand a few times.
ACCOUNT
Slide the right ‘A’ hand against the palm of the left flat hand.

INCOME / SALARY / EARN
With the left index finger up, point the right index finger at the left finger and move it up and down.

OWE / DEBT / DUE
Place the right index finger in the left palm and lift both hands back toward the body.

BROKE
Place the little fingers of both flat hands on the sides of the neck.

BEG
Place the backs of both “B” hands together and circle the right hand against the left.

SPEND
With both “AND” hands turned up at the waist, push and pull alternately.
COUNT
Slide the thumb and index finger of the “F” hand forward against the open left hand a few times.

ADD
Bring the right “AND” hand down on top of the left “AND” hand so the fingertips touch.

SUBTRACT
Move the bent fingers of the right hand downward from the left flat palm.

MULTIPLY / FIGURE / ARITHMETIC
Sweep the back of the right “W” hand over the top of the left “M” hand and arm a few times.

DIVIDE
Rock the right flat hand back and forth between the middle and index fingers of the left hand.

EQUAL / EVEN
Bring the fingertips of both bent hands together with palms facing down.
**TOTAL / AMOUNT**
Bring both open hands together while closing into “AND” hands.

**MEASURE**
With both “A” hand thumbs touching, move the “A” hands outward in opposite directions.

**WEIGH**
With palms facing up, move both “W” hands up and down alternately.

**HALF / SOME**
Slide the edge of the right flat hand backward against the palm of the left hand.

**ALL**
Swing the right flat hand around the left flat hand, ending with both hands together in front of your body.

**EMPTY**
Place the right middle finger on the back of the downturned hand and slide the right hand to the side.
FULL
Move the flat hand over the thumb edge of the left “S” hand.

ALMOST
Brush the fingertips of the right curved hand against the left fingertips as you swing upward.

PERFECT
Bring the middle fingers of both “P” hands together.

NONE
Touch the fingertips of both “AND” hands together then separate them so that the palms face upward.

MORE
Tap the fingertips of both “AND” hands together a few times.

BOTH
Slide the right “2” hand down from the grasp of the left hand.
MOST
Graze the knuckles together as you move one “A” hand upward and the other “A” hand downward.

THAN
Slap the fingertips of the left hand as you swing the right flat hand downward.

LIST
Place the fingertips of the right bent hand on the left palm and move down in several short arcs.

MANY
Bring the “S” hands together palms up and then open the hands upward and out with fingers spread.

MUCH
Place both clawed hands facing each other in front of the body and lift them up and apart slightly.

NOTHING
Cross both “F” hands over each other in front of your body then uncross arms and open both hands.
FIRST
Swing your right index finger to tap the left thumb.

SECOND
Swing your right index finger to tap the index finger of the left “G” hand.

THIRD
Swing your right index finger to tap the middle finger of the left “3” hand.

ONCE
Twist the right “1” hand upward.

TWICE
Twist the right “2” hand upward.
OPPOSITES AND QUESTIONS

SAMPLE
BEAUTIFUL / PRETTY / LOVELY
Circle your face with the open hand and close fingers slightly as you complete one rotation.

UGLY
Place your index finger just below the nose then bend the index finger as the hand moves to the right.

CLEAN / NICE
Move the palm of the right flat hand across the left palm and fingers.

DIRTY
Place the back of the right hand under the chin and wiggle the fingers.

RICH / WEALTHY
Put the back of the right curved hand in the upturned left hand then move the right hand up.

POOR / POVERTY
Grasp your left elbow in the right hand then pull the hand down into the “AND” hand.
OPPOSITES AND QUESTIONS

STRONG / MIGHTY
Make two fists while raising arms up and flexing.

WEAK / FEEBLE
Rock the right curved hand back and forth in the left palm.

SHORT
Place the right palm down on the left “A” hand thumb and push downward.

TALL
Place the right index finger on the left open palm and move the right hand upward.

THIN / SKINNY / SLENDER / LEAN
Place both “I” hands at your abdomen and move them simultaneously up your body.

FAT / CHUBBY / OBESE
Place both curved open hands at your cheeks then move the hands outward in opposite directions.
WET / DEW
Slide the right “W” hand across your chin from left to right.

DRY
Slide the right “D” hand across your chin from left to right.

NEW
Sweep the back of the right curved hand across the left palm and toward the body.

OLD / AGE
Close the right hand below the chin and move it downward.

LIGHT
Place both middle fingers on your waist and lift both hands up your body simultaneously.

HEAVY
Place the right “H” hand fingers on the left “H” hand fingers and move both hands downward.
OPPOSITES AND QUESTIONS

**SOFT**
Drop both open hands at your front as the fingers close together.

**HARD**
Knock the curved “V” hands against the back of the left hand.

**SMALL / LITTLE**
Hold the “Q” hand palm up then move the index finger and thumb close together.

**LARGE / GREAT / BIG / HUGE**
Hold both “L” hands to the front with palms inward then move them outward simultaneously.

**BRIGHT / LIGHT / CLEAR / OBVIOUS**
Hold both “O” hands in front of the body then raise both into open hands.

**DARK / DIM**
Cross both flat hands in front of your face.
**HOT / HEAT / WARM**
Wave the “C” hand back and forth in front of your mouth.

**COLD / COOL / CHILLY**
Hold your forearms up against your body with “S” hands and shake both arms back and forth slightly.

**OPEN**
Place both “B” hands together with palms down then move both hands out to the sides.

**CLOSE**
Place both “B” hands at the sides then move them together with palms down.

**UP**
Move the “U” hand upward changing it into the “P” hand.

**DOWN**
Use the right index finger to point down to the floor.
GO
Point both index fingers outward with palms down then rotate the hands up and out.

COME
Point both index fingers outward with palms facing up then bring both hands back toward the body.

FAST / QUICK / RAPID
Rapidly brush the right fingertips in an upward motion against the left fingertips a few times.

SLOW
Move the right flat hand slowly back over the left flat hand.

START / BEGIN
Place the index finger against the back of the left thumb then rotate the right hand slightly.

STOP / HALT
Bring the little finger of the right flat hand down sharply onto the left palm.
NEAR
With both curved hands, slide the right close to the left hand.

FAR
Pass the right “A” hand far ahead of the left “A” hand.

LOSE / LOST
Hold the fingertips of both curved hands together then drop both hands and rotate down and into open hands.

FIND
Hold the open hand in front with the palm facing down then lift into the “F” hand.

TOGETHER
Place the knuckles of both “A” hands together and move them around in a circle.

APART
Connect both “F” hand together then separate both hands by opening the fingers into open hands.
GOOD
Place the fingers of the flat hand at the lips then move the hand down into the left palm.

BAD
Place the flat right hand at the lips then move it downward and to the right.

WONDERFUL / AMAZING
Move the flat open hands up and forward a few times with palms facing out.

WORSE
Hold both “W” hands at the sides of the body with palms up then cross one on top of the other.

IMPROVE
Move the right flat hand in small arcs up the left arm.

DECLINE
Move the right flat hand in small arcs down the left arm.
OPPOSITES AND QUESTIONS

CAN / ABLE
Hold both “S” hands to the front and move them down firmly at the same time.

CAN’T
Strike the right index finger against the left index finger from above.

EASY / SIMPLE
Brush the right open hand against the back of the left fingertips a few times.

DIFFICULT / HARD
Knock the curved “V” hands against the back of the left hand.

JOIN
Connect both “F” hand together by interlocking the index fingers and thumbs.

QUIT
Move the right “H” hand up and out of the grasp of the left hand.
ALWAYS
Point the index finger upward then move it in a large circle.

NEVER
Using the flat right hand, draw an "X" in front of you.

POSITIVE / PLUS
Cross the right index finger horizontally over the left vertical index finger.

NEGATIVE / MINUS
Place the right index finger horizontally across the left palm which is facing outward.

TRUE / REAL
Move the right index finger in a forward arc from the lips.

FALSE / FAKE / ARTIFICIAL
Brush the right index finger across the tip of the nose in a sideways movement across the mouth.
JUST / RIGHT / CORRECT / PROPER
Point both index fingers forward and bring the little finger side of the right hand down onto the left hand.

WRONG / MISTAKE / ERROR
Place the “Y” hand at the chin with the palm facing back.

SAME / ALIKE
Shake the “Y” hand side-to-side with the palm facing down.

DIFFERENT
Cross both index fingers with palms down then draw them apart to the sides of the body a few times.

WITH
Bring both flat hands together into “A” hands, with knuckles touching.

WITHOUT
With “A” hands together at the knuckles, separate both into open hands.
OPPOSITES AND QUESTIONS

YES
Nod the right “S” hand up and down with knuckles facing forward.

NO
Bring the thumb, index, and middle fingers together of both hands while moving them out to the sides.

ASK
Place both flat hands together with palms touching and move them in a forward arc.

ANSWER
With one index finger at your mouth and the other in front of you, rotate both hands downward.

EXCITE / EXCITING / THRILL
Touch the middle fingers of both hands to the chest and drag up the body alternately.

BORING / BORE / DULL
Place the right index fingertip on the side of the nose and rotate forward.
ROUGH / SCRATCH
Place the right clawed fingertips on top of the flat left palm then drag the right hand backward.

SMOOTH / FLAT
Rub the fingers of both “AND” hands together as you push the hands forward.

CALM / PEACEFUL
Place the right index finger pointing up in front of the mouth.

NOISY / SOUND / LOUD
With open hands facing down, shake hands back and forth beside the ears.

BECAUSE
Alternately place both index fingers on the forehead and move both hands while bending the index fingers.

WHICH
With the thumbs pointed upward, move the “A” hands alternately up and down.
WHO
Make a small circle in front of the lips with your right index finger.

WHAT
Pass the tip of the right index finger down over the left palm.

WHERE
Hold the right index finger up and shake it rapidly back and forth.

WHEN
Hold both index fingers forward at your side with palms up then twist both hands so palms face down.

HOW
Place both curved hands together and rotate each wrist in a downward motion.

WHY
Touch the forehead with the flat right hand then pull forward into the “Y” hand.
ACTIVITY
Place both “C” hands with palms down in front of the body and swing both hands back and forth.

SMILE
Place both index fingers at opposite sides of your mouth and lift the index fingers up in arcs.

LAUGH
Place both flat hands with palms down at opposite sides of your mouth and lift the hands up in arcs.

CRY / TEARS / WEEP
Place both “W” hands under your eyes and move each hand alternately down your face.

KISS
Rock the “Y” hand back and forth against your mouth.

DEEP KISSING
Rock both “Y” hands back and forth against each other.
SIT
Place the fingers of the right “U” hand on top of the fingers of the left “U” hand and push down.

STAND
Place the fingertips of the downturned “V” hand into the left palm.

WALK / STEP
Alternate pushing both flat hands in front of each other.

RUN / JOG
Interlock the right index finger around the thumb of the left “G” hand and wave both hands forward.

HURRY / HUSTLE
Place both “H” hands facing forward in front of the body and wave both hands forward.

WAIT
Place both open hands with palms up and one slightly in front of the other then wiggle the fingers.
ACTIVITIES

WELCOME / INVITED
Sweep the right curved hand in toward the body.

INTRODUCE
Move both flat hands in from the sides with palms up and touch the fingertips.

ANNOUNCE
Place both index fingers at your mouth and lift both hands upward simultaneously.

LEAD / GUIDE / DIRECT
Place the right fingertips into the palm of the left flat hand then move hands forward from the body.

TELL
Place the right index finger under your chin then swing the hand forward.

SAY
Place the right index finger on your mouth and pull it forward slightly.
CALL / SUMMON
Place fingers of the right flat hand on top of the left hand and pull the right hand up into the “A” hand.

SEND
Swing the fingertips of the right curved hand forward from the back of the left hand.

ACCEPT
Hold both open hands to the font of the body and move them to the chest with “AND” hands.

DENIAL
Flick the thumbs of both “A” hands upward from the chest a few times.

CONGRATULATE
Raise your clasped hands together in front of your chest and shake them back and forth.

BLAME
With the thumb pointing upward, push the right “A” hand across the top of the left hand.
**ACTIVITIES**

**BOTHER / DISTURB**
Bring the right flat hand down between the middle and index fingers of the left hand.

**STRIKE**
Swing the right “S” hand forward from your left temple to the side of your body.

**ATTACK**
Move the right index finger into the left hand.

**BEAT**
Quickly drop the right fist over the left wrist.

**DESTROY / CONDEMN**
With both “A” hands in front of the body, run both flat hands over each other a few times back and forth.

**PUNISH**
Strike your left elbow with the right index finger.
BECOME
Press the palms of both flat hands together then rotate hands and repeat.

CHANGE
Bring both “A” hands together at the wrists then twist your wrists so the hands change positions.

CREATE
Place both “C” hands on top of each other, then twist both hands backward and forward at the wrists.

MAKE
Place both “S” hands on top of each other, then twist both hands backward and forward at the wrists.

DESIGN
Wave the right “D” hand down the left palm.

WRAP
Place both hands palms up in front of the body and flip up and over, one before the other.
**ACTIVITIES**

**MEET**
With index fingers up, bring both hands together.

**AVOID**
Hold the right arm up with the palm flat and pointing away from the body.

**BRING**
Hold both flat hands with palms up and move both hands in toward the body.

**CARRY**
Hold both flat hands with palms up and move both hands out away from the body.

**CARRY ON HEAD**
Place both open hands at the top of the head.

**MOVE**
Place both “C” hands in front of the body and change both to “AND” hands while moving left to right.
HELP
Place the right “A” hand with the thumb up into the left palm and raise both hands upward.

CARE
Place the right “C” hand on top of the left “C” hand and move them up and down.

BREAK
Place both “S” hands together with the palms down then rotate each hand outward in opposite directions.

FIX / MEND / REPAIR
Place the fingers of the “R” hand into the left palm and twist the right hand at the wrist.

PROTECT
Firmly place the right “S” hand against the left “S” hand.

DEPEND
Place the right index finger on top of the left and slightly move both hands downward.
ACTIVITIES

SEARCH / LOOK
Place the right “C” hand by your eye and move it around in small circles.

EXAMINE
Point the fingertips of both “V” hands at each other then bend the fingers as you pull each hand away.

PLAN / SCHEDULE
Place both “P” hands in front of the body and bounce them slightly to the right.

SELECT
With the left “V” hand at your front, use the right “F” and to pick one finger and then move upward.

SHARE
Slide the right open hand out from the middle and index fingers of the left open hand a few times.

EXCHANGE
Place one modified “A” hand slightly in front of the other then switch positions a few times.
CONVINCE
Brush the fingers of the right hand against the left index finger a few times.

GIFT
With the left modified “A” hand slightly in front of the right, dip both hands forward slightly.

KILL
Slide the right “K” hand forward against the palm of the left hand.

BURY
Place both curved hands in front of the body and pull both hands back into the body simultaneously.

STEAL
Place the right index finger at the left elbow then pull back into the “X” hand.

SPOIL
Place the right “X” finger on top of the left then slide the right finger over the left to the side.
FORCE
Move the right clawed hand over the left wrist.

CONTROL
Pull both modified “A” hands back and forth alternately in front of your body.

TRY
Hold both “T” hands in front of the body then swing both hands forward with a flick of the wrists.

ENCOURAGE
Place both open hands facing forward at the sides of the body and slightly dip them forward a few times.

ARRIVE
Move the back of the right flat hand into the left palm.

STAY
Move both “Y” hands forward from the body.
HOLD
Grasp the wrist of the right “S” hand.

DROP
Move the right “S” hand down into the open hand at your side.

HAVE
Place both bent hands against your chest.

TAKE
Sweep the right open hand across the body, turning it into the “S” hand.

KEEP
Bring the right “K” hand down onto the left “K” hand.

PUT
Move both “AND” hands simultaneously from left to right across the body.
PULL
Place one modified “A” hand slightly in front of the other then move both hands together into the body.

PUSH
Move both open hands forward from the body.

HIDE
Move the right “A” hand under the palm of the left hand.

ESCAPE
Move the right index finger out from between the index and middle fingers of the left hand.

WARN
Tap the fingers of the “W” hand against the top of the left hand.

LINE UP / ASSEMBLE
Place the right “B” hand behind the left then move the right hand back while the left hand remains still.
DO
Swing both “D” hands from left to right with palms facing down.

EXCUSE
Slide the right the “E” hand across the left palm.

CONTINUE
Place both “A” hand thumbs together and move them forward and away from the body.

FINISH / DONE
Hold both open hands to the front with palms facing each other and shake the hands quickly outward.

USE
Move the right “U” hand in small circles in front of the body.

FIT
Hold both “F” hands in front of the body then switch to both “T” hands.
LISTEN
Move the right “L” hand to the ear a few times.

RELAX
Cross both arms and rest them on opposite shoulders then brush the “R” hand fingertips down the shoulders.

DEVELOP
Place the right “D” hand against the left palm then move the right hand upward.

SPREAD
Hold both “AND” hands together at the fingertips then move the flat hands down to opposite sides.

PREVENT / BLOCK
With left hand facing you, bring the little finger of the right flat hand against the flat left hand.

SUPPORT
Bring the right “S” hand up under the left “S” hand and move both hands up slightly.
ALLOW / LET
Hold both flat hands forward then swing them upward simultaneously so that the fingertips point upward.

SPEAK
Circle the curved "V" hand in front of your mouth.

DUTY
Move the “D” hand back and forth along the back of the left hand.

SERVE / SERVICE
Alternate sliding both flat hands back and forth in front of the body.

RECEIVE / GET
With the right open hand above the left, bring both hands back while forming “S” hands.

BEHAVIOUR
Rock both “B” hands back and forth in front of the body.
TROUBLE / FIGHT
Move both flat hands with palms facing out in alternating circles away from the body.

MOCK
Place one “ILY” hand slightly in front of the other and rock both hands forward simultaneously.

APPLAUSE
Lift both hands up at the sides of your head and shake both hands at the wrists.

APPLY
Drop the right “V” hand down onto the left index finger.

VOLUNTEER
Pinch the right shoulder with the thumb and index finger of the right “F” hand and lean forward slightly.

ADVERTISE / PUBLICIZE / COMMERCIAL
Place the right “S” hand in front of the left “S” hand at the mouth and pull forward into the “open” hand.
SUCCEED / FINALLY / AT LAST
With both index fingers in front of the mouth, swing the hands in an outward and upward curve.
**GAME / COMPETITION / CONTEST**

Hold both “A” hands to the sides of the chest and bring the hands firmly together until the knuckles touch.

**PLAY**

Hold both “Y” hands in front of the chest and shake them at the wrists a few times.

**OWARE**

Use the downturned “Q” hand to make small upward arcs in a straight line.

**AMPE**

Clap your hands in front of your body and kick out one of your legs.

**SPAR**

Bring both “A” hands together at the tips of the thumbs then snap the right hand down.

**LUDO**

Move the downturned right “A” hand across the body so it becomes the “Q” hand.
PARTY
Swing the right “P” hand from side to side over the left palm.

DANCE
Swing the downturned right “V” hand from side to side over the left palm.

MUSIC / SONG / SINGING
Wave the right flat hand from left to right in front of your left flat hand.

BALLOON
Hold the right “S” hand in front of your mouth then open both hands in front of your body.

AZONTO
Slide the right “S” hand over the left a few times then bring both hands to the side of your head.

DRUMS / DRUMMING
Alternate moving both index fingers down from the sides of the body.
DRAMA
Alternate circling both “D” hands against your body.

TICKET
Clasp the fingers of the bent right “V” hand between the little finger side of the left hand.

SPORTS
Slide both “S” hand back and forth at your chest.

OLYMPICS
Form “F” hands and interlock the thumbs and index fingers a few times as the hands move to the right.

COACH
Place the right “C” hand on the back of the left index finger then slide the right hand back and forth.

REFEREE
Bring the right curved “U” hand to your mouth.
THROW
Move the right clawed hand forward quickly.

CATCH
Move the right clawed hand to the left and curve it into the “S” hand near your left shoulder.

BALL
Place the right index finger on the back of the left “S” hand then move the left hand up and down a few times.

CLIMB
Move both bent “V” hands upward while alternating one slightly above the other.

FALL
Stand the right “V” fingers in the left palm then flip the hand over so the back of the hand rests in the palm.

RACE
With knuckles touching, shake both “A” hands at the wrists as one follows the other forward.
**SPORTS AND GAMES**

**BOXING**
Alternate punching in front of you with “S” hands.

**WRESTLING**
Interlock the fingers of both hands then rock them from side to side.

**TABLE TENNIS**
Slap the air in front of you back and forth with your right flat hand.

**NETBALL / BASKETBALL**
Bounce both curved hands up and down then hold both hands at head level and flick hands forward.

**VOLLEYBALL**
With your right hand rested in the left palm, move both hands up and forward in front of the body.

**GOLF**
Bring your hands together to the side of your body and swing both hands across your body.
**HANDBALL**
Raise the right clawed hand to the right shoulder and swing it across the body in a downward motion.

**SHOTPUT**
Bring the clawed hand to the side of your head then move it forward with force.

**JUMP**
Move the curved right “V” hand up over the back of the left hand.

**LONG JUMP**
Move the right “V” hand in an upward arc over the fingers of the left hand.

**HORSEBACK RIDING**
Straddle the left “H” hand with the right “V” hand and bounce both hands forward a few times.

**SWIMMING**
Bring the backs of the flat hands together against your chest and move both hands to the sides of your body.
JOGGING
Interlock the right index finger around the thumb of the left “G” hand and wave both hands forward.

BICYCLE
Move both downturned “S” hands forward in alternating circles.

JUMP ROPE
Move both modified “A” hands in upward circles at the sides of your body.

PARACHUTING
1. Slide both “S” hands down the front of your body.
2. Swing the right “V” hand side-to-side downward.

CANOEING
Hold one “S” hand over the other “S” hand at the side of the body then move them down and backward.

FOOTBALL
Tap the right index finger at the wrist of the left “S” hand and swing the left hand upward.
SPORTS AND GAMES

GOAL KEEPER
Bring both curved flat hands together into your chest.

CAPTAIN
Tap the right upper arm with the left hand twice.

TEAM
Place both “T” hands together at the fingertips and twist forward, bringing the little fingers together.

CLUB
Place both “C” hands together with palms facing front and twist forward, bringing the little fingers together.

BLACK STARS
1. Slide the right “B” hand across your eyebrows.
2. Move both index fingers upward alternately.

ARSENAL
Place the palm of the “A” hand against your cheek then move up to your temple turning it into the “L” hand.
**BECHEM UNITED**
1. Slide the “B” hand back into the ‘A’ hand from wrist.
2. Circle both “U” hands with fingers touching.

**HEARTS OF OAK**
Use both index fingers to draw a heart over your chest.

**KING FISHER**
Place the right “K” hand on your left shoulder then move it diagonally to the right hip.

**KOTOKO**
Move the right “K” hand back toward your body while changing it into the “X” hand.

**HALF ASSINA**
Place the “H” hand on your wrist then place the “A” hand on your fingertips.

**BARCELONA**
Tap the index finger side of the “B” hand at your cheek a few times.
REAL MADRID
Move the right “R” hand forward from your lips.

CHELSEA
Move the “C” hand from the right side of your mouth to the left.

MANCHESTER CITY
1. Pull right “AND” hand forward from the forehead.
2. Tap the thumb of the “C” hand with the index finger.

MANCHESTER UNITED
1. Pull right “AND” hand forward from the forehead.
2. Circle both “U” hands in front of your body.
Science and Nature
**NATURE / NATURAL**
Encircle the left wrist with the “N” hand then touch the fingertips to the wrist.

**EARTH**
Grasp the left wrist with the thumb and middle finger then rock the right hand back and forth slightly.

**PLANET**
With both “P” hands, circle the right hand around the left.

**WORLD**
With both “W” hands, circle the right hand around the left.

**UNIVERSE**
With both “U” hands, circle the right hand around the left.

**SUN / LIGHT**
Open the right hand toward your head.
SCIENCE AND NATURE

MOON
Place the “C” hand around your eye.

STAR
Use both index fingers to point to the sky.

CLOUD
Place both clawed hands above your head in a round shape and repeat a few times.

SKY
Sweep the “B” hand over your head.

RAINBOW
1. Wiggle fingers as you pull your hand down the face.
2. Sweep your arm over your head in an arc.

RAIN
Place both “R” hands above your head and drop the fingers down a few times.
LIGHTNING
Draw a zig-zag in the air with your index finger.

THUNDER
Beat both “S” hands into your chest alternately.

HARMATTAN
Pull the right index finger down your bottom lip.

FLOOD
Lift both open hands from your waist.

WIND
Fan both “W” hands side to side.

WEATHER
Touch the thumbs of both “W” hands and rotate both hands back and forth.
TEMPERATURE
Slide the right index finger up the left index finger.

ENVIRONMENT
Swing the “E” hand around the left index finger.

FOREST
Place your right elbow on the left hand and wiggle the right open hand as you move both arms to the left.

MOUNTAIN
Place the little finger of the “A” hand on your left shoulder then arc it to your left wrist.

VALLEY
With fingertips forward, place both “V” hands at head level then swing them down to meet at your chest.

LIQUID / WATER
Place the index finger of the “W” hand to your lips a few times.
OCEAN
Place both curved hands side-by-side and wave them forward.

LAKE
Touch the thumbs of both "L" hands together then curve them backward into the same position.

ISLAND
Place the little finger of the "I" hand on the downturned left hand and rotate it in a circle.

RIVER
Place both "R" hands next to each other and wave them forward.

ICE
Sign the letters "I" "C" and "E" while moving the hand slightly to the right.

BREEZE
Wave both open hands back and forth in front of your body.
FARM
Slide the “F” hand from the left side of your chin to the right.

SEW / SEED
Insert the middle finger of the “P” hand into the left “C” hand.

GROW
Grasp the right “A” hand with the left “C” hand then slide the right hand upward while opening the fingers.

SOIL / LAND
Rub the thumbs against your fingers of both hands.

GRASS
Place the wrist of the “G” hand on the downturned left hand and swing it back and forth.

FLOWER
Slide the “AND” hand across your mouth a few times.
WOOD
With both “W” hands, rub the right hand against the left backward and forward.

STICK / CANE
Place the right index finger inside the left fist and slide the right finger out in a straight line.

LEAF
Grasp the right wrist and swing the right open hand back and forth.

TYPE / KIND
Alternate circling both “T” hands in front of the left shoulder.

ROCK / HARD
Stirke both “S” hand wrists together with the right hand turned upward.
METAL
Place the “M” hand by the ear and swing it back and forth.

GOLD
Place the “G” hand by the ear and swing it back and forth.

SILVER
Place the “S” hand by the ear and swing it back and forth.

DIAMOND
Place the “D” hand by the ear and swing it back and forth.

FIRE
Wiggle the fingers of both curved hands as you move them up and down.

ENERGY
Touch the “E” hand to the left shoulder and rotate it forward to the inner elbow.
MACHINE
Interlock the fingers of both clawed hands and shake hands.

TORCH LIGHT
Grasp the wrist of the right open hand with the left hand.

ELECTRICITY
Tap the knuckles of both bent “V” hands together a few times.
Education and Communication
**EDUCATION**
Place both “E” hands at your shoulders and slightly move the hands upward into “D” hands.

**WINNEBA**
Tap the index finger of the “W” hand to your temple twice.

**KNUST**
1. Sign the letters “N” and “K” on the temple
2. Sweep the right “U” hand over the left palm.

**DR. ANDREW FOSTER**
Tap the “A” hand flat against the side of your neck twice.

**DIPLOMA / DEGREE**
Touch the fingers of both “D” hands with index fingers forward then slide them away in opposite directions.

**CERTIFICATE / CERTIFICATION**
Tap the thumbs of both “C” hands together a few times.
PROFESSIONAL
Slide the middle finger of the right “P” hand forward over the top of the left “B” hand.

QUALIFICATION
Place the “Q” hand over the left shoulder then rotate it back to your heart while closing the fingers together.

OCCUPATION
Place both “O” hands at your shoulders and slightly move the hands upward into “P” hands.

SUCCESS
Loop both index fingers in an upward motion above the shoulders.

JUNIOR
Spell the letters “J” and “R” while moving the hand slightly to the right.

SENIOR
Spell the letters “S” and “R” while moving the hand slightly to the right.
AUTHORITY
Place the “A” hand flat against your left shoulder then bring it to the left inner elbow with the thumb upward.

ASSIST / ASSISTANT
Place the right “A” hand under the “S” hand wrist and push upward.

SCHOOL
Tap the right fingertips into the left palm twice.

UNIVERSITY
Sweep the “U” hand forward over your left palm.

COLLEGE
Sweep the “C” hand forward over your left palm.

CLASS
Place both downturned “C” hands in front of your body and curve them forward slightly.
Place both “O” hands together at the fingertips and twist forward, bringing the little fingers together.

Circle the “L” hand in front of your body.

Sign the letters “K” and “G” while moving the hand slightly to the right.

Hold the right “P” hand under the left palm and wave the hand back and forth slightly.

Sign the letters “J” “H” and “S” while moving the hand slightly to the right.

Sign the letters “S” “H” and “S” while moving the hand slightly to the right.
**TECHNICAL**
Rotate both “T” hands in front of your chest.

**FAIL**
Place the upturned “F” hand into the left palm and slide it forward over the palm.

**TECHNICAL**
Rotate both “T” hands in front of your chest.

**REVISE / REVIEW / REVISION**
Slide the fingers of both “R” hands back and forth against each other.

**ABSENT**
With palm facing you, point the index finger up then pull back and touch the thumb and index finger.

**FAIL**
Place the upturned “F” hand into the left palm and slide it forward over the palm.

**PASS**
Bring both “A” hands together in front of the body and slide the right hand ahead of the left hand.

**TEST / EXAM**
Place both index fingers at your shoulders and bend both fingers a few times.

**REVISE / REVIEW / REVISION**
Slide the fingers of both “R” hands back and forth against each other.
**WASSCE**
Sign the letters “W” “A” “S” “S” “C” and “E” as you move the hand slightly to the right.

**RESULT**
Wave both “R” hands down from your shoulders.

**CURRICULUM**
Place the “C” hand at the left fingertips then the “M” hand at the left palm.

**BECE**
Sign the letters “B” “E” “C” and “E” as you move the hand slightly to the right.

**SUBJECT**
Tap both “S” hands to your chest then to your

**TOPIC**
Hold both bent “V” hands at head level then slightly curve both hands outward.
SYLLABUS
Move the “S” hand from your fingertips to your palm.

MATH
Slide the back of the right “M” hand over the top of the left “M” hand a few times.

ECONOMICS
Slide the upturned “E” hand across the left palm.

HISTORY
Pull the “H” hand back and forth over your right shoulder.

SCIENCE
Point the thumbs of both “A” hands down and alternate dipping them in front of your body.

BIOLOGY
Alternate circling “B” hands in front of your body.
CHEMISTRY
Alternate circling “C” hands in front of your body.

ENGLISH
Cradle the flat left hand in your right and pull both hands back toward your body.

SOCIAL STUDIES
Rotate the “S” hand around the left index finger while opening into the curved hand.

PHILOSOPHY
Place the flat edge of the index finger of the “P” hand on the forehead and move down slightly twice.

ART
Draw the little finger of the “I” hand down your left palm.

PAINT
Brush the right “B” hand up and down against the left palm.
LEARN
Place the right open hand on the left palm and pull the right hand up to your forehead into “AND” hand.

STUDY
Wiggle the fingers of the right flat hand and slide it back and forth above the left palm.

WRITE
Swipe the modified “A” hand across the left palm.

CALCULATOR
With the left palm facing up, tap the left palm with the middle finger of the right hand a few times.

LANGUAGE
With both “L” hand thumbs facing each other, pull hands away in front of your body.

CONCEPT
Place the thumb of the right “C” hand near the right temple and twist outward.
CHALK
Tap the thumb and bent index finger of the right hand on your left index finger from above.

ERASER / ERASE
Rub the “AND” hand across the left palm.

BLACKBOARD
Place the “B” hand in front of your left side then move to the right side.

PENCIL
Place the modified “A” hand at your mouth then pull down and sweep it over your left palm.

PEN
Pull the “I” hand little finger out from the left fist and shake the right wrist.

PAPER
Tap both flat hand plams together twice.
CRAYON
Move your right index finger in a small circle in the left palm.

RULER
Trace the index finger of the left “L” hand with the right index finger.

GLUE
Use the middle finger and thumb of the right hand to pinch the base of the palm.

TAPE
Place the thumbs of both “A” hands together and pull away in opposite directions.

STAPLER
Pinch the side of the left palm between your right thumb and index finger.

ENVELOPE
1. Pull the open hand from the chest into “AND” hand
2. Slide the “C” hand over the flat left hand.
COMPASS
Place the middle finger of the “V” hand against your left palm and rotate the right hand.

POSTER
Place both “A” hand thumbs together at the mouth and trace your hands in opposite right angles.

DICTIONARY
Brush back against the left palm with the “D” hand.

WORD
Slide the “Q” hand fingertips to your left index finger from the right.

VOCABULARY
Tap the “V” hand fingertips against your left index finger.

SENTENCE
Interlock the fingertips of both “F” hands then pull the right hand away.
**STORY**
Interlock the fingertips of both modified “C” hands then pull the right hand away into the “AND” hand.

**PARAGRAPH**
Place the fingertips of the modified “C” hand on the left fingers then the palm.

**CHAPTER**
Place the “C” hand at shoulder level then pull straight down.

**NOTES**
Point the fingertips of the “N” to the left palm and wave the hand downward.

**LINE**
Place the little fingertips together and pull away in opposite directions.

**READ**
Fan the right “V” hand up and down over the left palm.
**BOOK**
Open and close both flat hands while keeping the little fingers together.

**LESSON**
Tap the right “L” hand up your arm a few times.

**ANALYZE**
Place both “C” hands in front of your body and circle them in opposite directions.

**PROJECT**
Press “P” hand into the left palm then lift the “J” hand to the back of the left hand.

**PROGRAM**
Press “P” hand into the left palm then the “P” hand to the back of the left hand.

**PROCESS**
Alternate bringing one flat hand up and over the other in a forward motion.
Slide the middle fingers of both “P” hands back and forth against each other.

Place the “B” hand on your left wrist and wiggle the right hand.

Slide the right hand across and up from the left palm.

Place the fingertips of both “B” hands together in front of your body.

With both “C” hands, alternate moving your hands back and forth at your mouth.

Place the fingers of the “D” hand in the left palm and push both hands forward.

With both “C” hands, alternate moving your hands back and forth at your mouth.
INSULT
Place the thumb of the “A” hand up then close your thumb at the person being addressed.

GOSSIP
Wiggle your right index finger under your nose.

TALK
With the index fingers of both hands up, alternate moving your hands back in forth at your mouth.

EXAGGERATE
Place both “S” hands together in front of your chest then wave the right hand forward in a wavy motion.

DISCUSS
Tap the index finger of the “X” hand on your fingers and then palm.

EXPLAIN
Move both “F” hands back and forth in front of your body with fingertips forward.
GREET
Place the fingers of the “B” hand against your temple and draw the hand forward.

COMPLAIN
Tap both clawed hands over the heart.

ARGUE
Move both “X” hands back and forth at each other a few times.

ADVISE
Starting with the “S” hand, open to the clawed hand and tap your wrists together.

EXAMPLE
Place the fingers of the “E” hand in the left palm and push both hands forward.

EXPLAIN
Place the fingers of the “H” hand against your temple and draw the hand forward.
**FINE**
Place the thumb of the right open hand against your chest.

**THANK YOU**
Move both flat hands from your mouth to in front of your body.

**PLEASE**
Place your flat right hand on your chest and rotate in a circle.

**FINGERSPELL**
With your palm facing down, move the right hand to the right while you wiggle the fingers.

**INTERPRET**
Place the fingertips of both “F” hands together and rotate the right hand.

**SIGN LANGUAGE**
1. Rotate both index fingers around each other.
2. Slide both “L” hands away from each other.
PICTURE
Place the right “C” hand around your eye then place it flat against your left hand.

TV
Sign the letters “T” and “V” while moving the hand slightly to the right.

MOVIE
Place the palms of both open hands together and slide the right hand up and down.

RADIO
Swing the “R” hand back and forth at your ear.

NEWSPAPER
1. Slide your right flat hand over left and close to a fist.
2. Tap your flat palms together twice.
HEALTH
With fingertips pointing to each other, touch both “H” hands to your chest then abdomen.

HUMAN
With fingertips pointing forward, touch both “H” hands to your chest then abdomen.

LIVE / LIFE / ALIVE
Draw both “L” hands up your body from the waist.

HEAD
Place the flat hand on top of your head.

BRAIN
Place the thumb of the “B” hand against your forehead.

MIND
Place the fingertips of the “M” hand against your temple.
Circle the face with the “F” hand.

Point to your eye with the index finger.

Point to your ear with the index finger.

Point to your nose with the index finger.

Point to your mouth with the index finger.

Place the index finger of the “V” hand under your chin and pull it forward.
HEALTH

TEETH
Point to your teeth with the index finger.

TONGUE
Point to your tongue with the index finger.

BEARD
Stroke your chin with the right hand.

BODY
Tap your chest and then abdomen with flat hands.

HAND
With your left open hand facing you, grasp the left wrist.

FEET
Drop the middle finger to the back of your left hand.
HEART
Use both index fingers to trace a heart shape over your left chest.

STOMACH
Place the flat hand against your stomach.

BLOOD
Slide the right open hand down the left open hand and wiggle the fingers.

BONE
Grasp your left wrist in your right hand and gently shake back and forth.

BREASTS
Hold open hands over your chest.

VAGINA
Wave the “V” hands back and forth in front of your body.
OVARIES
Place both “AND” hands next to each other at your waist.

PENIS
Place the middle fingertip of the “P” hand on the tip of your nose.

TESTICLES
Place both “AND” hands with fingers touching in front of your waist.

ANUS
Slightly open and squeeze the “O” hand.

FAECES
Pull the right “A” hand thumb out from the bottom of the left “A” hand.

FLATULENCE
Strike the middle fingertips of both “P” hands together in front of your body.
URINATE
Shake the “T” hand in front of your waist.

VOMIT
Place the upturned “C” hand at your throat and move it upward and forward in an arc pattern.

SPIT
With your index finger and thumb together at your mouth, flick open your fingers and move forward.

COUGH
Place the “S” hand at your mouth and make a coughing motion with your shoulders.

SWEAT
Wipe your forehead with the “X” hand.

BREATHE
Place both open hands at your chest and move them back and forth slowly.
HEALTH

SLEEP
Touch all fingers to your forehead and thumb to your cheek then close into the “AND” hand over your eye.

THIRSTY
Draw the index finger down your throat.

TIRED
Place both flat hands against your abdomen with the fingers on the waist and collapse hands downward.

LIE DOWN
Place the upturned “V” hand into the left palm.

AWAKE
With your index finger and thumb touching, place your hands at the eyes and open both index fingers.

BATHE / BATH
Slide both “A” hands up and down your body alternately.
TOOTHBRUSH
With your right hand in front of your mouth, wiggle the index finger up and down.

TOUCH
Place the middle finger on the back of your left hand.

SMELL
Fan the flat hand toward your nose.

TASTE
Touch the middle finger to your tongue.

HEARING
Tap the clawed hand over your ear twice.

HEAR
Place the C handshape around the back of your ear.
Tap both middle fingers against your body twice with one hand at your head and the other at your abdomen.

DISEASE
Tap both “D” hands against your body twice with one hand at your head and the other at your abdomen.

BLIND
Point the fingertips of the curved “V” hand in front of the eyes.

SEE
Point to your eye with the index and middle fingers then pull your hand forward.

DEAF
Place the index finger next to the mouth then move to the ear.

SICK
Tap both middle fingers against your body twice with one hand at your head and the other at your abdomen.

INFECTION
Tap both “I” hands against your body twice with one hand at your head and the other at your abdomen.

BLIND
Point the fingertips of the curved “V” hand in front of the eyes.

SEE
Point to your eye with the index and middle fingers then pull your hand forward.

DEAF
Place the index finger next to the mouth then move to the ear.

SICK
Tap both middle fingers against your body twice with one hand at your head and the other at your abdomen.

INFECTION
Tap both “I” hands against your body twice with one hand at your head and the other at your abdomen.
GERM / VIRUS
Wiggle the right index finger across the left palm.

IMMUNE SYSTEM
1. Tap little fingers of “I” hands on your chest and waist.
2. Wave both “S” hands down your body.

CUT
Slide the “H” hand back and forth across the back of the left hand.

SORE
Tap the “O” hand against your arm a few times.

DIZZY
Wave the clawed hand in front of your face in small circles.

DIARRHEA
With your middle finger toward your body, swing the right hand downward at your side a few times.
PAIN
Point both index fingers at your body in the area being addressed.

COLD
Pull the “F” hand downward from the nose.

CONVULSION
Wave the clawed hand in a circle in front of your face quickly.

HEADACHE
Point both index fingers at your forehead.

CHICKEN POX
Tap your index finger against your arm a few times.

MALARIA
1. Pinch and slap the top of the left hand
2. Tap middle fingers against the forehead and abdomen.
TUBERCULOSIS
Sign the letters “T” and “B” while moving the hand slightly to the right.

EBOLA
Slide the right “S” hand in an outward circular motion while simultaneously forming to the “3” hand.

CANCER
Wiggle the right clawed hand down the forearm.

HIV
Place the right index finger against the left “V” hand fingers.

AIDS
Place both “S” hands together then pull the right hand upward.

TRANSMIT / TRANSFER
Lift both “T” hands from from the left to the right.
HEARING AID
Place the index finger of the “X” hand around your right ear.

MENTAL
Place the fingertips of the “M” hand at your temple then lift the wrist up and down.

DISABLED
Tap the fingers of the “D” hand against your inner thumb twice.

CRIPPLED
Alternate lifting and dropping both index fingers as they point downward.

HEARING AID
Place the index finger of the “X” hand around your right ear.

HOSPITAL
Stroke the left shoulder with the “H” hand.
INSURANCE
Place the “I” hand against the left open hand palm.

BARRACUS
Alternate dropping the “L” hands in front of your chest.

OPERATION / SURGERY
Swipe the thumb of the “A” hand as if creating an incision over the area being addressed.

INJECTION
Squeeze the “G” hand at your shoulder by pulling the index finger back and pushing the thumb forward.

GENDER
Place the “Q” hand against your left shoulder.

SEX
Tap the “X” hand against your temple then cheek.
HOMOSEXUAL
Tap the sides of both both “O” hands together twice.

SEMEN
Pull the open hand upward from the left palm and close into the “AND” hand.
ERETION
Place your left index finger on the right as it is tilted downward, then rotate your right hand upward.

CONDOM
Pull the right “Q” hand down your left index finger.

ABSTINENCE / ABSTAIN
Hold both flat hands at your shoulders and press forward slightly.

VAGINAL FLUID
1. Wave the “V” hand in front of your body.
2. Place the “W” hand against your lips.

MENSTRUATION / MENSES
Tap your cheek with the “M” hand twice.

PREGNANT
Draw the right “P” hand from your shoulder to the wrist.
**MALE CIRCUMCISION**
Pinch the left index finger with the right “V” hand fingers and pull the right hand forward.

**FEMALE CIRCUMCISION**
Place the right “A” hand thumb against the left “T” hand thumb and draw the right hand downward.

**MALE MASTURBATION**
Wrap the left index finger with the right fist and move the right hand back and forth.

**FEMALE MASTURBATION**
Rub the left “T” hand thumb in a circular motion with the right “H” hand fingers.

**BIRTH / BORN**
Swing the right flat hand under the left flat hand.

**BREASTFEED**
Hold your left arm at your side and squeeze your right hand at the chest.
**EJACULATION**
Place the right index finger on the side of the left fist and open and close the left hand a few times.

**ABORTION**
Place both open hands together with palms upward and pull the right hand down into the “AND” hand.

**SMOKING**
Place the index and middle fingers against your mouth.

**WEE / MARIJUANA**
Place the thumb and index finger of the “F” hand against your mouth.

**POISON**
Touch the fingertip of the “P” hand to your plam and wiggle the hand.

**MEDICINE**
Touch the middle fingertip to your left plam and wiggle the hand.
**POWER**
Place both “S” hands at shoulder level then repeat on the other side.

**DANGER**
Flick the thumb and middle finger at head level.

**WELL/CURE**
Place the fingers of both hands against your shoulders then pull forward into “S” hands.

**WHEELCHAIR**
Point both index fingers at your waist and circle them forward in a large motion.

**X-RAY**
1. Sign the letter “X”.
2. Move the “C” hand from the eye to the left palm.
IDEA
Touch the little finger of the “I” hand to your temple then draw forward.

OPINION
Tap the “O” hand to your temple twice.

EXPERIENCE
Place your fingers on your head and thumbs on your ears then pull hands down while closing the fingers.

SKILL
Cup the left little finger in your right hand and pull forward into “A” hand.

LIKE
Place the right open hand on your chest and draw forward while meeting the thumb and middle finger.

INTEREST
Rub both flat hands together.
FAVOURITE
Stroke the chin with your middle finger.

ONLY
With the palm facing you, hold the index finger up and spin in small circles.

KNOW
Touch the “AND” hand to your temple.

DON’T KNOW
Touch your forehead with the flat hand and rotate it forward.

UNDERSTAND
Place the “S” hand on your temple and flick open the index finger.

MISUNDERSTAND
Touch the index finger of the “V” hand to the temple and swing around to touch the middle finger.
IDEAS AND MENTAL ACTION

**OBEY**
Place one “O” hand at your forehead and the other at your chin and open to flat hands at your front.

**REFUSE**
Place your “A” hand at your waist with the thumb upward and draw the arm over your right shoulder.

**NOT**
Place the thumb of the “A” hand under your chin and pull forward.

**FORGET**
Wipe your flat hand across your forehead and close into “A” hand.

**CONFUSED**
Point to your temple then circle both clawed hands in opposite directions in front of you.

**DOUBT / DISBELIEF**
Move both “S” hands alternately up and down in front of the body.
DECEIVE
Circle both “ILY” hands around each other alternately in front of you.

LIE
Draw your index finger across your chin.

PROMISE
Touch the right middle finger to your lips then tap the left fist with a flat hand.

CONFIDENT
1. Clasp both hands together.
2. Hold both fists up in front of your body.

HOPE
With both hands facing each other and raised at your side, wiggle your fingers.

DREAM
With the index finger at your temple, bounce the “X” hand forward a few times.
IMAGINE
Starting at your temple, bounce the “I” hand forward a few times.

WISH
Slide both “C” hands down your abdomen with one above the other.

GOAL / OBJECTIVE
Move your right index finger from your temple to meet the left index finger at your front.

FOCUS / ATTENTION
Push both flat hands forward from the sides of your head.

COMPARE
Dip both “C” hands back and forth alternately at your sides.

CONSIDER
Circle both index fingers at your temples.
IDEAS AND MENTAL ACTION

**TRUST**
Slide the “T” hand across your left palm.

**BELIEVE**
Place both flat hands together and pull them in opposite directions while closing into “A” hands.

**INFORM**
With both “O” hands at your mouth, open both hands and lift up slightly.

**AGREE**
Touch your temple with your index finger then place both index fingers together in front of your body.

**PURPOSE**
Circle the “P” hand against your temple.

**WANT**
Pull both upturned clawed hands towards your body.
REASON
Circle the “R” hand against your temple.

THINK
Touch your index finger to your temple.

GUESS
Move the “C” hand across the forehead and close downward into the “S” hand.

SURE
Place the “S” hand against your mouth and pull it down to your abdomen.

MAYBE
Alternate lifting both upturned flat hands.

SO
Touch the fingertips of both horizontal “V” hands together and pull them away in opposite directions.
**IDEAS AND MENTAL ACTION**

**VERY**
Touch the fingertips of both vertical “V” hands together and pull them away in opposite directions.

**SECRET**
Place the thumb of the ‘A’ hand on your mouth and twist slightly to the left.

**PROBLEM**
Knock the knuckles of both clawed “V” hands together.

**PRESSURE**
Place the right flat hand onto the left fist and slightly push down.

**CAUSE**
Touch the thumbs of both “C” hands to your forehead then twist the hands forward.

**EFFECT**
Draw your right middle finger across the left hand and slide your right hand in front of the body.
HAPPEN
Place both index fingers on your forehead then rotate forward and drop to your abdomen.

MEMORY
Place the “M” hand at your temple and pull back.

REMIND
Place the right bent hand on your right shoulder and pull back into a fist.

REMEMBER
Pull the right “A” hand from the forehead to meet the other “A” hand at your waist by touching thumbs.

MEANING
Press the fingertips of the “M” hand into the left palm and rotate the right hand slightly.

MUST / NEED / REQUIREMENT
Firmly move the right “X” hand down at your side.
Circle both “E” hands in front of your body alternately.

Draw the right middle finger up over your heart.

Sweep both flat hands upward from your waist.

Move both open hands down your face while wiggling the fingers.

Move both open hands side-to-side in front of your body.

Pull both clawed hands upward from your waist.
SURPRISE
Place the “S” hands by your eyes then flick open your index fingers.

BRAVE / BOLD
Press the “B” hand into your chest then pull it forward.

DISAPPOINTED
Press your index finger into your chin.

DISGRACE
Draw both “D” hands downward from your eyes.

FRUSTRATE
Slide both “F” hands down from head level.

GUILTY / GUILT / CONSCIENCE
Curve the “Q” hand forward and then back to your chest while closing the fingers together.
JEALOUS
Place the pinky finger of the “J” hand between your teeth then flick the hand outward.

LONELY / LONESOME / ONLY / ALONE
With very little motion, spin your right index finger in a small circle.

MOODY
Push the clawed hand at your face twice.

NERVOUS
Hold both hands at your front and wiggle your fingers.

SHY / SHAME / ASHAMED
With fingers flat against your cheeks, rotate both flat hands forward from your cheeks.

WORRY
In small circles, rotate both “W” hands at your forehead.
LOVE
Cross both arms with “S” hands at your chest.

HATE
Flick both middle fingers and thumbs together at your side.

MISS
Pull your open right hand down from the left and into the “AND” hand.

DESIRE
Pinch your neck with your thumb and index finger.

STRUGGLE / SUFFERING
Alternate bouncing each “S” hand over the other as you move the hands forward.

HURT
Point both index fingers towards each other and twist both hands forward slightly.
CHARACTER
Rotate the “C” hand around your heart.

ATTITUDE
Rotate the “A” hand around your heart with thumb pointing to yourself.

BETTER
Sweep your flat hand across your mouth and close into “A” hand.

BEST
Sweep your flat hand across your mouth and up while closing into “A” hand.

IMPORTANT
With both “F” hands vertically pointing forward, curve them upward and touch thumbs and index fingers.

SPECIAL
Pull up on the left index finger with your right hand.
**BOAST**
Place the thumbs of both “A” hands against your waist alternately.

**BORING / BORED**
Place the index finger against your nose and rotate forward slightly.

**EMPTY HEADED**
Trace the top of your head with the middle finger.

**FAIR**
Press both “F” hands forward at shoulder level.

**FOOLISH**
Sweep the “Y” hand across your forehead.

**FUNNY**
Wave your index and middle fingers at the tip of your nose.
EMOTIONS AND CHARACTER

HONEST
Slide the fingers of the “H” hand back and forth in the palm of your left hand.

HUMBLE
With your left hand in front of your body, slide the right flat hand under and in front of the left arm.

ILLITERATE
Place the “I” hand at your forehead then wave the hand back and forth.

KIND / GRACIOUS
Circle both “K” hands around each other at your heart.

Lazy
Tap your left shoulder with the “L” hand twice.

LUCKY
Touch the middle finger of your right hand to your lips then twist forward with the palm facing outward.
**PATIENT**
Pull the “A” hand down the nose slightly with the thumb pointed inward.

**PROUD / PRIDE**
Pull the right “A” hand up from your waist to your chest with the thumb turned inward.

**QUIET / CALM / PEACEFUL**
Place the right index finger against your mouth.

**RESPONSIBLE**
Tap your left shoulder with both “R” hands.

**RESPECT**
Place the right “R” hand against your forehead and the left pointed outward, then curve both hands forward.

**SELFISH**
Place both “V” hands in front of you with fingers pointing out and pull back into clawed “V” hands.
SMART
Place the middle finger against your forehead and twist forward with the palm facing out.

STUBBORN
Place the thumb of your flat hand against your temple and drop the hand forward while closing the hand.

STUPID
Tap the “Y” hand against your forehead twice.

VAIN
Point both “V” hands at yourself and draw them toward your face.

WICKED
Touch your index finger to your temple and pull away into “X” hand.

WISE
Pull the “X” hand down your forward.
CORRUPT
Place the clawed “3” hand against your nose and twist forward.

STRICT
Pull the clawed “V” hand toward your mouth twice.

CREATIVE
Place the index finger of the right “4” hand on the temple and move it in forward arcs.

EMBARRASSED
Circle both flat hands against your cheeks alternately.

CRAZY
Circle the right index finger next to the side of the head.

APOLOGIZE / SORRY
Circle the thumb of the “S” hand against our chest.
Tap your left wrist with the “X” hand.

With the index finger pointed upward, slightly rotate the right hand against the left palm.

With the index finger pointed upward, rotate the right hand against the left palm.

Circle the right hand in the left palm with the index finger pointed upward.

Place the right elbow on the back of the left hand with the index finger upward and drop the right hand down.

With the index finger forward, slide the right hand across the left palm.
MONTH
With both index fingers forward, slide the right hand down the left.

YEAR
With both “S” hands in front of your body, circle the right hand around the left.

MORNING
Place the left hand in the inner elbow of the right arm with both palms facing upward.

AFTERNOON
With your left arm in front of your body, place the right arm and flat hand pointed upward.

EVENING
With your left arm in front of your body, place the right arm and flat hand pointed forward.

NIGHT
With your left arm in front of your body, place the right arm and curved hand pointed downward.
**TOMORROW**
With the “A” hand at the side of your mouth, rotate the thumb forward.

**YESTERDAY**
Touch the thumb of the “Y” hand to your cheek then to the ear.

**MONDAY**
With your wrist pointing away from your body, rotate the “M” hand.

**TUESDAY**
With your wrist pointing toward your body, rotate the “T” hand.

**WEDNESDAY**
With your wrist pointing toward your body, rotate the “W” hand.

**THURSDAY**
With your wrist pointing toward your body, rotate the “H” hand.
FRIDAY
With your wrist pointing toward your body, rotate the “F” hand.

SATURDAY
With your wrist pointing toward your body, rotate the “S” hand.

SUNDAY
Cross your arms and stroke both shoulders with flat hands.

CALENDAR
Swing the “C” hand from the left palm over to the back of the left hand.

JANUARY
Press “J” hand into the left palm then the back of the left hand.

FEBRUARY
Press “F” hand into the left palm then the back of the left hand.
MARCH
Press “M” hand into the left palm then the back of the left hand.

APRIL
Press “A” hand into the left palm then the “P” hand to the back of the left hand.

MAY
Press “M” hand into the left palm then the “Y” hand to the back of the left hand.

JUNE
Press “J” hand into the left palm then the “E” hand to the back of the left hand.

JULY
Press “J” hand into the left palm then the “Y” hand to the back of the left hand.

AUGUST
Press “A” hand into the left palm then the back of the left hand.
**SEPTEMBER**
Press “S” hand into the left palm then the back of the left hand.

**OCTOBER**
Press “O” hand into the left palm then the back of the left hand.

**NOVEMBER**
Press “N” hand into the left palm then the back of the left hand.

**DECEMBER**
Place the right elbow on top of the left flat hand and circle the “D” hand.

**DAILY / EVERYDAY**
With the “A” hand at the side of your mouth, push forward slightly twice.

**ANNUAL**
With both “S” hands in front of your body, circle the right hand around the left continually.
AGAIN / REPEAT
Place the fingertips of the right flat hand into the left palm.

OFTEN / REGULAR / FREQUENTLY
Bounce the fingertips of your flat hand from your left palm to the fingers.

ANCIENT
Circle both open hands back over your right shoulder.

SINCE
Touch both index fingers to your right shoulder and pull both hands forward while pointing upward.

STILL / YET
Swing both “Y” hands forward from your abdomen.

RECENTLY / LATELY
Place the “X” hand next to your ear facing back and pull your index finger down.
ONCE IN A WHILE
Strike the right index finger up the left palm.

THEN
Place the “L” hand thumb in the left palm and twist forward.

LATER
Place the “L” hand at the side of your face and draw it forward.

WILL
Place the “W” hand near your right ear and draw it forward.

FUTURE
Place the “F” hand at the side of your face and draw it forward.

PAST TENSE / BACK
Move the upraised flat hand backward over the right shoulder with palm facing the body.
PRESENT / NOW
Drop the “Y” hands together in front of the body.

NEXT
With your left hand in “L” hand shape, point first to the thumb and then to the index finger.

LAST
Using both “I” hands, strike the little fingers together.

EARLY
Touch the right middle finger to the back of your left hand and flick the hand forward.

LATE
Pull the “L” hand backward at your waist.

LONG / PAST / AGO
Pull the right index finger up your arm from the wrist.
FOREVER
Place the right index finger against your temple then circle the “E” hand in front of your body.

SOON
Place the fingers of the right bent hand flat against your cheek and twist forward slightly.

POSTPONE
With both “F” hands in front of you, slightly lift upward and forward.

SOMETIMES / OCCASIONALLY
1. Slide the right flat hand back over the left palm.
2. Tap left wrist with the right index finger.

WHILE / DURING
Push both “D” hands forward in front of you.

UNTIL
Connect both index fingertips together in front of your body.
WOULD
Place the right flat hand beside the head and push the hand forward.

WATCH
Place the right “D” hand on top of the left wrist and rotate the index finger back slightly.

CLOCK
1. Draw a circle with your right index finger.
2. Rotate the right index finger on your left wrist.
Travel and Directions
TRAVEL AND DIRECTIONS

PLACE
Touch the fingertips of both ‘P’ hands together then curve them backward into the same position.

AREA
Touch the thumbs of both ‘A’ hands together then curve them backward into the same position.

HOTEL
Touch the fingers of the ‘H’ hand to the right cheek then the left.

TRAVEL
Push the clawed ‘V’ hand in front of your body.

MAP
Wave the right ‘M’ hand down the left palm.

RIDING
With the right hand inserted into the left, push both hands forward.
TRAVEL AND DIRECTIONS

ROAD
Hold both “R” hands in front of you and wave them forward.

BRIDGE
Hold your left arm in front of your body and tap the fingers of the “V” hand to the wrist and elbow.

TRAFFIC
Line up both open hands in front of you and pull the right hand back.

ACCIDENT / CRASH
Crash the knuckles of both “A” hands together.

PARKED CAR
Place the right “3” hand into the left palm.

PETROL
Insert the index finger of the right “G” hand into the left hand.
TRAVEL AND DIRECTIONS

**CAR**
Hold both “A” hands in front of you and twist back and forth like a steering wheel.

**BUS**
1. Hold “A” hands in front and twist back and forth.
2. Place “C” hands together and pull back the right.

**MOTORCYCLE**
Place both “S” hands at your waist then twist both hands back.

**TAXI**
Place the “S” hand against your forehead then open all of your fingers.

**WHEEL / TYRE**
While pointing the left index finger forward, circle the right index finger against the side of the hand.

**TRAIN**
Rub your right index and middle fingers back and forth against the left fingers.
AEROPLANE
Glide your right “ILY” hand over the left hand.

BOAT
Place both curved hands together and gently rock them forward.

HELIICOPTER
Place the palm of your right open hand on the thumb of the left “A” hand and wiggle your fingers.

LICENSE
Tap the thumbs of both “L” hands together twice.

PHOTOGRAPHY / CAMERA
Hold your hands up as if holding a camera and press down with your right index finger.

SUITCASE
Pull upward on both “S” hands with the palms facing upward.
RIGHT
Slide the right “R” hand to the right.

LEFT
Slide the left “L” hand to the left.

NORTH
Pull the “N” hand up in front of your body.

SOUTH
Pull the “S” hand down in front of your body.

EAST
Slide the right “E” hand to the right.

WEST
Slide the left “W” hand to the left.
TRAVEL AND DIRECTIONS

**HIGH**
Pull the “H” hand up at your side.

**LOW**
Slide the “L” hand down the flat left hand.

**ON**
Touch both downturned flat hands together.

**OFF**
Touch both downturned flat hands together then move the right hand away and into the “F” hand.

**ABOVE**
With both flat hands pointing downward, slide the right hand over the left.

**BELOW**
With both flat hands pointing downward, slide the right hand under the left.
BEFORE
Place the fingertips of both bent hands together and pull the right hand back toward the body.

AFTER
Slide the right flat hand over the back of the left hand.

ABOUT
With both “A” hands pointing in opposite directions, circle the right hand around the left.

AROUND
With both “R” hands pointing in opposite directions, circle the right hand around the left.

AWAY
Wipe the top of your left hand with the open right hand.

AMONG
Wave the right index finger through the fingers of the open left hand.
CLOSE
With both curved hands in front of you, bring the right hand close to the left hand.

FORWARD
With both curved hands in front of you, slide both hands forward.

BACKWARDS
Pull both flat hands from in front of your shoulders back to align with your neck.

HERE
Point your flat hands downward and gently shake them side-to-side.

IN
Insert the right “AND” hand into the left hand.

OUT
Remove the right “AND” hand from the left hand.
OPPOSITE
With both index fingers touching, pull hands away and turn fingers upward.

ENTER
While holding the left curved hand in front of you, slide the right hand underneath it.

FROM
Touch the “X” hand to the left index finger and pull away toward yourself.

TO
Touch the right index finger to the left index finger in front of you.

MIDDLE
With both flat hands out, change the right hand to a bent hand and touch the fingertips to your palm.

END
Strike the knuckles of both “E” hands together by moving the right hand down.
ACROSS
Slide the right open hand over the left wrist.

AT
Point the right bent hand into the left wrist.

AHEAD
Place both “A” hands together with thumbs pointing up then curve the right hand forward.

BEHIND
Place both “A” hands together with thumbs pointing up then curve the right hand backward.

BETWEEN
Insert the right flat hand in between the left index and middle fingers then wave the hand side-to-side.

BEYOND
Place both bent hands together and move the right hand up and forward.
APPEAR
Slide your right index finger up in between the left index and middle fingers.

DISAPPEAR
Slide your right index finger down from between the left index and middle fingers.

SEPARATE
Touch the knuckles of both bent hands together then pull them away in opposite directions.

THROUGH
Slide the right flat hand through the fingers of the left hand.

FOLLOW
Place both “A” hands facing forward with thumbs up and wave them forward.

APPROACH
With palms facing each other, swing the arms together across the body.
Towns, Regions and Countries
COMMUNITY
In front of your body, slightly curve both “C” hands downward, then repeat.

LOCAL
Place the right “L” hand on the left index finger and swing it forward and around.

KINGDOM
1. Move the “K” hand from your shoulder to your waist
2. Circle “D” hand over the left hand and touch wrist.

CASTLE
Place the “C” hand on your left wrist and bounce both hands up and down.

VISIT
Spin both “V” hands around each other in a forward motion.

FOREIGN
Circle your left elbow with the “F” hand.
INTERNATIONAL
Using both “I” hands, encircle the left with the right in a forward motion.

FLAG
Place the right arm and “F” hand resting on the left hand and wave the hand back and forth.

NATION
Circle the right “N” hand over the left hand then place the fingertips on the wrist.

COUNTRY
Circle your left elbow with the “Y” hand.

GHANA
Sweep the “G” hand over your upturned palm and toward your body.

BURKINA FASO
Place the “B” hand on your wrist then place the “F” hand on your fingertips.
COTE D’IVOIRE
Place the “C” hand on your wrist then place the “I” hand on your fingertips.

TOGO
Place the “T” hand against your left chest and rotate down slightly.

NIGERIA
Place the “N” hand against your cheek and flap your fingers up and down.

NIGER
Place the “N” hand against your temple and flap your fingers up and down.

MALI
Circle the left wrist with the “M” hand.

EGYPT
Place one “E” hand at your head and the other at your abdomen, then cross arms and touch both shoulders.
SENEGAL
Circle the left wrist with the “S” hand.

ZIMBABWE
Place both flat hands at shoulder level facing out and lightly push them back and forth.

SOUTH AFRICA
1. Pull the “S” hand down from your shoulder
2. Circle the face with the “A” hand with the thumb up.

SIERRA LEONE
Place the “S” hand on your wrist then place the “L” hand on your fingertips.

UNITED STATES OF AMERICA
Interlock your fingers and circle both arms in front of your body.

CANADA
Place the fingertips of the bent hand against your left shoulder then draw forward into “A” hand.
TOWNS, REGIONS AND COUNTRIES

ENGLAND
Cradle the flat left hand in your right and pull both hands back toward your body.

FRANCE
Turn the right “F” hand from facing forward to facing your mouth.

GERMANY
Place the right flat hand into the inner thumb of the left hand and wiggle all fingers.

HOLLAND
Place figertips against your temple and the thumbs on your cheeks, then pull your hands away.

ITALY
Using the “I” hand, draw a cross on your forehead with the little finger.

BRAZIL
Place the “B” hand facing out on your forehead then twist the hand forward and to your eyebrow.
RUSSIA
Place both open hands at your waist with thumbs touching your body and wiggle the fingers.

SPAIN
Place both “X” hands at your forehead then cross your arms and touch both shoulders with your fingers.

INDIA
Pull the “F” hand from the corner of your mouth back toward your ear.

JAPAN
Place the fingertips of the modified “Q” hands together and pull the hands apart in a curved angle.

CHINA
Tap the left shoulder, right shoulder, then right waist with the index finger.

AFRICA
Circle the face with the “A” hand, while keeping the thumb pointed upward.
ASIA
Circle the “A” hand in front of your right shoulder.

EUROPE
Circle the face with the “E” hand.

VILLAGE
Place both “V” hands together at the fingertips then pull them down from each other in opposite directions.

TOWN
Sign the letter “T” then tap the thumb with your index finger twice.

CITY
Sign the letter “C” then tap the thumb with your index finger twice.

ACCRA
Wave the “R” hand up and down at your shoulder.
AKROPONG
Place the curved “V” hand fingers in front of the eyes and rotate the hand outward.

KUMASI
Sign the letters “K” and “I” while slightly moving the hand to the right.

KOFORIDUA
Sign the letters “K” and “A” while slightly moving the hand to the right.

CAPE COAST
Sign the letter “C” in front of your abdomen then again at your side.

HO
Sign the letters “H” and “O” while slightly moving the hand to the right.

HOHOE
Sign the letters “H” “O” “H” “O” “E” while slightly moving the hand to the right.
TOWNS, REGIONS AND COUNTRIES

SEKONDİ-TAKORADI
Sign the letters “T” “D” and “I” while slightly moving the hand to the right.

SUNYANI
Sign the letters “S” “U” “Y” while slightly moving the hand to the right.

TECHİMAN
1. Circle both “T” hands at your shoulders.
2. Pull the “AND” hand forward from your forehead.

WA
Sign the letters “W” and “A” while slightly moving the hand to the right.

BOLGATANıGA
Sign the letters “B” and “G” at your side.

TAMALE
Place the “N” hand at shoulder level and flap your fingers.
TOWNS, REGIONS AND COUNTRIES

TETTEH-OCLOO STATE SCHOOL FOR THE DEAF
1. Place the “G” hand on your left shoulder.
2. Clap your hands together

CAPE COAST SCHOOL FOR THE DEAF
Sign the letter “C” in front of your abdomen then again at your side.

VOLTA SCHOOL FOR THE DEAF
Sign the letters “V” and “R” while moving your hand slightly to the right.

DEMONSTRATION SCHOOL FOR THE DEAF
1. Place the “D” hand into the palm and push forward.
2. Clap your hands together.

SALVATION ARMY SCHOOL FOR THE DEAF
Grasp the left wrist and pull up into “AND” hand.

TAKORADI SCHOOL FOR THE DEAF
Sign the letters “T” “D” “I” while slightly moving the hand to the right.
TOWNS, REGIONS AND COUNTRIES

MAMMONG SHS FOR THE DEAF
Sign the letters “M” and “P” while slightly moving the hand to the right.

BECHEM SCHOOL FOR THE DEAF
Place the fingertips of the “B” hand on the left wrist and pull back into the “A” hand.

KIBI SCHOOL FOR THE DEAF
Sign the letters “K” “I” “B” “I” while slightly moving the hand to the right.

JAMASI SCHOOL FOR THE DEAF
1. Place the right “O” hand on the temple.
2. Clap your hands together.

KOFORIDUA SCHOOL FOR THE DEAF
Sign the letters “K” and “A” while slightly moving the hand to the right.

SAVELUGU SCHOOL FOR THE DEAF
Tap your index finger on the wrist on the “S” hand twice.
EASTERN REGION
Sign the letters “E” and “R” while moving your hand slightly to the right.

CENTRAL REGION
Sign the letters “C” and “R” while moving your hand slightly to the right.
TOWNS, REGIONS AND COUNTRIES

UPPER WEST REGION
Draw the “U” hand up from the waist then slide the “W” hand to the left.

VOLTA REGION
Sign the letters “V” and “R” while moving your hand slightly to the right.

NORTHERN REGION
Place the “N” hand at shoulder level and wave up twice.

BRONG AHAFO REGION
Sign the letters “B” and “A” while moving your hand slightly to the right.

ASHANTI REGION
Sign the letters “A” and “R” while moving your hand slightly to the right.

WESTERN REGION
Sign the letters “W” and “R” while moving your hand slightly to the right.

UPPER WEST REGION
Draw the “U” hand up from the waist then slide the “W” hand to the left.
UPPER EAST REGION
Draw the “U” hand up from the waist then slide the “E” hand to the right.
Swing the right index finger from in front of the temple to the “X” hand on the temple.

Starting at the temple, swing the “P” hand around to the forehead.

Starting at the temple, swing the “M” hand around to the forehead.

Place the “R” fingertips in the left palm and pull both hands upward.

Cross both “D” hands over each other in front of your body then open your arms and rotate hands forward.

Place the “P” hand on your right chest then move it to the left chest.
COMMITTEE
Place the “C” hand on your right chest then move it to the left chest.

MEMBER
Place the “M” hand on your right chest then move it to the left chest.

EXECUTIVE
Place the “E” hand on your right chest then move it to the left chest.

TREASURY
Sweep the upturned “T” hand across the left palm twice.

PRESIDENT
Place the “O” hands against your forehead on both sides then pull the hands upward and close into fists.

KWAME NKRUMAH
Sign the letters “N” and “K” at the forehead.
DR. HILLA LIMANN
Tap the “L” hand to the forehead twice.

JOHN RAWLINS
Draw the “J” hand back and forth in a curved motion

JOHN KOFUR
Tap the “K” hand to the nose twice.

JOHN ATTA MILLS
Tap the “M” hand to the forehead twice.

EDWARD AKUFO-ADDO
Tap the thumb and index fingers of the “G” hand to the chin twice.

JOHN MAHAMA
Sign the letters “J” and “M” at the side of the forehead.
POLITICAL PARTY
Place both “P” hands together at the middle fingertips and twist forward, bringing the little fingers together.

NDC
Sign the letters “N” “D” “C” while slightly moving the hand to the right.

NPP
Sign the letters “N” “P” “P” while slightly moving the hand to the right.

PPP
Sign the letters “P” “P” “P” while slightly moving the hand to the right.

CPP
Sign the letters “C” “P” “P” while slightly moving the hand to the right.

PNC
Sign the letters “P” “N” “C” while slightly moving the hand to the right.
POLITICS

**WAR**
Place both “W” hands in front of your chest and slide them back and forth together.

**BRIBE**
Hide the “B” hand under the left hand and fan it side to side.

**FREE**
Cross both “F” hands over each other in front of your body then open your arms and rotate hands forward.

**FREEDOM**
1. Uncross the “F” hands in front of you
2. Circle the “D” hand over the left and place on wrist.

**INDEPENDENCE**
Cross both “I” hands over each other in front of your body then open your arms and rotate hands forward.

**ADVOCATE**
Push and pull the right “A” hand toward the left index finger.

244
RIGHT / JUST
Place both hands on top of each other with index fingers pointed forward.

DISTRICT
With both “D” hand fingertips touching, curve both hands back to the same position.

DISTRICT ASSEMBLY
1. Curve both “D” hands backaward to meet.
2. Press all fingertips together twice.

VOTE
Place the “F” hand fingers into a curved left hand.

DEVELOPMENT
Slide the right “D” hand up the left palm.

IMPLEMENTATION
Place the right index finger on the left “I” hand and twist the wrist.
**POLITICS**

**POLITICS**

**TIMEFRAME**
1. Place the right index finger on the left wrist.
2. Swipe the flat hand across and down the left palm.

**RIGHTS-BASED APPROACH**
1. Slide the right flat hand over the left palm.
2. Circle the right “B” hand under the left hand.

**SOCIAL WELFARE**
Sign the letters “S” and “W” while moving the hand to the right.

**DOCUMENT**
Stamp the left palm with the “A” hand.

**LAW**
Move the “L” hand from your fingertips to your palm.

**RULE**
Move the “R” hand from your fingertips to your palm.
**TESTIMONY**
Circle the “T” hand around your heart.

**WITNESS**
Pull the “W” hand over your left palm towards your body then rotate it and place it in the palm again.

**POLICE**
Tap the left shoulder with the clawed “3” hand.

**PRISON**
Drop the right open hand to the left wrist while closing all fingers.

**SOLDIER**
Place both “S” hands against your side with one at the shoulder and the other at the waist.
Religion
RELIGION
Pull the “R” hand up the abdomen.

ANGLICAN
Using the “A” hand, draw a cross over your forehead.

ASSEMBLIES OF GOD
With the left hand in the inner elbow, slide the right flat hand from forward to upright.

EVANGELIST
Stirke the “E” hand forward from the shoulder.

JEHOVAH’S WITNESS
Sign the letters “J” and “W” at shoulder level.

METHODIST
Using the “M” hand, encircle the upturned palm then place your fingertips in the left palm.
MORMON
Pull the “M” hand down and away from the eye.

MUSLIM
Place both “3” hands against your cheeks and rotate the hands forward and down.

PRESBYTERIAN
Tap the middle finger of the “P” hand into the left palm twice.

ROMAN CATHOLIC
Using the “R” hand, draw a cross over your forehead.

SEVENTH DAY ADVENTISTS
Spell the letters “S” “D” “A” while moving slightly to the right.

LUTHERAN
With the left palm turned to the side, tap the thumb of the “L” hand into the left palm twice.
Place the “T” hand on the left wrist and drop both hands in a downward motion.

Tap the left wrist with the “C” hand twice.

Tap the left wrist with the “M” hand twice.

1. Draw the right “P” hand forward from the mouth.
2. Place the right “C” hand on the left wrist.

Cover the chin with the open hand and pull down into “AND” hand.

Tap the left wrist with the “C” hand twice.

Tap the left wrist with the “T” hand twice.
RELIGION

PRIEST / PASTOR
Slide the fingers of “H” hand back and forth across your throat.

NUN
Place both flat hands at your forehead then move them down to your shoulders.

QURAN
Move the “Q” hand from your fingertips to your palm.

BIBLE
1. Tap the middle fingers into each palm
2. Open and close both flat hands together
Pull the “Q” hand down from your mouth and pass it over your upturned palm.

Pull the “P” hand down your forehead.

Place your index finger and thumb together and move your hand from head level to abdomen.

Move the “T” hand from your fingertips to your palm.

Move the “C” hand from your fingertips to your palm.

Wave the right “P” hand back and forth over the upturned left palm.
**ALTA**
With thumbs touching, draw both “A” hands apart and down in front of your body.

**EVE**
Place the “E” hand at the right side of your jaw.

**MARY**
Tap the “M” hand against your chin twice.

**JOSEPH**
Stroke the left shoulder with the little finger of the “J” hand twice.

**ADAM**
Place the “A” hand at your right forehead.

**EVE**
Place the “E” hand at the right side of your jaw.
PAUL
Place the “P” hand fingertip on the wrist of your downturned left hand.

SOLOMON
Place the right “S” hand on the left shoulder then move it to the left waist.

ABRAHAM
Place the “A” hand flat against your left elbow.

DAVID
Move the “D” hand from your left shoulder to your right hip.

MOSES
Place fingertips against your temple and the thumb on your cheek then pull your hands away and close fingers.

NOAH
Move the “N” hand from your chin to in front of your chest.
GOD
With the left hand in the inner elbow, swing your right arm upward with a flat hand.

LORD
Move the “L” hand from your left shoulder to your right hip.

KING
Move the “K” hand from your left shoulder to your right hip.

CHRIST
Move the “C” hand from your left shoulder to your right hip.

HEAVEN
Place one flat hand on top of the other and repeat with the opposite hand while moving upward.

HELL
Swing the “H” hand across your waist.
**VIRGIN**
Draw the “V” hand down the middle of your face from forehead to chin.

**SAINT**
Slide the “S” hand across your upturned left palm.

**ANGEL**
Touch your shoulders with flat hands then turn your hands forward.

**DEVIL / SATAN**
Place the clawed “3” hand against your right temple.

**EVIL**
Place the “E” hand against your nose then push it down and to the left.

**HYPOCRITE / PRETEND**
Cover the left flat hand with the right and bend all of your fingers together.
CHEAT
Straddle your left flat hand with the right index and middle fingers.

DENY / DENIAL
Place both “A” hand thumbs on your waist then pull both up together.

TEMPTATION
Tap the left elbow with your index finger.

SIN
With index fingers facing forward and palms up, swing both hands down in a circular motion.

HOLY
Slide the fingers of the “H” hand across the left palm.

INNOCENT
Touch the fingertips of both “U” hands to your chin, then twist both hands out in front of you.
TESTIFY
Stirke the “T” hand forward from the shoulder.

REPENT
Place both “R” hands together at the wrist, then rotate hands and switch their positions.

DEAD / DEATH
Place one flat hand facing down and the other facing up, then switch their positions.

SOUL
Draw the “F” hand from your heart to above the shoulder.

BAPTISM
Place both “A” hands pointing in the same direction at the waist, then pull the hands up until they are vertical.

PREACH
Point both “F” hands forward at the level of your head.
CROSS
Draw a cross using the “C” hand.

COMMUNION
With flat hands, alternate moving them forward and backward.

CRUCIFY
1. Stamp the “A” hand in the palm of each hand.
2. Pull both flat hands back near your head.

KNEEL
Bend your pointer and middle fingers and place them in the left palm.

FORGIVE
Slide the fingertips of one flat hand over the fingertips of the other.

MORAL
Circle your heart with the “M” hand.
WORSHIP
Cup one hand around the other and pull them down slightly in front of your face.

PRAY
Place both flat hands together in front of your mouth.

FASTING
Slide the thumb and index finger of the left “F” hand across your lips.

SACRIFICE
Place both “S” hands against your abdomen then open your hands while moving them above your shoulders.

BELIEF
Place both flat hands together and pull them in opposite directions while closing into “A” hands.

VISION
Place the “V” hand at your face and the left flat hand in front of that, then pull the “V” hand to the right.
**GLORY**
Touch the top of the left hand with your right hand then move the hand up while wiggling the fingers.

**Hallelujah**
Circle both modified “A” hands at your shoulders.

**Save**
Cross both “S” hands over each other in front of your body then open your arms and rotate hands forward.

**Grace**
Alternate bouncing each flat hand forward over the other hand.

**Amen**
Stamp your left palm with the right “A” hand.

**Mercy**
With middle fingers pointing down, circle both hands over each other.
MIRACLE
Bring both “M” hands down from head level to the abdomen.

FAITH
Draw the right “F” hand forward over the top of the left “F” hand.

BLESS
Place both “A” hands under your mouth then bring them forward while opening to flat hands.

PEACE
Place the fingertips of both flat hands together at the mouth then pull hands down in opposite directions.
CELEBRATE / CELEBRATION
Place both “C” hands at head level and circle them in opposite directions.

HOLIDAY
With open hands, tap your thumbs against your waist twice.

CHRISTMAS
Place the right elbow on the left downturned hand and circle the “C” hand.

EASTER
Place both “E” hands at shoulder level and circle them in opposite directions.

BIRTHDAY
1. Swing your right hand under the left
2. With index finger up, drop right arm on top of left

FUNERAL
Place both “F” hands in front of your face and bounce them forward.
CULTURAL
Circle the “C” hands alternately down your abdomen.

SLAVE
Place both “S” wrists together and bounce your arms up and down.

STATE SWORD
Swing the “S” hand back and forth in front of your face.

COWRY
Draw a zig-zag down the palm of the clawed hand with your pointer finger.

STOOL
Rest both “U” hands on each other then drop your wrists down and open into flat hands.

LIBATION
Place the modified “G” hand at your waist and tip forward as if pouring something.
PLAITING
Lift your right hand up and back to yourself then repeat with the opposite hand.

SMOCK
Fan both “4” hands outward and swing them side-to-side at your abdomen.

KENTE
1. Push both “X” hands side-to-side alternately.
2. Swing your right hand over the left shoulder.

WEAVE
Interlock your right index finger through the left fingers.

BATIK
Press the “S” hand into the left palm a few times.

FABRIC
1. Pinch the right shoulder with the “F” hand.
2. Circle both flat hands around each other.
FESTIVAL
Place both “F” hands at your shoulders and circle in opposite directions.

ABOAKYERE
Place the “W” hand against your temple and move upward in an arc.

ADEAKESE
Place both “A” hands in front of your body and switch positions.

ODWIRA
Alternate the “X” hands back and forth above your head.

APOO
Alternately swing your “X” fingers up and down.

BANDA
Alternately swing your index fingers up and down in front of your body.
FETU AFAHYE
With both index fingers pointing upward, alternately bring down each hand into the “X” hand.

DAMBA, SAMANPIIID
Rest the left arm at your waist with the elbow out and wave the right “X” hand back and forth at your arm.

HOMOWO
Rub your flat hands together in front of your body.

HOGBETSOTSO
Place the thumb of the right “Y” hand in your mouth and move the left “A” hand up and down.

KUNDUM
Push your curved hands forward and up slightly from the waist.

KLOYOKISPLEMI
Swing your open “4” hands back and forth at your waist.
CHIEF
Move the “C” hand pointing upward from your right shoulder to your left waist.

QUEEN MOTHER
1. Move the “Q” hand from shoulder to your waist
2. Place the open hand thumb against your chin.

CULTURE
Swing the right “C” hand around the left index finger.

TRIBE
Place both “T” hands together at the fingertips and twist forward, bringing the little fingers together.

MASK
Place both clawed hands in front of the face.

XYLOPHONE
Tap both modified “A” hands up and down as you move side to side.
WITCH
Place both “S” hands by the eyes and open the fingers a few times.
IDIOMATIC EXPRESSIONS
**CHALLENGE AUTHORITY**
Touch the fingertips of both bent hands together a few times with one hand at a higher angle.

**CURIOUS**
Fan the curved hand back toward your nose a few times.

**BEING IDLE**
Place both “Q” hands on your chest and open and close your fingers.

**INACTIVE**
Rest both relaxed hands in front of your body.

**LET DOWN**
Place the fingers of the “V” hand against your neck.

**YOU’RE FUNNY**
Draw the “V” hand from the tip of your nose forward.
IDIOMATIC EXPRESSIONS

WIMP
Move the “Y” hand from the corner of your mouth to a flat hand facing upward across your waist.

LOW INTELLIGENCE
Point to your head then turn outward into the “Q” hand.

INTOXICATED / DRUNK
Cross both “AND” hands in front of your face while making an intoxicated expression.

CAN’T CHANGE
Move the “S” hand from under your chin to an open hand in front of your face.

HEART BEATING FAST
Rapidly beat the “S” hand over your heart.

HEARING IS DEAD
1. Point to your ear with your index finger.
2. With hands facing opposite directions, rotate inward.
IDIOMATIC EXPRESSIONS

VERY THIN
Point the little fingers of both “I” hands at each other vertically and pull them apart in opposite directions.

TOOTHLESS
Use the “ILY” hand to sweep across your mouth.

SHAVED HEAD
Grasp the clawed “A” hand and swing the right wrist around.

BIG BUTT
Trace the outline of a large arc using both “Y” hands in opposite directions.

LOCALITY
Circle the area in front of you with an open hand facing down.

TARGET
Place your index finger in front of the left clawed hand.
IDIOMATIC EXPRESSIONS

PEOPLE TURN AND LOOK AT ME
Face both “4” hands forward and swing them around to point at your face.

EMBARRASSED
Face both “E” hands forward and swing them around to point at your face.

FEEL STRONGLY
Touch your middle finger to your heart and draw upward a few times.

BOTH OF US
Rock the “K” hand forward and back between yourself and the person being addressed.

FACE TO FACE
Face both flat hands at each other and rotate them in opposite directions.

FLIRTING
Place the “X” hand at your waist and pull back on the pointer finger a few times.
I LOVE YOU
Place your hand at shoulder level with little finger, index finger, and thumb out.

HUG
With arms open wide, wiggle your fingers.

EASY TALK
With the middle finger and thumb touching, pull the hand forward from the mouth.

COOL DOWN
With both palms facing down, slowly press in a downward motion.

RELIEVED
Place your right hand against your chest with thumb turned down and press all fingers together.

TOO SWEET
Point both “X” hands upward then cross your arms over one another.
IDIOMATIC EXPRESSIONS

SMELLING SOMETHING GOOD
Lightly pinch your right nostril with your thumb and index finger.

EMPTY THE BOWL
Scoop your left palm with the curved hand then draw your right hand down your mouth.

VARIETY OF THINGS
Alternate up and down movements with both “V” hands.

PICK SOMEBODY
Pull upward from the clawed hand into the “S” hand.

FORCE TO JOIN
Use modified “A” hands to forcefully pull upward toward yourself.

LEAVE ONE BY ONE
Pop your index fingers up and outward in an alternating pattern.
IDIOMATIC EXPRESSIONS

**BOMBSHELL**
Place both “AND” hands at waist level and suddenly force them upward while opening your fingers.

**SPREAD INFORMATION**
With both “AND” hands touching the mouth then spread your hands forward while opening your fingers.

**HAVEN’T SEEN BEFORE**
1. Touch middle finger of the “V” hand under your eye
2. Wave your open hand side-to-side in front of you.

**THINKING HARD**
Place a curved “V” hand against your temple, then slap the knuckles of both curved “V” hands together.

**UNDERSTAND FULLY**
Flick open your index finger while lifting your hand slightly.

**JUST THAT**
Knock the “Y” hand forward and down.
KEEPIN MIND
Using the “3” hand, grasp back at the air while bringing the “S” hand to your forehead.

GRASP INFOR MATION
Pull both curved “V” hands from in front of your face to your temples.

COLLECT
Sweep the curved hand back towards yourself over the left hand.

EVICT
Push the clawed hand across the flat left hand.

COLLAPSE
With both curved hands at shoulder level, lift them both up and then inward in an arc.

SUSPEND
Interlock your index fingers together and pull up with the right hand.
AGITATE
Tap the fingertips of the flat right hand into the flat left hand a few times.

BACKBITING
Jab the “B” hand forward toward the back of your head.

DON’T BOTHER ME
Slap your right fist into the left palm a few times.

REFUSING
Rotate your index fingers from downward to upward while you accentuate the movement with your elbows.

REJECTED
Slide the right flat hand across the left hand.

DEFEATED
Pinch your index finger and thumb together then slap your wrist in a downward motion.
IDIOMATIC EXPRESSIONS

OUT OF HERE
Hold an open hand at ear level then snap it back into “AND” hand.

VANISH
With middle fingers pointed down, swing the right hand above the left hand.

GETTING AWAY
Slide both flat hands in opposite directions in front of your face.

SNEAKING
Swing both “F” hands back-and-forth in front of your mouth.

SPY
Place the “K” hand up against your eye so the thumb rests on your cheekbone.

PEEP
Encircle the eye with “F” hand.
COPYING SOMEONE
With the right thumb and index finger slightly open, pinch from the right eye downward.

MIND'S EYE
Hold the right index finger above the back of your head.

NOT INTERESTED
Place the index finger of the “4” hand against your ear and quickly drop it outward.

YOU ARE INTERFERING
Place the right forearm between the thumb and index finger of the left hand.

DON'T CARE
Cup the ear with the “C” hand and curve it forward to the temple so that the hand faces back.

NOT MY PROBLEM
Grip the right wrist in your left hand and fold your hand forward.
IDIOMATIC EXPRESSIONS

DON'T LIKE YOU
With the modified A' hand, rotate your wrist back and forth slightly.

SICK OF YOU
Tap the middle finger of the right hand against your forehead while the left taps against your abdomen.

DON'T WANT TROUBLE
Tap the fingers of your right hand in the left palm.

PAYBACK
1. Flick the “P” hand across the left palm
2. Push the right flat hand over your right shoulder.

STARE AT ME HARD
1. Point the horizontal “V” fingertips toward your eyes
2. Push your right fist out from under your chin.

STARE DOWN
Point both horizontal “V” hands at each other as if eyes are meeting.
SHUT YOUR MOUH
Place the “Q” hand horizontally at shoulder and pinch the fingers together as you move the hand forward.

SMACK
Push the open right hand into your cheek and close into the “AND” hand.

FED UP
With the palm facing down, move the right hand from the chest to under the chin.

WASH MY HANDS OF YOU
Wipe both flat hands against each other and repeat in the opposite direction.

TELL YOU FREQUENTLY
Push your index finger forward from the mouth several times.

I TOLD YOU SO
Point to your eye and lean forward.
IDIOMATIC EXPRESSIONS

TELL YOU AGAIN AND AGAIN
Place the index finger at the throat and draw it forward with force.

WHAT DID I TELL YOU
Point to your ear and lean forward while slightly shaking your head side-to-side.

SEE FUTURE PROBLEMS
Place the “V” hand under the eyes and pull forward while making eye contact with the fingers.

KEEP FOR REVENGE
Tap both “K” hands together at the wrists.

KICKED OUT
Use the right index finger to slap against the left index finger, sending it backward.

50-50
Move both “AND” hands back and forth with a push-pull motion.
TECHNOLOGY
Tap the right middle finger under the little finger of the left hand.

SYSTEM
Wave both “S” hands down from the face.

COMPUTER
Swing the “C” hand over the left wrist.

LAPTOP
Place the right flat hand on the palm of the left flat hand and rotate the right hand upward.

MOUSE
Circle the modified “X” hand in the left palm slightly.

CLICK
Hold the modified “X” hand in the left palm and tap the index finger.
COPY
Place the open hand fingers in the left palm and pull up into “AND” hand.

PASTE
1. Place hand in the palm and pull to “AND” hand.
2. Open the “AND” hand to the side.

TYPING
Wiggle your fingers and move your hands side-to-side as if typing on a keyboard.

PRINT
Place the right flat hand under the left hand and draw backwards.

PHOTOCOPY
Place the open right hand on the back of the left and pull down into the “AND” hand.

SCAN
Slowly slide the “X” hand beneath the palm of the flat left hand.
INTERNET
Touch both middle fingers together and rotate hands back and forth.

FACEBOOK
Pull the right “F” hand from your temple to the “B” hand at your chin.

ADDRESS
With both “A” hands, start at the chest and then move down to the abdomen.

WHAT’SAPP
Pull the right “W” hand up from behind the flat left hand.

E-MAIL
Place the “E” hand on the left index finger and draw it forward.

MEMORY
Place the fingertips of the right “M” hand on your temple and pull the hand back.
**USB**
Sign the letters “U” “S” and “B” while moving the hand to the right.

**HARD DRIVE**
Sign the letters “H” and “D” while moving the hand to the right.

**DVD**
Circle the “D” hand in your left palm.

**PROJECTOR**
Grasp the right fist in the left hand and open the right hand while moving the arms forward slightly.

**SIM CARD**
Slide the right index finger forward on the left palm slightly.
<table>
<thead>
<tr>
<th>A</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A, 23</td>
<td></td>
</tr>
<tr>
<td>Able, 93</td>
<td></td>
</tr>
<tr>
<td>Aboakyere, 268</td>
<td></td>
</tr>
<tr>
<td>Abortion, 177</td>
<td></td>
</tr>
<tr>
<td>About, 219</td>
<td></td>
</tr>
<tr>
<td>Above, 218</td>
<td></td>
</tr>
<tr>
<td>Abraham, 255</td>
<td></td>
</tr>
<tr>
<td>Absent, 144</td>
<td></td>
</tr>
<tr>
<td>Abstain, 175</td>
<td></td>
</tr>
<tr>
<td>Abstinence, 175</td>
<td></td>
</tr>
<tr>
<td>Accept, 103</td>
<td></td>
</tr>
<tr>
<td>Accident, 214</td>
<td></td>
</tr>
<tr>
<td>Account, 78</td>
<td></td>
</tr>
<tr>
<td>Accountant, 70</td>
<td></td>
</tr>
<tr>
<td>Accra, 231</td>
<td></td>
</tr>
<tr>
<td>Across, 222</td>
<td></td>
</tr>
<tr>
<td>Activity, 100</td>
<td></td>
</tr>
<tr>
<td>Actor, 73</td>
<td></td>
</tr>
<tr>
<td>Adam, 254</td>
<td></td>
</tr>
<tr>
<td>Add, 79</td>
<td></td>
</tr>
<tr>
<td>Address, 290</td>
<td></td>
</tr>
<tr>
<td>Adeakese, 268</td>
<td></td>
</tr>
<tr>
<td>Adjective, 23</td>
<td></td>
</tr>
<tr>
<td>Adult, 14</td>
<td></td>
</tr>
<tr>
<td>Adverb, 24</td>
<td></td>
</tr>
<tr>
<td>Advertise, 116</td>
<td></td>
</tr>
<tr>
<td>Advise, 156</td>
<td></td>
</tr>
<tr>
<td>Advocate, 244</td>
<td></td>
</tr>
<tr>
<td>Aeroplane, 216</td>
<td></td>
</tr>
<tr>
<td>Afraid, 190</td>
<td></td>
</tr>
<tr>
<td>Africa, 230</td>
<td></td>
</tr>
<tr>
<td>After, 219</td>
<td></td>
</tr>
<tr>
<td>Afternoon, 202</td>
<td></td>
</tr>
<tr>
<td>Again, 207</td>
<td></td>
</tr>
<tr>
<td>Age, 87</td>
<td></td>
</tr>
<tr>
<td>Agitate, 281</td>
<td></td>
</tr>
<tr>
<td>Ago, 209</td>
<td></td>
</tr>
<tr>
<td>Agree, 185</td>
<td></td>
</tr>
<tr>
<td>Ahead, 222</td>
<td></td>
</tr>
<tr>
<td>AIDS, 171</td>
<td></td>
</tr>
<tr>
<td>Akpeteshi, 44</td>
<td></td>
</tr>
<tr>
<td>Akropong, 232</td>
<td></td>
</tr>
<tr>
<td>Alcohol, 44</td>
<td></td>
</tr>
<tr>
<td>Alike, 95</td>
<td></td>
</tr>
<tr>
<td>Alive, 160</td>
<td></td>
</tr>
<tr>
<td>All, 80</td>
<td></td>
</tr>
<tr>
<td>Allow, 115</td>
<td></td>
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<tr>
<td>Almost, 81</td>
<td></td>
</tr>
<tr>
<td>Alone, 192</td>
<td></td>
</tr>
<tr>
<td>Also, 25</td>
<td></td>
</tr>
<tr>
<td>Altar, 254</td>
<td></td>
</tr>
<tr>
<td>Always, 94</td>
<td></td>
</tr>
<tr>
<td>Am, 26</td>
<td></td>
</tr>
<tr>
<td>Amazing, 92</td>
<td></td>
</tr>
<tr>
<td>Amen, 262</td>
<td></td>
</tr>
<tr>
<td>Among, 219</td>
<td></td>
</tr>
<tr>
<td>Amount, 80</td>
<td></td>
</tr>
<tr>
<td>Ampe, 119</td>
<td></td>
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<tr>
<td>An, 23</td>
<td></td>
</tr>
<tr>
<td>Analyze, 153</td>
<td></td>
</tr>
<tr>
<td>Ancient, 207</td>
<td></td>
</tr>
<tr>
<td>And, 25</td>
<td></td>
</tr>
<tr>
<td>Angel, 257</td>
<td></td>
</tr>
<tr>
<td>Anger, 190</td>
<td></td>
</tr>
<tr>
<td>Anglican, 249</td>
<td></td>
</tr>
<tr>
<td>Angry, 190</td>
<td></td>
</tr>
<tr>
<td>Animal, 59</td>
<td></td>
</tr>
<tr>
<td>Announce, 102</td>
<td></td>
</tr>
<tr>
<td>Annual, 206</td>
<td></td>
</tr>
<tr>
<td>Answer, 96</td>
<td></td>
</tr>
<tr>
<td>Anus, 164</td>
<td></td>
</tr>
<tr>
<td>Apart, 91</td>
<td></td>
</tr>
<tr>
<td>Apologize, 199</td>
<td></td>
</tr>
<tr>
<td>Apoo, 268</td>
<td></td>
</tr>
<tr>
<td>Appear, 223</td>
<td></td>
</tr>
<tr>
<td>Applause, 116</td>
<td></td>
</tr>
<tr>
<td>Apple, 51</td>
<td></td>
</tr>
<tr>
<td>Apply, 116</td>
<td></td>
</tr>
<tr>
<td>Approach, 223</td>
<td></td>
</tr>
<tr>
<td>April, 205</td>
<td></td>
</tr>
<tr>
<td>Are, 26</td>
<td></td>
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<tr>
<td>Area, 213</td>
<td></td>
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<tr>
<td>Argue, 156</td>
<td></td>
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<tr>
<td>Arithmetic, 79</td>
<td></td>
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<tr>
<td>Around, 219</td>
<td></td>
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<tr>
<td>Arrive, 110</td>
<td></td>
</tr>
<tr>
<td>Arsenal, 126</td>
<td></td>
</tr>
<tr>
<td>Art, 147</td>
<td></td>
</tr>
<tr>
<td>Artificial, 94</td>
<td></td>
</tr>
<tr>
<td>Artist, 73</td>
<td></td>
</tr>
<tr>
<td>Ashamed, 192</td>
<td></td>
</tr>
<tr>
<td>Ashanti Region, 237</td>
<td></td>
</tr>
<tr>
<td>Asia, 231</td>
<td></td>
</tr>
<tr>
<td>Ask, 96</td>
<td></td>
</tr>
<tr>
<td>Assemble, 112</td>
<td></td>
</tr>
<tr>
<td>Assemblies of God, 249</td>
<td></td>
</tr>
<tr>
<td>Assist, 142</td>
<td></td>
</tr>
<tr>
<td>Assistant, 142</td>
<td></td>
</tr>
<tr>
<td>At Last, 117</td>
<td></td>
</tr>
<tr>
<td>At, 222</td>
<td></td>
</tr>
<tr>
<td>Attack, 104</td>
<td></td>
</tr>
<tr>
<td>Attention, 184</td>
<td></td>
</tr>
<tr>
<td>Attire, 36</td>
<td></td>
</tr>
<tr>
<td>Attitude, 194</td>
<td></td>
</tr>
<tr>
<td>August, 205</td>
<td></td>
</tr>
<tr>
<td>Aunt, 11</td>
<td></td>
</tr>
<tr>
<td>Authority, 142</td>
<td></td>
</tr>
<tr>
<td>Available, 20</td>
<td></td>
</tr>
<tr>
<td>Avoid, 106</td>
<td></td>
</tr>
<tr>
<td>Awake, 166</td>
<td></td>
</tr>
<tr>
<td>Away, 219</td>
<td></td>
</tr>
<tr>
<td>Azonto, 120</td>
<td></td>
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</tbody>
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<table>
<thead>
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<td>Baby, 13</td>
<td></td>
</tr>
<tr>
<td>Backpack, 38</td>
<td></td>
</tr>
<tr>
<td>Back, 208</td>
<td></td>
</tr>
<tr>
<td>Backbiting, 281</td>
<td></td>
</tr>
<tr>
<td>Backwards, 220</td>
<td></td>
</tr>
<tr>
<td>Bad, 92</td>
<td></td>
</tr>
<tr>
<td>Bag, 38</td>
<td></td>
</tr>
<tr>
<td>Ball, 122</td>
<td></td>
</tr>
<tr>
<td>Balloon, 120</td>
<td></td>
</tr>
<tr>
<td>Banana, 51</td>
<td></td>
</tr>
<tr>
<td>Banda, 268</td>
<td></td>
</tr>
<tr>
<td>Bank, 77</td>
<td></td>
</tr>
<tr>
<td>Banker, 70</td>
<td></td>
</tr>
<tr>
<td>Banku, 46</td>
<td></td>
</tr>
<tr>
<td>Baptism, 259</td>
<td></td>
</tr>
<tr>
<td>Barcelona, 127</td>
<td></td>
</tr>
<tr>
<td>Basket, 32</td>
<td></td>
</tr>
<tr>
<td>Basketball, 123</td>
<td></td>
</tr>
<tr>
<td>Bat, 62</td>
<td></td>
</tr>
<tr>
<td>Bath (Bathe), 166</td>
<td></td>
</tr>
<tr>
<td>Bath (Home), 32</td>
<td></td>
</tr>
<tr>
<td>Batik, 166</td>
<td></td>
</tr>
<tr>
<td>Batik, 267</td>
<td></td>
</tr>
<tr>
<td>Beans, 49</td>
<td></td>
</tr>
<tr>
<td>Beard, 162</td>
<td></td>
</tr>
<tr>
<td>Beat, 104</td>
<td></td>
</tr>
<tr>
<td>Beautiful, 85</td>
<td></td>
</tr>
<tr>
<td>Because, 97</td>
<td></td>
</tr>
<tr>
<td>BECE, 145</td>
<td></td>
</tr>
<tr>
<td>Bechem School for the Deaf, 235</td>
<td></td>
</tr>
<tr>
<td>Bechem United, 127</td>
<td></td>
</tr>
<tr>
<td>Become, 105</td>
<td></td>
</tr>
<tr>
<td>Bed, 31</td>
<td></td>
</tr>
<tr>
<td>Bee, 66</td>
<td></td>
</tr>
<tr>
<td>Beer, 44</td>
<td></td>
</tr>
<tr>
<td>Before, 219</td>
<td></td>
</tr>
<tr>
<td>Beg, 78</td>
<td></td>
</tr>
<tr>
<td>Begin, 90</td>
<td></td>
</tr>
<tr>
<td>Behaviour, 115</td>
<td></td>
</tr>
<tr>
<td>Behind, 222</td>
<td></td>
</tr>
<tr>
<td>Being Idle, 273</td>
<td></td>
</tr>
<tr>
<td>Belief, 261</td>
<td></td>
</tr>
<tr>
<td>Believe, 185</td>
<td></td>
</tr>
<tr>
<td>Below, 218</td>
<td></td>
</tr>
<tr>
<td>Best, 194</td>
<td></td>
</tr>
<tr>
<td>Better, 194</td>
<td></td>
</tr>
<tr>
<td>Between, 222</td>
<td></td>
</tr>
<tr>
<td>Beyond, 222</td>
<td></td>
</tr>
<tr>
<td>Bible, 252</td>
<td></td>
</tr>
<tr>
<td>Bicycle, 125</td>
<td></td>
</tr>
<tr>
<td>Big Butt, 275</td>
<td></td>
</tr>
<tr>
<td>Big, 88</td>
<td></td>
</tr>
<tr>
<td>Biology, 146</td>
<td></td>
</tr>
<tr>
<td>Bird, 59</td>
<td></td>
</tr>
<tr>
<td>Birth, 176</td>
<td></td>
</tr>
<tr>
<td>Birthday, 265</td>
<td></td>
</tr>
<tr>
<td>Biscuit, 57</td>
<td></td>
</tr>
<tr>
<td>Bitter, 41</td>
<td></td>
</tr>
<tr>
<td>Black Stars, 126</td>
<td></td>
</tr>
<tr>
<td>Black, 7</td>
<td></td>
</tr>
<tr>
<td>Blackboard, 149</td>
<td></td>
</tr>
<tr>
<td>Blade, 35</td>
<td></td>
</tr>
<tr>
<td>Blame, 103</td>
<td></td>
</tr>
<tr>
<td>Bless, 263</td>
<td></td>
</tr>
<tr>
<td>Blind, 168</td>
<td></td>
</tr>
<tr>
<td>Block, 114</td>
<td></td>
</tr>
<tr>
<td>Blood, 163</td>
<td></td>
</tr>
<tr>
<td>Blue, 6</td>
<td></td>
</tr>
<tr>
<td>Boom, 195</td>
<td></td>
</tr>
<tr>
<td>Boat, 216</td>
<td></td>
</tr>
<tr>
<td>Body, 162</td>
<td></td>
</tr>
<tr>
<td>Bold, 191</td>
<td></td>
</tr>
<tr>
<td>Bolgatanga, 233</td>
<td></td>
</tr>
<tr>
<td>Bombshell, 279</td>
<td></td>
</tr>
<tr>
<td>Bone, 163</td>
<td></td>
</tr>
<tr>
<td>Book, 153</td>
<td></td>
</tr>
<tr>
<td>Bore, 96</td>
<td></td>
</tr>
<tr>
<td>Bored, 195</td>
<td></td>
</tr>
<tr>
<td>Borehole, 32</td>
<td></td>
</tr>
<tr>
<td>Boring, 195</td>
<td></td>
</tr>
<tr>
<td>Boring, 96</td>
<td></td>
</tr>
<tr>
<td>Born, 176</td>
<td></td>
</tr>
<tr>
<td>Borrow, 77</td>
<td></td>
</tr>
<tr>
<td>Boss, 70</td>
<td></td>
</tr>
<tr>
<td>Both Of Us, 276</td>
<td></td>
</tr>
<tr>
<td>Both, 81</td>
<td></td>
</tr>
<tr>
<td>Bother, 104</td>
<td></td>
</tr>
<tr>
<td>Bowl, 42</td>
<td></td>
</tr>
<tr>
<td>Boxing, 123</td>
<td></td>
</tr>
<tr>
<td>Boy, 10</td>
<td></td>
</tr>
<tr>
<td>Brain, 160</td>
<td></td>
</tr>
<tr>
<td>Brave, 191</td>
<td></td>
</tr>
<tr>
<td>Brazil, 229</td>
<td></td>
</tr>
</tbody>
</table>
INDEX

Breakfast, 40
Breastfeed, 176
Breasts, 163
Breathe, 165
Breeze, 134
Bribe, 244
Bridge, 214
Bright, 88
Bring, 106
Broke, 78
Brong Ahafo Region, 237
Brother, 10
Brown, 7
Bucket, 32
Buffalo, 46
Bug, 65
Builder, 72
Burkina Faso, 226
Bury, 109
Bus, 215
Business Person, 70
Business, 68
Busy (Education), 154
Busy (Work), 68
Butter, 56
Butterfly, 66
Buy, 75
By, 26

Cabbage, 53
Calculator, 148
Calendar, 204
Call (Summon), 103
Call (Telephone), 35
Calm, 197
Calm, 97
Camel, 63
Camera, 216
Can, 93
Can't Change, 274
Can't, 93
Canada, 228
Cancer, 171
Candle, 34
Cane, 136
Canoeing, 125
Cap, 38
Cape Coast School for the Deaf, 234
Cape Coast, 232
Capital Letter, 24
Captain, 126
Car, 215
Care, 107
Carpenter, 72
Carrot, 53
 Carry On Head, 106
Carry, 106
Cassava, 48
Castle, 225
Cat, 59
Catch, 122
Cause, 187
Cedi, 75
Calculate, 140
Calendar, 204
Call (Summon), 103
Call (Telephone), 35
Calm, 197
Calm, 97
Camel, 63
Camera, 216
Can, 93
Can’t Change, 274
Can’t, 93
Canada, 228
Cancer, 171
Candle, 34
Cane, 136
Canoeing, 125
Cap, 38
Cape Coast School for the Deaf, 234
Cape Coast, 232
Capital Letter, 24
Captain, 126
Car, 215
Care, 107
Carpenter, 72
Carrot, 53
 Carry On Head, 106
Carry, 106
Cassava, 48
Castle, 225
Cat, 59
Catch, 122
Cause, 187
Cedi, 75
Celebrate, 265
Central Region, 236
Certificate, 140
Certiﬁcation, 140
Chain, 34
Chair, 31
Chalk, 149
Challenge Authority, 273
Change, 105
Chapter, 152
Character, 194
Charge, 76
Cheap, 76
Cheat, 258
Chef, 73
Chelsea, 128
Chemistry, 147
Chicken Pox, 170
Chicken, 59
Chief, 270
Child, 13
Children, 13
Chilly, 89
China, 230
Christ, 256
Christmas, 265
Chubby, 86
Church, 251
City, 231
Class, 142
Clean, 85
Clear, 88
Click, 288
Climb, 122
Clock, 211
Close (Near), 220
Close (Shut), 89
Clothes, 36
Cloud, 131
Club, 126
Coach, 121
Coal Pot, 43
Cock, 59
Cocoa, 55
Coconut, 51
Cocoyam, 48
Coffee, 45
Coins, 75
Cold (Chilly), 89
Cold (Sick), 170
Collapse, 280
Collect, 280
College, 142
Colour, 6
Come, 90
Commandments, 253
Commercial, 116
Committee, 241
Communicate, 154
Communion, 260
Community, 225
Compare, 184
Compass, 151
Competition, 119
Complain, 156
Computer, 288
Concept, 148
Condemn, 104
Conﬁdence, 183
Confused, 182
Congratulate, 103
Conscience, 191
Consider, 184
Contest, 119
Continue, 113
Control, 110
Convince, 109
Convulsion, 170
Cook (Chef), 73
Cook (Prepare), 43
Cool Down, 277
Cool, 89
Copy, 289
Copying Someone, 283
Cord, 34
Correct (Corrections), 154
Correct (Just), 95
Corrections, 154
Corrupt, 199
Cost, 76
Cote D’Ivoire, 227
Couch, 165
Count, 79
Country, 226
Cousin, 11
Cow, 61
Cowry, 266
CPP, 243
Crash, 214
Crayon, 150
Crazy, 199
Create, 105
Creative, 199
Crippled, 172
Crucify, 260
Cry, 100
Cucumber, 53
Cultural, 266
Culture, 270
Cup, 42
Cure, 178
Curious, 273
Curriculum, 145
Cut, 169

D

Dad, 9
Daily, 206
Damba, Samanpiid, 269
Dance, 120
Danger, 178
Dark, 88
Daughter, 10
David, 255
Day, 201
Dead, 259
Defeated, 281
Degree, 140
Democracy, 240
Demonstrate, 154
Demonstration School for the Deaf, 234
Denial (Deny), 103
<table>
<thead>
<tr>
<th>E-Mail</th>
<th>290</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ear</td>
<td>161</td>
</tr>
<tr>
<td>Early</td>
<td>209</td>
</tr>
<tr>
<td>Earn</td>
<td>78</td>
</tr>
<tr>
<td>Earth</td>
<td>130</td>
</tr>
<tr>
<td>East</td>
<td>217</td>
</tr>
<tr>
<td>Easter</td>
<td>265</td>
</tr>
<tr>
<td>Eastern Region</td>
<td>236</td>
</tr>
<tr>
<td>Easy Talk</td>
<td>277</td>
</tr>
<tr>
<td>Easy</td>
<td>93</td>
</tr>
<tr>
<td>Eat</td>
<td>40</td>
</tr>
<tr>
<td>Ebola</td>
<td>171</td>
</tr>
<tr>
<td>Economics</td>
<td>146</td>
</tr>
<tr>
<td>Education</td>
<td>140</td>
</tr>
<tr>
<td>Edward Akufo-Addo</td>
<td>242</td>
</tr>
<tr>
<td>Effect</td>
<td>187</td>
</tr>
<tr>
<td>Egg</td>
<td>50</td>
</tr>
<tr>
<td>Egypt</td>
<td>227</td>
</tr>
<tr>
<td>Ejaculation</td>
<td>177</td>
</tr>
<tr>
<td>Elder</td>
<td>69</td>
</tr>
<tr>
<td>Electricity</td>
<td>138</td>
</tr>
<tr>
<td>Elephant</td>
<td>64</td>
</tr>
<tr>
<td>Embarrassed (Emotion)</td>
<td>199</td>
</tr>
<tr>
<td>Embarrassed (Expression)</td>
<td>276</td>
</tr>
<tr>
<td>Emotion</td>
<td>190</td>
</tr>
<tr>
<td>Empty Headed</td>
<td>195</td>
</tr>
<tr>
<td>Empty The Bowl</td>
<td>278</td>
</tr>
<tr>
<td>Empty</td>
<td>80</td>
</tr>
<tr>
<td>Encourage</td>
<td>110</td>
</tr>
<tr>
<td>End</td>
<td>221</td>
</tr>
<tr>
<td>Enemy</td>
<td>16</td>
</tr>
<tr>
<td>Energy</td>
<td>137</td>
</tr>
<tr>
<td>Engaged</td>
<td>12</td>
</tr>
<tr>
<td>England</td>
<td>229</td>
</tr>
<tr>
<td>English</td>
<td>147</td>
</tr>
<tr>
<td>Enter</td>
<td>221</td>
</tr>
<tr>
<td>Envelope</td>
<td>150</td>
</tr>
<tr>
<td>Environment</td>
<td>133</td>
</tr>
<tr>
<td>Equal</td>
<td>79</td>
</tr>
<tr>
<td>Erase</td>
<td>149</td>
</tr>
<tr>
<td>Eraser</td>
<td>149</td>
</tr>
<tr>
<td>Erection</td>
<td>175</td>
</tr>
<tr>
<td>Error</td>
<td>95</td>
</tr>
<tr>
<td>Escape</td>
<td>112</td>
</tr>
<tr>
<td>Europe</td>
<td>231</td>
</tr>
<tr>
<td>Evangelist</td>
<td>249</td>
</tr>
<tr>
<td>Eve</td>
<td>254</td>
</tr>
<tr>
<td>Even</td>
<td>79</td>
</tr>
<tr>
<td>Evening</td>
<td>202</td>
</tr>
<tr>
<td>Every</td>
<td>25</td>
</tr>
<tr>
<td>Everyday</td>
<td>206</td>
</tr>
<tr>
<td>Everyone</td>
<td>20</td>
</tr>
<tr>
<td>Evict</td>
<td>280</td>
</tr>
<tr>
<td>Evil</td>
<td>257</td>
</tr>
<tr>
<td>Exaggerate</td>
<td>155</td>
</tr>
<tr>
<td>Exam</td>
<td>144</td>
</tr>
<tr>
<td>Examine</td>
<td>108</td>
</tr>
<tr>
<td>Example</td>
<td>156</td>
</tr>
<tr>
<td>Exchange</td>
<td>108</td>
</tr>
<tr>
<td>Excite</td>
<td>96</td>
</tr>
<tr>
<td>Exciting</td>
<td>96</td>
</tr>
<tr>
<td>Excuse</td>
<td>113</td>
</tr>
<tr>
<td>Executive</td>
<td>241</td>
</tr>
<tr>
<td>Expense</td>
<td>76</td>
</tr>
<tr>
<td>Experience</td>
<td>180</td>
</tr>
<tr>
<td>Explain</td>
<td>155</td>
</tr>
<tr>
<td>Eye</td>
<td>161</td>
</tr>
</tbody>
</table>

| Fabric | 267 |
| Face To Face | 276 |
| Face | 161 |
| Facebook | 290 |
| Faeces | 164 |
| Fail | 144 |
| Fair Skinned | 17 |
| Fair | 195 |
| Faith | 263 |
| Fake | 94 |
| Fall | 122 |
| False | 94 |
| Family | 9 |
| Fan | 30 |
| Fanice | 57 |
| Fante Kenkey | 47 |
| Far | 91 |
| Farm | 135 |
| Farmer | 69 |

| Fast | 90 |
| Fasting | 261 |
| Fat | 86 |
| Father | 9 |
| Favourite | 181 |
| Fear | 190 |
| February | 204 |
| Fed Up | 285 |
| Feeble | 86 |
| Feel Strongly | 276 |
| Feel | 190 |
| Feeling | 190 |
| Feet | 162 |
| Female Circumcision | 176 |
| Female Masturbation | 176 |
| Festival | 268 |
| Fetu Afahye | 269 |
| Fight | 116 |
| Figure | 79 |
| Film Maker | 73 |
| Finally | 117 |
| Financial | 76 |
| Find | 91 |
| Fine (Communication) | 157 |
| Fine (Money) | 76 |
| Fingerspell | 157 |
| Finish | 113 |
| Fire | 137 |
| First | 83 |
| Fish | 64 |
| Fit | 113 |
| Fix | 107 |
| Flag | 226 |
| Flat | 97 |
| Flatulence | 164 |
| Flesh | 50 |
| Flirting | 276 |
| Flood | 132 |
| Floor | 29 |
| Flower | 135 |
| Flying Insect | 65 |
| Focus | 184 |
| Foe | 16 |
| Follow | 223 |
| Food | 40 |
| Foolish | 195 |
| Football | 125 |
| For | 27 |
| Force To Join | 278 |
| Force | 110 |
| Foreign | 225 |
| Forest | 133 |
INDEX

Goat, 60
God, 256
Gold, 137
Golf, 123
Good, 92
Gospel, 253
Gossip, 155
Government, 240
Grace, 262
Gracious, 196
Grandfather, 9
Grandmother, 9
Grasp Information, 280
Grass, 135
Grasscutter, 62
Great, 88
Greater Accra Region, 236
Green Pepper, 55
Green, 6
Greet, 156
Grilled Maize, 53
Grind, 43
Groundnut, 50
Group, 16
Grow, 135
Guess, 186
Guide, 102
Guilt, 191
Guilty, 191
Guinea Fowl, 60
Guinness, 44
Gum, 57

Head, 160
Headache, 170
Headmaster, 69
Headmistress, 69
Health, 160
Hear, 167
Hearing Aid, 172
Hearing Is Dead, 274
Hearing, 167
Heart Beating Fast, 274
Heart, 163
Hearts of Oak, 127
Heat, 89
Heaven, 256
Heavy, 87
Helicopter, 216
Hell, 256
Hello, 156
Help, 107
Her, 19
Here, 220
Hers, 19
Hide, 112
High, 218
Him, 19
Hippopotamus, 64
His, 19
History, 146
HIV, 171
Ho, 232
Hogbetsotso, 269
Hohoe, 232
Hold, 111
Holiday, 265
Holland, 229
Holy, 258
Home, 29
Homosexual, 174
Homowo, 269
Honest, 196
Hope, 183
Horse, 61
Horseback Riding, 124
Hospital, 172
Hot Peppe, 54
Hot, 89
Hotel, 213
Hour, 201
House, 29
How, 98
Hug, 277
Hungry, 196
Hurt, 193
Husband, 12
Hustle, 101
Hypocrite, 257

I

I Love You, 277
I Told You So, 285
I, 17
I, 134
Ice, 134
Idea, 180
If, 26
Illiterate, 196
Imagine, 184
Immune System, 169
Implementation, 245
Important, 194
Improve, 92
In-law, 14
In, 220
Inactive, 273
Income, 78
Increase, 77
Independence, 244
India, 230
Individual, 15
Infant, 13
Infection, 168
Inform, 185
Injection, 173
Innocent, 258
Insect, 65
Insult, 155
Insurance, 173
Intercourse, 174
Interest, 180
International, 226
Internet, 290
Interpret, 157
Interpreter, 68
Intoxicated, 274
Introduce, 102
Invited, 102
Iron, 33
Is, 26
Island, 134
It, 26
Italy, 229

G

Game, 119
Gang, 16
Garden Egg, 53
Gari, 50
Garlic, 55
Gate, 30
Gay, 174
Gbeogo School for the Deaf, 236
Gender, 173
Gentleman, 14
Germ, 169
Germany, 229
Get, 115
Getting Away, 282
Ghana, 226
Gift, 109
Ginger, 55
Giraffe, 63
Girl, 10
Glad, 190
Glass, 30
Glory, 262
Gloves, 37
Glue, 150
Go, 90
Goal Keeper, 126
Goal, 184

H

Haircut, 33
Half Assina, 127
Half, 80
Hallelujah, 262
Halt, 90
Hand Bag, 38
Hand, 162
Handball, 124
Happen, 188
Happy, 190
Hard Drive, 291
Hard (Difficult), 93
Hard (Rock), 136
Hard (Texture), 88
Harmattan, 132
Hat, 37
Hate, 193
Have, 111
Haven't Seen Before, 279

Headmaster, 69
Headmistress, 69
Health, 160
Hear, 167
Hearing Aid, 172
Hearing Is Dead, 274
Hearing, 167
Heart Beating Fast, 274
Heart, 163
Hearts of Oak, 127
Heat, 89
Heaven, 256
Heavy, 87
Helicopter, 216
Hell, 256
Hello, 156
Help, 107
Her, 19
Here, 220
Hers, 19
Hide, 112
High, 218
Him, 19
Hippopotamus, 64
His, 19
History, 146
HIV, 171
Ho, 232
Hogbetsotso, 269
Hohoe, 232
Hold, 111
Holiday, 265
Holland, 229
Holy, 258
Home, 29
Homosexual, 174
Homowo, 269
Honest, 196
Hope, 183
Horse, 61
Horseback Riding, 124
Hospital, 172
Hot Peppe, 54
Hot, 89
Hotel, 213
Hour, 201
House, 29
How, 98
Hug, 277
Hungry, 196
Hurt, 193
Husband, 12
Hustle, 101
Hypocrite, 257

I

I Love You, 277
I Told You So, 285
I, 17
Ice, 134
Idea, 180
If, 26
Illiterate, 196
Imagine, 184
Immune System, 169
Implementation, 245
Important, 194
Improve, 92
In-law, 14
In, 220
Inactive, 273
Income, 78
Increase, 77
Independence, 244
India, 230
Individual, 15
Infant, 13
Infection, 168
Inform, 185
Injection, 173
Innocent, 258
Insect, 65
Insult, 155
Insurance, 173
Intercourse, 174
Interest, 180
International, 226
Internet, 290
Interpret, 157
Interpreter, 68
Intoxicated, 274
Introduce, 102
Invited, 102
Iron, 33
Is, 26
Island, 134
It, 26
Italy, 229
INDEX

Song, 120
Soon, 210
Sore, 169
Sorrow, 190
Sorry, 199
Soul, 259
Sound, 97
Soup, 50
South Africa, 228
South, 217
Spaghetti, 49
Spain, 230
Spar, 119
Speak, 115
Special, 194
Spend, 78
Spider, 66
Spit, 165
Spoil, 109
Sponge, 32
Spoon, 42
Sports, 121
Spread Information, 279
Spread, 114
Spy, 282
Squirrel, 62
Stand, 101
Stapler, 150
Star, 131
Stare At Me Hard, 284
Stare Down, 284
Start, 90
Starving, 41
State Sword, 266
Stay, 110
Steal, 109
Step, 101
Sew, 51
STI, 172
Stick, 136
Still, 207
Stockings, 37
Stomach, 163
Stool 266
Stop, 90
Story, 152
Strict, 199
Strike, 104
String, 34
Strong, 86
Struggle, 193
Stubborn, 198
Student, 69
Study, 148
Stupid, 198
Subject, 145
Subtract, 79
Succeed, 117
Success, 141
Suffering, 193
Sugar Cane, 57
Sugar, 56
Suitcase, 216
Summon, 103
Sun, 130
Sunday, 204
Sunyani, 233
Supper, 40
Support, 114
Sure, 186
Surgery, 173
Surprise, 191
Suspend, 280
Sweat, 165
Sweet, 41
Sweetheart, 12
Swimming, 124
Syllabus, 146
System, 288
Table Tennis, 123
Table, 31
Tailor, 72
Take, 111
Takoradi School for the Deaf, 234
Talk, 155
Tall, 86
Tamale, 233
Tape, 150
Target, 275
Taste, 167
Tax, 76
Taxi, 215
Tea, 45
Teacher, 69
Team, 126
Tears, 100
Techiman, 233
Technical, 144
Technology, 288
Teeth, 162
Telephone, 35
Tell Me Frequently, 285
Tell You Again And
Again, 286
Tell, 102
Temperature, 133
Temple, 251
Temptation, 258
Test, 144
Testament, 253
Testicles, 164
Testify, 259
Testimony, 247
Tetteh-Ocloo State School for the Deaf, 234
More, 82
Thank You, 157
That, 20
The, 23
Them, 21
Then, 208
There, 20
These, 21
They, 20
Thin, 86
Things, 38
Think, 186
Thinking Hard, 279
Third, 83
Thirsty, 166
This, 20
Those, 21
Thread, 34
Thrill, 96
Through, 223
Throw, 122
Thunder, 132
Thursday, 203
Ticket, 121
Tie, 34
Tiger, 63
Time, 201
Timeframe, 246
Tired, 166
To, 221
Toffee, 57
Together, 91
Togo, 227
Toilet, 33
Tom Brown Porridge, 46
Tomato, 52
Tomorrow, 203
Tongue, 162
Too Sweet, 277
Too, 25
Toothbrush, 167
Toothless, 275
Topic, 145
Torch Light, 138
Total, 80
Touch, 167
Town, 231
Traditional, 251
Traffic, 214
Train, 215
Transfer, 171
Transmit, 171
Travel, 213
Treasury, 241
Tree, 136
Tribe, 270
Trouble, 116
Trousers, 36
True, 94
Trust, 185
Try, 110
Tuberculosis, 171
Tuesday, 203
Tuo Zaafi, 48
Turkey, 60
Turtle, 64
TV, 158
Twice, 83
Twins, 13
Type, 136
Typing, 289
Tyre, 215
Ugly, 85
Umbrella, 35
Uncle, 11
Understand Fully, 279
Understand, 181
United States of America, 228
Universe, 130
University, 142
Until, 210
Up, 89
Upper East Region, 238
Upper West Region, 237
Urinate, 165
Us, 18
USB, 291
Use, 113

T

U
INDEX

V
Vagina, 163
Vaginal Fluid, 175
Vain, 198
Valley, 133
Vanish, 282
Variety of Things, 278
Vegetable, 53
Verb, 24
Verse, 253
Very Thin, 275
Very, 187
Village, 231
Violet, 7
Virgin, 257
Virus, 169
Vision, 261
Visit, 225
Vocabulary, 151
Vocation, 68
Voice, 161
Volleyball, 123
Volta Region, 237
Volta School for the Deaf, 234
Volunteer, 116
Vomit, 165
Vote, 245

W
Wa School for the Deaf, 236
Wa, 233
Waakye, 47
Wait, 101
Walk, 101
Wall, 29
Want, 185
War, 244
Warm 89
Warn, 112
Wash My Hands Of You, 285
Wash, 32
WASSCE, 145
Watch, 211
Water, 133
Water, 43
Watermelon, 52
We, 18
Weak, 86
Wealthy, 85
Wear, 35
Weather, 132
Weave, 267
Wedding, 12
Wednesday, 203
Wee, 177
Week, 201
Weep, 100
Weigh, 80
Welcome, 102
Welder, 72
Well, 178
West, 217
Western Region, 237
Wet, 87
What Did I Tell You, 286
What, 98
What'sApp, 290
Wheat, 49
Wheel, 215
Wheelchair, 178
When, 98
Where, 98
Which, 97
While, 210
White Man, 17
White Woman, 17
White, 7
Who, 98
Why, 98
Wicked, 198
Wife, 12
Will, 208
Wimp, 274
Wind, 132
Window, 30
Wine, 45
Winneba, 140
Wise, 198
Wish, 184
Witch, 271
With, 95
Without, 95
Witness, 247
Woman, 14
Wonderful, 92
Wood, 136
Word, 151
Work, 68
Workshop, 68
World, 130
Worm, 66
Worry, 192
Worse, 92
Worship, 261
Would, 211
Wrap, 105
Wrestling, 123
Write, 148
Writer, 72
Wrong, 95

X
X-Ray, 178
Xylophone, 270

Y
Yam, 47
Yarn, 34
Year, 202
Yellow, 6
Yes, 96
Yesterday, 203
Yet, 207
You Are Interesting, 283
You, 18
You’re Funny, 273
Young, 13
Your, 18
Yourself, 18

Z
Zebra, 63
Zimbabwe, 228
Zip, 34

#
50-50, 286
SAMPLE