

Ready, Set, Sign! BSL Basics (15 mins)

Hello Phoebe! Let's dive into the amazing world of British Sign Language. Today, we'll learn some super useful signs to start simple conversations. Remember, BSL uses handshapes, movements, and facial expressions!

Let's Learn! (10 mins)

1. Yes / No:

- **Yes:** Make a fist with your dominant hand, knuckles facing forwards. Nod your fist forward twice, like a nodding head. (Think: A strong nod!)
- **No:** Hold your first two fingers (index and middle) straight and together, thumb tucked in. Shake your hand side to side sharply twice. (Think: Shaking your head 'no'.)
- **Practice:** Let's practice! I'll ask a silly question, you sign 'Yes' or 'No'. Is the sky purple? (Sign 'No') Are you learning BSL? (Sign 'Yes')

2. Please / Thank You:

- **Please:** Place your flat hand (palm towards you) on your chest near your shoulder, then move it down towards your waist slightly. Use a polite facial expression. (Think: A polite gesture over your heart.)
- **Thank You:** Touch your chin with the fingertips of your flat hand (palm towards you), then move your hand forward away from your chin. Smile! (Think: Sending thanks from your chin outwards.)
- **Practice:** Sign 'Please'. Sign 'Thank you'.

3. Excuse Me / Sorry:

- **Excuse Me:** Brush the fingertips of one hand across the palm of the other flat hand, twice. (Think: Brushing past someone politely.)
- **Sorry:** Make a fist with your dominant hand and rub it in a circle on your chest over your heart area. Use a sorry facial expression. (Think: Rubbing your heart because you feel bad.)
- **Practice:** Sign 'Excuse me'. Sign 'Sorry'.

4. Nice to Meet You:

- **Nice:** Brush the fingertips of your dominant hand across the palm of your non-dominant hand, from heel to fingertips, once. (Similar starting point to 'Excuse Me', but a single smooth stroke).
- **Meet:** Bring both hands up, index fingers pointing straight up, palms facing each other. Bring the knuckles of your index fingers together. (Think: Two people meeting.)
- **You:** Simply point your index finger towards the person you are talking to.
- **Practice:** Put it together: Sign 'Nice', then 'Meet', then 'You'.

5. I Don't Understand / Can You Repeat That?:

- **Don't Understand:** Tap your temple (side of your forehead) twice with your bent index finger. Look a bit puzzled. (Think: Tapping your head - 'It's not going in!')
- **Repeat / Again:** Hold your non-dominant hand out flat, palm up. With your dominant hand, form a bent 'V' shape (index and middle finger bent at the knuckles). Tap the 'V' fingertips onto the flat palm twice. (Think: Placing the same information down again.)
- **Practice:** Sign 'Don't Understand'. Sign 'Repeat'.

Quick Game! (3 mins)

Okay, quick challenge! I'll mime a situation, and you sign the phrase that fits:

- Someone gives you a gift? (Sign 'Thank you')
- You bump into someone? (Sign 'Sorry')

- You need to ask someone to move? (Sign 'Excuse me')
- You don't get what someone signed? (Sign 'Don't Understand' or 'Repeat')
- You meet someone new? (Sign 'Nice to meet you')

Wrap-up (2 mins)

Great job, Phoebe! You've learned some really important BSL signs today. Can you quickly show me 'Yes', 'No', 'Please', and 'Thank you' one last time? Fantastic! Keep practicing, and soon you'll be having simple BSL chats!