



Emotions

Instructor: Mary McGovern

Happy

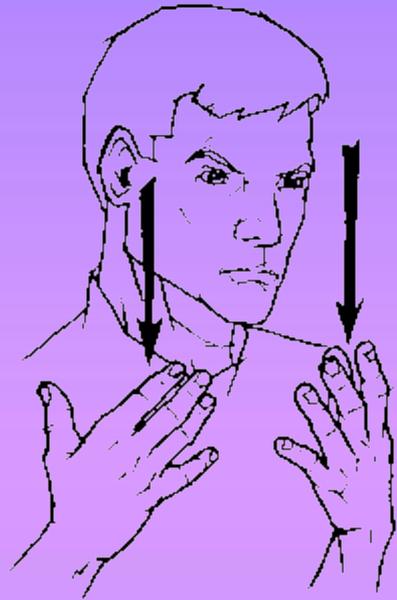


The sign for "happy" is made by placing one or both of your hands in front of you.

Use "flat" hands, palms pointing back. Circle your hands forward, down, back, up, forward, down, back, up. Both hands move at the same time and in the same direction. On the upward swing the hands are very close to your chest or touch your chest. On the downward swing your hands are further away from your chest.

<https://www.youtube.com/watch?v=k9cFqNYIV1A&list=PL6akqFwEeSphJ6rd50AtRBKNGracfavCi&index=1>

Sad



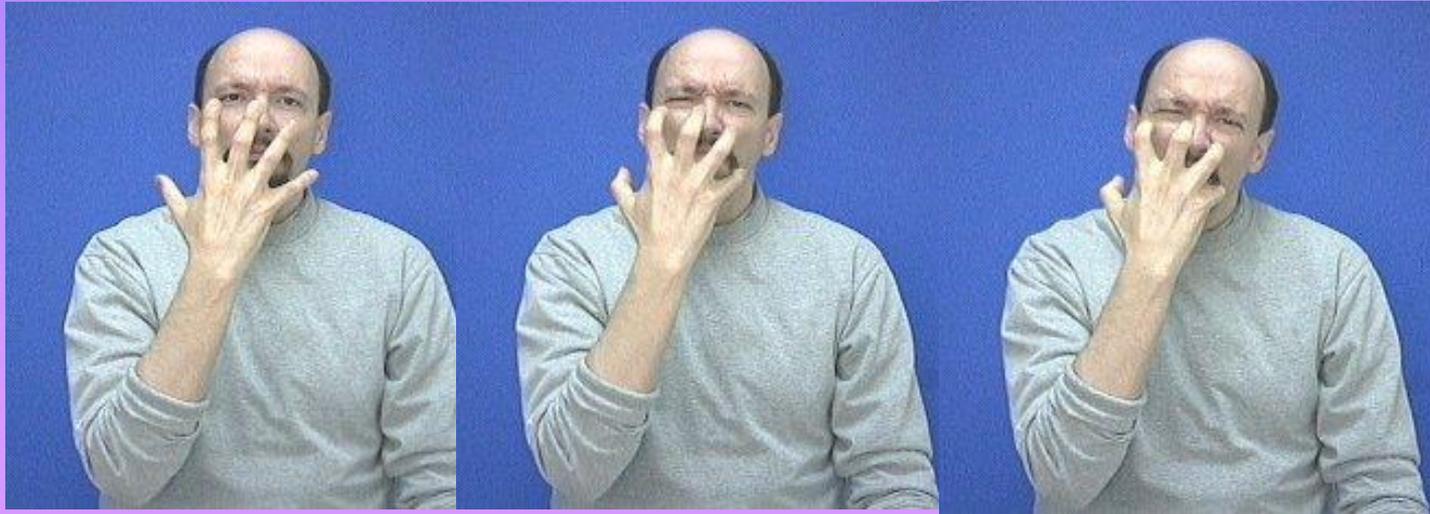
The sign for "sad" is made by placing both hands in front of your face, palms in. Bring both of your hands down the length of your face. Tilt your head forward slightly, and make a sad face.

Angry



The sign for "angry" is made by forming "claw" hands and placing your fingertips against your stomach. Pull both hands forcefully up and outward.

Mad



The sign for "mad" uses a single motion. If you use a double motion and a slightly less intense face it can mean, "grouchy" or "grumpy." Don't actually touch your face while doing this sign.

Excited



To do the concept for "excited" the right and left hands with the middle finger bent at the large knuckle and the other fingers extended move in alternating circles. The circular movement is up, out, down, and in

Worry



The movement is alternating circles. The hands move: down, forward, up, back. Some people initialize this sign with a "W."

Sick



To sign "sick," hold modified five hands (with the middle finger bent at the large knuckle) a few inches from the forehead and stomach. Then bring both hands inward to contact the body.

Embarrassed



To do the general sign for embarrassed, alternate moving your hands upward alongside your head as if showing the blood rushing up into your face as you are feeling embarrassed. Use a bit of a rotating movement for each hand

Afraid/Scared



The sign for "afraid" is sort of like a wave of fear shooting through your body.

Sympathy



In the sign for "sympathy" the hand shape is a "5-hand" with the middle finger bent slightly at the large knuckle (but with the middle knuckle and distal knuckle straight. In other words, the second and third joints of the middle finger are straight.) The movement is circular: forward, down, back, up, repeat.

Jealous



Jealous and envy can both be shown with the same sign that uses an "X" hand shape near the corner of the mouth. Imagine sticking a fish hook into your lip and then twisting and pulling it a bit.