

103

Haptic Signals

– a reference book

Notice:

To navigate this digital version of the book, activate the sidebar »bookmarks« in Acrobat Reader.

The bookmark setting »large text« will ease navigation for visually impaired readers.

Choose double page display to see composite signals.

**The Danish Association
of the Deafblind**

f.ddb

103 Haptic Signals – a reference book

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Editor: Gerd Nielsen

The illustrations in this book show Anette Rosenqvist making haptic signals on the back of Dorte Eriksen who is deafblind. Anette Rosenqvist and Dorte Eriksen are some of the Danish pioneers in the development of haptic communication.

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Niels Holst – Graphic Studio.

This book is produced by The Danish Association of the Deafblind in collaboration with Centre for Sign Language – The Interpreter Training Program and The Information Centre for Acquired Deafblindness.

This book is produced with funding from the Danish Ministry of Education.

Preface

103 Haptic Signals – a reference book

is a collection of the most common haptic signals used by deafblind persons and persons with visual and hearing impairments in Denmark.

The signals have been developed and chosen by deafblind persons and persons with visual and hearing impairments in collaboration with their contact persons and a reference group consisting of representatives from different parts of the deafblind community in Denmark.

The book can be used for training and further development of haptic communication. It is our hope that the use of haptic signals will become a natural element within visual interpretation to all deafblind persons. This form of visual interpretation can enhance the possibilities of active participation on equal terms for deafblind persons and persons with visual and hearing impairments in various social situations.

Haptic communication is still developing. Previous published signals are collected and standardized in this book so it can be a platform for further development of signals.

What are haptic signals?

The word haptic is Greek and means touch. Haptic signals are a number of signals, which are 'drawn' onto the body – typically on the upper part of the back or the upper part of the arm. They provide the possibility of a detailed visual interpretation during communication.

Using haptic signals deafblind persons and persons with visual and hearing impairments are able to receive information about e.g. their surroundings or the mood and facial gestures of other people while continuing their conversation uninterrupted.

If a person smiles, if people laugh after a joke, if your dinner partner raises his glass to make a toast, if the meeting commences or if a comment is said with irony. All these situations could lead to misunderstandings.

By using haptic signals deafblind persons and persons with visual and hearing impairments are able to receive the same information on e.g. their back that others receive through their sight, and this gives them the opportunity to participate on equal terms in social interaction.

Behind the book

The reference group that has followed the publication closely consists of representatives from:

- Centre for the Deaf, the Deafblind Consultants' Department
- Centre for Sign Language – the Interpreter Training Program
- The Danish Association of Sign Language Interpreters
- The Danish Association of Contact Persons for the Deafblind
- The Information Centre for Acquired Deafblindness
- The Danish Association of the Deafblind

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How to use this book

The 103 haptic signals are illustrated and described in alphabetic order with one signal on each page. That makes it easy to look up a signal.

On page 13 you will find a list of categories, which gives an overview of which signals to use in the following situations:

- Description of persons, moods and atmospheres
- Description of surroundings and rooms
- Directions
- Colours
- Food and drinks
- Others

It might be a good idea for new users of haptic signals to start by choosing one category and learn the signals from that single category. When the signals are learnt and they have become a natural part of the communication, you can take it to the next level and start using signals from the other categories.

All signals in this book are described so they can be used without previous knowledge of Sign Language.

However, some haptic signals are made with inspiration from familiar signs in Danish Sign Language. In this book, those signals are marked with the symbol



How to use haptic communication

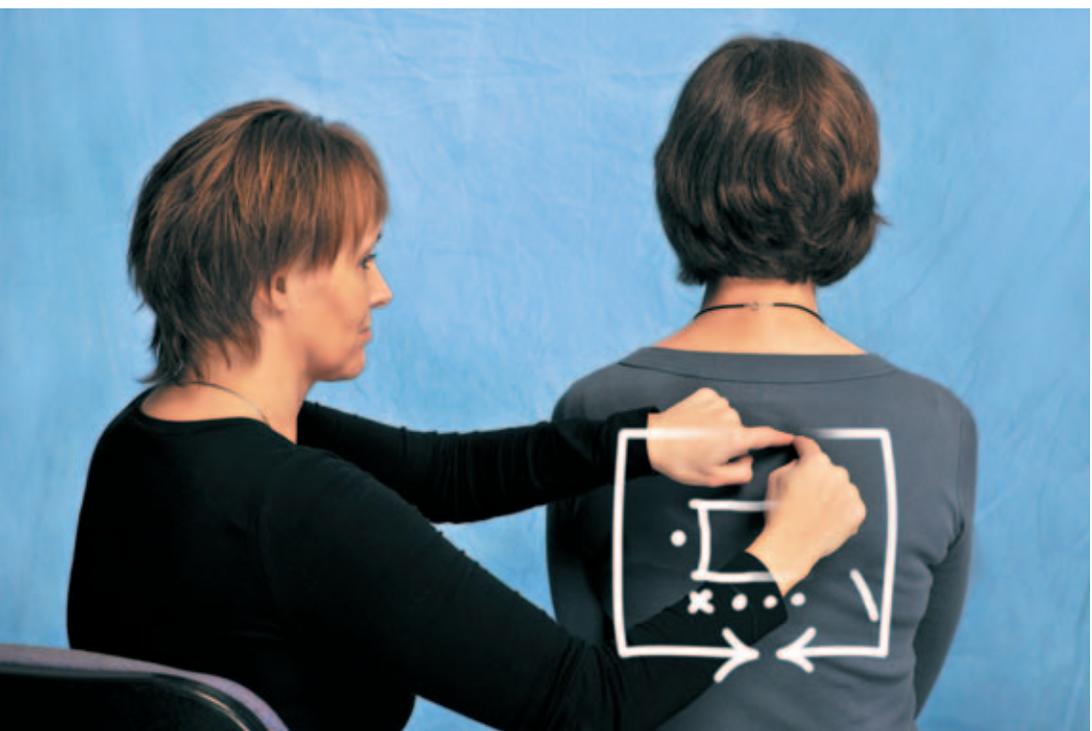
Adjust the signals to your needs

Many deafblind persons or persons with visual and hearing impairments chose the signals most relevant for their use and adjust them to their individual needs. For example if you often do talks, it might be relevant for you to focus on the signals that describe the surroundings and other people's reactions. That way it will be easier for you to adjust your talk from the reactions of the audience.

An individual adjustment of the signals could be experimenting with the size of the signals. Perhaps understanding the signals is easier if they are carried out with larger or smaller movements, with variation in pressure, on the back of the hand or on the thigh? The recipient and the one giving the signals can agree on this in advance.

In this reference book most signals are given on the back or the upper

arm, but all the signals can be done on other parts of the body. The meaning of a signal can be emphasised by enlarging the movements, repeating the movement or adjusting the pressure that is used carrying out the sign.



E.g. the signal for LAUGHING is repeated as long as the laughter continues, and if a person is very angry, the signal ANGRY can be made with stronger pressure on the back.

Description of surroundings and rooms

Haptic communication is very suitable for description of the surroundings e.g. a room and how it is furnished.

Start by drawing the outline of the room on the back using two fingers. Tables, doors, persons – and other items in the room – can then be drawn in their actual shape in accordance to the first outline on the back. This will provide a referential frame that can be used for describing actions going on in the room hereafter.

Tip:

First, make a dot on the back to indicate where the person is situated in the room. Afterwards, place objects and other persons according to the recipient's position in the room .

Description of persons, moods and atmospheres

Many haptic signals are linked to people's reactions e.g. in a conversation. Is the other person smiling, does she seem angry or disappointed? Is the conversation interrupted? All this information is important to receive in order to respond immediately to the present mood of the conversation and to be an equal participant in the conversation.

Often deafblind persons and persons with visual and hearing impairments are not told until after a conversation how the other person reacted during their conversation. Information on mood can be difficult to convey openly.

On the other hand, it can be crucial for a good conversation if you are told with discrete haptic signals that the person you are talking to is e.g. crying, looking disappointed or happy.

Tip:

When the conversation begins, you can draw an outline of the other person's face on the back. After that, eyes, mouth and other features can be placed within the face outline and be used during the following conversation e.g. to indicate a smiling mouth, blinking eyes etc.

**Enjoy haptic
communication**

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LEAVING?

are we leaving

LESS

MORE

NO

NUMBERS – 1,
2, 3 etc.

PERHAPS

PRICE

WHAT?

YES



AHEAD

– Straight ahead

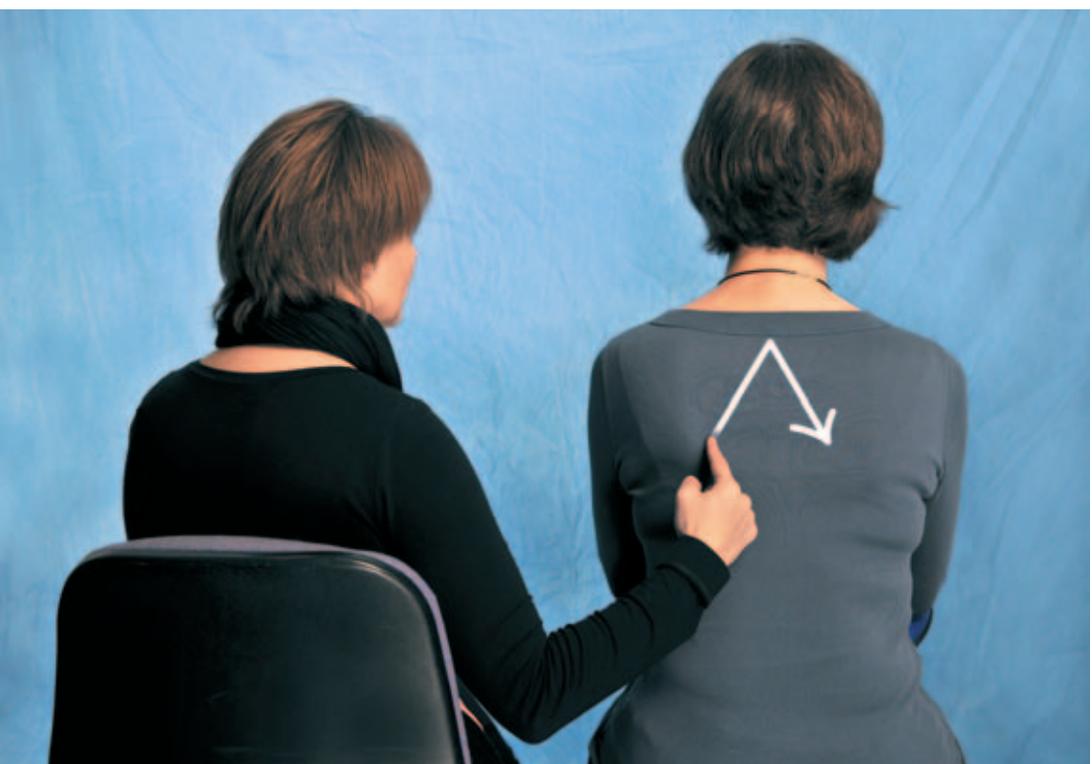
Place a flat, outstretched hand against the back, little finger hand side towards the back and fingertips pointing upwards.

Move the hand upwards in a vertical line.

See also:

→ **RIGHT** page 93

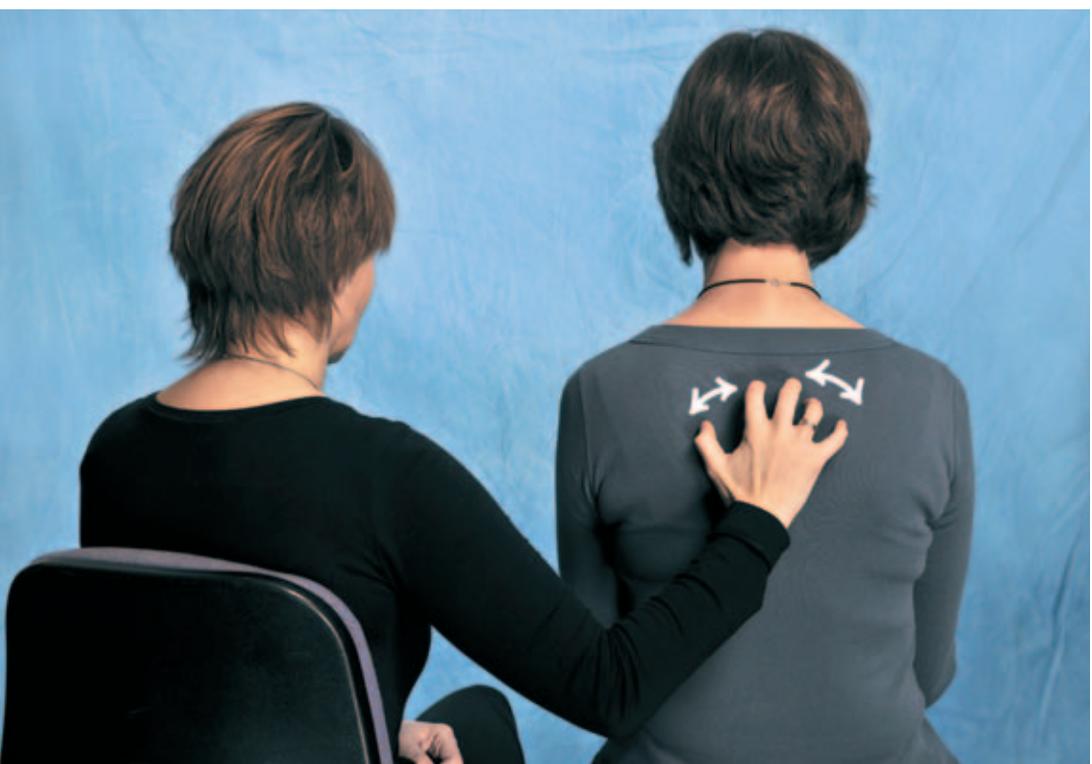
→ **LEFT** page 66



ANGRY

Place the index fingertip against the back.

Draw a 'mountain peak' on the back, indicating the peaking emotions.



ANNOYED (SL)

Bend the fingers and place all the fingertips against the back.

Move the hand from side to side in a 'shaking' movement.



APPLAUDING

Two-hand signal

Place both flat, outstretched hands against the back, palms towards the back. In turn, clap the hands against the back.

Repeat the movement as long as people are applauding.

When the applause dies out, clap more gently and let the hands slide downwards.



BLACK

Place a flat outstretched hand palm against the upper arm.

Point the fingertips upwards.

Turn the hand downwards
'15 minutes' anti-clockwise.



BLINKING

– Blinking one's eyes

Stretch the fingers and turn the thumb downward creating space between index finger and thumb.

Place the edge of the hand with the thumb and index finger side against the back. Shortly tilt the hand forward down and then back again by bending the wrist.

Repeat the movement.

See also:

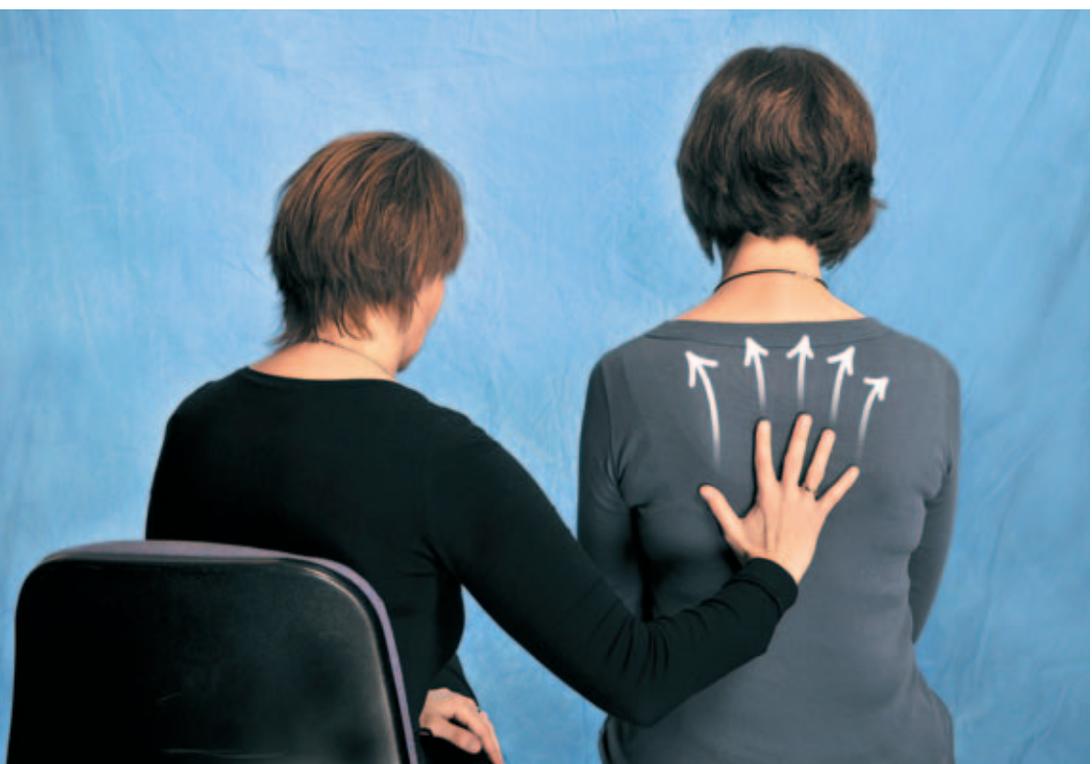
→ **TIRED** page 113



BLUE

Use a flat, outstretched hand.
Place the palm against the upper
arm, the fingertips pointing for-
ward.

Move the hand upwards following
the arm and in a curve to the
right.



BLUSHING

Stretch the fingers and place the hand flat against the back, fingertips pointing upwards.

Move the hand upwards while spreading the fingers like a blush spreading across a person's face.

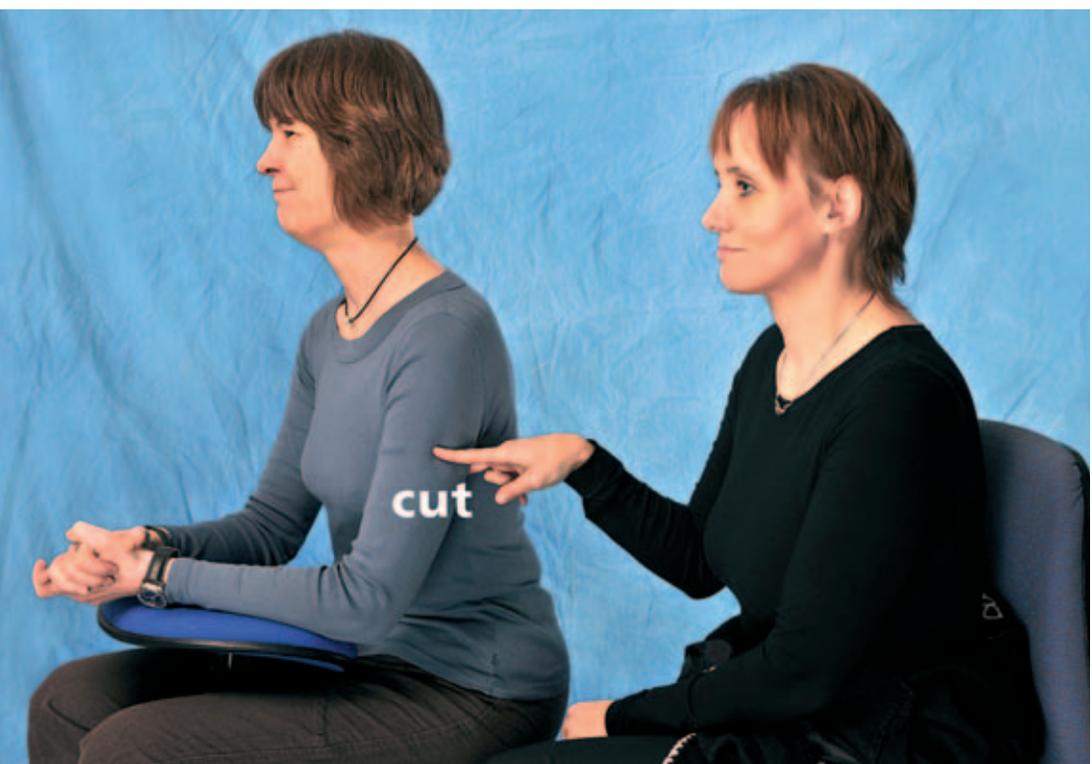


BORED

Place a flat, outstretched hand against the back, fingertips pointing upwards.

Slowly, one at a time, drum the fingers against the back.

Repeat the movement.



BREAK

Stretch the index and middle fingers, closing the rest of the fingers.

Make a 'cut' into the upper arm using the index and middle fingers.

Hold the 'cut' for a moment.



BROWN

Close one hand making a fist, and place the little finger hand side against the upper arm.

Move the hand round creating a circle.



CAKE

Bend fingers and hand.

Place all fingertips on the shoulder and remove them again.



CHOCOLATE

Stretch the index and middle fingers, closing the rest of the fingers.

Place the index and middle fingers against the upper arm, fingertips pointing upwards. Make a short movement downwards along the arm and outwards.

Repeat the movement.



CHEERS



Compound signal

DRINKING + double-clap

1) DRINKING

Shape the hand as if holding a glass.

Loosely grab around the upper arm, the little finger hand side downwards.

Move the hand up the arm.

Keep the hand in this position as long as people are toasting.



2) Double-clap

Make a double-clap against the upper arm when people drink from their glasses.



COFFEE

Make a fist and place the little finger hand side towards the shoulder.

Move the hand around in a circle shaped movement.

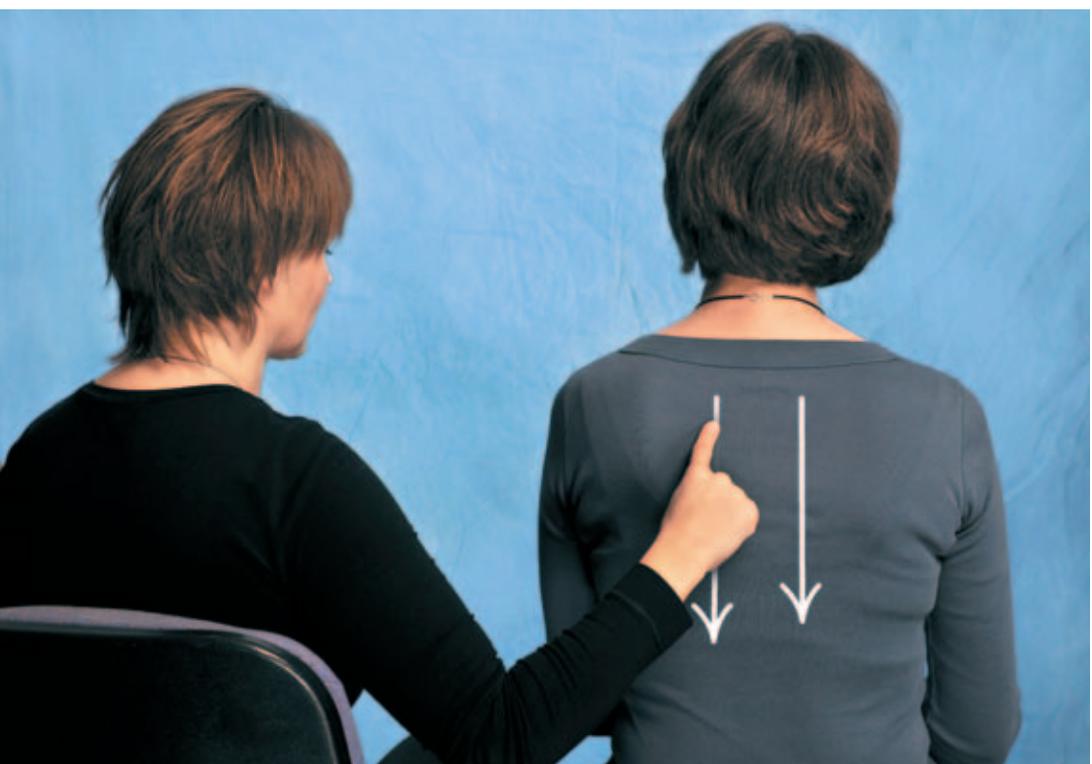


COUGHING

Shape a hand as if holding a glass.

Loosely grab around the upper arm, the little finger hand side downwards.

Move the hand up and down as long as the coughing continues.



CRYING



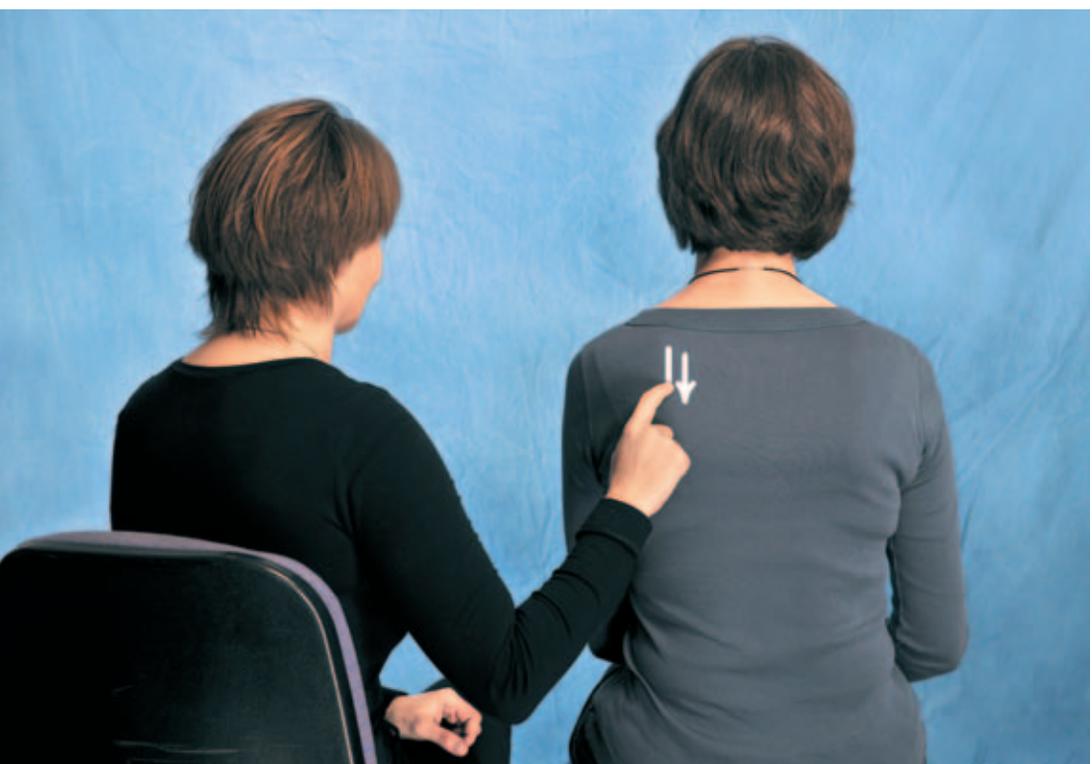
Place the index fingertip against the back.

Quickly draw a vertical line down the back using the index fingertip.

Move the hand to the right and quickly draw a vertical line parallel to the first.

See also:

→ **SAD** page 95



CURIOUS

Place the index fingertip against the back.

Make a short movement downwards and away from the back using the fingertip.

Repeat the movement.

See also:

→ **INTERESTED** page 59



DANGER

Place the index fingertip against the back or any other place of the body.

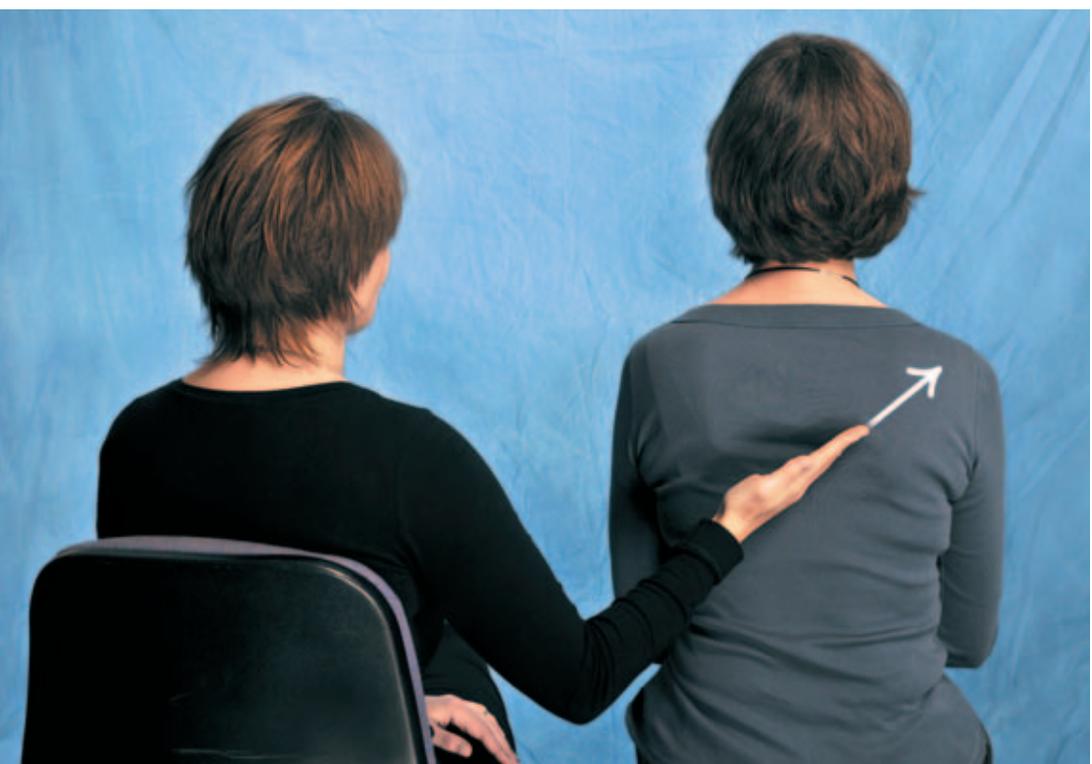
Draw a big cross.

Tip:

Carry out the signal on the part of the body closest to you, if a dangerous situation arises.

See also:

→ **MOVE** page 74

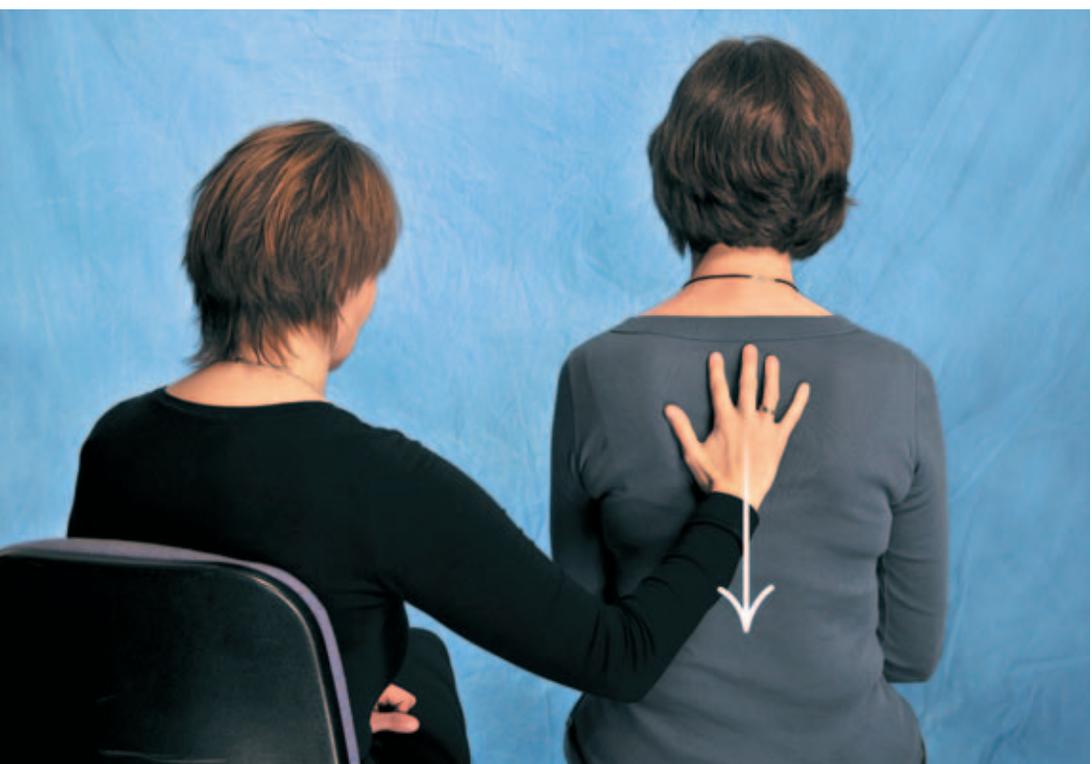


DIRECTION

Place a flat, outstretched hand, the little finger hand side against the back.

Move the hand in the relevant direction.

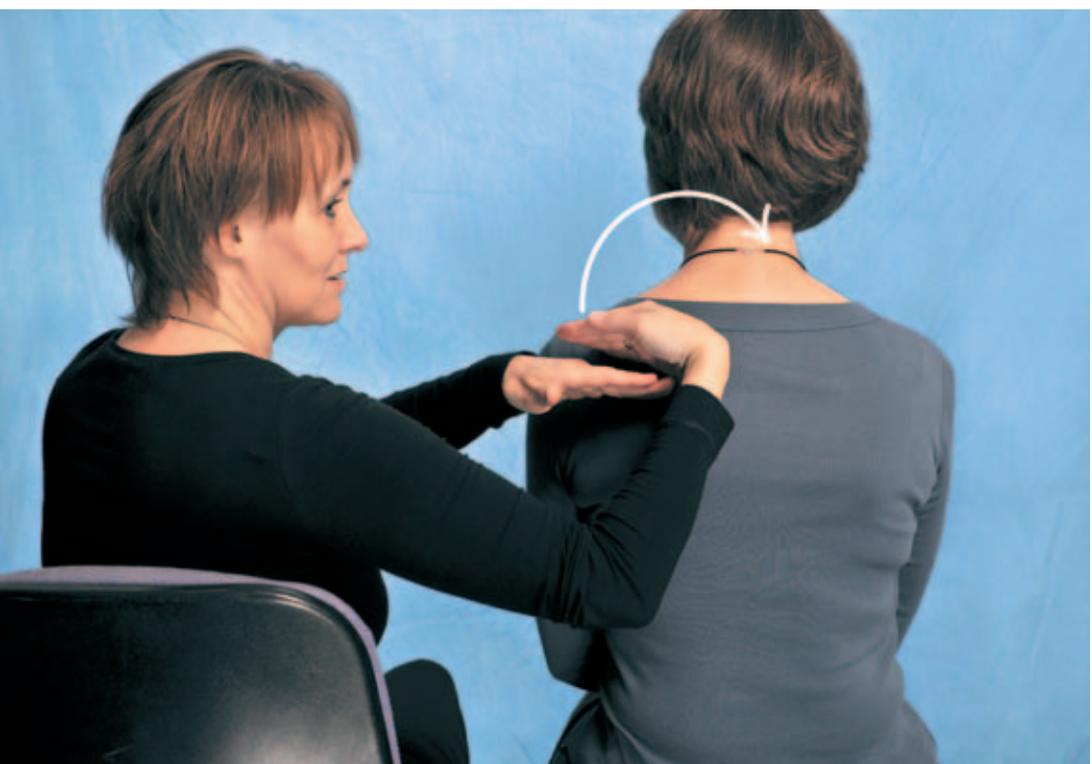
Signal = **LOOKING** → page 69



DISAPPOINTED

Stretch the fingers and place a flat hand against the back, fingertips pointing upwards.

Move the hand down in a slow movement.



DOOR

– Position of the door
Two-hand signal

Put one hand on top of the other. Stretch fingers on both hands and place the little finger hand sides against the back.

Tilt the upper hand up and down like a door opening and closing.

Tip:

If you have already described the room outline, then place the door where it is situated in the room.



DOUBTFUL

Stretch the index and middle fingers, closing the rest of the fingers.

Place the index and middle fingers against the back and shift from finger to finger, only one finger at a time touching the back.

Signal = **PERHAPS** → page 82



DRINKING

– Do you want something to drink?

Shape a hand as if holding a glass.

Loosely grab around the upper arm with the little finger hand side downwards.

Move the hand up the arm.

See also:

→ **EATING** page 44



DROPPING

– dropping something

Make a fist and place thumb and index finger hand side against the back.

Move the hand down the back while opening it to indicate that something is being dropped.



DRUNK

– a person is drunk

Place the index fingertip against the back.

Draw a winding line upwards using the fingertip.

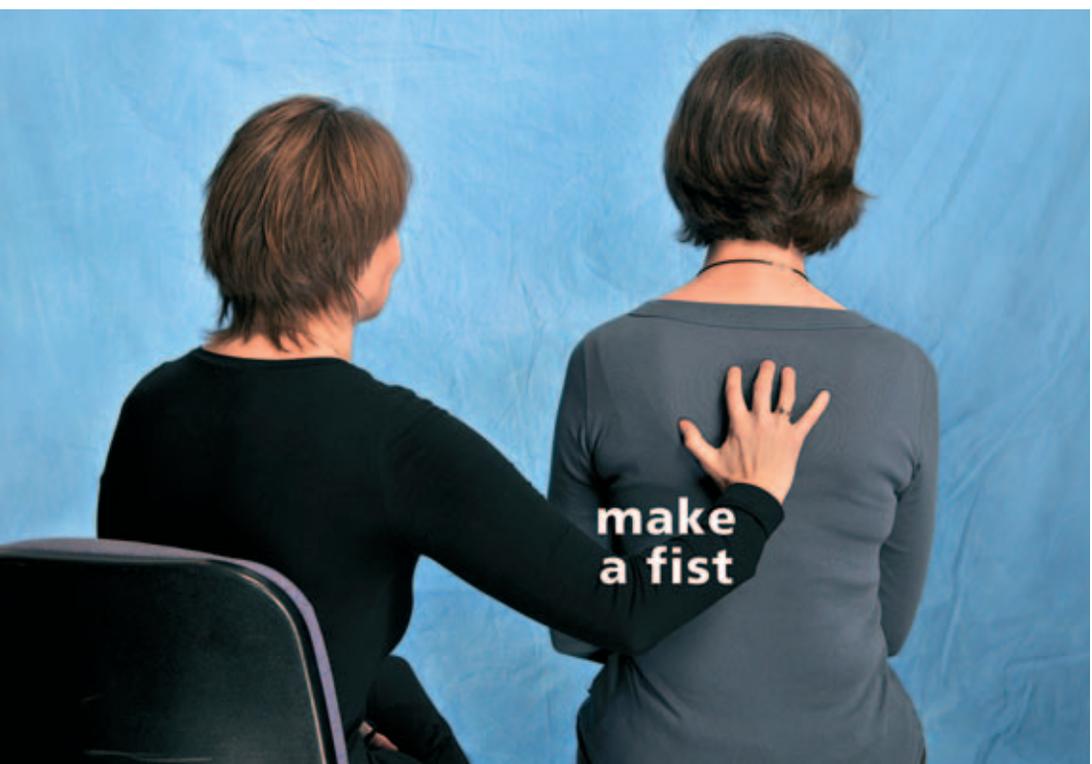


EATING

Place the index fingertip against the upper arm.

Draw a circle on the upper arm using the fingertip.

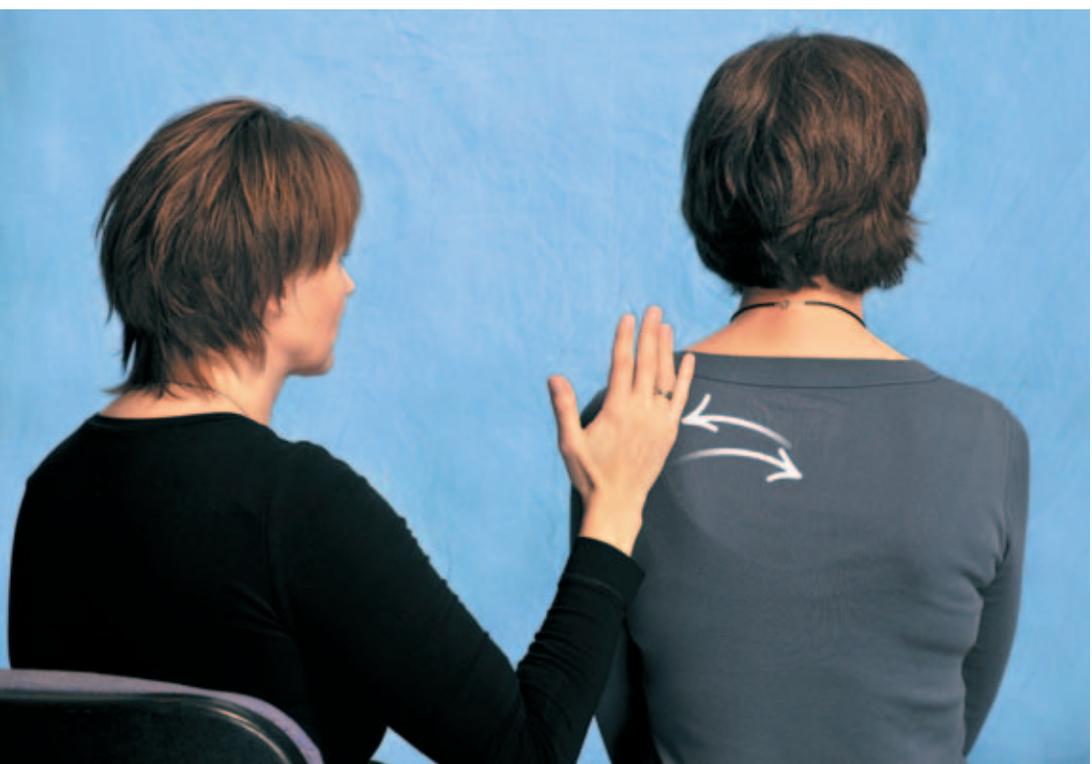
Signal = **FOOD** → page 49



EMBARRASSING

Place a flat hand, fingers spread against the back, fingertips pointing upwards.

Slowly bend the fingertips against the back until the hand is made into a fist.



END

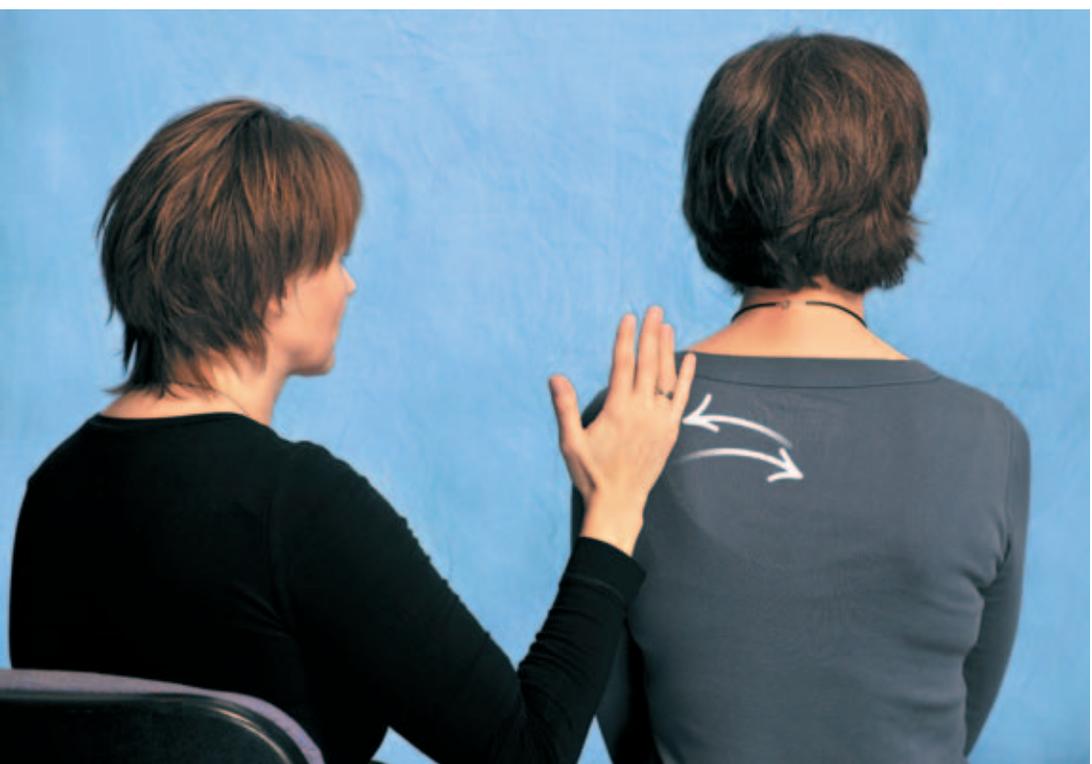


– the end

Stretch the fingers and place the edge of the hand against the upper part of the back or shoulder.

Make a sweeping movement from side to side using the edge of the hand against the back.

Signal = **FINISHED** → page 47



FINISHED

Stretch the fingers and place the edge of the hand against the upper part of the back or shoulder.

Make a sweeping movement from side to side using the edge of the hand against the back.

Signal = **THE END** → page 46



FLIRTING

Two-hand signal

Place both index fingertips against the back next to one another.

Draw the two halves of a heart simultaneously.



FOOD

- Food is served now.

Place the index fingertip against the upper arm.

Draw a circle on the upper arm using the fingertip.

Signal = **EATING** → page 44



FRUIT

Bend the finger tips and place them against the upper arm.

Rotate the hand clockwise and back. Make sure the fingertips touch the upper arm during both rotations.



GREEN **SL**

Stretch the fingers and place a flat palm against the upper arm, fingers pointing upwards.

Move the hand downwards and outwards from the arm in a sweeping movement.



GREY

Use a flat, outstretched hand. Clap the palm against the upper arm while pointing the fingertips forward.

Repeat with a light sweeping movement upwards.



HAND

– Someone is raising his/her hand
Two-hand signal

Hand 1 pokes twice against the upper arm using the index fingertip while hand 2 indicates the person's position in the room making a double poke against the back.

Tip:

If you have already described the outline of the room, then place the person where he or she is located in the room.



HAPPY

Place the tip of the thumb and the index finger – some distance apart – against the back.

Draw a double curve using the two fingers.

See also:

→ **SMILING** page 98



HELLO

– a person says hello
and wants to shake hands.

Place a flat, outstretched hand
just behind the elbow, the back
of the hand upwards.

Clap two times behind the elbow
using the back of the hand.

See also:

→ **NAME** page 75



HICCUPS

Shape the hand as if holding a glass.

Loosely grab around the upper arm, the little finger hand side downwards.

Move the hand quickly up and down with a jerk.



HUG

– somebody wants to give a hug

Gently grab the upper arm with your hand and give the arm a little squeeze.

Tip:

With a gentle pressure towards one of the arms, you can signal whether the person aims to hug towards the right or left cheek.



IMPATIENT

Place a flat, outstretched hand on the back, fingertips pointing upwards.

Drum quickly and impatiently with shifting fingers against the back.

Repeat the movement.



INTERESTED

Place the index fingertip against the back and write the letter 'i' (including the dot).

See also:

→ **CURIOUS** page 35



INTERRUPTING

– have to **interrupt**

Place a flat hand, palm down
on one shoulder.

Hold the position for a little while.



IRONIC

Place the index fingertip against the back and rotate the hand clockwise making a 'dot' on the back.

Repeat the movement.

Tip:

Make the signal for IRONY immediately when the mood of irony strikes the conversation. This makes it easier for the recipient to understand that an ironic point is being made.



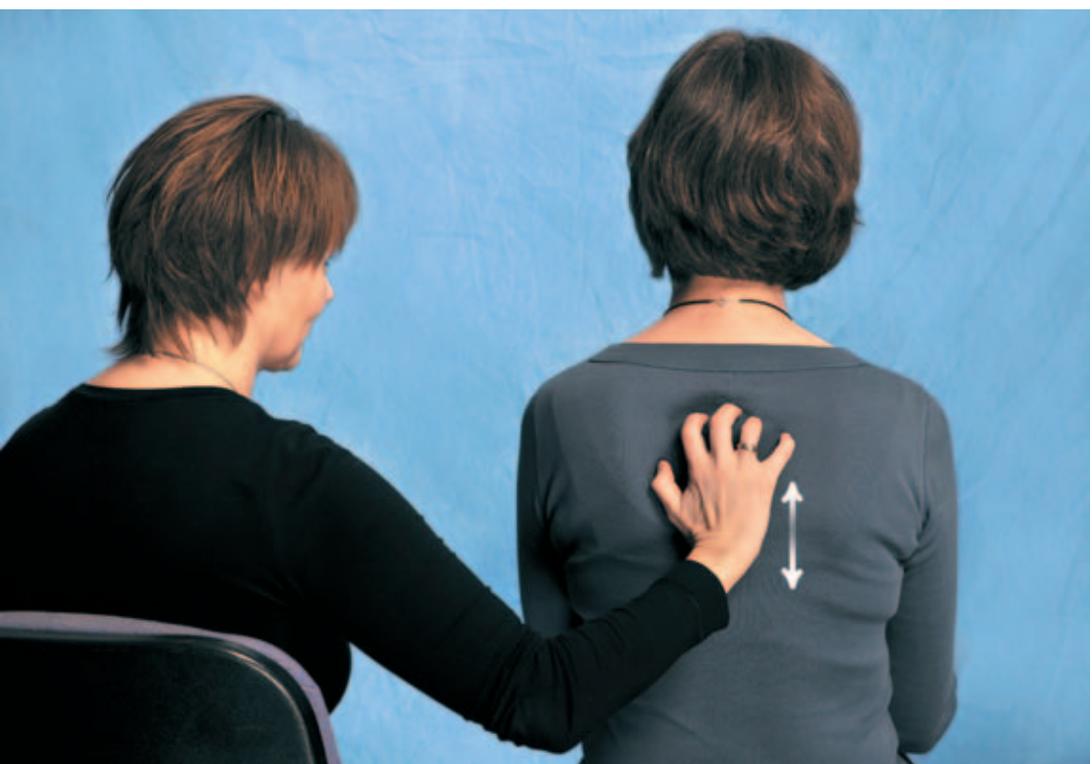
KNOCKING

– Knocking at the door

Close one hand making a fist, and knock on the back using your knuckles.

See also:

→ **DOOR** page 39



LAUGHING

Bend the fingertips, spread the fingers and place the fingertips against the back.

'Scratch' the hand up and down the back.

Repeat the movement as long as the laughter continues.

See also:

→ **HAPPY** page 54



LAVATORY

– I am going to the lavatory/toilet

Place the index fingertip against the upper arm.

Draw a little cross on the upper arm using the fingertip.



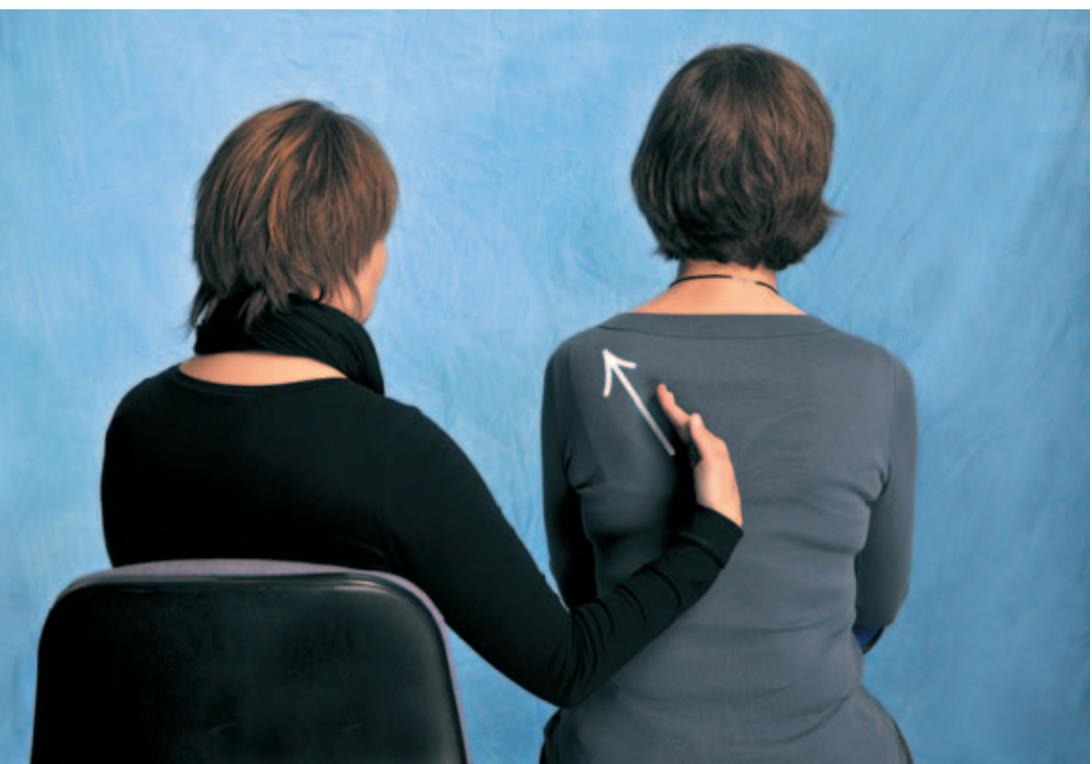
LEAVING

– shall we leave?

Stretch the index and middle fingers, closing the rest of the fingers.

Let the index and middle fingers 'walk' across the back.

Signal = **WALKING** → page 116



LEFT

Place a flat, outstretched hand, little finger hand side against the back and fingertips pointing upwards.

Move the hand at an angle upwards to the left.



LESS

Place a flat, outstretched hand, palm down and the little finger hand side against the upper arm.

Move the hand down the upper arm.

See also:

→ **LEVEL** page 68



LEVEL

Place a flat, outstretched hand, palm down and the little finger hand side against the middle of the upper arm.

Move the hand up the arm indicating a higher level (MORE) or down the arm indicating a lower level (LESS).

See also:

→ **MORE** page 73

→ **LESS** page 67



LOOKING

Place a flat, outstretched hand, the little finger hand side against the back.

Move the hand in the relevant direction.

Signal = **DIRECTION** → page 37



LOOP SYSTEM

– Switch to loop system

Place the index fingertip against the upper arm.

Write the letter T on the upper arm using the fingertip.

Draw a circle around the T.

T stands for 'Teleslynge'
– the Danish word for loop system.



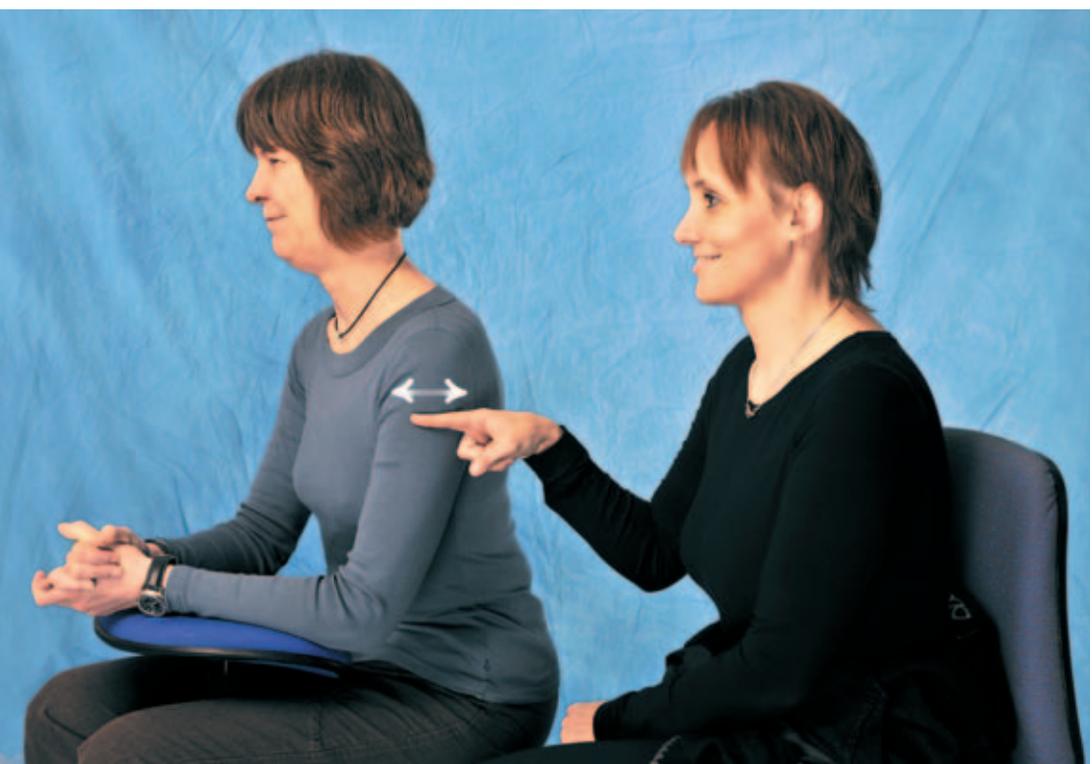
MOBILE

– a mobile (tele)phone is ringing

Stretch the thumb and little finger, closing the rest of the fingers.

Place the thumb and little fingertips against the upper arm and tilt them one at a time against the arm.

Signal = **(tele)PHONE** → page 83



MOMENT

– wait a moment

Stretch the index finger,
closing the rest of the fingers.

Place the index finger side against
the upper arm and move it back
and forth against the arm.

Signal = **WAITING**

– wait a moment → page 115



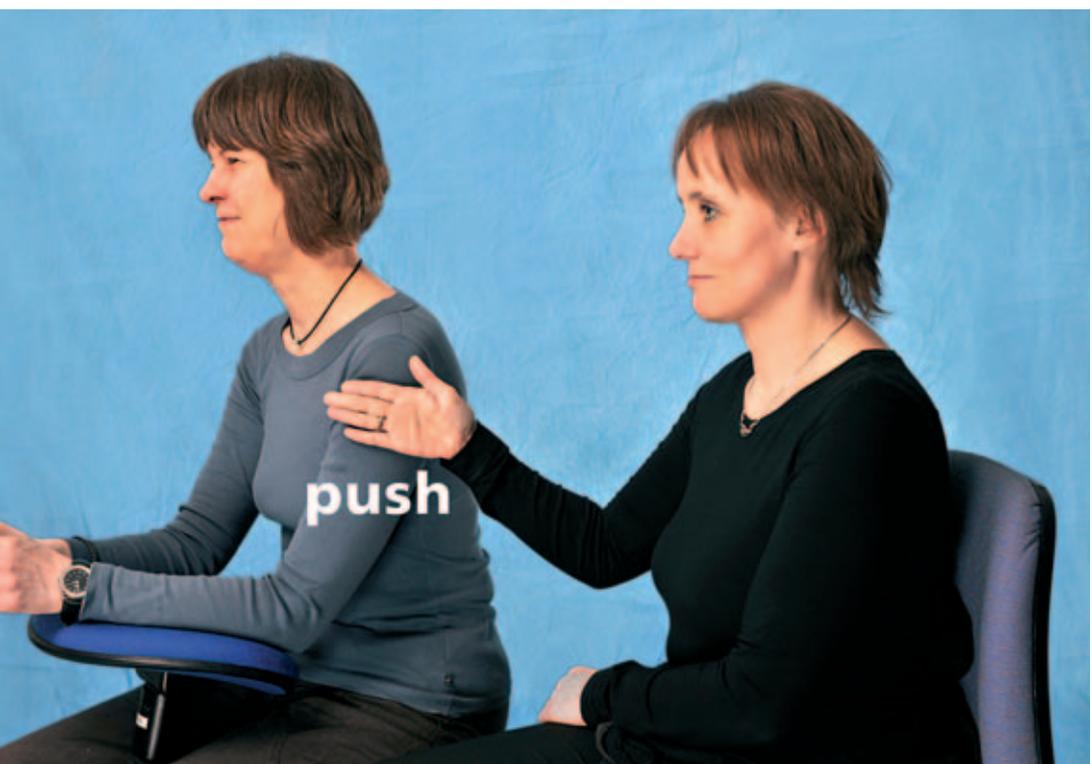
MORE

Place a flat, outstretched hand, palm down and the little finger hand side against the upper arm.

Move the hand up the upper arm.

See also:

→ **LEVEL** page 68



MOVE

– Move over

Use a flat, outstretched hand.
Place the back of the hand against
the upper arm.

Press the hand gently towards
the arm.

Tip:

Press the arm in the direction
you want the deafblind person
to move.



NAME

– of persons in the room

Place the index fingertip against the back.

Write the person's name or initials with capital letters on the back.

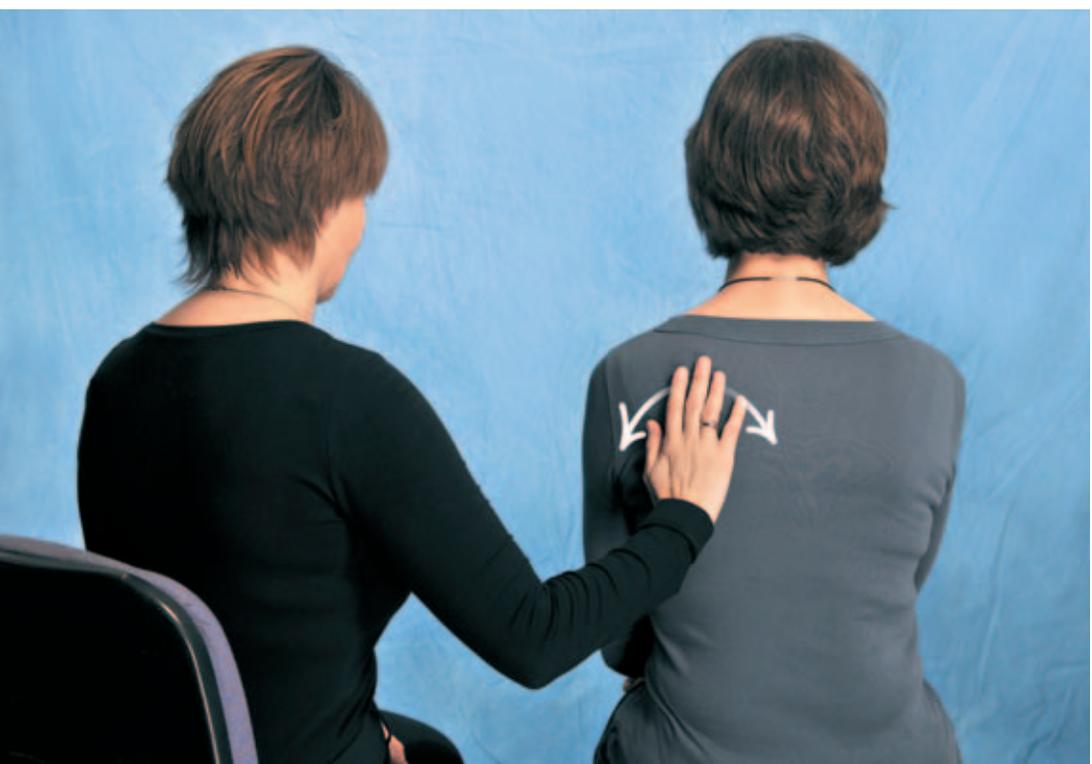
As far as possible, write each letter in one movement without lifting the finger.



NERVOUS

Shape the hand as if holding a glass, using only the thumb and index fingers.

Place the two fingertips on the back and move them simultaneously down the back in a zigzag movement.



NO

Use a flat, outstretched hand, palm against the back and fingertips pointing upwards.

Move the hand from side to side a couple of times.

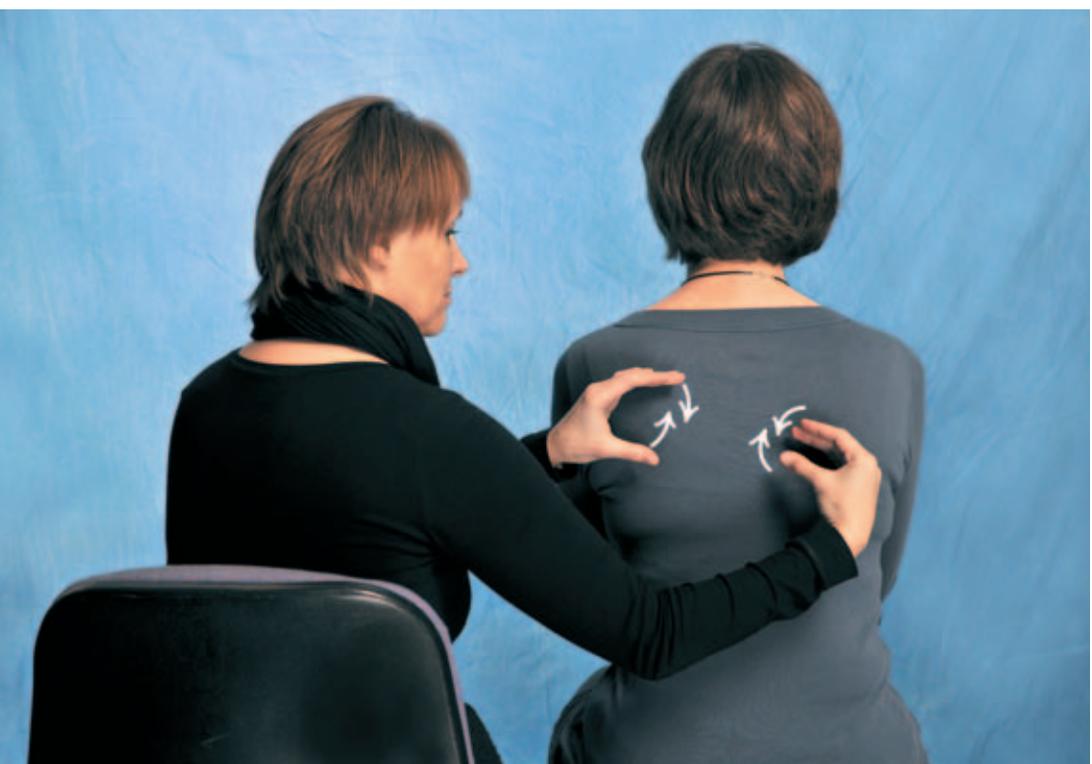
Signal = **SHAKING** his head
→ page 97



NODDING

Clap gently on the back, shoulder or upper arm using a flat, out-stretched hand.

Signal = **YES** → page 123



NOISE



Two-hand signal

Use both flat, outstretched hands, turn the thumbs downwards making space between the index fingers and thumbs.

Place both little finger hand sides against the back, fingertips pointing towards each other.

Open and close both hands using outstretched fingers.

Repeat the movement on different parts of the back.



NUMBERS

– 1, 2, 3 etc.

Place the index fingertip against the back. Write the figure using the index finger.

If possible, write the figure in one continuous movement, without lifting the finger.

Signal = **PRICE** → page 85



ORANGE

Use a flat, outstretched hand and turn the thumb downwards making space between the index finger and thumb.

Place the thumb and index finger hand side against the upper arm.

Open and close the hand using outstretched fingers.

Repeat the movement.



PERHAPS

Stretch the index and middle fingers, closing the rest of the fingers.

Place the index and middle fingers against the back and let fingers shift in touching the back.

Signal = **Doubtful** → page 40



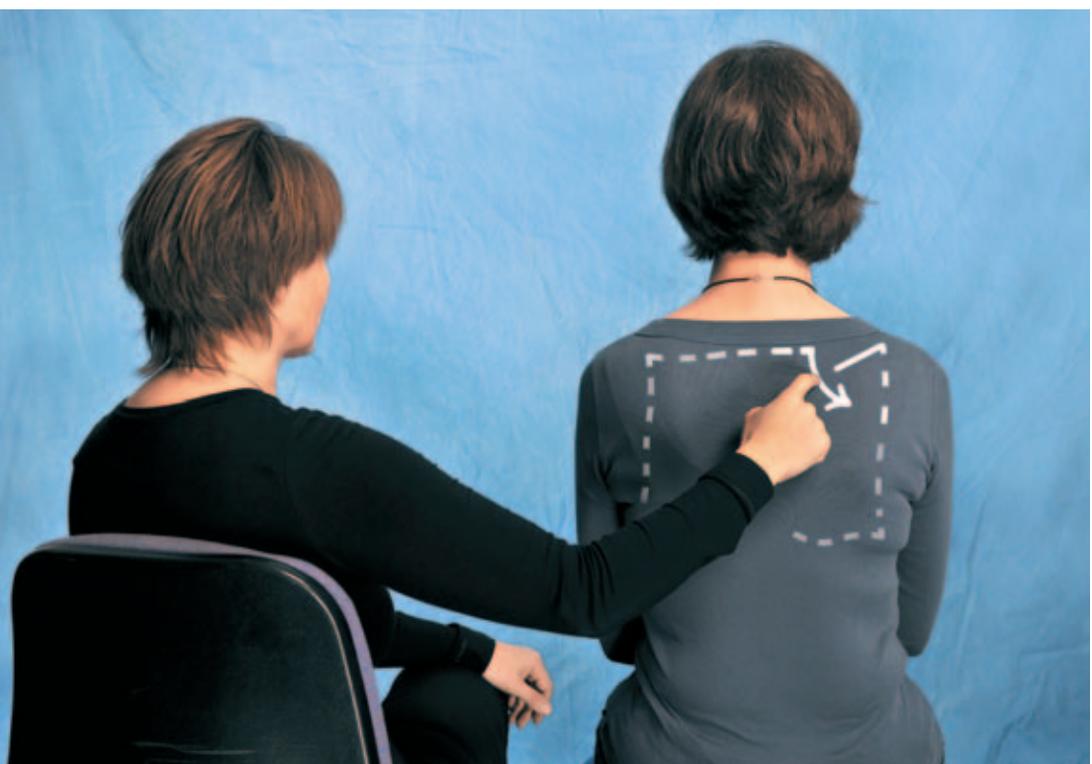
PHONE

– a (tele)phone is ringing

Stretch the thumb and little finger, closing the rest of the fingers.

Place the thumb and little fingertips against the upper arm and tilt them one at a time against the arm.

Signal = **MOBILE** → page 71



POSITION

Place the index fingertip against the back.

Show with a poke (or by drawing a simple figure) on the back where the person or object is placed in the room.

Tip:

If you have already described the room outline, then place the person or object where he/it can be found relative to the outline.



PRICE

Place the index fingertip against the back.

Write the figure using the fingertip.

If possible, write the figure in one continuous movement, without lifting the finger.

Signal = **NUMBERS** → page 80



PURPLE

Stretch the index and middle fingers, closing the rest of the fingers.

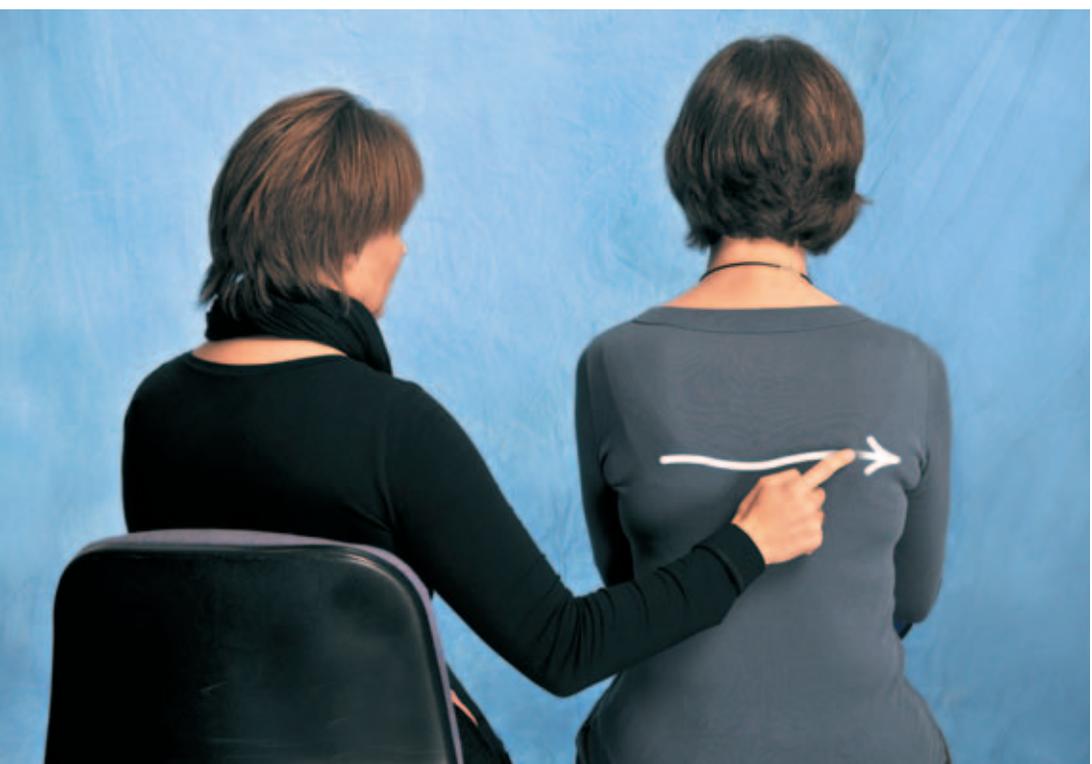
Place the index and middle fingers against the upper arm and make a small horizontal, curved movement.



QUESTION

Place the index fingertip against the back.

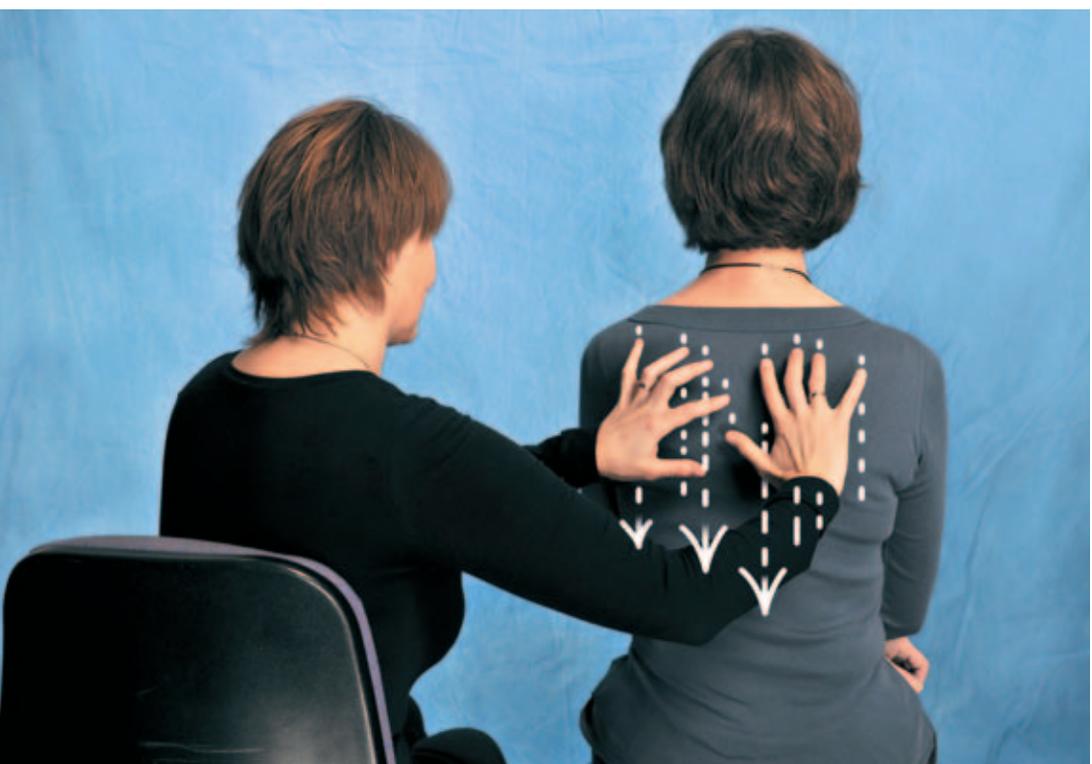
Draw a question mark using the fingertip.



QUIET

Place the index fingertip against the back.

Draw a horizontal line using the fingertip.



RAINING

– It is raining
Two-hand signal

Spread fingers on both hands slightly and place them flat against the back, fingertips pointing upwards.

Move the hands downwards while drumming the fingers against the back like rain falling.

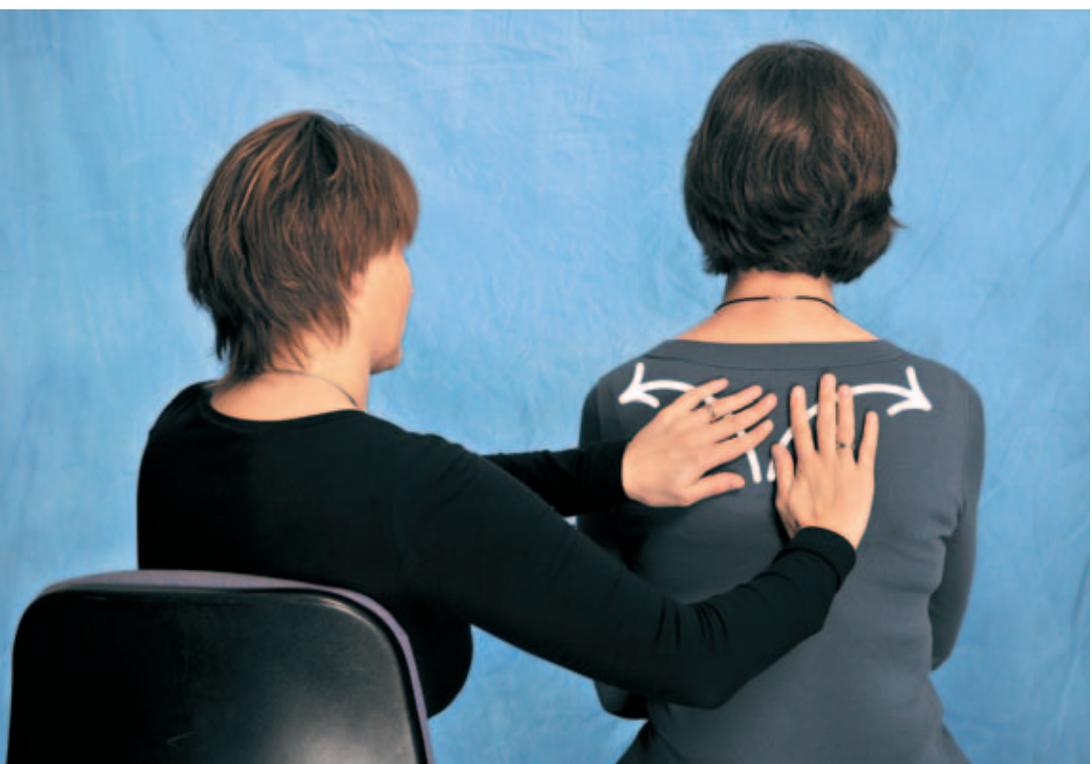


READING

Use a flat, outstretched hand, backside against the back and fingertips pointing upwards.

Move the hand back and forth horizontally.

Turn the hand over and make a sweeping movement, as if turning a page in a book.



READY



Two-hand signal

Place both hands,
palms against the back.

Move the hands simultaneously
upwards and outwards while
separating them towards each side.



RED

Stretch the index finger, closing the rest of the fingers.

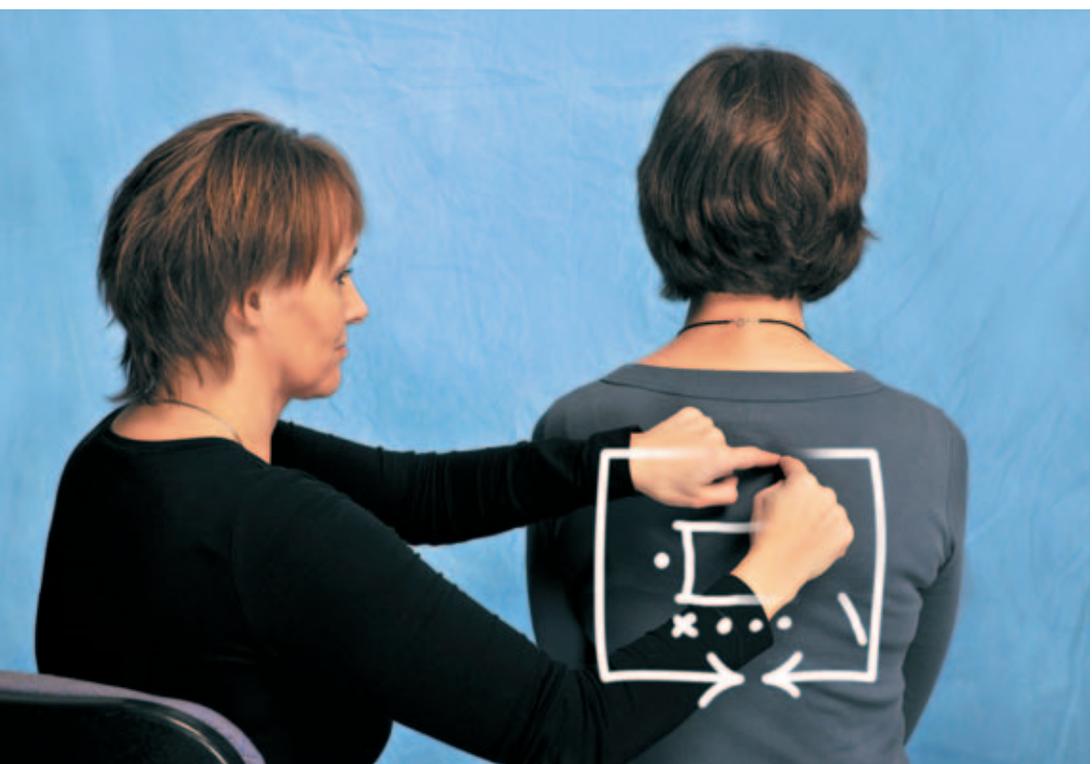
Place the index finger hand side against the upper arm and move the finger forward, drawing a horizontal line on the upper arm with the index finger hand side.



RIGHT

Place a flat, outstretched hand, little finger hand side against the back, fingertips pointing upwards.

Move the hand upwards to the right.



ROOM

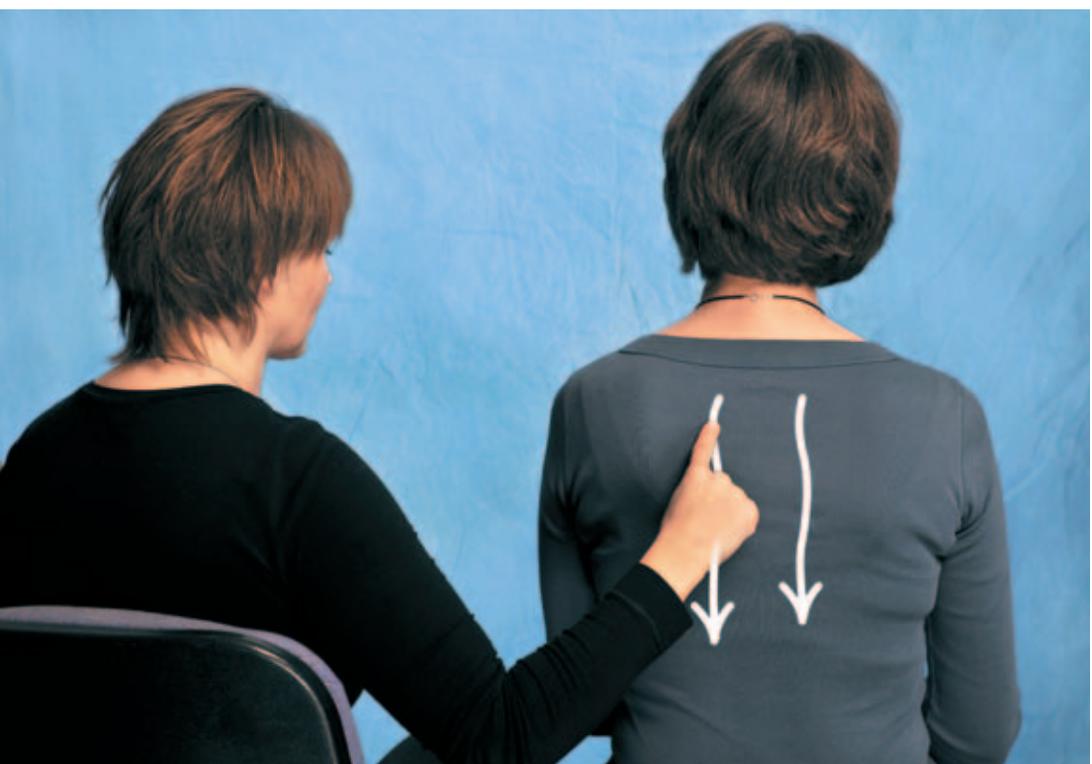
Two-hand signal

Draw the outline of the room on the recipient's back using two fingers.

Then table, doors, persons etc. can be drawn representing their actual shape/position relative to the outline on the back.

Tip:

First, make a dot inside the outline indicating the recipient position in the room. Secondly, mark up objects and other persons relative to the recipient's position.



SAD

Place the index fingertip against the back.

Slowly draw a vertical line down the back using the fingertip.

Move the hand to the right and slowly draw a vertical line parallel to the first.

See also:

→ **CRYING** page 34



SERIOUS

Place a flat, outstretched hand against the back, fingertips pointing upwards and the little finger hand side against the back.

Move the hand down the back in a vertical line.



SHAKING

– one's head

Use a flat, outstretched hand, palm against the back and fingertips pointing upwards.

Move the hand from side to side a couple of times.

Signal = **NO** → page 77



SMILING

Place the index fingertip against the back.

Draw a curved (smiling) line using the fingertip.

See also:

→ **HAPPY** page 54



SOUR

Place the index fingertip against the back.

Draw a curved (sulky) line using the fingertip.



SPEAK

- your turn to speak
- you can take the floor

Poke twice against the upper arm using the index fingertip.



SPEAKING

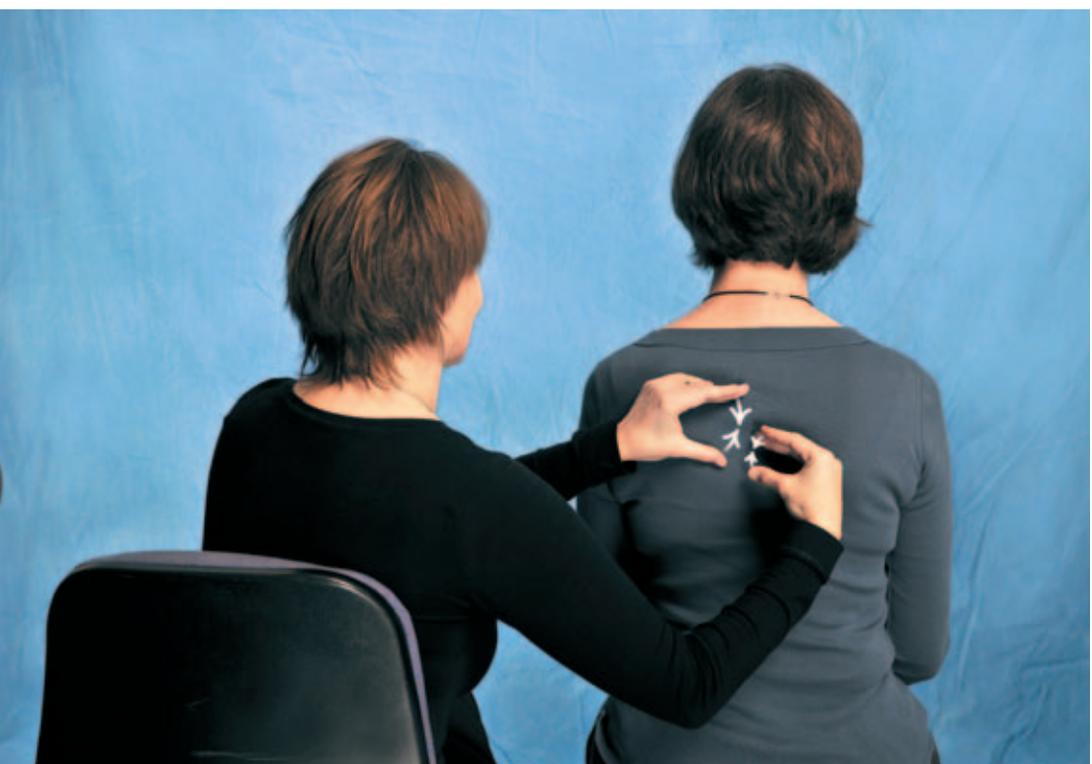
- someone else is speaking
- someone has taken the floor

Poke twice against the back using the index fingertip.

Place the poke on the back indicating the position of the speaking person in the room.

See also:

→ **NAME** page 75



SPEAK SOFTLY

Compound signal

TALKING + LESS

1) **TALKING**, two-hand signal

Use both flat, outstretched hands, turn the thumbs downwards making space between the index fingers and thumbs.

Place both little finger hand sides against the back, fingertips pointing towards each other.

Open and close both hands with outstretched fingers.

Repeat the movement.



2) **LESS**

Place a flat, outstretched hand, palm down and the little finger hand side against the upper arm.

Move the hand down the upper arm.



SPEAK UP

Compound signal

... TALKING + MORE

1) **TALKING**, two-hand signal

Use both flat, outstretched hands, turn the thumbs downwards making space between the index fingers and thumbs.

Place both little finger hand sides against the back, fingertips pointing towards each other.

Open and close both hands with outstretched fingers.

Repeat the movement.



2) **MORE**

Place a flat, outstretched hand, palm down and the little finger hand side against the upper arm.

Move the hand up the upper arm.



SPEECH

– someone is giving a speech

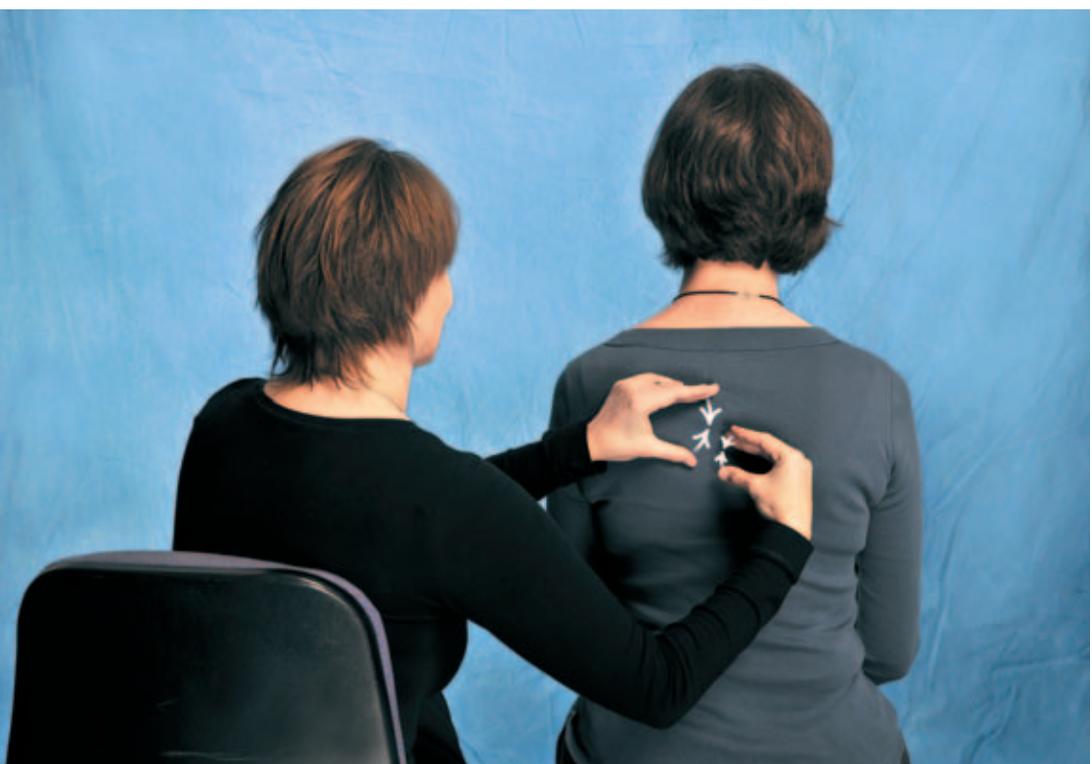
Compound signal

INTERRUPTING + TALKING

1) **INTERRUPTING**

Place a flat hand, palm down
on one shoulder.

Hold the position for a little while.



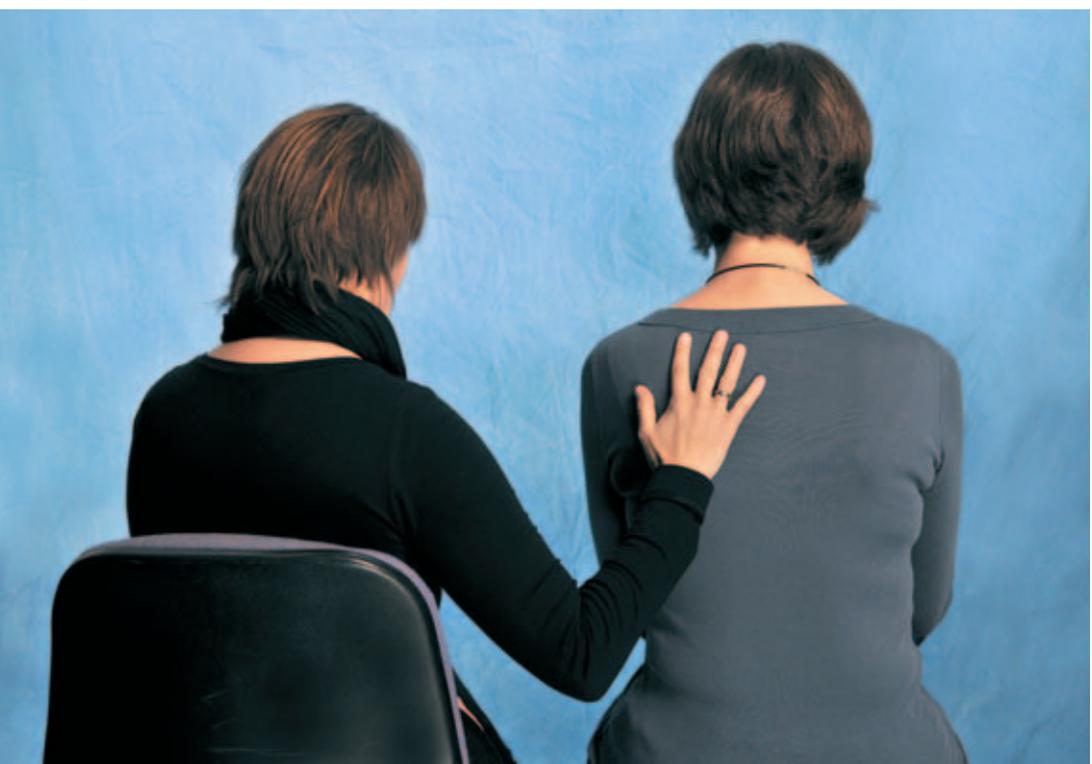
2) **TALKING**, two-hand signal

Use both flat, outstretched hands, turn the thumbs downwards making space between the index fingers and thumbs.

Place both little finger hand sides against the back, fingertips pointing towards each other.

Open and close both hands with outstretched fingers.

Repeat the movement.



STOP

Place a flat, outstretched hand, palm against the back.

Point the fingertips upwards.

Hold this hand position for a moment.



SURPRISED

Place a flat, outstretched hand, palm against the back, the little finger hand side pointing downwards.

Move the hand upwards and away from the back in a rapid, sweeping movement.



TALKING

Two-hand signal

Use both flat, outstretched hands, turn the thumbs downwards making space between the index fingers and thumbs.

Place both little finger hand sides against the back, fingertips pointing towards each other.

Open and close both hands using outstretched fingers.

Repeat the movement.



TEA

Place the index fingertip against the upper arm.

Write a T on the upper arm using the fingertip.



THINKING

Stretch the index and middle fingers, closing the rest of the fingers.

Place the index and middle fingertips against the back and let them 'walk' for a while back and forth along the back.



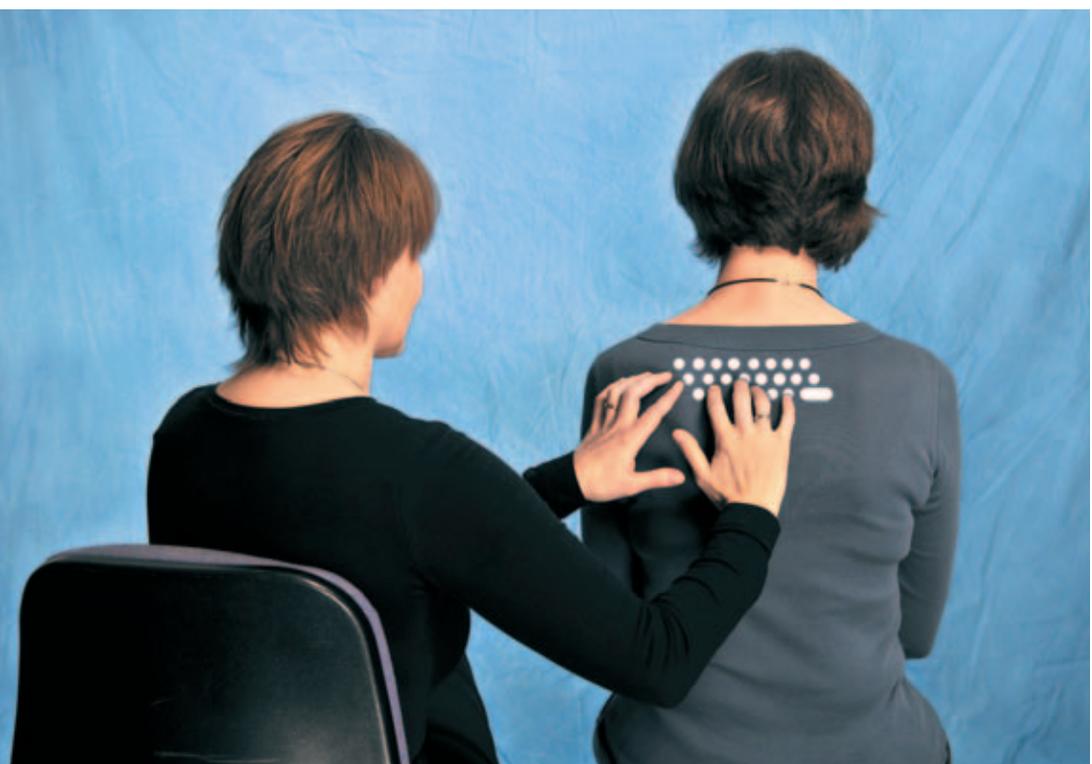
TIRED

Use a flat, outstretched hand, turn the thumb downwards making space between the index finger and thumb.

Place the thumb and index finger hand side against the back and shortly tilt the hand forward down and then back again to show eyelids closing shut and opening by bending the wrist.

See also:

→ **YAWNING** page 121

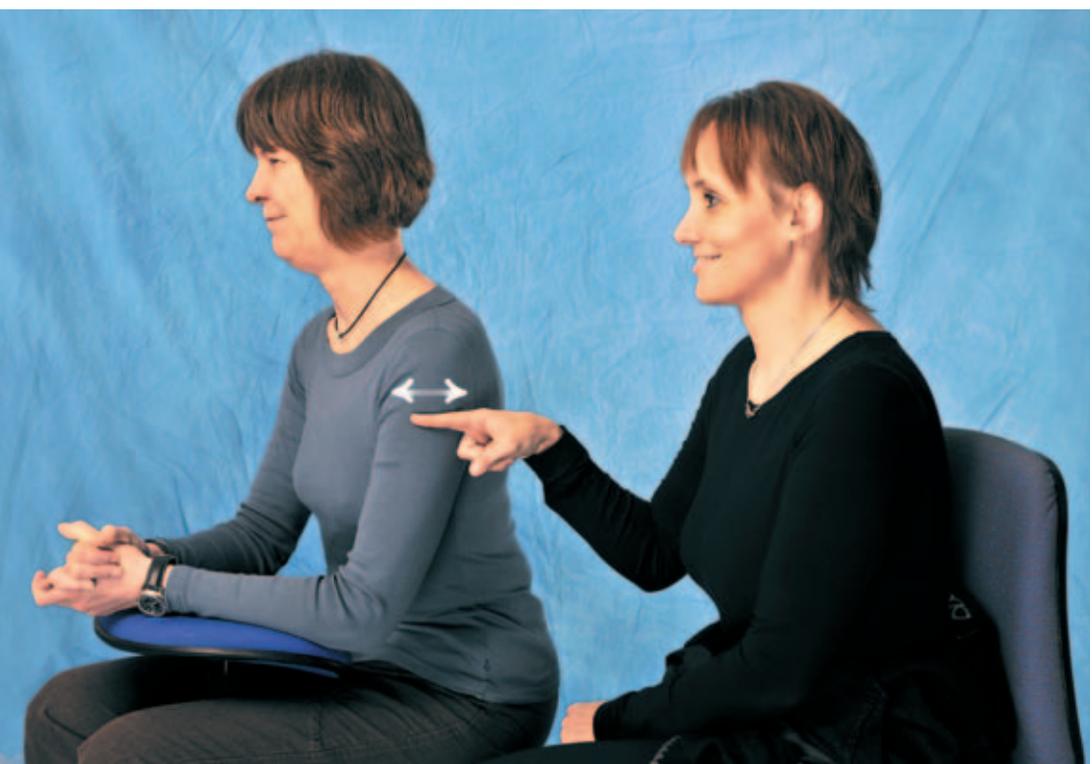


TYPING

– typing on a PC
Two-hand signal

Place both hands flat against the back, spreading the fingers a bit and fingertips pointing upwards.

Let the fingers 'type' against the back as if typing on a keyboard.



WAITING

Stretch the index finger, closing the rest of the fingers.

Place the index finger side against the upper arm and move it back and forth against the arm.

Signal = **MOMENT**

– wait a moment → page 72



WALKING

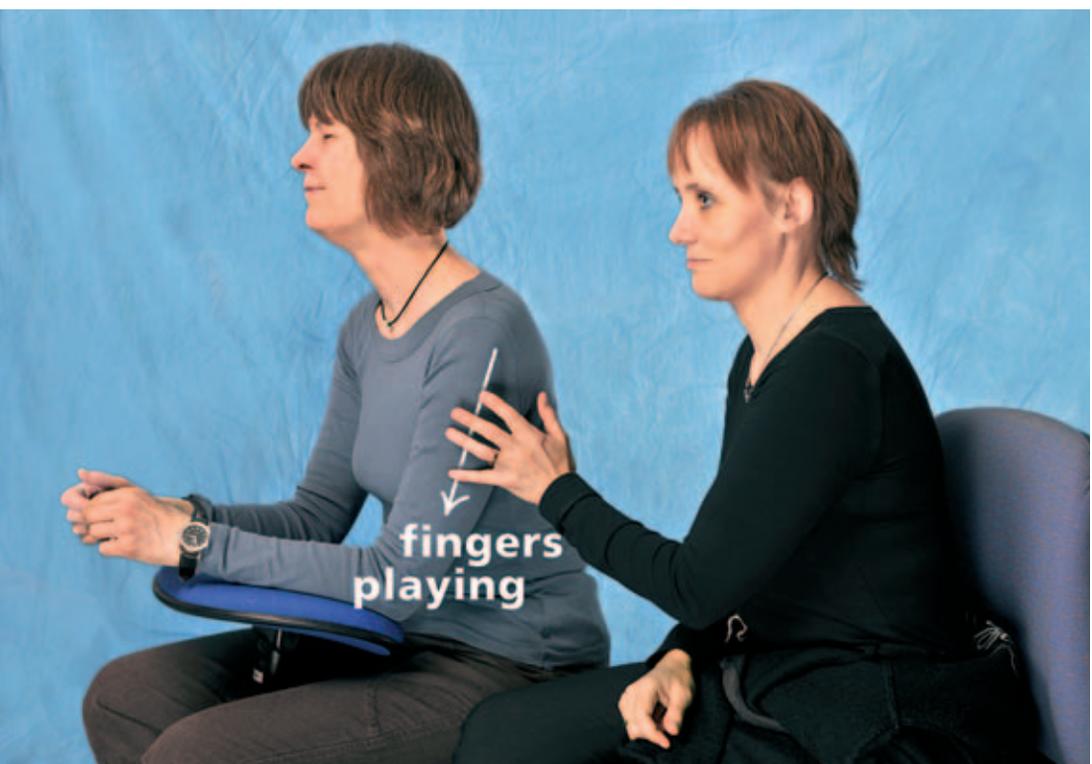
Stretch the index finger and the middle finger, closing the rest of the fingers.

The index and middle fingers 'walk' across the back.

Signal = **LEAVING** → page 65

Tip:

Profitably, the fingers can 'walk' across the back in the same direction as the person is moving according to the recipient's position.



WATER

Place a flat, outstretched hand against the upper arm, fingers pointing forward and the palm or the back of the hand against the upper arm.

Move the hand down while the fingers play against the upper arm by turns.



WHAT?

Place a hand palm up, bend the fingertips slightly, pointing them upwards.

Place the hand beneath the elbow and let all the fingers play against the forearm.



WHITE

Bend the fingers slightly and place the hand so that the thumb is pointing upwards.

Place the fingertips against the upper arm.

Make a light and short movement downwards with the fingertips against the upper arm.

Repeat the movement.



WRITING

Join the thumb and index fingers as if holding a pen, closing the rest of the fingers.

Make a waving movement along the back using the thumb and index fingers.



YAWNING

Join the fingertips and place them against the back.

Open and close the fingers against the back, separating and joining the fingertips.

See also:

→ **TIRED** page 113

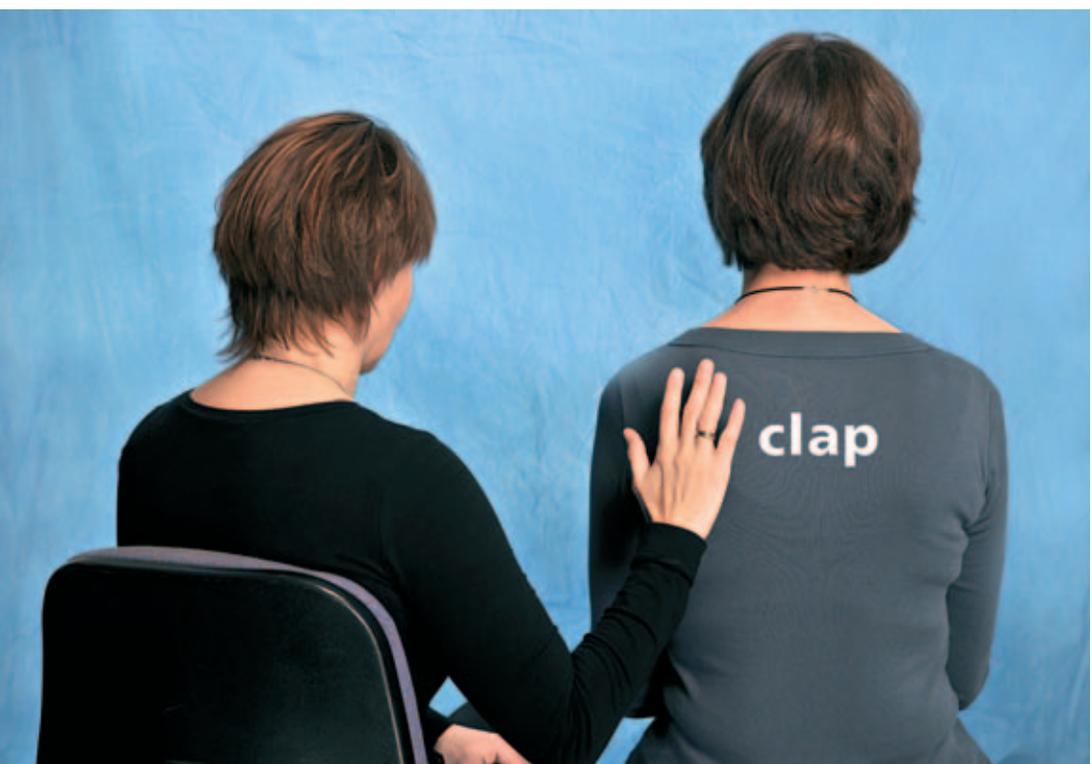


YELLOW

Bend thumb and index finger, closing the rest of the fingers.

Place the thumb and index finger hand side against the upper arm.

Tilt the hand forward and back again by bending the wrist.



YES

Clap gently on back, shoulder or forearm using a flat, outstretched hand.

Signal = **NODDING** → page 78

fiddb