



Feelings

If you're happy and you know it

HAPPY

As in: HAPPY / JOLLY / GLAD / GLADNESS

Working cupped hand strikes twice across supporting palm moving towards heel of hand.



Lyrics

If you're **happy** and you know it, clap your hands
If you're **happy** and you know it, clap your hands
If you're **happy** and you know it
Then your signs will surely show it
If you're **happy** and you know it, clap your hands.

ANGRY

As in: ANGRY / CROSS

Clawed hands (palms in, pointing forward) at waist height, move up and down alternately with emphasis.



If you're **angry** and you know it, stomp your feet
If you're **angry** and you know it, stomp your feet
If you're **angry** and you know it
Then your signs will surely show it
If you're **angry** and you know it, stomp your feet.

(Continued ...)

PROUD

As in: PROUD

Thumb hands (palms in, pointing forward) make alternate backward circles so that thumbs brush down against chest.



If you're **proud** and you know it, do a dance
If you're **proud** and you know it, do a dance
If you're **proud** and you know it
Then your signs will surely show it
If you're **proud** and you know it, do a dance.

WORRIED

As in: WORRY TO / TO MIND / WORRIED

Index hands (palms back, pointing up) at either side of forehead, make short alternate movements backwards and forwards.



If you're **worried** and you know it, tell a **friend**
If you're **worried** and you know it, tell a **friend**
If you're **worried** and you know it
Then your signs will surely show it
If you're **worried** and you know it, tell a **friend**.

FRIEND

As in: FRIEND

Working hand, (palm back, pointing in/down), clasps supporting hand (palm back, pointing in/down).



SAD

As in: SAD / MISERABLE / UNHAPPY

Index hands (palms back, pointing in/up) at sides of lips make a short downward movement.



If you're **sad** and you know it, have a **cry**

If you're **sad** and you know it, have a **cry**

If you're **sad** and you know it

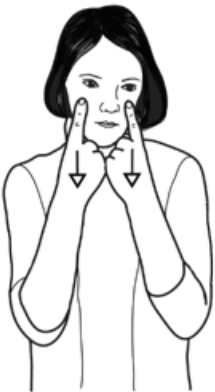
Then your signs will surely show it

If you're **sad** and you know it, have a **cry**

CRY

As in: CRY TO

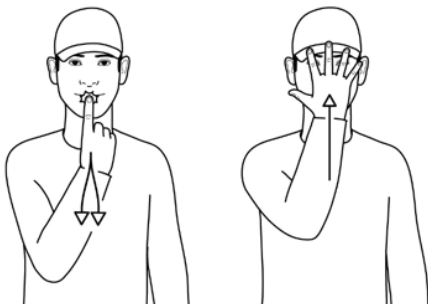
Index hands (palms back, pointing up) slowly trace tears down cheeks.



EMBARRASSED

As in: EMBARRASSED

Working index (palm back, pointing up) touches lower lip and moves down changing to open hand (palm back, pointing up); open hand moves up in front of face.



If you're **embarrassed** and you know it, hide your face

If you're **embarrassed** and you know it, hide your face

If you're **embarrassed** and you know it

Then your signs will surely show it

If you're **embarrassed** and you know it, hide your face

CALM

As in: CALM To be

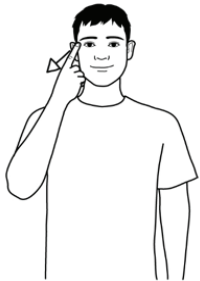
'O' hands (palms forward, pointing up)
are in front of body with 'O's touching;
hands move slowly down and apart.



MEDITATE

As in: MEDITATE

Working index hand points
to side of temple; then index
hand moves slowly forward.



JEALOUS

As in: JEALOUS

Working 'R' hand (palm in, pointing
up) taps against front of teeth.



FAIR

As in: FAIR / JUST

Flat hands (palms down pointing
forward) come together so that the
thumbs touch and then move out
sharply.



If you're **calm** and you know it, **meditate**

If you're **calm** and you know it, **meditate**

If you're **calm** and you know it

Then your signs will surely show it

If you're **calm** and you know it, **meditate**

If you're **jealous** and you know it, "it's not **fair**"

If you're **jealous** and you know it, it's not **fair**"

If you're **jealous** and you know it

Then your signs will surely show it

If you're **jealous** and you know it, "it's not **fair**".

DISGUST

As in: DISGUSTING

Working open hand (palm in/down, pointing up/in) above supporting open hand (palm down, pointing forward) the formation moves down, and out to supporting side. Use appropriate facial expression.



If you're **disgusted** and you know it, turn away
If you're **disgusted** and you know it, turn away
If you're **disgusted** and you know it
Then your signs will surely show it
If you're **disgusted** and you know it, turn away.

FRIGHTENED

As in: FRIGHTENED / FEAR / AFRAID / SCARED

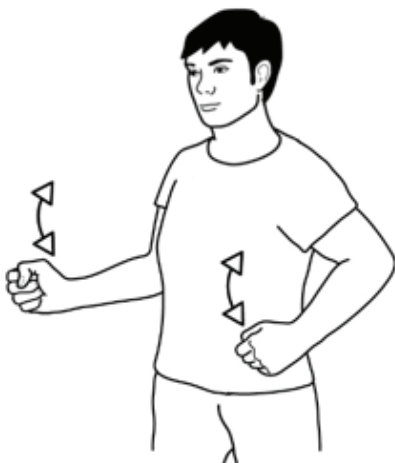
Working clawed hand (palm back, pointing in/up) quivers over heart. Shoulders hunch, body shrinks back.



RUN

As in: RUN TO

Fists (palms in, pointing forward), arms swing as though running.

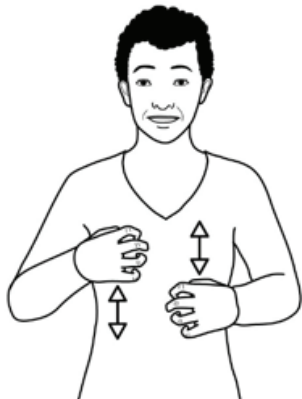


If you're **scared** and you know it, **run** away
If you're **scared** and you know it, **run** away
If you're **scared** and you know it
Then your signs will surely show it
If you're **scared** and you know it, **run** away.

EXCITED

As in: EXCITED

Clawed hands (palms back, pointing in) against upper chest, alternately move rapidly up and down while maintaining contact with chest.



If you're **excited** and you know it, shout “**hooray**”
If you're **excited** and you know it, shout “**hooray**”
If you're **excited** and you know it
Then your signs will surely show it
If you're **excited** and you know it, shout “**hooray**”.

HOORAY

As in: HOORAY

Fists (palms in, pointing up) held up at each side of head make rapid inward circles.



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Signs courtesy of Signalong



Feelings Memory Cards

Rules:

This game can be played in small groups.

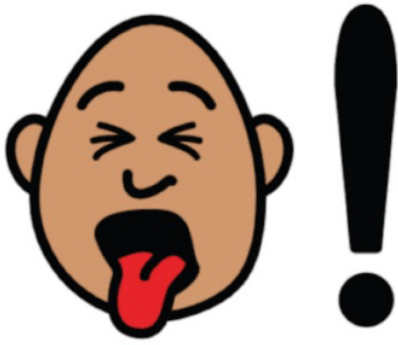
Set Up:

Shuffle the cards and place them face down.

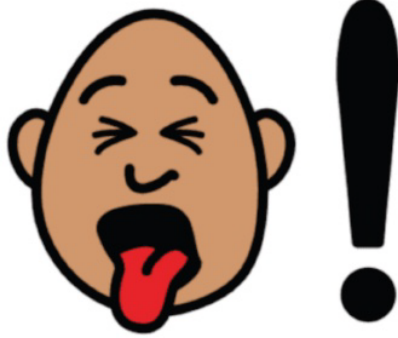
Gameplay:

1. First player turns over one card, does the sign for that card (e.g. happy) then turns over a second card to see if they are the same or different.
2. If the cards match, do the sign for “same”, if the cards do not match, do the sign for “different”.
3. If they are the same, the player keeps the pair and gets to have another turn, using the sign for “again”.
4. If the cards are different, the player turns the cards back over and the next player starts their turn.
5. The players continue taking turns and practicing the signs until all pairs are matched.

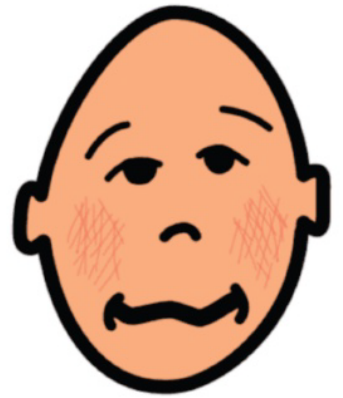
At the end, the player with the most pairs wins the game.



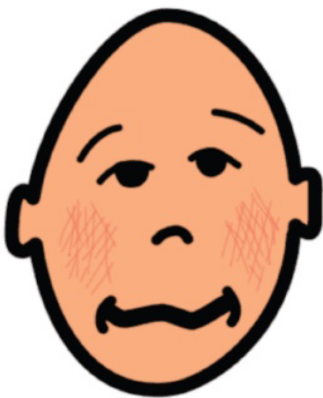
Disgust



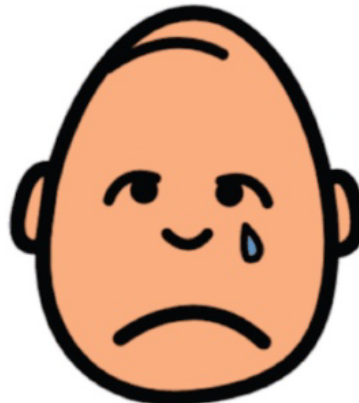
Disgust



Embarrassed



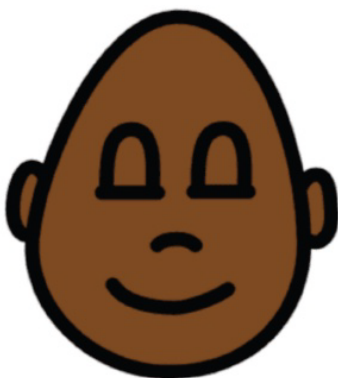
Embarrassed



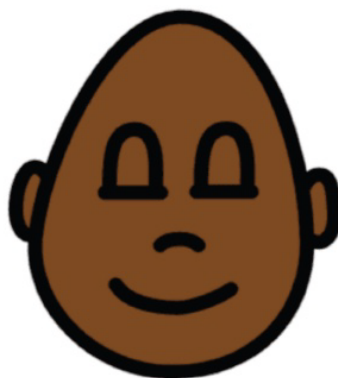
Sad



Sad



Calm



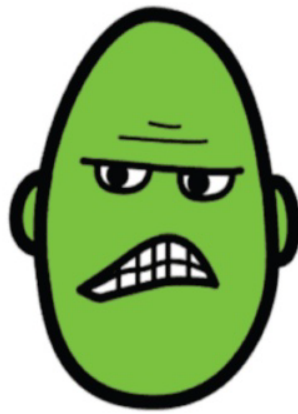
Calm



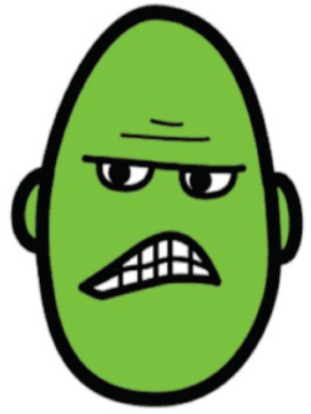
Excited



Excited



Jealous



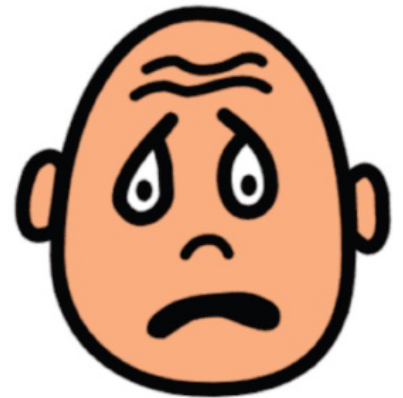
Jealous



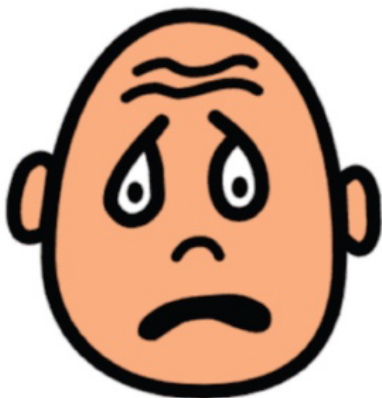
Scared



Scared



Worried



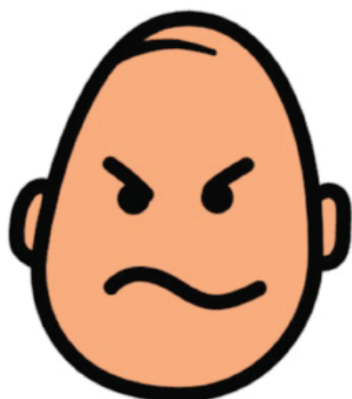
Worried



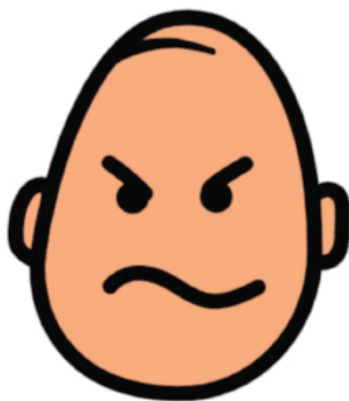
Proud



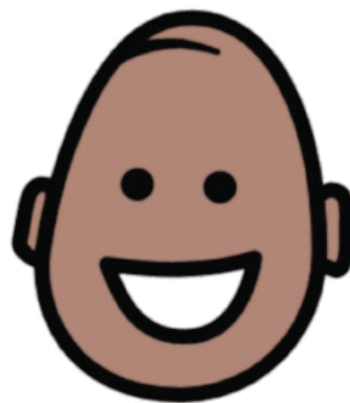
Proud



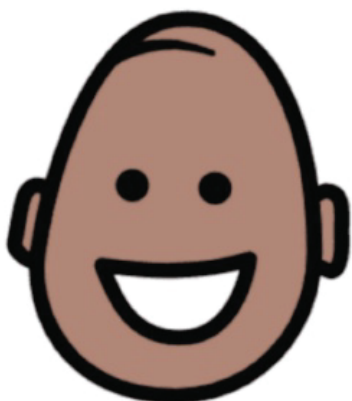
Angry



Angry



Happy



Happy



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