

Lesson 1: The Alphabet

Module 1 – Alphabet & Fingerspelling

Vowels

The five vowels are located on each finger of your non-dominant hand. With palm open and fingers apart, simply point with your dominant hand to the relevant finger which represents each vowel:



- **A** is the thumb



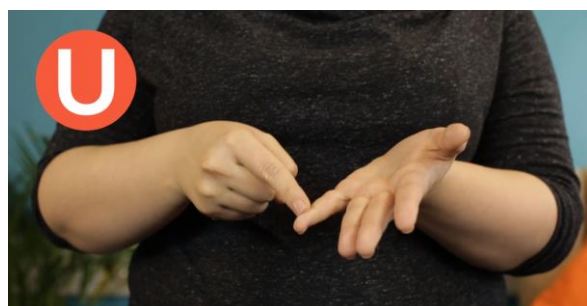
- **E** is the index finger



- **I** is the middle finger



- **O** is the ring finger



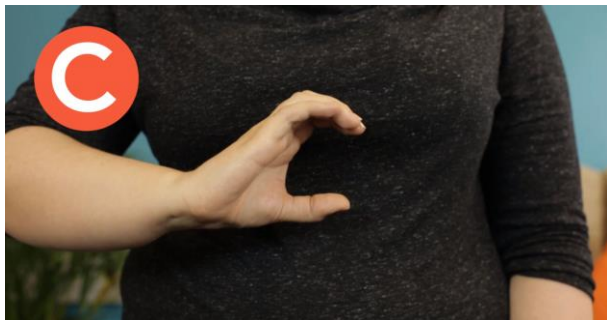
- **U** is the little finger

Consonants



How to make this sign: Use both hands. On both hands, all 4 fingers should meet with the thumb, creating slightly circular shapes, both thumbs should touch one another.

(Tip: This almost looks like 'bees' wings)



How to make this sign: Create the shape of the letter 'C' with your dominant hand.



How to make this sign: Create a 'C' shape with your dominant hand, and with your non-dominant create the flat edge, to make a capital 'D' shape.



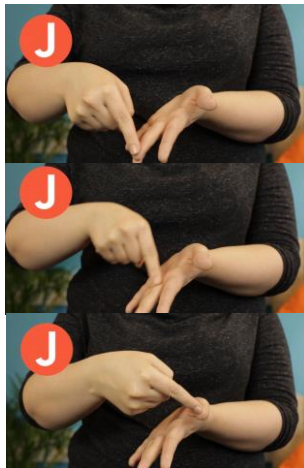
How to make this sign: Your index and middle fingers on both hands are extended and closed together. Place one on top of the other (both palms face down) creating a cross.



How to make this sign: Make two fists and put one on top of the other.



How to make this sign: Hold your non-dominant hand flat facing up, then take your dominant hand palm facing down and place it flat on the other hand at 90 degrees. Swipe from palm to fingertip.



How to make this sign: Hold your non-dominant hand flat, palm up, and relaxed. Use your index finger on your dominant hand to draw a 'J' shape starting from the tip of the middle finger taking it all the way and around to the tip of the thumb.



How to make this sign: This sign is slightly tricky, using only index fingers. Extend the index finger on your non-dominant hand out straight. On your dominant hand bend your finger slightly (this is the flick of the K!). You need to rotate your dominant hand in toward you so you can line it up with your other hand creating a 'K' shape.

For L, M, N, I want you to first look at how many corners/joints you see on each written letter.

- An **L** has 1
- **M** has 3
- **N** has 2

This will help when signing these letters. All of them have the non- dominant hand flat and palm up. You then place your dominant hand's fingers (closed) onto the flat palm.



How to make this sign: Place 1 finger (index) onto the palm.



How to make this sign: Place 3 fingers (index, middle and ring) onto the palm.



How to make this sign: Place 2 fingers (index and middle) onto the palm.



How to make this sign: With your thumb and index finger on your dominant hand, pinch the top on the index finger on the other hand creating a 'P' shape.



How to make this sign: On your non-dominant hand, create a circle with your thumb and index finger. Put your dominant index finger through the circle and hook on the edge (this should look a little like a capital 'Q').



How to make this sign: Hold your non-dominant hand flat and palm up and create an 'r' shape by curving your dominant index finger and placing it on the palm.



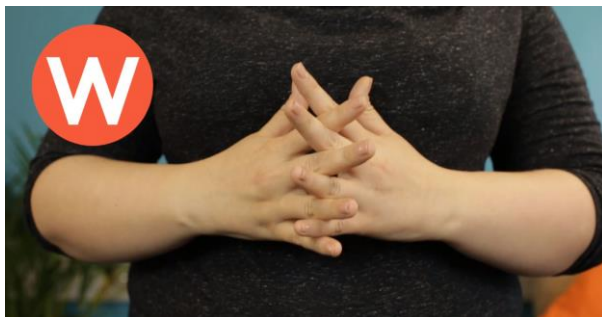
How to make this sign: With your non-dominant hand upward, extend your 2 little fingers and interlock them.



How to make this sign: Hold your non-dominant hand flat and palm up and use your dominant index finger to point to the side/edge of the hand and create a capital 'T' shape.



How to make this sign: Hold your non-dominant hand flat and palm up, create a 'V' shape with the index and middle fingers of your dominant hand and place it on the palm.



How to make this sign: Spread the fingers of both hands and cross them over (fingers intertwined).



How to make this sign: Both hands face down. Create an 'X' shape with only the index fingers of each hand.



How to make this sign: Hold your non-dominant hand out and flat. Your index finger and thumb should be open creating a 'V' shape, while the index finger (of your dominant hand) is placed below in the middle, at the point of the 'V', creating a capital 'Y' shape



How to make this sign: On both hands keep your fingers flat and thumbs together. The tips of your fingers on your dominant hand will meet on the palm of your non-dominant hand creating a 'T' shape.

(Tip: It almost creates a bookend shape. A bookend goes at the end of the shelf, just like the letter 'Z' goes at the end of the alphabet.)