

# What Do I Do With My Hands?

## Fill in the Blank

Year 1 | Semester 1 | Week 1

### Dominant vs. Non-Dominant Hand

- You have two hands: right and left.
- The one you write or throw with is your \_\_\_\_\_ hand.
- The other is your \_\_\_\_ - \_\_\_\_\_ hand.
- Be consistent: always use the same hand to lead your signs.
- Tip: Wearing a watch can help you track your dominant hand.

### Rest Position

- When not signing, keep your hands \_\_\_\_\_ at your sides or gently in front of your body.
- A calm rest position keeps your \_\_\_\_\_ clear.
- Avoid fidgeting or holding random shapes.

### Finger Names & Handshapes

- Index finger – the one you point with.
- Middle finger – the tallest one, often called the \_\_\_\_\_ in ASL.
- Ring finger – where a ring goes.
- Pinky – the smallest finger.
- Thumb – the one that sticks out.
- \_\_\_\_\_ describe how your hand looks:
  - Y hand – thumb and pinky out.
  - 5 hand – all five fingers spread.

### The Five Parameters of ASL

Every sign is made of five building blocks:

1. Handshape – what your hand looks like.
2. Palm Orientation – which way your palm faces.
3. Location – where the sign happens on the body.
4. Movement – how your hand moves.
5. \_\_\_\_\_ – \_\_\_\_\_ – what your face, head, and body do.

- Example: PLAY
  - Handshape: Y hands
  - Palm Orientation: facing each other
  - Location: in front of the chest
  - Movement: small outward flick
  - Facial Expression: \_\_\_\_\_
- Changing one parameter can change the entire \_\_\_\_\_ of a sign.
  - Example: MOM (chin) vs. DAD (forehead).