



Days of the Week & Seasons

**Instructor:
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Day



Rest your right elbow on the back of the left hand. Your right arm should point up. Move your right arm across your body, the hand tracing an arc while keeping the right elbow on or very near the back of the left hand.

Week



The basic sign for "week" is made by forming your dominant hand into an index-finger hand shape and moving your hand forward over the palm of your non-dominant hand.

Month



The sign for "month" is made by pointing upward with the index finger of your non-dominant hand. If you are right handed, the palm of the left hand should face right. The palm of the right hand should face back. Trace the right index finger from the top to the bottom of the left index finger.

Monday



Can be palm up or palm down

Tuesday



The sign for "*Tuesday*" circles a "T" hand shape in the air.

Wednesday



The sign for *Wednesday* circles a "W" hand shape in the air.

Thursday



The sign for "*Thursday*" circles an "H."

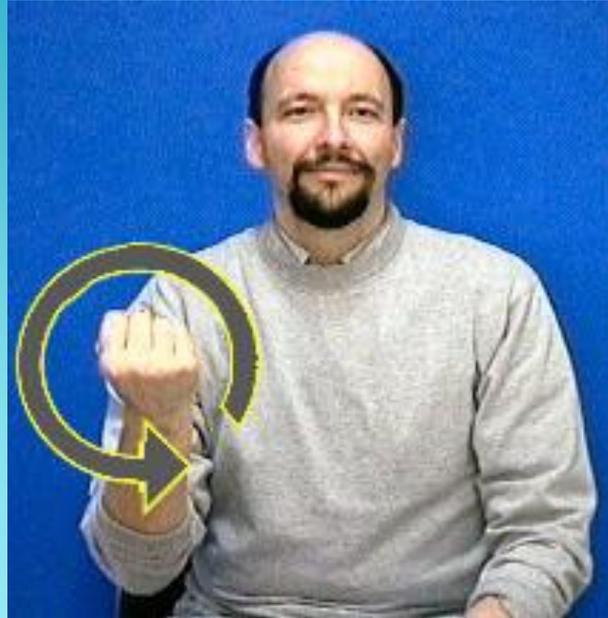
Friday



The sign for "*Friday*" circles an "F" hand in the air.

This sign can also be done with the palm facing outward.

Saturday



The sign for *Saturday* circles an "S."

Sunday



Hold your hands up about head high and then move your right hand in a clockwise circle and your left hand in a counterclockwise circle

Morning



The sign for "*morning*" uses a palm-up flat hand (or slightly bent hand) on the dominant hand to represent the sun rising up from beneath the horizon. The non-dominant arm plays the role of the horizon. The wrist of the dominant hand contacts the non-dominant hand's fingers.

Night



The sign for "night" is made by holding your non-dominant arm horizontally, palm down, pointing to the side. (If you are right handed that means your left arm would be pointing toward the right.) Put your dominant hand's wrist on the back of your non-dominant hand, fingertips pointing down.

Winter



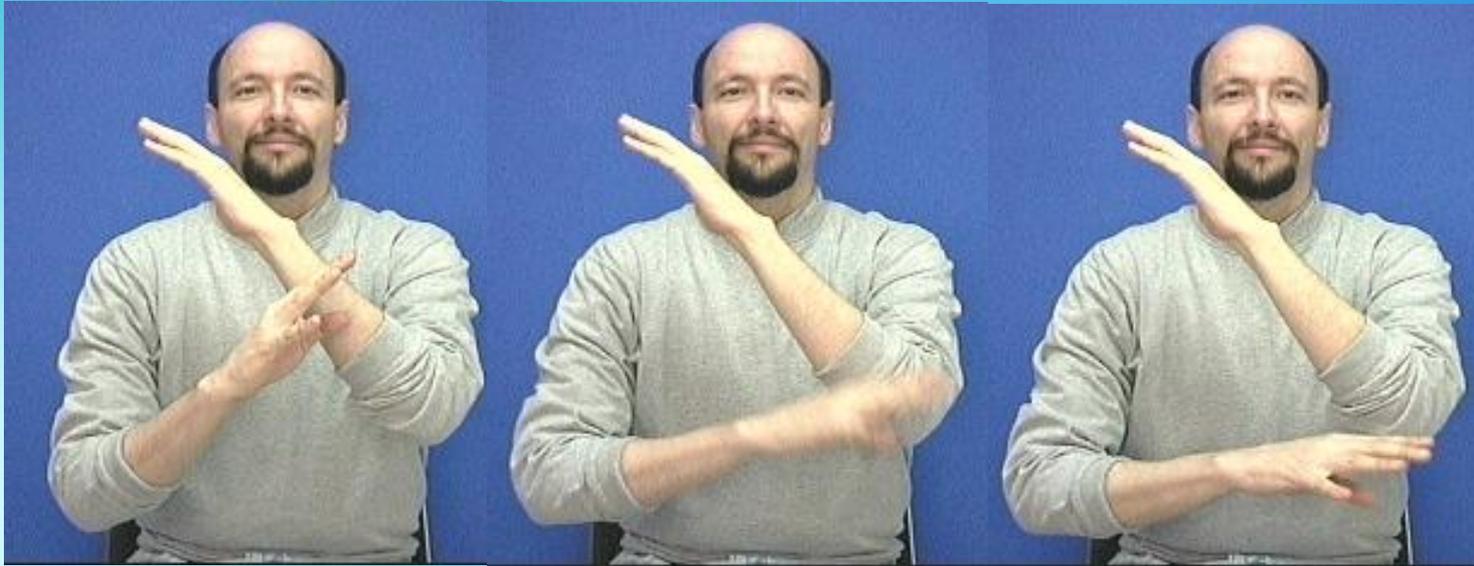
Use your arms to represent shivering.

Summer



The sign for "summer" changes from a "1" hand into an "x" hand as you pull the hand across your forehead. Think of "wiping the sweat from your brow."

Fall or Autumn



Your non-dominant hand represents the tree (not an upright tree, but more of a tired old leaning tree). Your right hand represents leaves "falling from the tree." Use a double motion. Remember do the movement with your dominant hand.

Spring



**If you use a double motion
it means "spring"**

