

look

The first two fingers form a "v," pointing at the eyes and then moving away toward what you're looking at.

看



finished

Finished ("all done")  
Both hands are held palms up and then flipped over in one swift motion.

完了



sorry

The fist moves in a circular motion on the chest.

对不起



help

The action hand is formed into a fist with thumb up and placed on top of a flat hand. Both rise together as if the flat hand is helping to lift the fist.

帮助



water

The index, middle and ring finger are extended to form a "w" hand. The "w" taps the chin twice.

水



juice

Sign "drink" by tipping the action hand to the mouth and then draw an imaginary "j" in the air with your little finger.

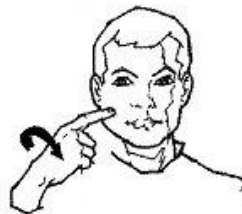
果汁

milk



The sideways-held fist is opened and closed several times, as if milking a cow.

牛奶



The tip of the index finger is twisted on the cheek.

糖



The action hand is held in a "claw" shape and twists around and back again against the opposite flat palm, as if cutting through dough.

饼干



Bed

Rest your head on your hand, as if it's a pillow. ( You can use this sign for sleep.)

床

Teaching and using these basic signs with our New Day children, staff, foster families, volunteers and adoptive families will give us the ability to effectively communicate with each other. Even babies can learn sign language! Thank you for helping to bridge the communication gap in this way.

**bathroom**



**Toilet/potty**  
Shake the fist with the thumb tucked between the first two fingers. This is the "T" handshape for toilet.

厕所

**more**



The thumbs and fingertips of each hand are held together, and the fingertips of both hands tap together several times. This represents gathering more things together.

还要

**eat / food**



The fingers and thumb, held together as if holding a small piece of food, tap the mouth several times.

吃

**thank you**



(and "you're welcome")  
The fingertips of the flat hand touch the lips and then move out and down toward the person being thanked, representing nice words coming from the mouth.

谢谢

**book**



Hold hands flat with palms together. Open hands like the covers of a book.

书

**share**



The little finger of the sidefacing action hand brushes back and forth along the index finger of the sidefacing base hand, which has its thumb extended. This represents dividing things up to be shared.

分享

**sick**



The middle fingers of the hands bend inward and touch the forehead and stomach at the same time. Make a face that says, "I feel sick!"

病了

**play**



The "Y" hands are shaken, pivoting at the wrists, representing the shaking of a tambourine.

玩

**drink**



The signer tips an imaginary glass to the open lips as if drinking.

喝

**please**



The open palm touches the chest and moves in a circular motion.

请

**yes**



The action "s" hand "nods" up and down, like a head nodding.

是的

**music**



The action hand, held on its side, moves rhythmically back and forth over the forearm, which is held in front of the chest.

音乐

**pain**



The two index fingers tap together several times at the location of the pain, representing throbbing nerve endings. The face should show a pained expression.

疼

**change**



The two fists are held together, facing opposite directions, with knuckles touching. Both hands pivot in opposite directions to change places.

交换