FREE RESOURCE

My First ASL Words

12 Everyday Signs for Home & School

A beginner activity pack for families, classrooms, and homeschool learning



FOR GROWN-UPS

Before You Begin

These 12 signs are useful every day at home and at school. Here is how to get started.

1. **Go slow.** Learn one or two signs at a time.
2. **Make it real.** Use each sign during a real routine.
3. **Say, show, respond.** Say the word, show the sign, and respond to the child's attempt.
4. **Connection first.** Focus on communication rather than perfect movement.
5. **A little each day.** Practice for a few minutes each day.
6. **Check locally.** ASL has regional and community variations. Use a trusted ASL dictionary or an ASL-fluent signer to confirm local usage.

A helpful reminder:
ASL is a complete language with its own grammar and culture. These beginner words are a starting point.

How to use this pack

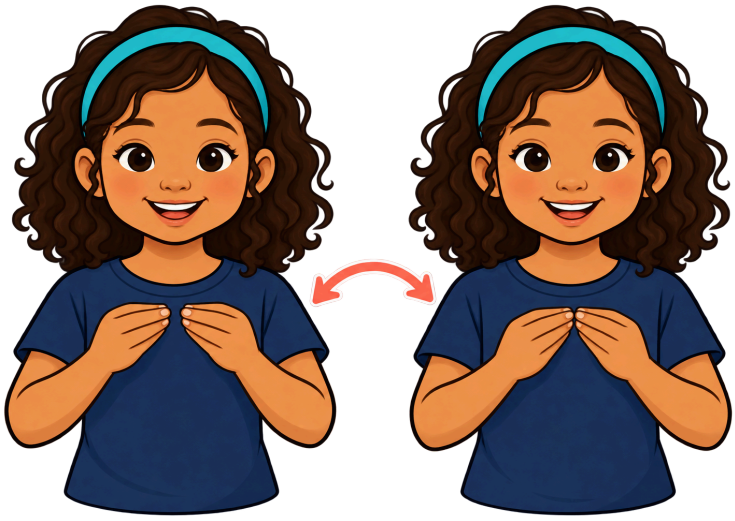
- **Pages 3–8:** Learn the signs together.
- **Pages 9–12:** Cut out the sign cards. Post them where you use each word.
- **Pages 13–15:** Practice with games and a 7-day challenge.
- **Page 16:** Answer key and notes.

This workbook does not replace learning from a Deaf or ASL-fluent teacher.

LEARN THE SIGNS · 1 OF 6

Learn the Signs

Look at the picture. Read the steps. Try it together!



MORE

HOW TO SIGN

Bring both fingertips together. Tap them together again.

TRY IT

Use MORE during snacks, play, or a favorite activity.



HELP

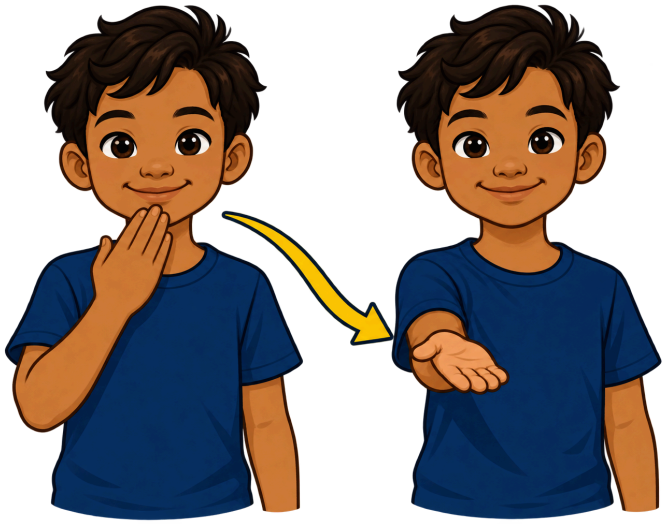
HOW TO SIGN

Place a thumbs-up hand on an open palm. Lift both hands together.

TRY IT

Use HELP when a task feels hard.

Learn the Signs



THANK YOU

HOW TO SIGN

Touch a flat hand near your chin. Move it forward.

TRY IT

Use THANK YOU after someone gives or helps.



PLEASE

HOW TO SIGN

Place a flat hand on your chest. Move it in a small circle.

TRY IT

Use PLEASE when making a kind request.

Learn the Signs



FINISHED / ALL DONE

HOW TO SIGN

Hold both hands up.
Turn the palms outward.

TRY IT

Use ALL DONE when a meal, activity, or turn is finished.



STOP

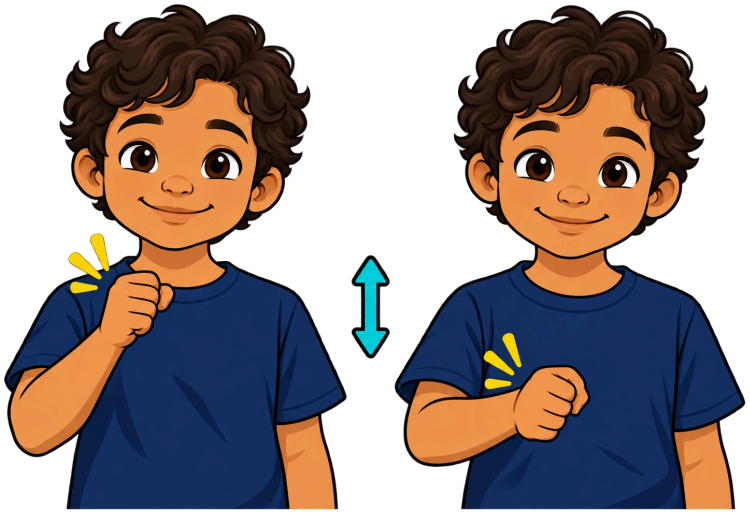
HOW TO SIGN

Bring the edge of one flat hand down onto the other palm.

TRY IT

Use STOP to communicate a clear boundary.

Learn the Signs



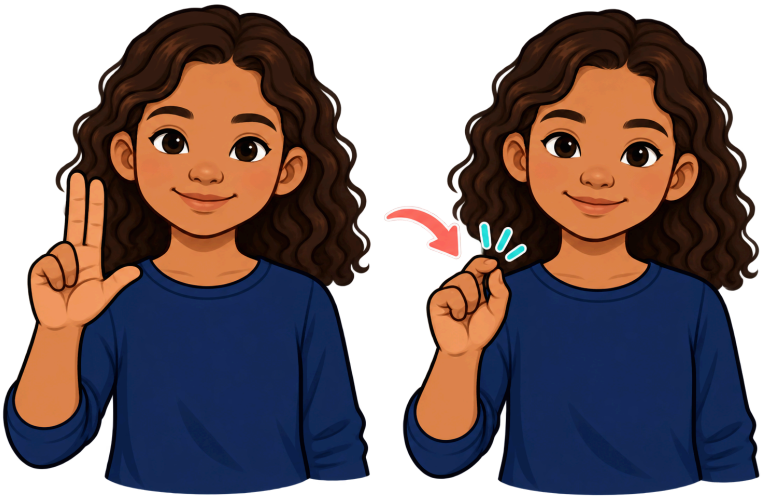
YES

HOW TO SIGN

Make a fist and nod it up and down.

TRY IT

Use YES to answer a question or make a choice.



NO

HOW TO SIGN

Tap the index and middle fingers to the thumb.

TRY IT

Use NO to answer or refuse.

Learn the Signs



EAT

HOW TO SIGN

Bring gathered fingertips to the mouth.

TRY IT

Use EAT at meals or when asking for food.



DRINK

HOW TO SIGN

Make a C-shaped hand and tip it toward the mouth.

TRY IT

Use DRINK when asking for water or another drink.

Learn the Signs



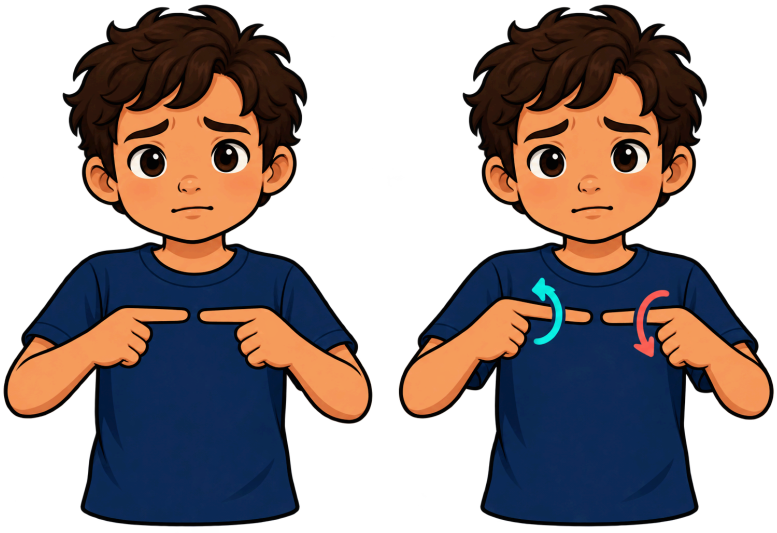
BATHROOM / TOILET

HOW TO SIGN

Make the letter T handshape and shake it gently side to side.

TRY IT

Use BATHROOM to ask to go.



HURT

HOW TO SIGN

Point both index fingers toward each other and twist them in opposite directions.

TRY IT

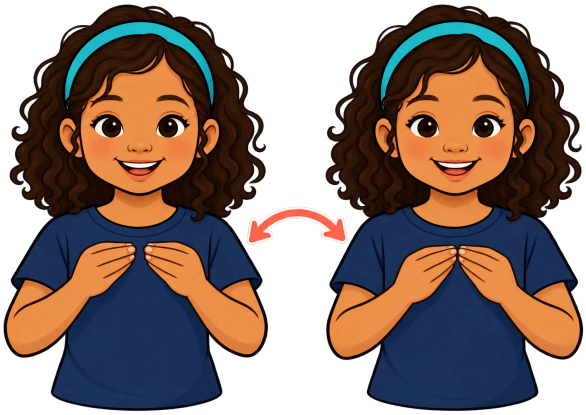
Point to the body area after signing HURT.

PRINTABLE SIGN CARDS · 1 OF 4

Printable Sign Cards

Cut along the dotted lines. Post each card where you use the word.

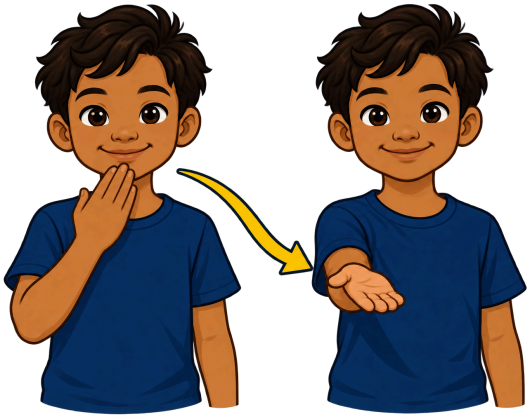
MORE



HELP



THANK YOU



PRINTABLE SIGN CARDS · 2 OF 4

Printable Sign Cards

Cut along the dotted lines. Post each card where you use the word.

PLEASE



FINISHED / ALL DONE



STOP

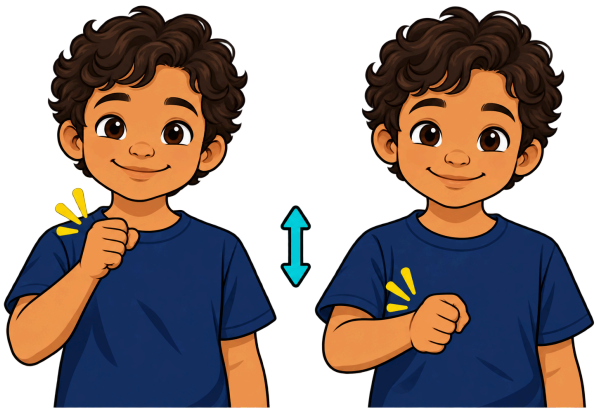


PRINTABLE SIGN CARDS · 3 OF 4

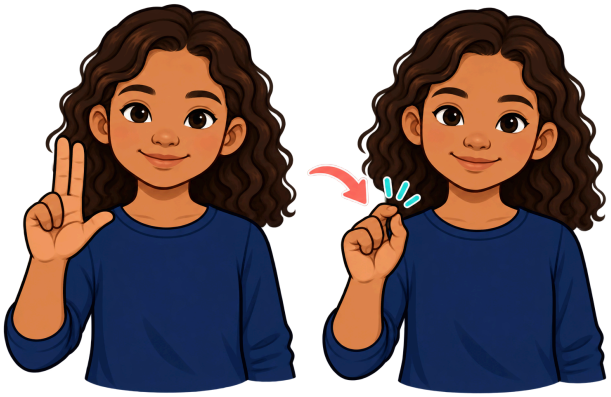
Printable Sign Cards

Cut along the dotted lines. Post each card where you use the word.

YES



NO



EAT



Printable Sign Cards

Cut along the dotted lines. Post each card where you use the word.



DRINK



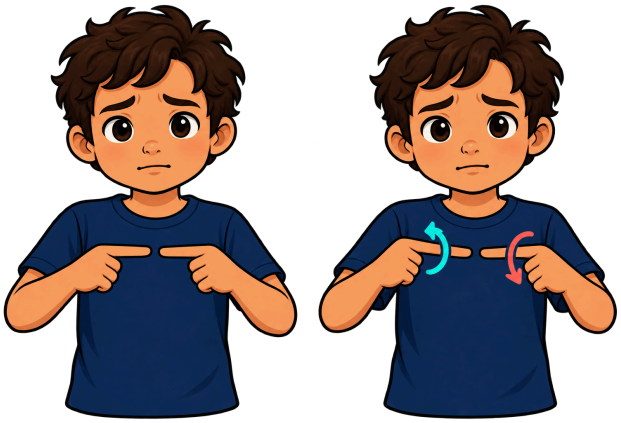


BATHROOM / TOILET





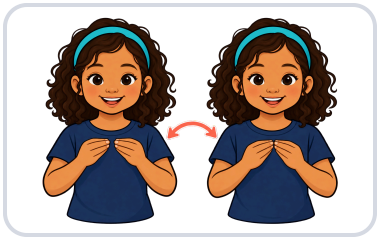
HURT



ACTIVITY

Match the Sign to the Word

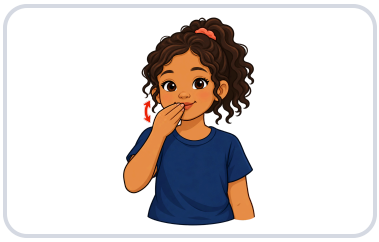
Draw a line from each sign to the word it means.

1 

2 

3 

4 

5 

6 

- A EAT
- B STOP
- C MORE
- D DRINK
- E HELP
- F PLEASE

ACTIVITY

What Would You Sign?

Read each one. Show the sign. Then write or draw your answer.

1



You want another cracker.

I would sign: _____

2



Your toy is hard to open.

I would sign: _____

3



You are done eating.

I would sign: _____

4



You need a sip of water.

I would sign: _____

5



Something on your arm hurts.

I would sign: _____

6



You need to use the restroom.

I would sign: _____

PRACTICE

My 7-Day ASL Challenge

Practice one sign each day. Fill in a row when you do.

Day	Sign I practiced	Where I used it	I remembered it independently
Day 1			☐
Day 2			☐
Day 3			☐
Day 4			☐
Day 5			☐
Day 6			☐
Day 7			☐

BONUS CHALLENGE

Teach one sign to someone else.

Who did you teach? _____

FOR GROWN-UPS

Answer Key and Notes

Match It (page 13)

1 – C MORE

2 – E HELP

3 – F PLEASE

4 – B STOP

5 – A EAT

6 – D DRINK

What Would You Sign? (page 14)

1. You want another cracker. → **MORE**

2. Your toy is hard to open. → **HELP**

3. You are done eating. → **FINISHED / ALL DONE**

4. You need a sip of water. → **DRINK**

5. Something on your arm hurts. → **HURT**

6. You need to use the restroom. → **BATHROOM / TOILET**

A note about signs

Signs may have regional or community variations. Before sharing this resource widely, review the sign images and movement descriptions with a Deaf ASL educator or another qualified ASL-fluent reviewer.

Credits

Approach Education

Making education approachable, no matter the learner.

Image credits and sources:

Free resource. You may print copies for home, classroom, and homeschool use.