I am Deaf

LET'S TALK

25 Signs to Learn with Your Family

deaf.org.nz

Deaf AOTEAROA TĀNGATA TURI

HELLO,

I'm Meghan

I'm 10 years old and I have a very busy life!
As well as attending the Deaf Unit and mainstream classes at my local school, I play softball and go to Cubs.
My parents are Deaf too, so at our house we use New Zealand Sign Language.

Deaf Aotearoa

Deaf Aotearoa is the Disabled Persons' Organisation (DPO) representing the voice of Deaf People, and the national service provider for Deaf people in New Zealand.

Deaf Aotearoa's services include:

- First Signs – access to NZSL and language development for families of deaf children age 0 – 5
- Youth – activities that develop strong Deaf identities and leadership skills, and providing a youth internship programme
- Employment – a transition programme and job seeking support, and supports Deaf people to retain their employment or upskill
- Hauora – needs assessments, assistive equipment, and information and advice
- iSign – NZSL interpreting services that assist communication between Deaf and hearing people.

Deaf Aotearoa works closely with Deaf communities, government agencies and other organisations to increase awareness, promote NZSL and strengthen the rights of Deaf people.

Deaf Aotearoa is the New Zealand representative to the World Federation of the Deaf.

Deaf Aotearoa also provides education and awareness courses to organisations that want to learn about Deaf culture and NZSL. These courses can be tailored to accommodate organisations' interests and time requirements.

Deaf Awareness courses

Get an insight into the Deaf world, explore NZSL, Deaf culture and the community through these interactive courses. They're ideal for breaking down communication barriers for businesses, groups and organisations.

NZSL Courses

NZSL courses are tailored to your environment. Courses can teach basic principles of NZSL including NZSL grammar and common words and phrases. Courses can also be designed to teach words and phrases specific to your environment. NZSL courses can be provided in a setting that suits you, for example, First Signs family's home, Kindergartens or Early Childhood Education centres.

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AOTEAROA
TĀNGATA TURI

For more information visit deaf.org.nz

NEW ZEALAND

SIGN LANGUAGE WEEK

TE WIKI O TE REO TURI

Every May, Deaf Aotearoa organises New Zealand Sign Language Week – a celebration of one of the country's official languages.

NZSL Week is a chance for the Deaf community to stand proud as Deaf, and to celebrate their language and culture. It also works to break down barriers, fears and misconceptions. NZSL Week lets Deaf New Zealanders put their hands up and be seen!

Our vision for NZSL Week is to increase awareness and understanding of NZSL and the Deaf community, and to empower and strengthen the Deaf community.

For more information visit nzslweek.org.nz

SIGN LANGUAGE WEEK
8-14 MAY
NZSL Week Events
Welcome to New Zealand Sign Language Week!
Taster Class Registrations Now Open!
FREE NZSL Taster Classes

HOW TO COMMUNICATE **WITH A DEAF PERSON**

A conversation with a Deaf person is the same as a conversation with a hearing person – Deaf people just use different communication tools.
Like hearing people, Deaf people are unique individuals with interesting qualities and skills. They have families, jobs and hobbies.

You can communicate with Deaf people in several ways, including New Zealand Sign Language, spoken/written English or a mix of these.

Appropriate use of gesture, body language and facial expressions can also be very effective, as Deaf people communicate visually.

Not all Deaf people can lip read well. It's estimated 70% of lip reading is guesswork, even if the speaker articulates clearly. That's why relying solely on lip reading as a way to communicate isn't recommended.

Face the Deaf person and get their attention before speaking. Eye contact is very important so try to maintain it and don't turn away while the Deaf person is signing.

Using a New Zealand Sign Language Interpreter is the best way to ensure full communication occurs. Booking an interpreter is easy and quick and will avoid communication breakdowns.

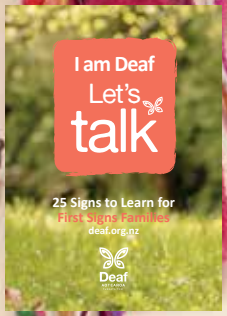
To book an interpreter, contact iSign:
www.isign.co.nz
0800 934 683 or Free TXT: 3359
bookings@isign.co.nz

A FEW TIPS FOR **SIGN LANGUAGE**

Facial expressions
Facial expressions are an important aspect of NZSL. In spoken languages, intonations are used to indicate what kind of sentence it is – a question or statement. NZSL shows intonation using facial expressions. Having a plain facial expression is like speaking with a monotonous voice. It's boring!

Hand position
Hand positioning is very important. It's helpful to see the signs in action – you can look up videos for these signs in the NZSL Dictionary online at nzsl.nz or download the app from Google Play and the Apple App store.

Which hand to use?
Use your dominant hand – the hand you write with – to execute all of the signs. For some signs you'll need to use both hands.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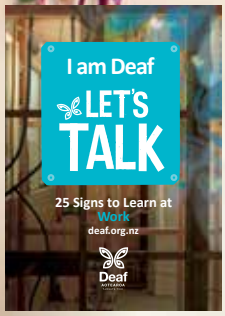
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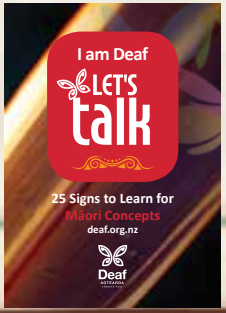
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25 SIGNS TO LEARN WITH YOUR FAMILY

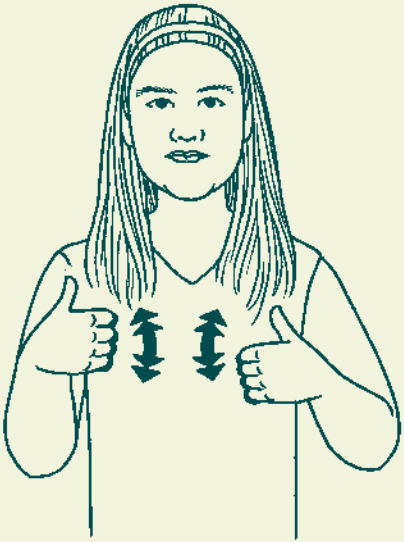
This is one of a series of booklets designed to introduce you to NZSL. It gives you a practical opportunity to quickly learn some basic vocabulary relevant to your environment.

Learn these signs and use them as often as you can. Tell your friends about them and share the wonderful gift of NZSL. Then you'll understand why 25,000 New Zealanders use it every day!

ALSO AVAILABLE:

25 Signs to Learn for First Signs Families
25 Signs to Learn for Medical Situations
25 Signs to Learn at Work
25 Signs to Learn for the Weekend
25 Signs to Learn for Māori Concepts

bath

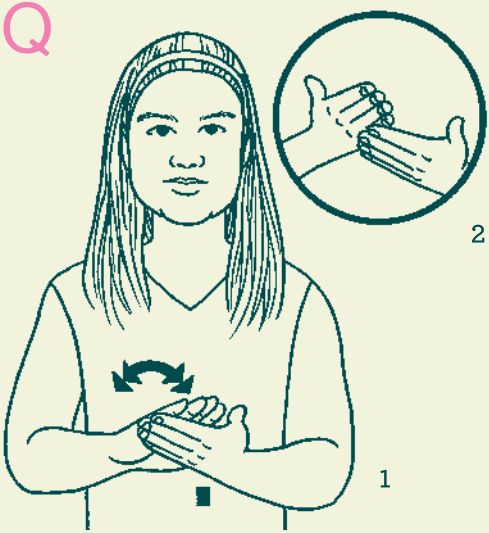


INSTRUCTIONS

Both fists are held up to the sides of the chest, palms facing the signer, blades down, and are rubbed, alternately, up and down on the chest, twice.

BBQ

BBQ

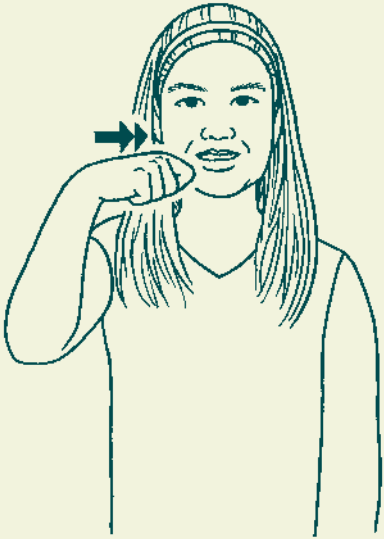


INSTRUCTIONS

The flat left hand is held in front of the chest, palm up, blade facing the signer. The flat right hand is held above the left hand. palm down/left, blade down/right and contacting the left palm.
Pivoting on the blade, the right hand is turned at the wrist to palm up/left then back again to palm down/left, twice.

▮ Hold/keep indicated hand in position.

brush teeth



INSTRUCTIONS

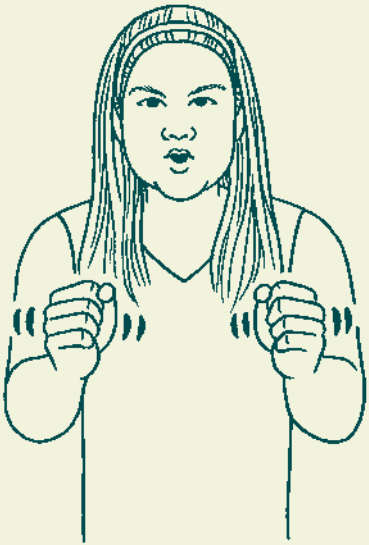
The right fist is held up by the mouth and moves across the mouth back and forth a few times.

children

INSTRUCTIONS

The flat right hand is held out at waist level, palm down with the fingertips pointing forward, and is moved vertically down a little way - once for **child**, twice or more with the hand moving to the right for **children**.

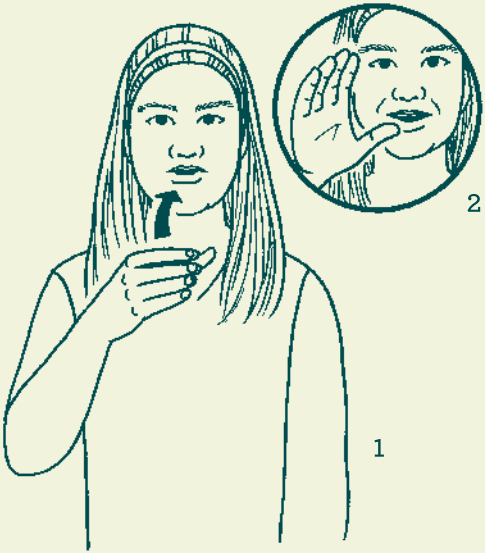
cold



INSTRUCTIONS

Both fists are held out in front of the chest, palms facing each other, blades down, and are briskly shaken in and out a little way, twice.

drink

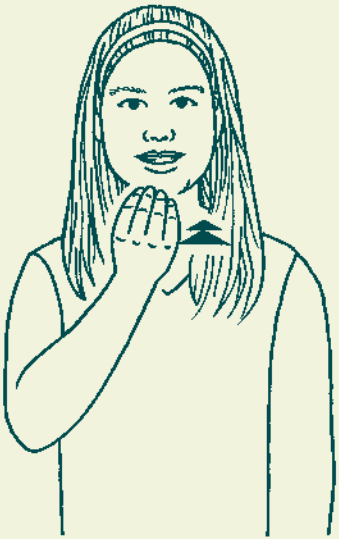


INSTRUCTIONS

The right hand is held up in front of the chest, palm left, blade down, the fingers curving towards the thumb in a C-shape. The hand is raised, and tilted from the wrist towards the mouth, turning to palm left, blade forward.

Olive
ANCHO

eat/food



INSTRUCTIONS

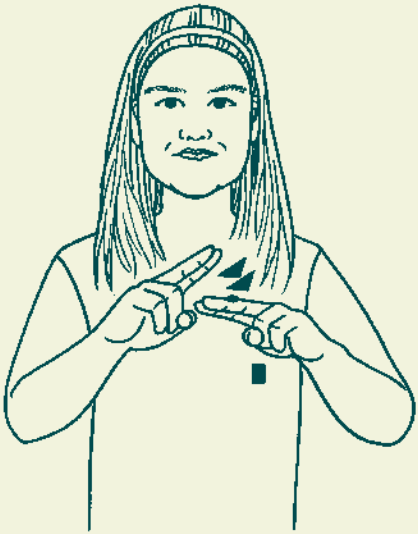
The right hand is held up a little way from the face, palm facing the signer, blade left, fingers curved and fingertips bunched on the thumbtip. The bunched fingertips move towards the mouth, twice.

family/whānau

INSTRUCTIONS

The flat right hand is held out, palm down, with the fingers spread and pointing forward, and is moved in small horizontal anticlockwise circles, twice.

father



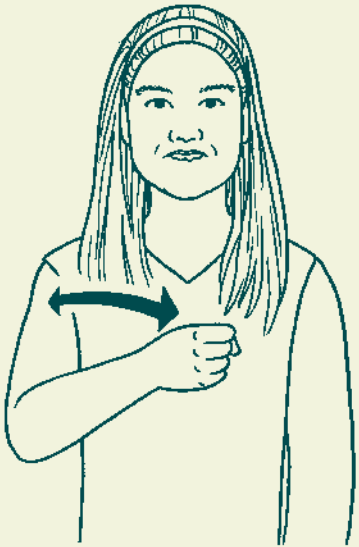
INSTRUCTIONS

Fingerspell F (manual alphabet), twice.

▮ Hold/keep indicated hand in position.

111

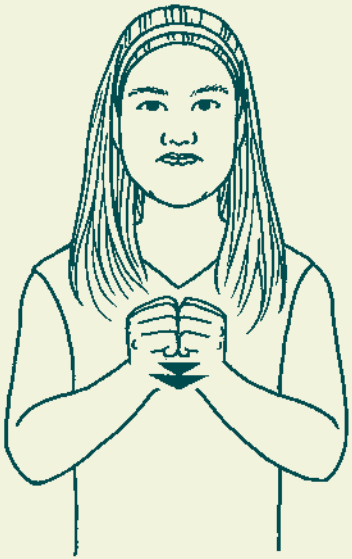
fridge



INSTRUCTIONS

The right fist is held up at chest level and moves back and to the right in an arc (imagine opening a fridge).

friend



INSTRUCTIONS

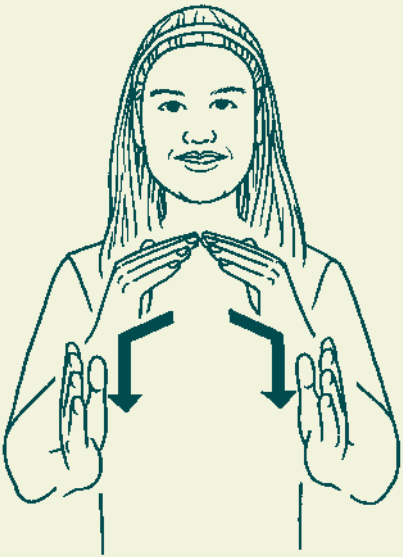
Both fists are held up in front of the chest, palms facing each other, blades forward making contact at the knuckles. The formation is moved a little forward/down, several times.

garden

INSTRUCTIONS

Both hands are held out, palms facing each other, with the blades down. The thumbs and forefingers meet to form an ‘O’ shape, with the other fingers apart. The hands move towards each other then back, in circles.

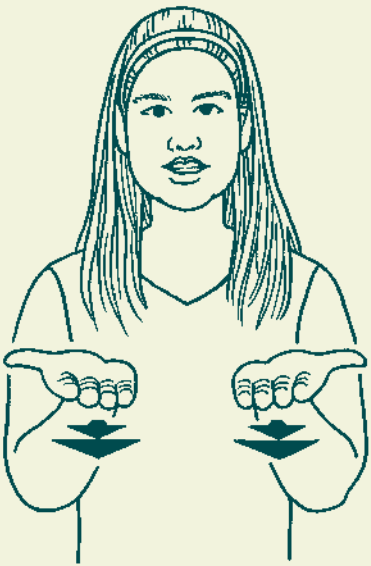
house



INSTRUCTIONS

Both flat hands are held out, palms forward and tips of the fingers meeting. The hands move apart/down towards the sides then the hands become flat, blades forward and are moved down.

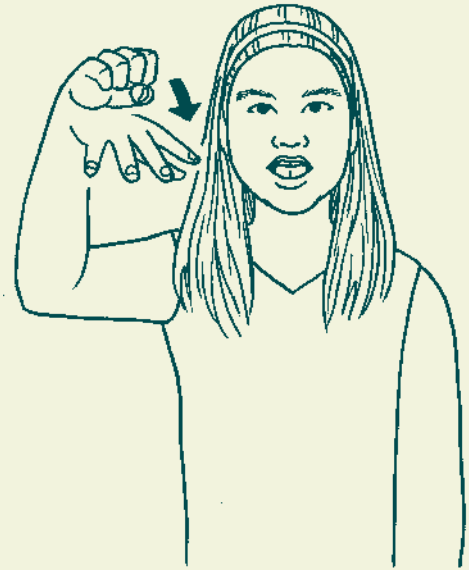
kitchen/cook



INSTRUCTIONS

Both flat hands are held out a little way apart, palms up and fingertips are moved a little way forward, twice.

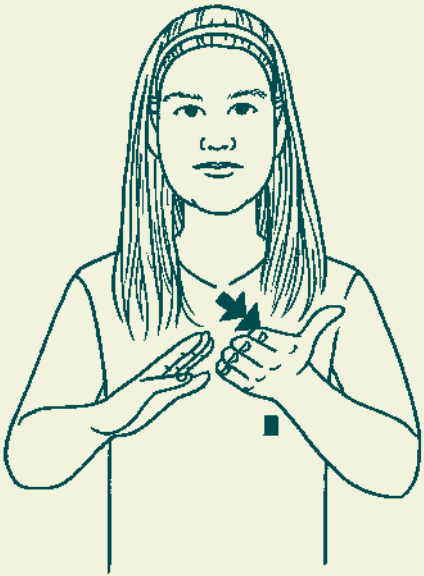
lights



INSTRUCTIONS

The right hand is held up to the right of the head, palm back/left, blade forward, with the fingertips bunched under the thumb, and is moved down/left towards the head, opening to full spread.

mother



INSTRUCTIONS

Fingerspell M (manual alphabet), twice.

▮ Hold/keep indicated hand in position.

pet

INSTRUCTIONS

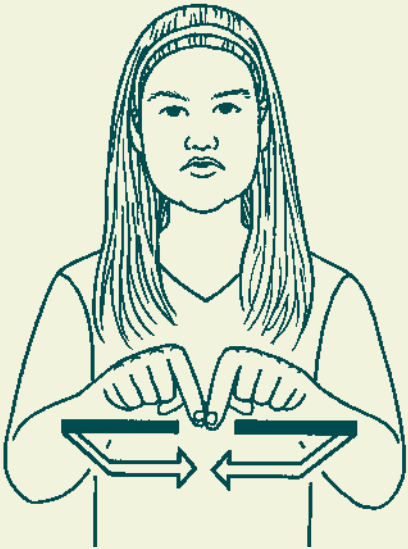
Flat left hand is held out, palm down, fingertips pointing forward. The flat right hand is held above the left hand, palm down, blade forward/right. Right fingertips stroke the back of the left hand from the fingers towards the wrist, twice.

play

INSTRUCTIONS

Both hands are held out from bent elbows at the sides, palms up, blades in, fingers apart and slightly curved, and moved in vertical circles (the right clockwise and the left anticlockwise) at the same time.

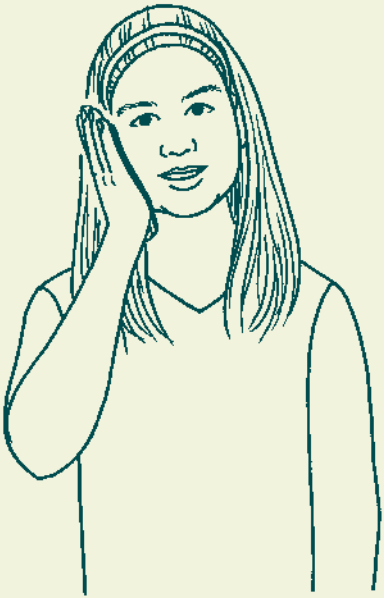
room



INSTRUCTIONS

Both fists are held out, flexed down from the wrists, palms down/back/in, blades down/forward/out, forefingers extended and meeting at the tips. The forefingers move horizontally apart, then towards the signer, then together, the tips meeting.

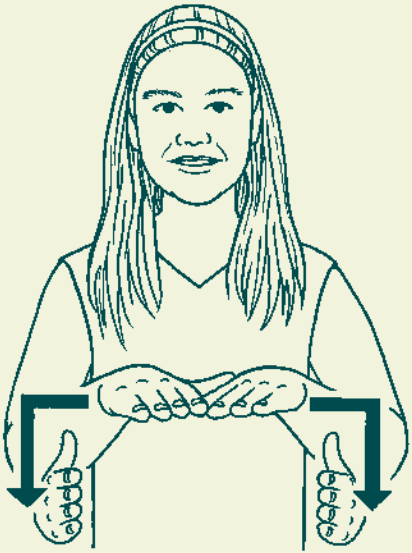
sleep/bed



INSTRUCTIONS

The flat right hand is held up, with the palm pressed against the right cheek.

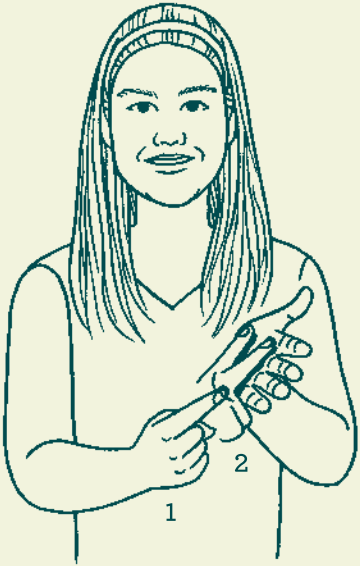
table



INSTRUCTIONS

Both flat hands are held in front of the chest, palms down, fingers pointing forward. The sides of the index fingers contact, and are moved apart horizontally. Then they are turned at the wrists to palms in and moved vertically down a little.

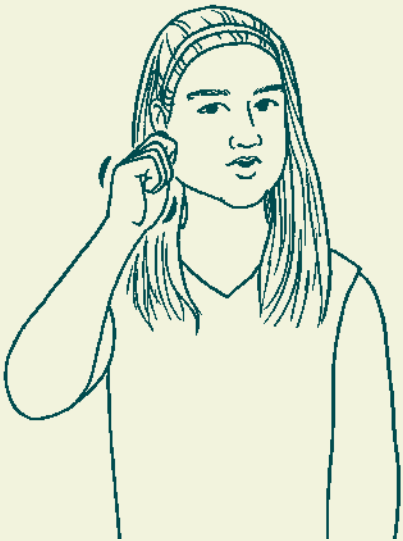
television



INSTRUCTIONS

Fingerspell T and V (manual alphabet)

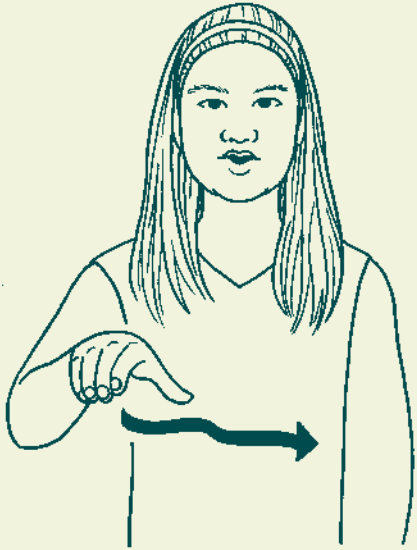
toilet



INSTRUCTIONS

The right fist is raised to the right ear, palm forward/left, blade forward/ right.
The side of the forefinger and tip of the thumb take hold of the ear lobe, and tug it a little, several times.

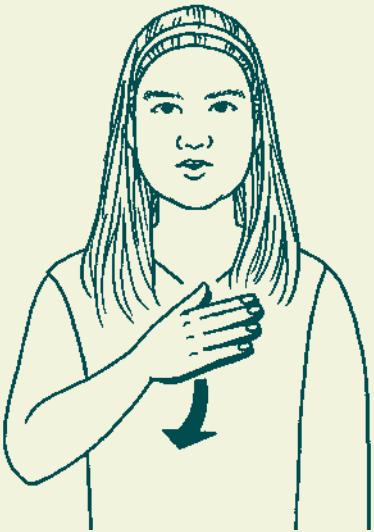
toys



INSTRUCTIONS

The right hand is held out, palm down, blade right, the forefinger and thumb curved to form a C-shape, then moved forward, turning at the wrist side to side.

want



INSTRUCTIONS

Flat hand on upper chest, fingertips pointing left. Slide hand down the chest, angling hand outwards slightly at the end.

THANKS!

Deaf Aotearoa would like to thank all those that play a part in promoting New Zealand Sign Language Week each year Particular thanks to Meghan and her family.

New Zealand Government

DONATE NOW Raisely

https://www.supportdeafaotearoa.org.nz/

For more information visit deaf.org.nz

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