Feelings

**DISCOURAGED, DISAPPOINTED**
Bring the bent middle fingers of both "$5" hands downward from the upper chest to near the waist.
*Hint: Feelings that are pulling the mood down.*

**DEPRESSED, DEPRESSION**
Bring the thumbs of both "$5" hands downward from the upper chest to near the waist.
*Hint: Feelings that are suppressed and down.*

**SAD, SORROWFUL, SORROW**
Bring both loose "$5" hands downward from the sides of the face, palms facing in and fingers pointing up.

**CROSS, GROUCHY, ANGRY, MAD**
With the palm of the loose "$5" hand in front of the face, bend the fingers down into a "claw" hand.
*Hint: Shows bringing the facial features into an angry shape.*

**ANGER, ANGRY, MAD**
Beginning with the fingers of both "claw" hands near each other on the lower chest, fingers pointing toward each other, bring the hands upward simultaneously, ending with hands in front of each shoulder.
*Hint: Shows angry feelings rising up in the body.*

**BOILING MAD, BURNING MAD, FUME**
*Move the right "$5" hand, palm facing up, in a circular movement while wiggling the fingers under the palm of open left hand held across the chest, palm facing down.*
*Hint: Deep penetrating feeling smoldering in the body.*
HAPPY, GLAD, JOY
Brush the palm of the right open hand upward with a repeated movement on the chest.
Hint: The upward movement shows an "up" mood.

ENTHUSIASTIC, EAGER, ANXIOUS
Rub both open palms together with a repeated alternating forward and back movement in front of the body, fingers pointing forward.
Hint: A natural gesture of rubbing the hands together in enthusiasm.

TIRED
Keeping the fingers of both bent hands on the chest, drop the hands, ending with the little fingers resting on the chest.
Hint: The energy seems to drop.

SATISFY, SATISFACTION, CONTENT, CONTENTMENT
With the right hand higher than the left hand, palms facing down and fingers pointing in opposite directions, lap the index-finger side of both "b" hands simultaneously against the chest.
Hint: Shows that you are full or satisfied after eating.

FINE
Bring the right "5" hand, palm facing left, forward from the chest by bending the wrist down.

TERRIFIC, WONDERFUL, GREAT, FANTASTIC, MARVELOUS
Move both "5" hands forward with a short repeated movement in front of each shoulder, palms facing forward.
Hint: A natural gesture for exclaiming delight.
AFRAID, SCARED, FRIGHTENED
Beginning with both "5" hands in front of each side of the chest, palms facing in and fingers pointing toward each other, move the hands to the center of the chest with a deliberate movement.
Hint: Protecting the body against the unknown.

COMFORTABLE, COMFORT, SOOTHE
Wipe the palm of the curved right hand down over the fingers of the curved left hand, both palms facing down. Repeat with the left hand over the right.
Hint: Stroking the hands in a soothing, comforting manner.

JEALOUS
With the extended right little finger, make a small "J" near the right side of the mouth, beginning with the palm facing forward and twisting the wrist to turn the palm in.
Hint: Initialized sign showing drooling when jealous.

SELFISH
Beginning with both "3" hands in front of each side of the body, palms facing down, bring the hands back toward the body while crooking the fingers.

STINGY, MISERLY, PRECIOUS
Beginning with the fingers of the right "claw" hand in front of the chin, close the fingers into an "S" hand.
Hint: Holding something tight in one's hand so as to keep in for oneself.

COURAGEOUS, BRAVE, WELL, HEALTHY
Beginning with the fingers of both "claw" hands on the chest, bring the hands forward while closing into "S" hands.
Hint: Taking strength from the body.
EMBARRASS
Bring the palms of both "5" hands upward in alternating circular movement in front of each side of the face, fingers pointing up.
Hint: Shows a blush from embarrassment rising in the face.

ASHAMED, SHAME
Beginning with the back of the fingers of both bent hands on each cheek, palms facing down, twist the hands forward, ending with the palms facing up.
Hint: Shows a blush from shame rising in the face.

FRUSTRATED
Bring the back of the right open hand back to in front of the mouth forward and fingers pointing up.
Hint: Coming up to an obstacle.

SKY
Beginning with the back of the bent right hand on the right cheek, palm facing down, twist the wrist to turn the wrist back while keeping the fingers in place.
Hint: A blush rising in the cheeks.

HUMBLE, MEEK
Move the extended right index finger from in front of the mouth forward while opening into a "b" hand. Then slide the little-finger side of the right "b" hand across the index-finger side of the open left hand downward across the left palm.
Hint: Placing yourself beneath others.

FEEL, FEELING, SENSATION
Bring the bent middle finger of the right "B" hand, palm facing in, upward on the chest.
Hint: Bringing feeling out from the heart.
DISAPPOINTED, MISTAKEN, SERIOUS
Touch the extended right index finger to the chin with a deliberate movement, palm facing down.

LONELY, LONESOME
Move the extended right index finger, palm facing left, from in front of the lips downward with a slow smooth movement. Hint: A combination of using the handshape for the sign "alone" signed with a movement like "patience."

GUILT, GUILTY, CONSCIENCE
Tap the index-finger side of the right "g" hand, palm facing left, against the left side of the chest with a double movement. Hint:Initialized sign made over the heart.

PATIENT, PATIENCE, ENDURE, SUFFER
Bring the thumbnail of the right "a" hand, palm facing left, from in front of the lips downward with a slow smooth movement. Hint: Silently enduring a burden.

DOUBT, DOUBTFUL, DISBELIEF
Move both "g" hands, palms facing down, with an alternating up and down movement in front of each side of the body. Hint: The alternating movement indicates indecision.

PROUD, PRIDE
Drag the thumb of the right "a" hand, thumb pointing down and palm facing right, upward in the center of the chest. Hint: Feelings rising from within.
**CARELESS, RELKLESS**
Wave both "I" hands, palms facing each other, from the sides of the head toward each other with a double movement to pass each other in front of the face each time. 
**Hint:** Hands are waved carelessly in front of the face.

**Lousy**
Beginning with the thumb of the right "3" hand on the nose, palm facing left, bring the hand forward and down with a deliberate movement.

**Lazy, Slothful**
Tap the palm side of the right "I" hand against the chest with a double movement. 
**Hint:** Initialized sign.

**Sorry, Apologize**
Rub the palm side of right "a" hand in a repeated circular movement on the chest. 
**Hint:** Beating one's heart in sorrow.

**Surprise, Surprised**
Beginning with both thumbs holding down the index fingers near the outside of each eye, palms facing each other, flick the index fingers upward with a sudden movement. 
**Hint:** The eyes opening wide in surprise.

**Shocked, Dumbfounded**
Bring the extended right index finger from touching the right side of the forehead downward while changing into a curved hand, ending with both curved hands in front of the body, palms facing down. 
**Hint:** Taking a thought and dropping it in shock.
HUNGRY, STARVED
Bring the fingertips of the right "c" hand downward on the chest.
Hint: Shows an empty passage to the stomach.

THIRSTY
Bring the extended right index finger downward on the throat.
Hint: Shows a dry throat.

TERRIBLE, HORRIBLE, AWFUL
Beginning with thumbs holding down the middle fingers of both hands near each side of the face, palms facing forward, move the hands forward with a sudden movement while opening into "5" hands.
Hint: Flicking something terrible away from the mind.

CRAZY
Move the extended right index finger in a large circular movement near the right side of the face, palm facing down.
Hint: Natural gesture for showing that someone's brains are all mixed up.

FUNNY
With a repeated movement bring the right extended index and middle fingers from the nose forward bending the fingers down each time.
Hint: The nose twitches when something is funny.

KIND, GRACIOUS, GENEROUS
Move the open right hand from the lips downward over the open left hand held in front of the chest, both palms facing in and fingers pointing in opposite directions, while moving the left hand over the right hand to exchange places.
Hint: "Good" plus a modification of "comfortable."

selfish
awkward, remous, annoying
There are four things to know about signing age in ASL:

1. Ages 1–9 always follow this format, and is part of the Rule of 9.

   1 year old, 2 years old, 3... 4... 5... 6... 9 years old

2. Ages 10–100+ except for 13, 14, 15 follow either variation, depending on the style preferred in your area.

   10 years old 11 years old 18 years old

3. Generally, age numbers follow the format seen here:

   25 years old 34 years old 40 years old 65 years old

4. Ages 13, 14, 15 are always signed like this:

   13 years old 14 years old 15 years old