

# 5 ways to wellbeing: Connect & Learn

At this difficult time it's important to talk about how we are feeling— why not try something new and communicate your emotions in a different way. Help your children learn too!

See below how to express your emotions in British Sign Language.

Give it a go and learn something new with your family today!

Proud



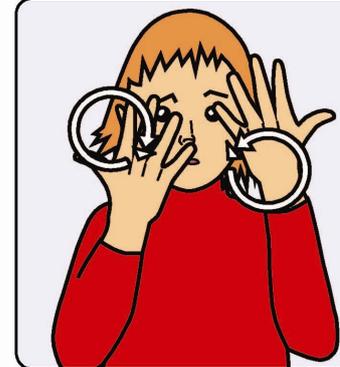
Closed hands, thumbs up, circle backwards alternately onto the body, chest puffed out.



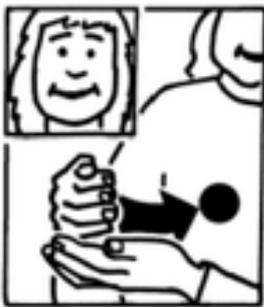
**HAPPY**

Both hands open. Palm of dominant hand taps palm of non-dominant hand twice.

Confused



Palm back open hands move in alternate circles in front of head with confused expression.



safe



**SAD**

Flat hand held vertically starts in front of mouth and makes a downward movement - with sad expression.



angry