

5 ways to wellbeing: Connect & Learn

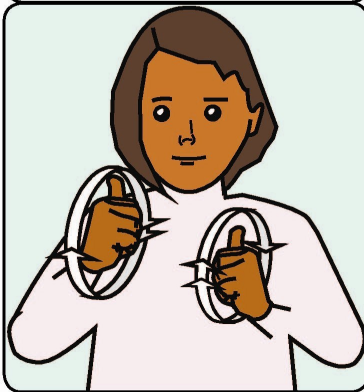


At this difficult time it's important to talk about how we are feeling— why not try something new and communicate your emotions in a different way. Help your children learn too!

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

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

Proud



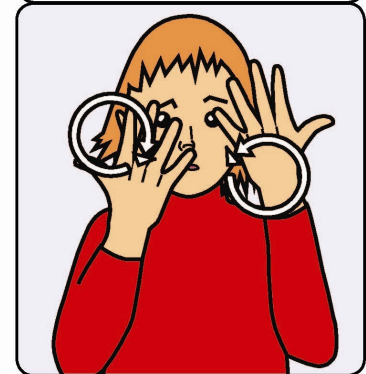
Closed hands, thumbs up, circle backwards alternately onto the body, chest puffed out.



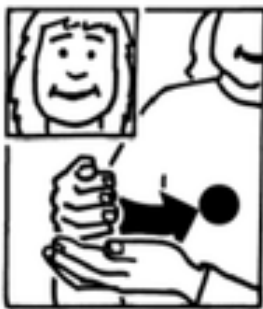
HAPPY

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