

I am Deaf
LET'S
TALK

25 Signs to Learn with
Your Family

deaf.org.nz



Deaf
AOTEAROA
TĀNGATA TŪRI



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 national service provider for Deaf people in New Zealand.

We work with Deaf communities and provide information, resources and services including:

- Access to employment
- Educational programmes
- Service coordination and needs assessment
- Specialised equipment
- Youth development and transition programmes
- Community development
- New Zealand Sign Language interpreting
- NZSL teaching and support for families of deaf children aged 0-5 years.

Deaf Aotearoa works closely with government agencies, not-for-profit sector organisations, and the corporate sector to increase awareness of the Deaf community, promote New Zealand Sign Language and strengthen the rights of Deaf people.

As well as being a Disabled Person's Organisation, Deaf Aotearoa is also the New Zealand representative member of the World Federation of the Deaf, the international body for Deaf people.

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

Learn NZSL vocabulary and grammar specific to your workplace. Courses are individually designed to provide managers and staff with the words and phrases they use regularly. These can then be applied quickly in a practical setting when working with Deaf customers, clients or staff.



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

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 English or a mixture of both.

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. 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

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 online dictionary at nzsl.vuw.ac.nz.

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.



I am Deaf

let's
talk

25 Signs to Learn for
Medical Situations
deaf.org.nz



I am Deaf

LET'S
talk

25 Signs to Learn for
Māori Concepts
deaf.org.nz



I am Deaf

LET'S
TALK

25 Signs to Learn at
Work
deaf.org.nz



I am Deaf

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25 Signs to Learn for
the Weekend
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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 Medical Situations

25 Signs to Learn for Māori Concepts

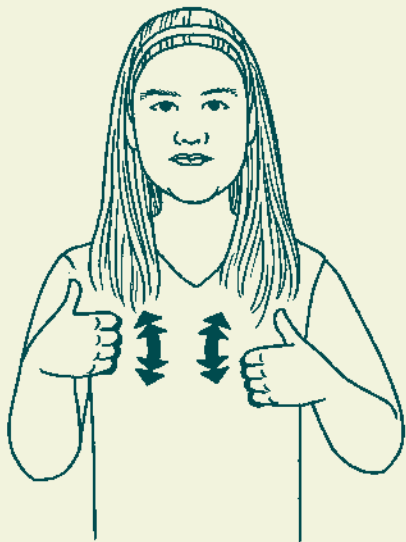
25 Signs to Learn at Work

25 Signs to Learn for the Weekend





bath

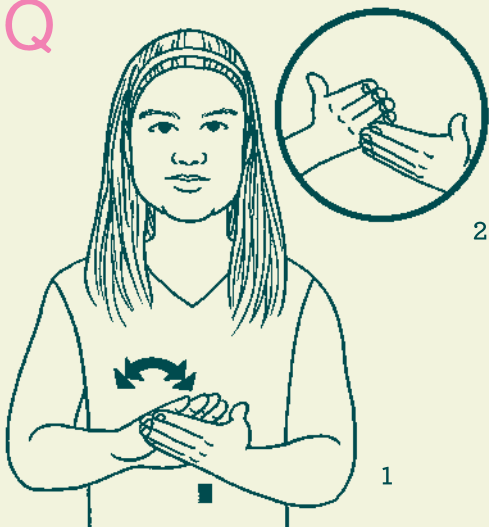


INSTRUCTIONS

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



INSTRUCTIONS

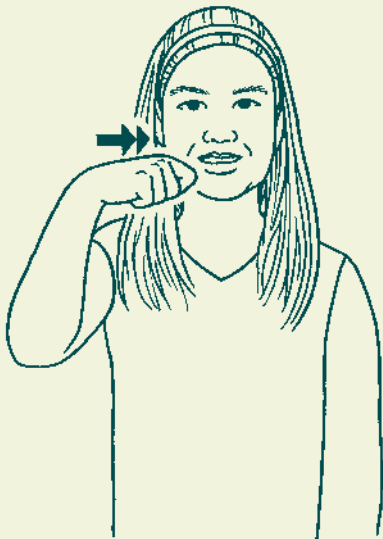
The flat left hand is held in front of the chest, palm up, blade facing the signer. The flat right hand is held above the left hand, palm down/left, blade down/right and contacting the left palm.

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

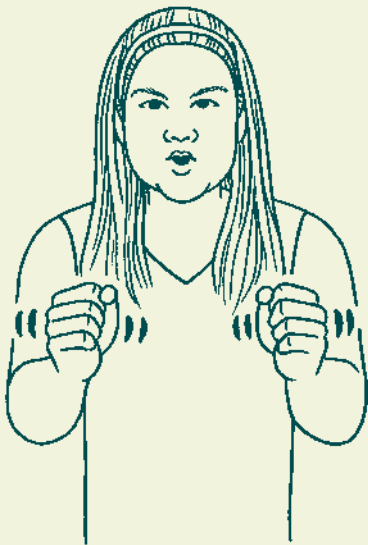


INSTRUCTIONS

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

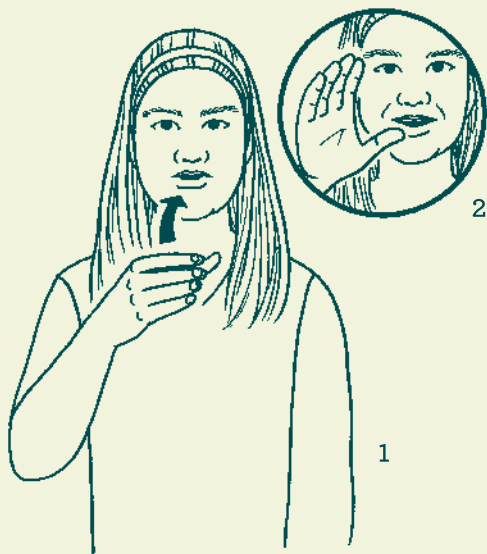


INSTRUCTIONS

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

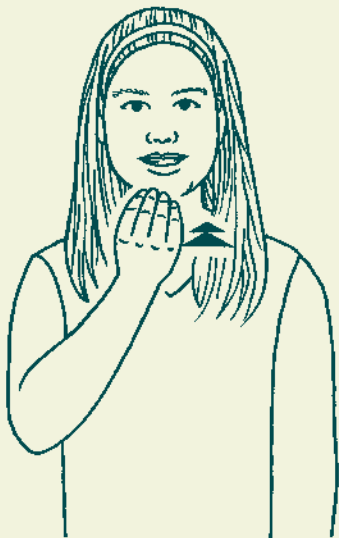


INSTRUCTIONS

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.



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

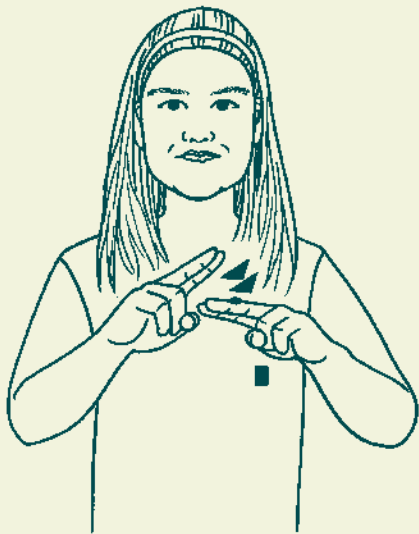


INSTRUCTIONS

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



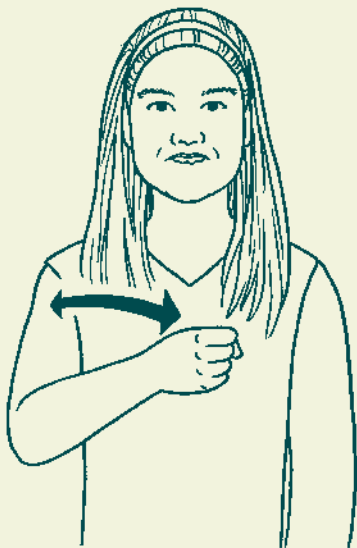
INSTRUCTIONS

Fingerspell F (manual alphabet), twice.

■ Hold/keep indicated hand in position.



fridge

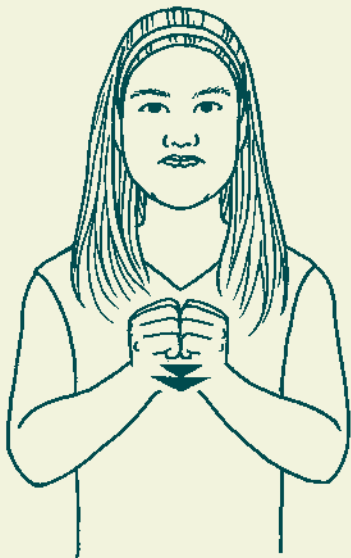


INSTRUCTIONS

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

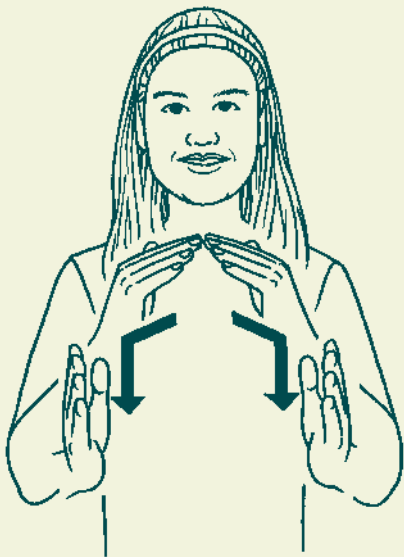


INSTRUCTIONS

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

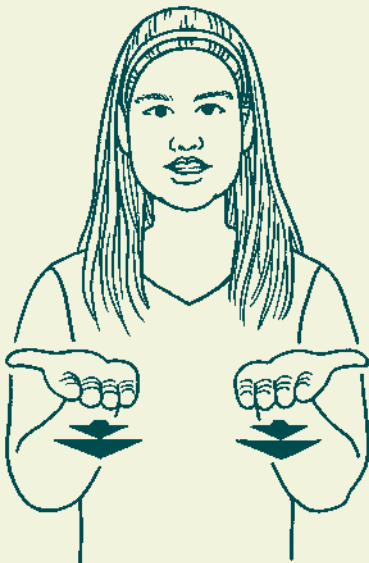


INSTRUCTIONS

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



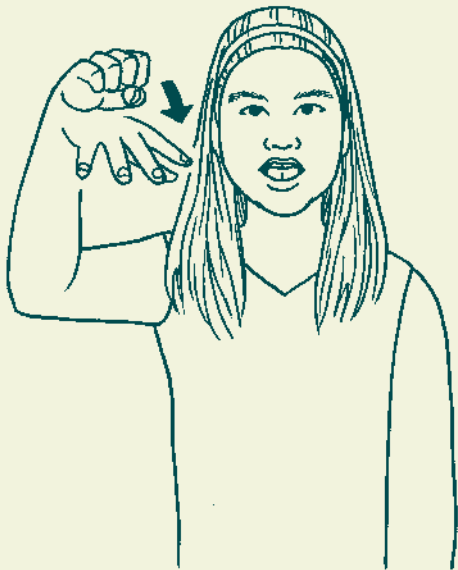
INSTRUCTIONS

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



Handwritten text in a stylized, cursive script, likely in Hindi or a similar South Asian language, is visible in the foreground. The text is blurred and appears to be written in a dark color, possibly black or dark brown, on a light background.

lights

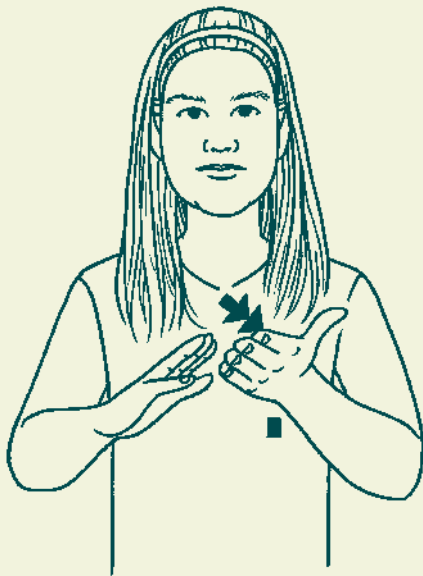


INSTRUCTIONS

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

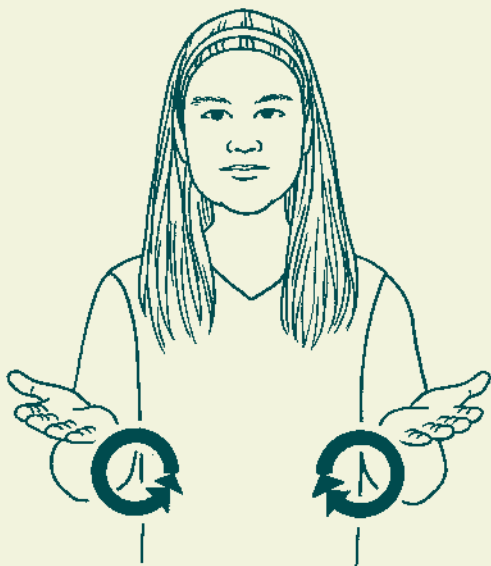


INSTRUCTIONS

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

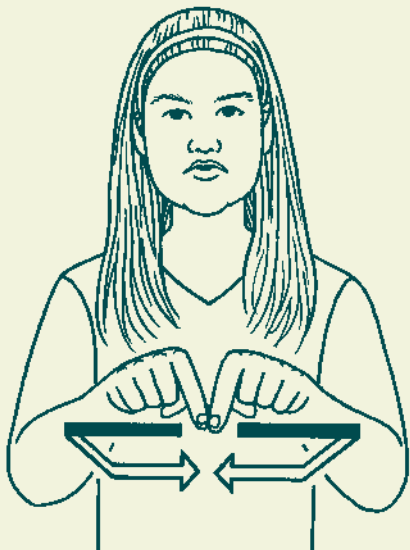


INSTRUCTIONS

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

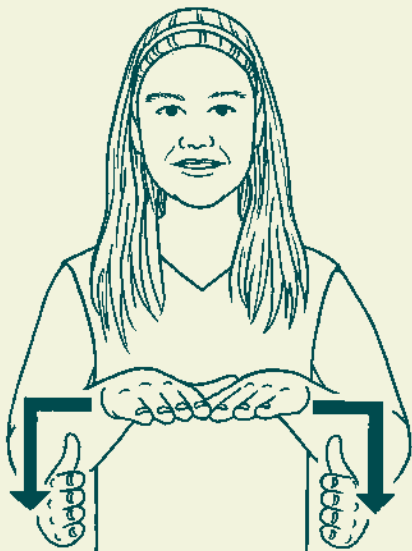


INSTRUCTIONS

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



table

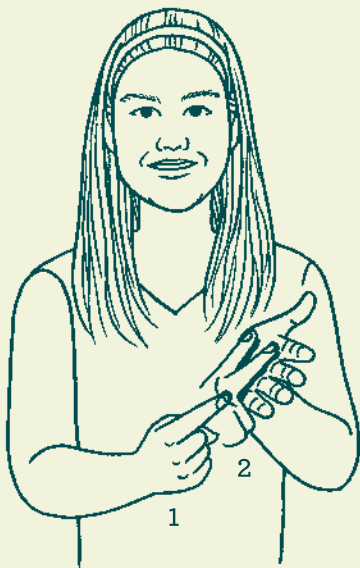


INSTRUCTIONS

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

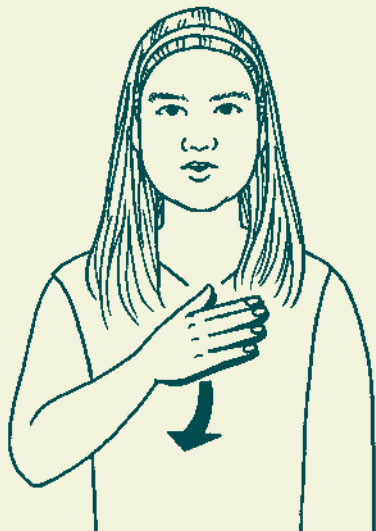


INSTRUCTIONS

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

PLEASE SUPPORT DEAF AOTEAROA

DONATE NOW

givealittle
from the Spark Foundation

www.givealittle.co.nz/org/deafaotearoa

For more information visit deaf.org.nz

The instructions for the NZ Sign Language illustrations
were adapted from the Online Dictionary of NZSL,
Deaf Studies Research Unit, Victoria University of Wellington



I Am DEAF

Meghan 10 YEARS



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SIGN LANGUAGE WEEK**

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ANNUALLY DURING MAY