

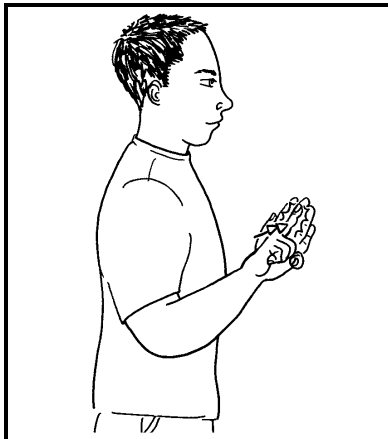
# In The Morning

## ASLEEP



Parallel flat hands (palms in/down, pointing in/up) by side of eyes; fingers close on to thumbs.

## ALARM



Working index hand (palm forward/down, pointing forward/up) against supporting hand (palm in, pointing forward/up); working index taps against supporting palm twice.

## TO WAKE UP



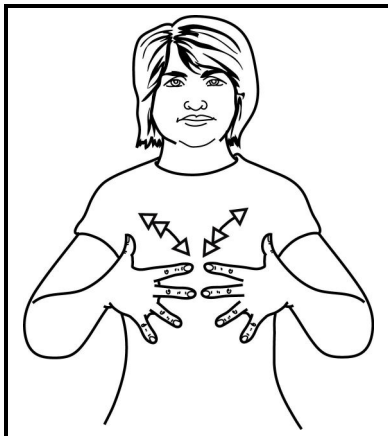
Closed parallel bent hands (palms in, pointing up) beside eyes, fingers and thumbs spring apart to parallel flat hands (palms in/down, pointing in/up).

## TO WASH



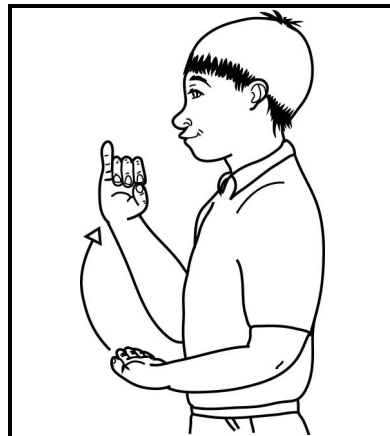
Mime appropriate washing action eg: - wash hands - as illustrated; wash hair - clawed hands on head. Otherwise use appropriate action and hand-shape.

## TO DRESS



Open hands (palms back, pointing in) move alternately up and down in front of body.

## CUP OF TEA



Working full "O" hand with little finger extended (palm in, pointing forward) moves from supporting flat hand (palm up, pointing forward/in) towards mouth finishing pointing up.

@SIGNALONG



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Communication skills for children and adults with  
 speech, language and communication needs

Signing resources  
 Visual communication resources  
 Training  
 Advice

# Getting up in the morning

This can be a chore for anyone, but it helps if you have a routine. If you are living with someone who doesn't have a good command of language, explaining the routine – and reminding them what it is – can be difficult if you only rely on words.

Signing is a simple way of reinforcing a verbal message, and in most cases there is a visual connection between the sign and the concept being conveyed. By using signs consistently a link can be established with the words and the whole communication process becomes easier (although we can't guarantee that getting up is any easier!)

Signalong has the largest illustrated sign vocabulary in Britain, adapted from British Sign Language for the needs and abilities of children and adults with speech, language and communication needs.

Signalong is made accessible by its approach to how the signs are formed, analysing them for handshape, orientation, placement and movement, supporting the descriptions with clear line drawings. This method enables families and practitioners to produce accurate signs relevant to their situation. Special vocabularies can be compiled on request.

The Signalong Group is a charity (no 1039788) which provides resources, training and free advice, and readily works with others in the field to promote communication skills for children and adults with speech, language and communication needs.

Training is provided both directly by the charity and through its national network of registered tutors. For information about courses, or becoming a trainer, please contact Sarah on 0845 450 8424, email [sbissett@signalong.org.uk](mailto:sbissett@signalong.org.uk).

For information about Signalong resources please go to our website at [www.signalong.org.uk](http://www.signalong.org.uk) or call 0845 450 8422 to request a catalogue