	Week 1
Creation	Put your hands and arms in a circle over your head, signifying the earth
Fall	Drop both of your hands down in front of your face and body, palms down, to indicate falling.
Cain and Abel	Right hand placed out to your right side, palm up, followed by left hand placed out to your left side, palm up. Elbows at 90 degrees. (One hand for each name.)
Flood	Raise your hands in front of your body, palms down, fingers wiggling, until your hands are above your head, to signify a flood.
Tower	Straighten your raised arms (from the flood card) straight up, above your head, to signify the sides of a tower.
Unification	 "unification" – bring your palms together in front of your body "upper" – using one hand, parallel to the floor, 'chop' (for lack of a better word) your hand out away from your body up high, shoulder level "lower" – chop your hand out away from your body at waist
	level "Egypt" – make an American Sign Language (ASL) 'e' <i>(See last page for an ASL alphabet.)</i> "Pharaoh Menes" – both hands, ASL "y", place your thumbs on top of your head, to signify his double crown
Old Kingdom	Make a triangle, with your thumbs and forefingers, to the right side of your body (The children will be mimicking you, placing their triangle to their LEFT which will show the 'oldest' time of the kingdom, since a chronological progression will move from left to right.)
First Intermediate	"first" – make a '1' with your index finger "intermediate" – chop your hand vertically in front of your body "period" – use your index finger to point forward (as if making a period at the end of a sentence in the air) "Egypt" – ASL 'e'

	Week 2
Minoan Culture	Place your thumbs together tip-to-tip, and your forefingers together tip-to-tip, making a skinny oval. This is meant to look like a little minnow fish (like Minoan)
Call of Abram	Cup your hands around your mouth as if calling someone
God's Covenant	Make a cross with your forefingers and put this over your heart – as a sign of the covenant.
Hagar & Ishmael	Tilt head to one side on "Hagar" and to the other on "Ishmael".
Sodom & Gomorrah	Using both forefingers, make 'wavy' tears down cheeks from outside corners of your eyes.
Birth & Sacrifice	Make a "cradle" with your arms against the front of your body, as if holding a newborn – on "birth". Pivot your arms out from the cradle position, remaining bent at the elbows, so that your forearms end up at a 90-degree angle out in front of your body, with your elbows near your hips.
Middle Kingdom	Make a triangle (pyramid) with your forefingers and thumbs touching (like last week), this time with the pyramid in front of your body instead of out to the side.
Joseph as a slave	Place hands as if cuffed behind your back

	Week 3
Famine in Egypt	Rub your tummy as if you're hungry. ASL 'e' on 'Egypt'
Twelve Tribes	Make a '12' by showing one finger on your right hand (RH), and two fingers on the left. (Remember the children are facing you and "reading" the number.)
Second Intermediate	 "second" – make a '2' with your fingers "intermediate" – chop your hand vertically in front of your body "period" – use your index finger to point forward (as if making a period at the end of a sentence in the air) "Egypt" – ASL 'e'
	"Write" on your hand by holding an imaginary pencil / stylus in
Code of Hammurabi	one hand and writing on your other hand – the tablet.
Hyksos invasion	 "Hyksos". Touch the tips of your four fingers (all but your thumb) together while your palms are apart (like the point of a spear). Do the aforementioned in front of your stomach and then thrust your hands forward, or out from your stomach. "Egypt" - ASL 'e'.
Early New Kingdom	Make our pyramid with our forefingers and thumbs, just to the left of your body (essentially, on your left hip).
Moses' birth	Make a cradle with your arms. (As with the 'birth' part of 'Birth and Sacrifice of Isaac' last week.)
Plagues	Place your two hands around the front of your neck, like the universal sign for choking.

	Week 4
Exodus	Begin with palms together in front of your stomach, and then push out and spread out your hands, as in a 'V', as if indicating to go out and away.
10 Commandments	Hold up 10 fingers
Mycenaean Culture	Trace the outline of a vase with your hands, as on the front of the card.
Amenhotep	"Amenhotep" - Hold up 4 fingers, to signify Amenhotep the 4 th "monotheism" - Hold up 1 finger, to signify the fact that monotheism means one God
Tut	Move your hands in the "classic" King Tut movement of one hand cupped and up to one side, with the other hand cupped and down to the other side, and then switching your hands. (aaaaaeeqa Walk like an Egyptian eeq)
Later New Kingdom	Make our pyramid with our forefingers and thumbs, to the far left of your body, signifying the latest kingdom in time
Trojan War	Pretend to hold the reigns of a horse as if galloping on horseback.
Phoenician Civilization	ASL 'a' followed by ASL 'b', to note the 'alphabet'.

	Week 5
Davidic Kingdom	ASL "d"
Solomon's Reign	Hold your hands up and out, as Solomon is on the front of the card (but we just stayed standing).
Israel Divides	Chop your hand as if "dividing", then hold up 2 fingers on "two".
Homer	Hold your hands, palm-side up, like a book (pinkies touching side-to-side).
Olympics	Running in place.
Founding of Rome	 "Founding" - place your hands, palm-side down, next to each other as you place them down like a foundation (as if you're patting the top of a table with your palms with your hands touching each other side-to-side on the thumbs / forefingers). "Rome" - ASL 'r'
Greece Colonized	Make columns on "colonized" by: making a letter 'c' shape with both hands and tracing the outline of a column (as if running your hands over a column from top to bottom, as if you could grip your hand almost around it). Place your right hand over your heart on "democracy begins". "Israel" - place your right hand out to the side of your body,
Israel and	palm side up
Judah fall	"Judah" - do the same thing with your left hand. (you should now look like you are going to shrug your shoulders in bewilderment) "fall" - lower both hands.

	Week 6
Prophets of God	Place your hand on your cheek, as in the picture on the card
Roman Republic	ASL 'r', and then another ASL 'r' (for Roman Republic).
Persian wars	One hand wielding / swinging a sword – as if in battle
Pericles	Make a triangle shape hat (to resemble the one on the front of the card) with your thumbs and forefingers. Then swing that sword again (as on the previous card) on the "Peloponnesian War" part.
Greek Philosophers	Use your right forefinger to point to your temple, as if thinking (like the philosophers :-).
Nehemiah	Use your hands, palm-side down, as if bricks being laid on top of each other in the building of a wall. (In other words, stack the bricks / your hands a few times to demonstrate the wall rising.) On "Jewish return", begin with your elbows bent at 90 degrees, with your hands palm-side up at about your waist, and then bring your hands up toward your shoulders (keeping your elbows bent), (as if throwing salt over both shoulders!?!) to signify them returning
Alexander	Place your fists on your hips. (A bold stance.)
Alexander Conquers	Place your fists on your hips again, and stomp your right foot when you say "conquers" and when you say "Egypt" (so, 2 times).

	Week 7
Architectural	"architectural" - raise (just a little ways) your hands together, palm-side up, with pinkies side-to-side. (The idea being that with architecture, things are building upward.)
	"advances" - stop moving your hands vertically, and move them straight out, away from your body, as if advancing forward. "Rome" - ASL 'r'
Rome Rises	"Rome" - ASL 'r'. "rises" - raise your hands together, palm-side up, with pinkies side-to-side
	"world power" - make a circle above your head to represent the world
Reign of Julius Caesar	Fists on hips while stepping forward one pace (see the note below on Reign of C.A.).
Egypt falls to Rome	Remaining in your "forward" position, place your hands out to side, as if you're going to shrug your shoulders, and then on "falls" let your torso crumple and hands fall, somewhat like the dead guy in the picture on the front. (This is one continuous motion that is smooth.)
Reign of Caesar Augustus	Fists on hips as you step backwards one pace (to your original position). We step backwards to remind us that C.A. is the son of J.C. – sort of demonstrating that C.A. came after J.C., which was 2 cards ago.
Birth of Christ	Make a cradle with your arms for "birth". Make a cross with your forefingers over your heart for "Christ".
Ministry of John	One hand on your hip, the other hand holds a staff.
Ministry of Christ	Squat slightly (to appear that you're sitting) and place your one arm around an imaginary child (like Jesus is in the picture, except we only imitated what his left arm was doing).

	Week 8
Crucifixion	 "crucifixion" Make a cross in front of you with your forefingers "resurrection " - Raise your hands starting at your waist and ending at about your neck while in front of your body, palm-side up, but hands apart (not touching) "ascension " - Turn your palms out away from your body and extend your arms up and out toward the ceiling The "ascension" motion is a continuation of the
Rome Burns	 "resurrection" motion. ASL 'r'. "burns" - fold in your thumb (to make a '4'), and wiggle your fingers (as if they're flames). "persecutes" - pound your fist into your other palm
Destruction	Begin with your hands up near your neck, with your hands side-by- side, palms down, and then sweep them down in front of your body and out to the side of your body in a continuous motion. (Do on "destruction".)
Pompeii Burns	Make a '4' with your fingers on both hands and wiggle them as if they're flames.
Split	Begin with your hands back-to-back (the first few digits worth) in front of your body, and on "split" move them straight apart / outward in a horizontal line. ASL 'r'.
Constantine	"Constantine" - ASL 'c' "edict" - bring your 'c' down to pound on the palm of your other hand (so the thumb of your 'c' hand is what "pounds" your other palm).
First Council	Hold up one finger on "first". Make two inter-locking rings with the thumb and forefingers of each hand. (It's meant to imitate the 3 interlocking rings on the front of the card, but we only have two hands. (2))
St. Augustine	Forefingers of both hands touching side-to-side, palms down. On "converts", rotate your forefingers down toward the floor, (leaving your hands touching all the way through this rotation), and all the way around so that you end up with your palms facing up, and your pinkies touching side-to-side.

	Week 9
Barbarian Invasion	Do the motion for "Hyksos Invasion", (but not the ASL 'e',) on "Barbarian Invasion (in other words, another 'invasion'), and then rotate your two arms (held in the same position) to directly up over your head on 'and Vikings', as if to appear sort of like the mast above the Viking ship in the picture
St Jerome	"Brush" your hands off two times (as if brushing dirt off of them), to signify completion or doneness. ASL 'v' (The same as the "peace" sign.)
Council of Chalcedon	ASL 'c'; ASL 'c'.
End of the Western	Use your hand to 'cut' across your throat, as if slitting it for the "end". ASL 'r'.
St. Benedict	Praying hands. (We did palm-to-palm.)
Justinian	ASL 'j'.
Mohammed	ASL 'm'; ASL 'i'.
Charles Martel	 "Charles Martel" - place your hand out as if resting on top of the sword in the picture "Pepin the Short" - Leaving your hand extended, squat your knees a little (think 'short'). "Charlemagne" - (don't laugh!), rub your hand down your hair and outward as your hand approaches your neck, as if petting the "mane" of a horse. (Charle"mane") The only way to do that last move is with drama in your facial expression ^(C).

	Week 10
Alfred	ASL 'a', on a raised hand, which is punched up and out on "Alfred".
Otto I	Make an 'o' with your hands by touching your thumbs together and your other fingers together tip-to-tip. Hold up one finger on "first". ASL 'r', while somewhat bouncing that hand on "Holy Roman Empire".
East-West Schism	Place your hand out to the 'east' side on "east"; place your other hand out on the 'west' side on "west". Then move your hands apart on "schism" as you did on "split" of "split of the Roman empire".
Feudal System	Place your fingers horizontally on one hand to indicate a level (as in the levels of the feudal system), and show different descending levels by beginning up high and jabbing your hand outward to demonstrate different levels of the feudal system
William the Conqueror	ASL 'w'. On "Battle of Hastings", wield your sword as with previous wars
Cathedrals	Place the tips of your fingers together to make the spire of a cathedral, and then separate your hands ever so slightly and move them to slightly different locations in front of your body to make other spires – as if there are many, since the card is plural
Crusades	Make a cross in front of your body with your forefingers, and then raise the cross up and out in front of you.
St Francis	From the raised arm position of "Crusades", take your hands apart and swing them out some to the sides, ending with your palms upward and your arms like the front of the picture.

	Week 11
Magna Carta	Make fists with your hands and cross them over your chest in an x' – this motion was intended to signify the protection that the M.C. provided the people
St Thomas	Make a capital "T" by placing one forefinger on top of the tip of the other forefinger.
Marco Polo	On "Marco", cover your eyes with your hands. On "Polo", uncover them – as in the game that you play in the pool as a kid
100 Years War	On "100 Years War", hold up ten fingers, and shake them (to signify multiple 10's, or 100). On "Black Death", grip both hands around your throat. On "Joan of Arc", place your hands
	up and out to the side, palms up, in an arc, as on "St. Francis" last week
Papal Schism	Use your hands to make the Pope's hat on top of your head. On "schism", move your hands apart as on "East-West Schism
Wycliffe & Huss	ASL 'j', ASL 'j'.
Prince Henry	Place your hand to your forehead as if searching the horizon.
Fall of Constantinople	Make an ASL 'c' with your hand and have it "fall", or pound, on the palm of your other hand on the word "fall". ASL 'm'. Show two fingers.
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Helpful teaching tool for tutors and parents

	Week 12
Gutenberg	Stamp fist on palm of other hand, as if "printing" something
Renaissance	Hold a paintbrush and pretend to paint.
Inquisition	Tap your check with your forefinger, as if being inquisitive
Columbus Sails	Wave your forearm up and down as if it is the waves of the ocean.
Martin Luther	Hold your hands palm-side up, pinkies touching, as if holding an open book, and move them from one side of your body to the other
Magellan	Trace your forefinger in a horizontal circle, as if circling the equator. Make a circle with your arms above your head on "earth".
Ulrich Zwingli	ASL 'z'. With arms bent at 90 degrees, lift them up over your head and toward your back so that your elbows end up pointed to the ceiling, as if dumping handfuls of water over your body.
Act of Supremacy	With your forefinger extended, begin with your finger pointed horizontally, and then on "act", rotate your wrist so that your forefinger ends up vertical

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Helpful teaching tool for tutors and parents

	Week 13
John Calvin	Tracing with one hand a long beard from your chin, like on the cover of the card
Cortes, De Soto	ASL 'c', ASL 'd', ASL 'd', and ASL 'c'. On "Spanish explorers", put a hand perpendicular to your forehead, over your eyes, as if searching the horizon
Council of Trent	ASL ' c'. On "Trent", make a "t" with your forefingers
John Knox	Use one hand as if knocking on a door
Explorers of the North	Use your left hand to point up and to your left, so that the children that you are facing will point up and to the right as you say "northeast". ASL 'c', 'c', 'c'.
Raleigh Settles	ASL 'r' with one hand; ASL 'r' with the other hand
Jamestown	Both hands palm-down in front of your stomach to demonstrate new land being "founded". ASL 'v'.
Mayflower lands	Hold up four fingers on one hand, wiggling them as you move them across in front of your body, as if a ship's sails. "Land" the base of your "ship" hand on the back of your other hand
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Helpful teaching tool for tutors and parents

	Week 14
Pilgrims build	Hold up one hand, palm-side out (as if motioning to stop doing something), as if you're holding up a piece of wood. Then use your other hand to hammer at the wood. (You're "building" ^(C))
Massachusetts Bay	Hold up one hand, palm-side out again, with your thumb extended away from your other fingers. With the forefinger of your other hand, trace the crook between your thumb and forefinger, as if showing the "bay". On "home of the Puritans", hold up a high collar on your neck, to attempt to imitate the Puritans high-necked clothing.
Roger Williams	Hold out both hands in front of you, and extend one of your feet in front of you, as if stepping out, like on the front of the card
Salem Witch Trials	Hold your hands out to each side, palm-side up, as if a scale, used in weighing justice. (We tipped our hands side-to-side, but that isn't really evident in the video.)
13 Colonies Formed	Hold up one finger on one hand and three on the other to make the "13".
First Great Awakening	Hold up one index finger to signify "first". Put the tips of all of your fingers together on each hand, then place the backside of your hands, while in the above position, in front of your eyes and open your fingers up on "awakening".
Colonial Trading	Place both hands palm-side up. Put one hand by your stomach and the other hand out in front of your body, then have your hands switch places several times by each hand making a little half-circle.
French & Indian Wars	On "French", make a fist with one hand and bring it to in front of the middle of your body. On "Indian", bring the other hand, in a fist, to touching the first fist. On "Wars", thrust both hands forward. (We were trying to convey that the French and Indians were fighting together, not each other.)

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Week 15
Make a scale by placing your hands out to either side. On "unjustly", tip the scale to one side.
On "first", hold up an index finger. ASL "c". ASL "c". Make the "peace" symbol – a 'v' with your first two fingers.
Cross your arms over your chest, as if in bondage, and then push your arms out, as if breaking the chains.
Make a thumbs down for "British lose". Then take that same hand and trace the outline of a hill.
Cup your hands to your mouth as you "declare" the name of the card.
Raise your fist, as if in mighty command
Cross your arms across your body and shiver as if you're cold.
On "Yorktown", place your hands about 6 inches apart, facing palm-to-palm, and thrust them out from your body, as if drawing the lines of men on the front of the card. On "Treaty of Paris", place one hand palm-side up and one hand palm-side down, curling the four fingers of both hands, and have your four fingers on each hand clasp onto each other

	Week 16
Constitutional Convention	Turn your hands palm-side up and inter-lock your four fingers from each hand with each other. (Like the "open the door, see all the people" part of the finger play.)
Founding Fathers	Place your hands palm-side down, next to each other, in front of your body – as a foundation. On "fathers", place your right thumb to your forehead, with your other right-hand fingers spread out from each other. (This is the ASL symbol for "father".)
Washington	ASL 'w'. Raise your forefinger on "first". On "President", place your hands on your hips, while puffing out your chest. (A bold stance.)
Louisiana Purchase	ASL 'L'. Use both hands to "grab" at the air in front of you and pull it back to your body, as if snatching something from someone
Lewis & Clark	With your hands flat, extend both arms up toward the northwest (where Lewis and Clark headed).
2 nd Great Awakening	Hold up two fingers on "second". Place your hands in front of your eyes with the tips touching and then open them on "awakening", as previously
War of 1812	While your left hand makes an arch or half-circle out in front of your body, your right hand punches underneath your left arm, This is to signify stuffing the cannon that you're about to fire. (Stick with me, here. ⁽ⁱ⁾) The kids designed this one.) Then use your right hand to pretend to strike a match (for the cannon).
Missouri Compromise	Bring your hands together, palm-to-palm, in front of your body, as if meeting in the middle.

	Week 17
Monroe Doctrine	Place your hands with the palms back-to-back in front of your body, then separate your hands out to the sides (as in staying apart from each other).
Erie Canal	Hold an imaginary pole and push it along the side of you, as if pushing a canal boat
Jacksonian Democracy	ASL 'J'. Hands on hips (to signify his Presidency).
Cotton Gin	Use your hand to turn an imaginary crank – like on the front of the card. By the time you say "south", sweep both hands down and to your side, to indicate "down south".
Slavery	Hands over your chest, as if in bondage. Sweep both hands down and to your side for "in the south".
Cherokee Trail	Hold your first two fingers out on each hand, but have them touching (not apart), and have them trace under your eyes as if putting on Indian face paint. On "trail of tears", use your forefingers to trace tears down your cheeks
Alamo	Put a forefinger to your temple for "remember". Raise your fist for "Alamo".
Westward Expansion	Place your hand out with the palm to the side. Move your hand westward in a chopping fashion. (Remember to go opposite the direction you want the children to go.)
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	Week 18
War with Mexico	Swing your hand as if wielding a sword in battle for "war". Sweep your hands down and to the side on "Mexico" since it's our neighbor to the south
'49ers	Hold up four and then nine fingers. On "gold rush", smack your palms against each other with one hand shooting forward horizontally while the other hand stays near your body
Oregon trail	With your elbows bent at 90 degree angles in front of your body, with your forearms in front of your stomach, place one palm flat against the outside of an elbow and the back of your other hand touching the inside of your other elbow, then swing open your
	arms so that your forearms end up perpendicular to your torso
	with your elbows near your stomach. (This signifies "opening".)
	Then make an "o" with your hands by touching your thumbs together tip-to-tip and your other fingers together tip-to-tip
Lincoln	ASL 'L'. Hold up six fingers (sort of like 16 [©]). Hands on hips in a bold stance for "President".
War between the States	Swing your sword as if in battle. Chop your hand as if dividing something in half.
Gettysburg	Use two hands to pretend to wave a great big flag, as in the front of the card.
Great Generals	Make a salute for "great generals". Wield your sword as if in battle.
Transcontinental Railroad	With the palm-side of your hands facing the ceiling, make a 'u' with each hand, using your thumb and forefinger. (Your other three fingers on each hand are curled toward your palm.) These "u's" represent the east and west rails of the railroad. Begin with your hands apart (in the 'u' formation) and then bring them together to touch, signifying the completion of the railroad.

	Week 19
Reconstructing	Place one hand (as if holding a brick) over the other several times, in an alternating fashion, as if demonstrating the act of building. Sweep hands down and to the side for "south".
Black Leadership	With your palms facing away from your body, cross your hands in front of / behind each other in front of your stomach (as if your forearms would make an "x" if you were in slow-motion). Then as you raise your arms above your head, spread your arms apart. (This is to demonstrate the "emerging".) Sweep hands down and to the side for "south".
Age of Industry	Hold up your forefinger on each hand and swirl them each in a little spiral as you raise your hands up over your head. This demonstrates the smoke that you see spiraling up on the front of the card.
Little Big Horn	Hold up your forefinger on each hand, placing the base of both hands on the sides of your head to make little horns. On "Big Horn", extend your arms out as if the horns are growing and are bigger
Cowboys	Pretend to spin and then throw a lasso.
Spanish – American War	ASL 's'. Hand over your heart for "American". Wielding your sword as if in battle
Pres. Names Teddy	Clutch your hands / arms to your chest as if hugging your teddy bear
Immigration	Holding up your arm to signify holding up the Statue of Liberty's torch

	Week 20
Wright Brothers	Extend your arms straight out to either side as if airplane wings. Move them up and down (alternating sides) as if flying.
Great World War	Hold your hands out to either side of your body, as if demonstrating the length of the BIG fish you caught, for "great". Make a circle with your arms above your head for "World War".
Roaring Twenties	Do some fun little dance-step version of the Charleston
Great Depression	Press both hands down as if pressing something down
wwii	ASL 'w' (three fingers up). ASL 'w'. Two fingers up. Hands out to either side of your body, even farther than for the Great World War - as far as your arms can reach
Cold War	Hug yourself as if shivering. ASL 'k'. ASL 'v'.
Space Race	Pretend to be running in slow motion, as if on the moon.
Modern America	With your palms facing each other and arms shoulder-width apart, in front of your body, stretch both hands up overhead to one side of your head, then stretch them up again in front of your head, and then stretch them up again on the other side of your head. You are 'tracing' the outline of skyscrapers
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