

# Choose what to do

## Drink



### How to sign

Form a cup shape with fingers and tip up to mouth.

## Barbecue



### How to sign

Place flat hand on other flat hand at right angles, palms together. Then turn over top hand and place back of hand on palm of the other.

## Food/eat



### How to sign

Move hand, with thumb touching fingers, towards mouth twice.

## Toilet



### How to sign

Tap palm of flat hand with pointer finger twice.

## Home



### How to sign

With palm facing forward and fingers curved forward, move hand forward in an arch.

## Rest



### How to sign

Starting with hand flat near eye, fingers pointing up, thumb forward. Close fingers to thumb. Can be done with one or both hands.

## Walk



### How to sign

Walk pointer and middle fingers across palm of other hand.

## Animals



### How to sign

With pointer and little fingers pointing up and thumb touching other fingers, move hand forward.

## Sand



### How to sign

Starting with a thumb pointing upwards from fist, slide thumb down fingertips, opening fingers slightly as you do.

## Water



### How to sign

Stroke edge of curved pointer finger down cheek twice, palm forward.

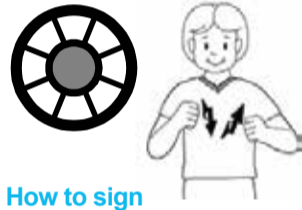
## Friend



### How to sign

With one hand holding the other fist, bounce hands downwards twice.

## Wheel/drive



### How to sign

With both hands in fist, a little distance apart, move one down in an arc and the other one up in an arc simultaneously.

## Play



### How to sign

With both hands spread, palms facing upwards, at waist height, move each hand in outward circles.

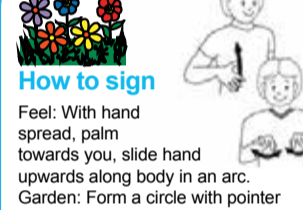
## Shop



### How to sign

Hold one hand flat, fingertips pointing sideways, palm up. With thumb extended sideways from fist, tap fist onto the palm of your other hand twice.

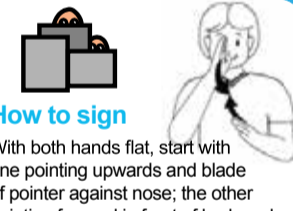
## Sensory garden



### How to sign

Feel: With hand spread, palm towards you, slide hand upwards along body in an arc.  
Garden: Form a circle with pointer fingers and thumbs on both hands. With all other fingers pointing forwards, circles next to each other, move hands apart then back towards each other in small arcs.

## Hide and seek



### How to sign

With both hands flat, start with one pointing upwards and blade of pointer against nose; the other pointing forward in front of body, palm sideways. Simultaneously move hands together so that they meet in front of you. The blade of the top hand ends resting on the pointer finger of the other hand.

## Music



### How to sign

With both pointer fingers extended from fists and pointing forward, rock hands in an arc; first together, then apart and then back together.

## Ball



### How to sign

Move spread, cupped hands towards each other twice.

## Fort



### How to sign

Form a 'C' with pointer finger and thumb. 'C' hand shape is brought down in the shape of a castle's turret or tower.

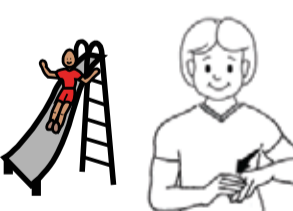
## Climb



### How to sign

With hands clawed, palms facing forward, move first hand up in an arc, then the other hand, then first hand again.

## Slide



### How to sign

Slide fingers of bent hand down the outside of your other downwards-bent hand.

## Run



### How to sign

With both hands in a fist at sides, one further forward than the other, move hands in circles so back fist comes forward and front one back and so on.

## Chase



### How to sign

With forefinger extended, one hand just behind the other, move both hands forward.

## Swing



### How to sign

With both hands in a fist at your sides, move hands, simultaneously, forwards and backwards twice.

## Spin



### How to sign

Spin pointer fingers around each other in opposite directions.

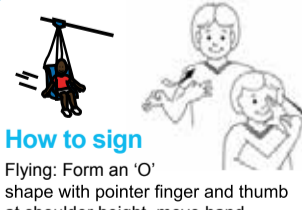
## Roll



### How to sign

Point both index fingers and rotate arms around each other.

## Flying fox



### How to sign

Flying: Form an 'O' shape with pointer finger and thumb at shoulder height, move hand towards body in an arc.  
Fox: With fingers bent towards nose and thumb extended downwards, move hand forward, closing fingers towards thumb.

This choice-making sheet has been developed to help children communicate within the play environment.

It can be used to help children **choose what to do** or tell others what they've just done.

It's also a great way to teach people how to communicate using Auslan (Australian Sign Language) and Picture Communication Symbols. People who use Makaton are using Auslan.