



Change

A song by Andy and the Odd Socks for Anti-Bullying Week 2019

This activity pack contains the British Sign Language (BSL) signs for the key-words in the Change song.

They show the important message of the song - don't be stuck in your same old comfort zone or look the other way if someone is being bullied - back them up!

Make some changes - stick together and support each other.

Don't just stay the same old way - you can do it - even small changes can make a big improvement that lasts forever - make some moves!

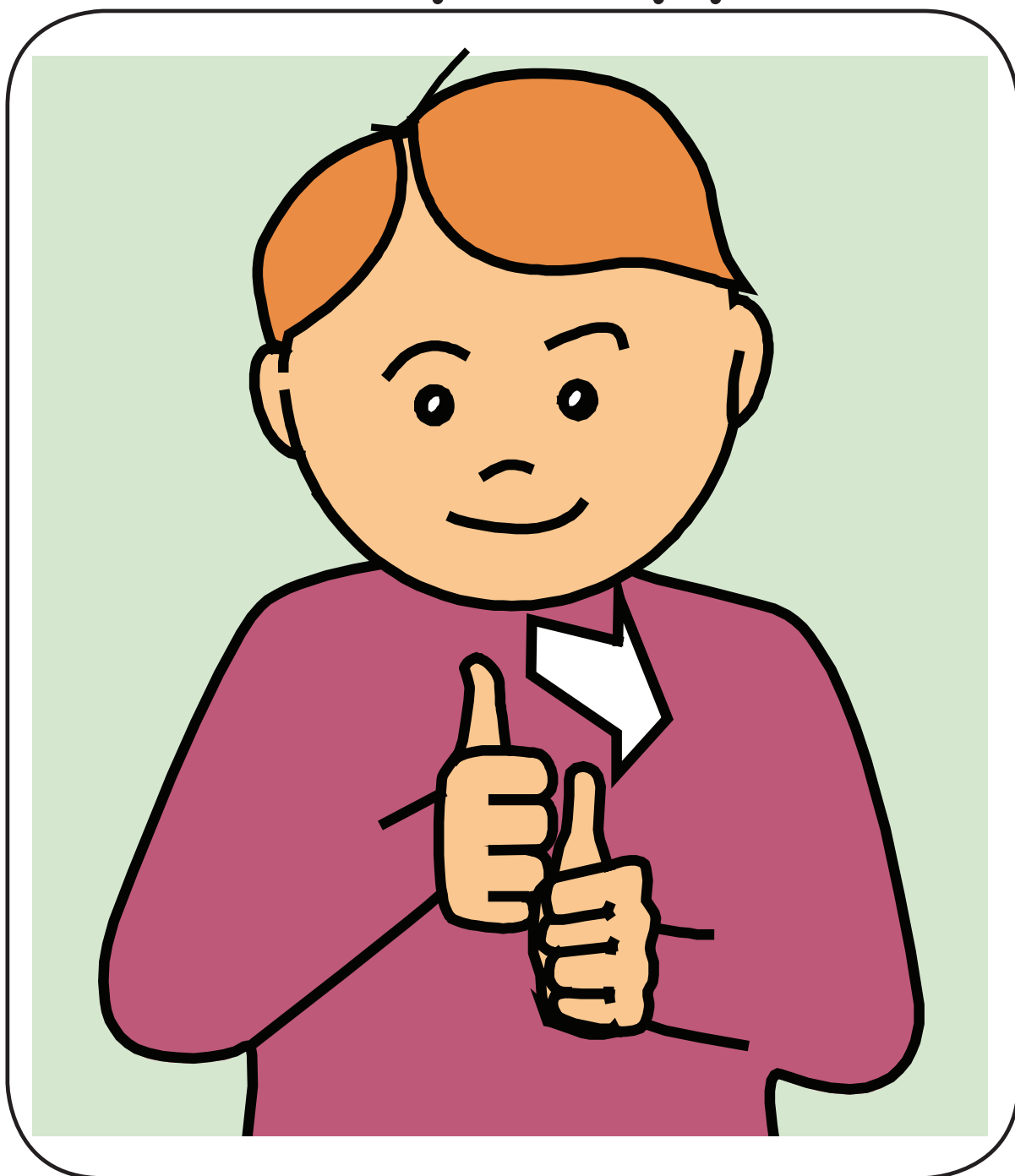
The pack contains some full colour large images with descriptions ideal for wall decoration, plus match the signs to the words, fill in the missing letters and link the sign to the word.

Scan the QR code to link to the signing video of the song to see the signs being used and the importance of facial expressions and body language that are essential when using BSL.

You can use these signs in your own conversations when using BSL or when using Sign Supported English (SSE). ENJOY!



back up, support



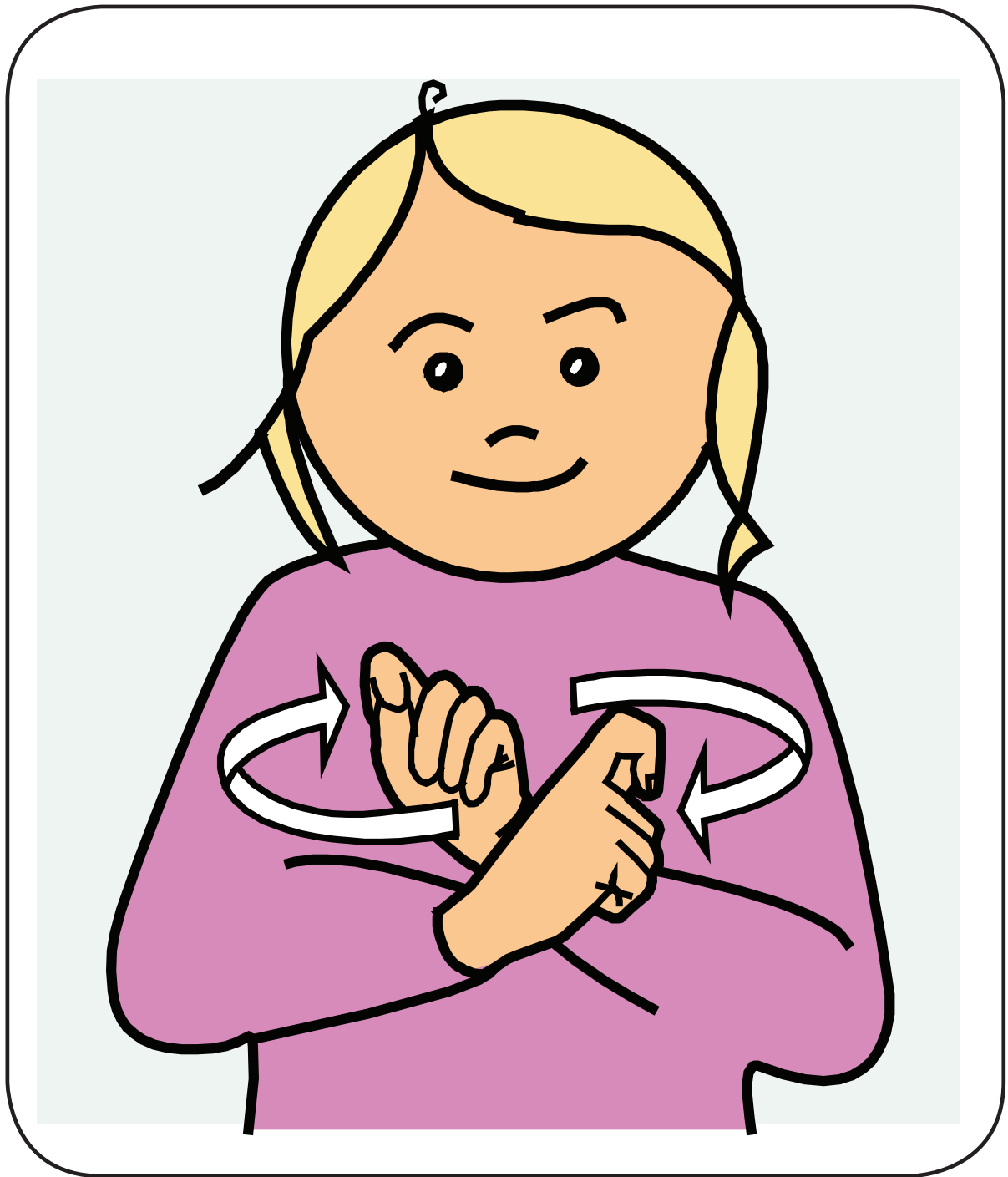
Closed hands with thumbs up,
one behind the other as both
move forwards together.

can



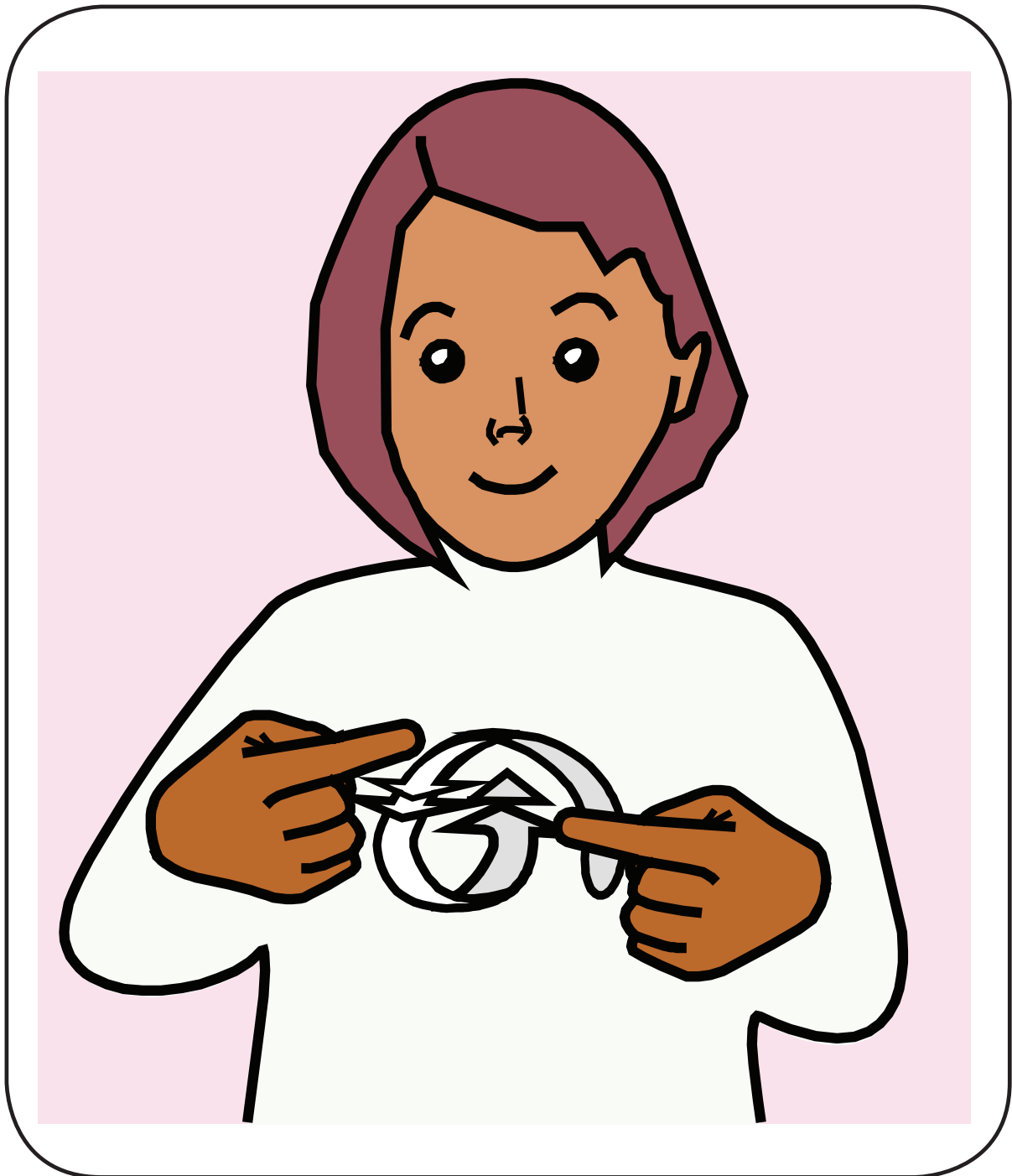
'C' hand moves forward/down from near the nose as index finger closes onto the thumb.

change



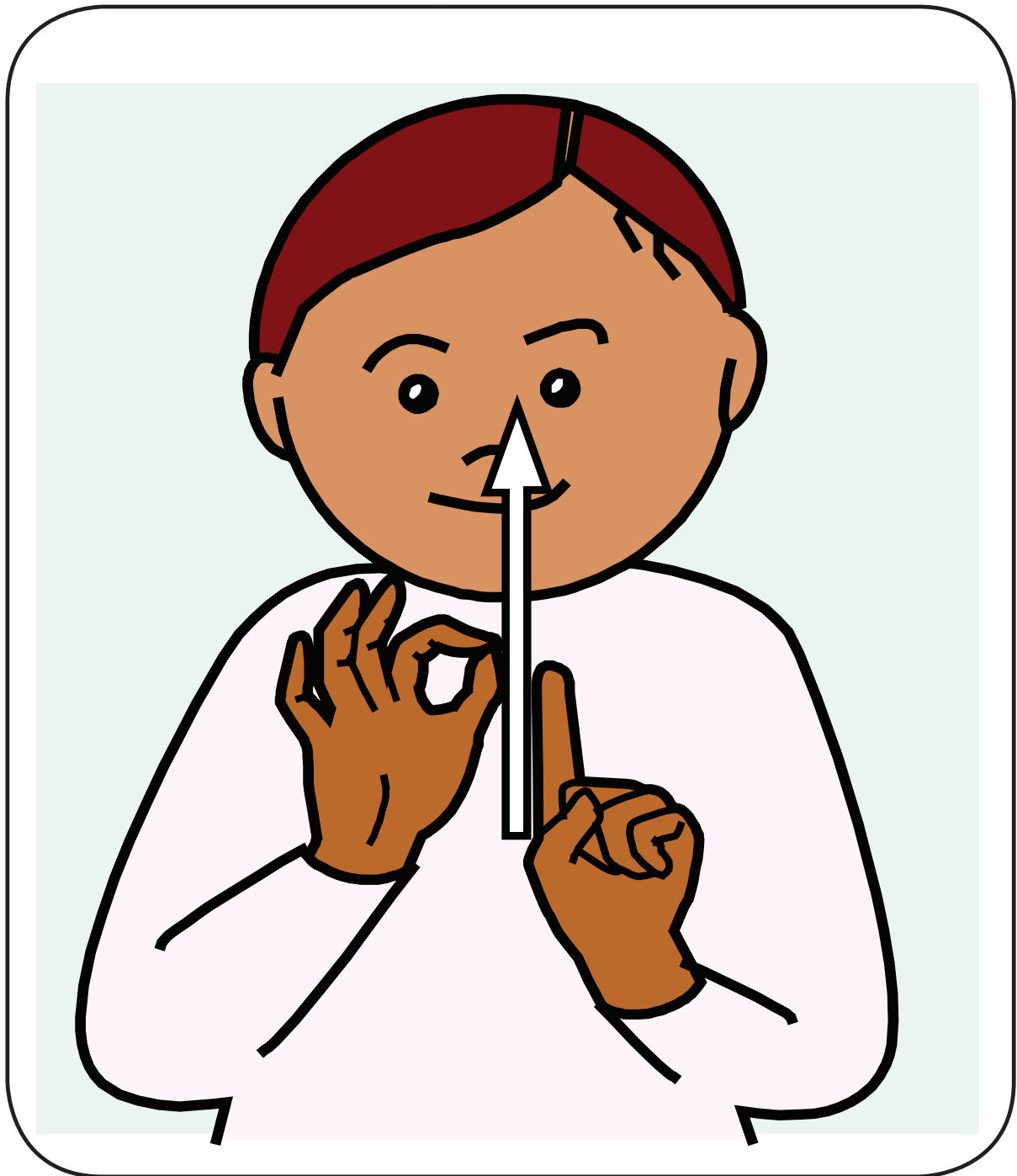
Closed hands twist
round each other
to change places.

forever



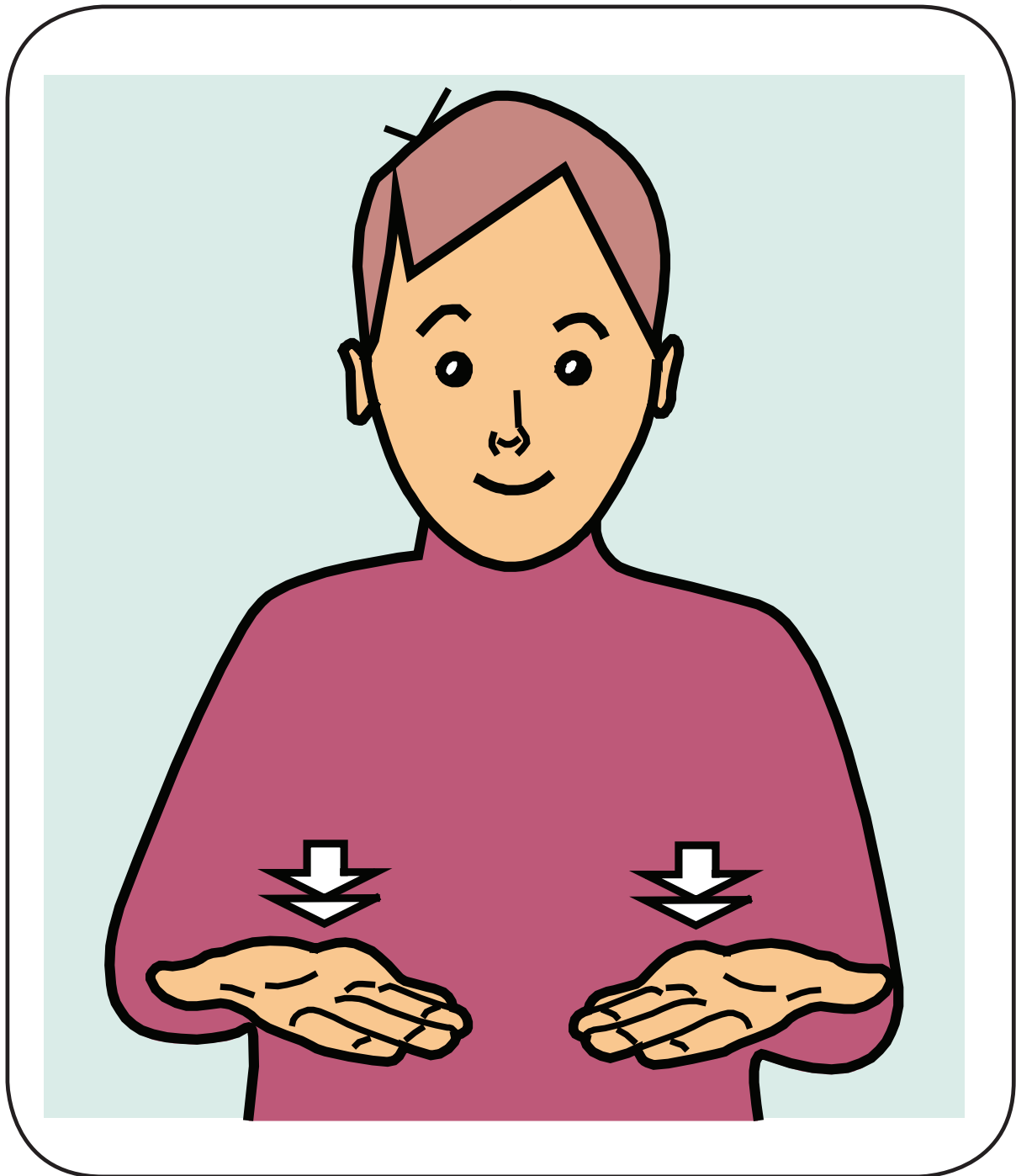
Index fingers spiral
round each other in
sideways movement.

improve



'O' hand moves upwards along the extended index finger.

today, now



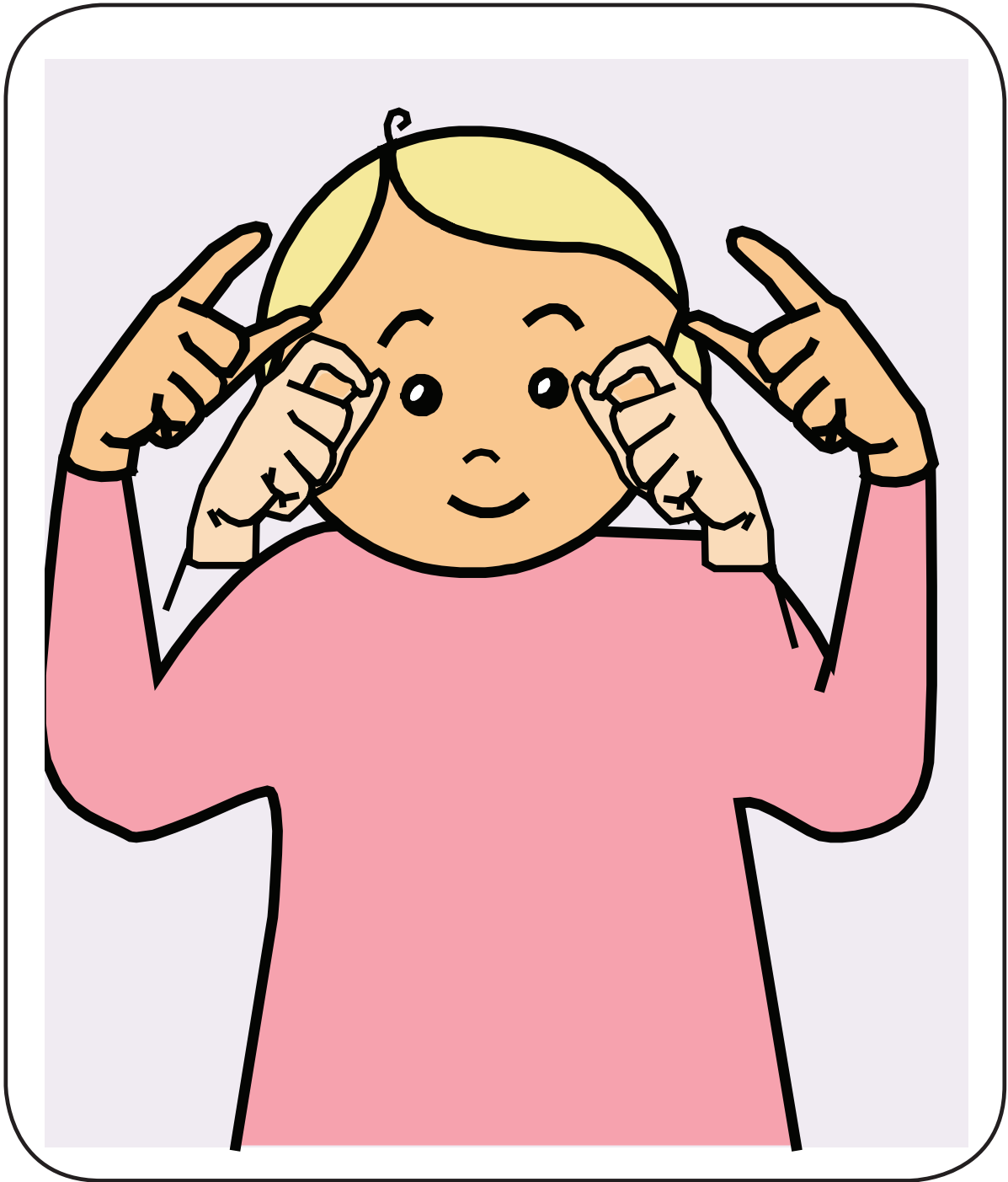
Palm up flat hands make
two short firm downward
movements.

time



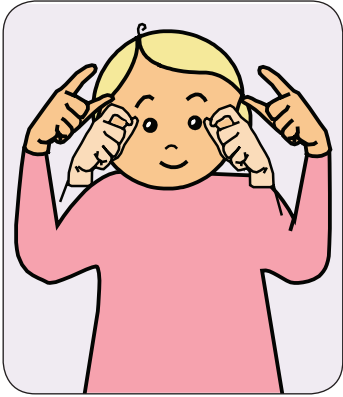
Index finger taps twice on
the back of the opposite
wrist.

wake up



Index fingers flick open
off thumbs at the sides
of the eyes.

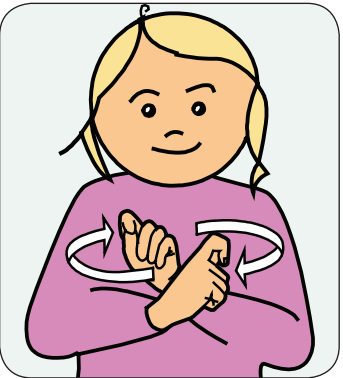
Match the sign to the word



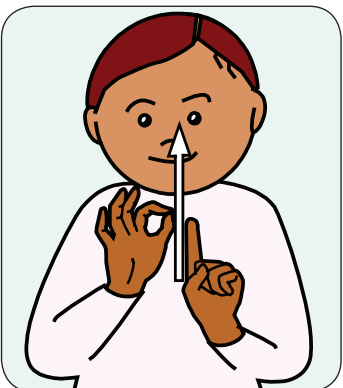
change



wake up

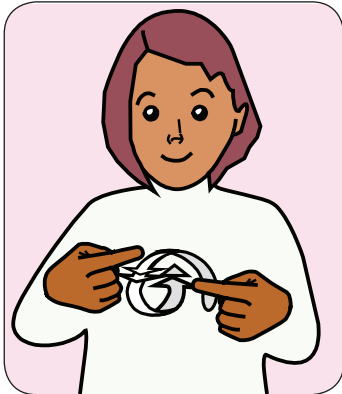


improve

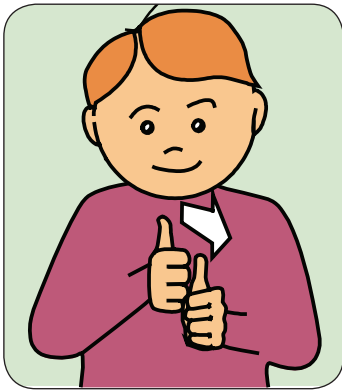


can

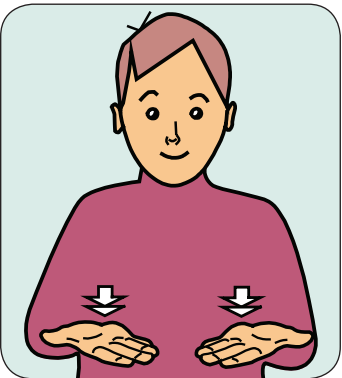
Match the sign to the word



time



forever



back up



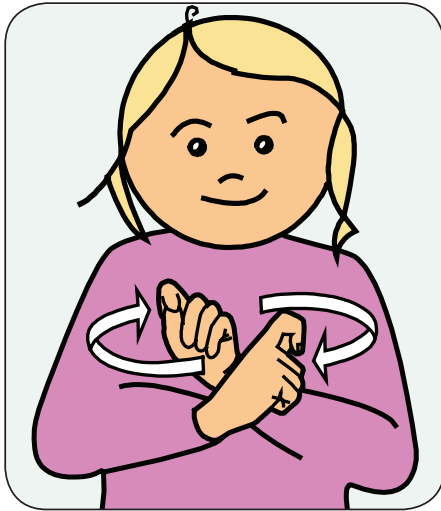
now



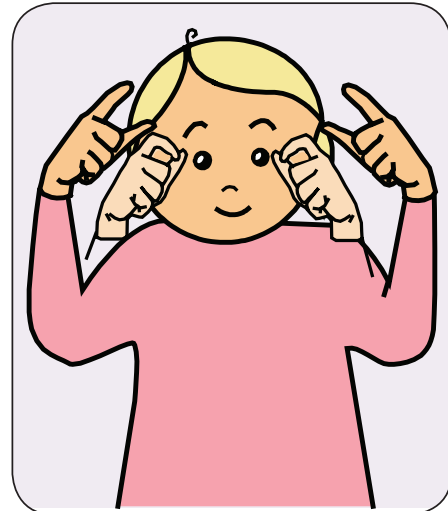
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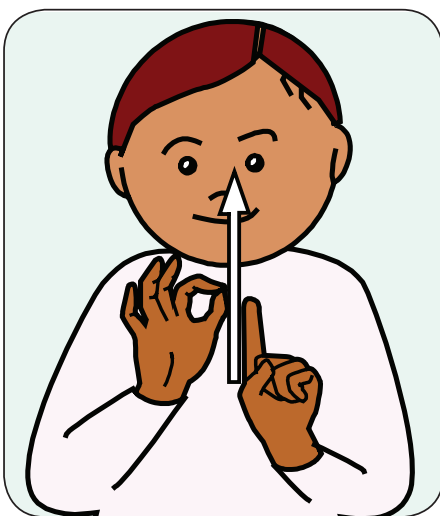
Fill in the missing letters



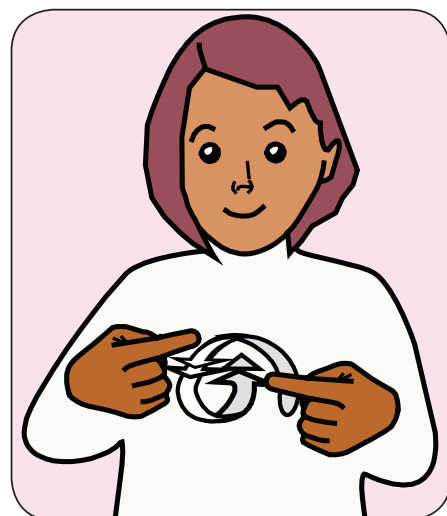
c _ a _ g _



w _ k _ u _



i _ p _ o _ e



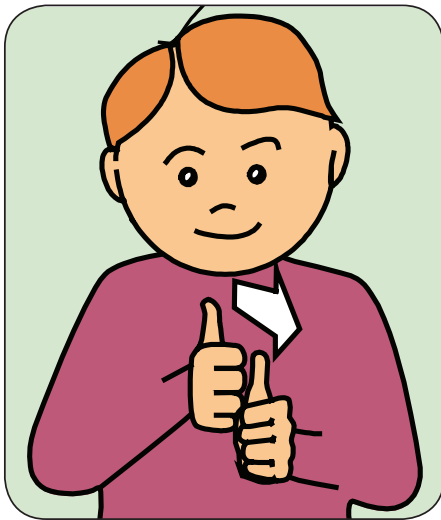
f _ r _ v _ r



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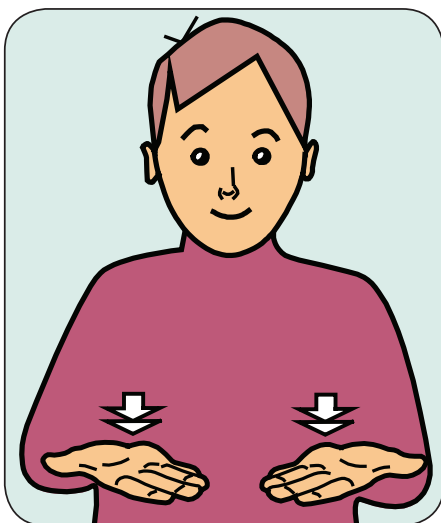
Fill in the missing letters



b _ c _ u _



c _ n



t _ d _ y



t _ m _



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Link the sign to the word

8

1

2

7

3

6

5

4

can
wake up
improve
today
back up
forever
change
time

Answers: 1 improve 2 today 3 change 4 wake up 5 can 6 forever 7 back up 8 time