World Bicycle Day



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I-me

Point to self using extended dominant index finger (natural gesture).

go

Hold flat dominant hand close to body, palm facing in. Swing hand out finishing with fingers forward. *With directionality.

ride (bicycle)

Extend and crook index fingers of both hands, palms facing down. Alternate forward circular motions with each hand whilst moving hands away from body.

ready

Form an "O" with dominant middle finger and thumb, palm up, at chest height. Drop hand and flick finger off thumb. * Can be done with both hands.

bike

Crook index fingers of both hands and move formation in forward circles alternately.

you

Point extended dominant index finger towards person or people (natural gesture).

like

Move open dominant hand in small circles on chest.

want

Move flat dominant hand down front of chest and turn to palm down.

fast

Extend index fingers of both hands. Quickly tap index finger of dominant hand onto index finger of non-dominant hand.

helmet

Cup both hands and hold above head with fingertips touching. Move hands down head to finish with heels of hands resting at temples.

where

Open both hands, palms up. Simultaneously move each hand from side to side, in opposite directions, twice.

start

Extend index fingers of one or both hands. Hold with fingers pointing up, then drop formation down.

wait (get set)

Bounce open dominant hand, palm down, in front of dominant side, twice. *May use both hands (natural gesture).

slow

Move fingers of open dominant hand, palm down, across back of non-dominant hand to wrist. Keep action slow.

path / road

Hold both hands open, palms facing, fingers pointing down. Move hands forward in a shallow arc, from about waist level.

Great!

Hold both hands in fists with thumbs extended and move forward with emphasis.

stop

Hold flat dominant hand, palm forward, at chest height. Move forwards with emphasis.

win

Hold slightly cupped dominant hand, palm away from body at face height. Turn hand to face body while closing into fist, with emphasis.

on

Palms up, place back of open dominant hand firmly on palm of non-dominant hand.

park

Hold both fists at sides of body. Move hands, arms and body in slight forwards and backward swinging motion (natural gesture).

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