

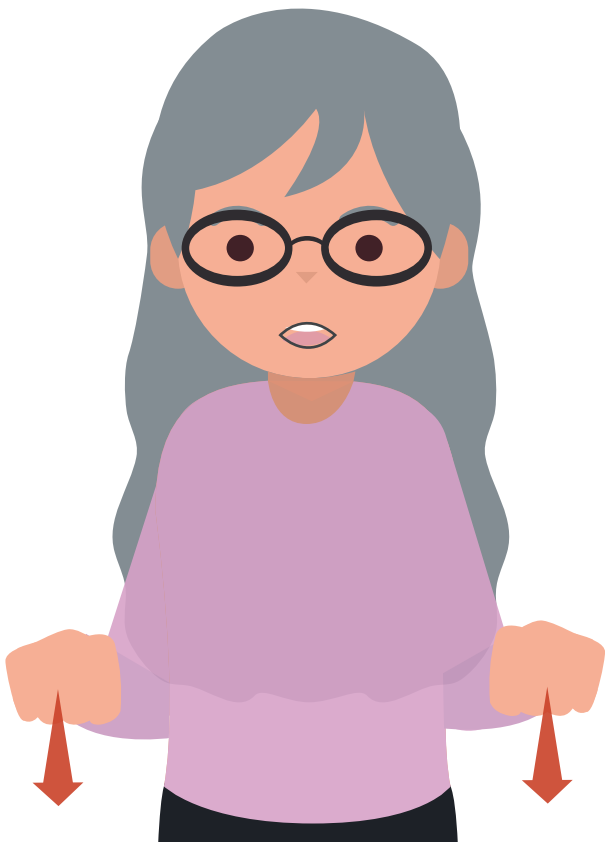
# Shopping

Hands balled into fists, held out away from body (elbows bent). Fists move up and down repeatedly.



# Help

Dominant hand in a thumbs up position placed on top of flat palm. Move hands away from body.



# Trolley

Hands balled into fists, move fists out from body (pushing trolley motion).



# Thank you

Flat hand, fingertips on chin.  
Hand moves down away from body.