

1 Nephi 3 - boths hands apart, fingers together, move both hands straight forward at the same time (ASL sign for way/road)

2 Nephi 2 - arms place elbow to fingertip, move vertical hand down

2 Nephi 2 - hands in fists, wrists crossed, uncross wrists as if breaking bonds

2 Nephi 9 - palm out face up, other hand fingers and thumb togeteher, touch palm and then forehead

2 Nephi 25 - both hands to mouth as if shouting

2 Nephi 28 - both hands out face up, wave them slightly up and down

2 Nephi 31 - make shoving motion

2 Nephi 32 - one hand, fingertips and hands together, move to lips as if eating 2 Nephi 32 - hands folded in prayer

Mosiah 2 - wrap arms around self as if cold, or do cool rapper pose

Mosiah 3 - Two pats on imaginary child's head (ASL sign for child)

Mosiah 4 - make hands into binoculars and put to eyes

Alma 7 - place both hands over heart

Alma 32 - one hand with fingers in circle, other hand with fingers together; move closed hand through circle hand while opening fingers, as if seed sprouting

Alma 37 - place your curved index finger of your right hand above your right eye and bring it down twice. (ASL sign for wisdom) Alma 39 - cover eyes

Alma 41 - turn head away and push one hand forward with palm out Helaman 5 - use both hands to draw a three-sided box, or foundation

3 Nephi 12 - draw circle in air over head, as if making a halo

3 Nephi 18 - point two fingers at eyes (watch), then make praying sign

Ether 12 - muscle pose to show strength

Ether 12 - lower eyes and bow head in humility

Moroni 7 - place two fingers in palm of other hand, as if man standing (ASL sign for resurrection)

Moroni 7 - circle two hands around each other

Moroni 10 - hold one hand up with fingers close together, tap it in the air twice (ASL sign for testimony)

^{*} yen - to yearn or long for