

Hand Motions for memorizing the Preamble

WE
(Point hands to chest)



THE PEOPLE
(Outstretch arms)



OF THE UNITED STATES
(Interlock fingers of both hands)



IN ORDER TO FORM
(Rotate hands as if molding something - like a snowball)



A MORE PERFECT UNION
(pull fingers outward against each other)



ESTABLISH
(Outstretch hands, pressing down)



JUSTICE
(Turn hands over and simulate balancing of scales)



INSURE
(Place index finger in palm, like An umbrella, for protection)



DOMESTIC TRANQUILITY
(Fold hands to cheek, simulating sleep)



PROVIDE
(swing hands outward as if offering something)



FOR THE COMMON DEFENSE
(Double up fists, defending self)



PROMOTE THE GENERAL
(Make a military salute)



WELFARE
(Put hand over your heart)



DO ORDAIN
(Simulate laying on of hands)



AND SECURE
(Grasp the air with right hand)



AND ESTABLISH
(Outstretch hands, pressing down)



THE BLESSINGS OF LIBERTY
(Raise right arm high in a Statue of Liberty pose)



THIS CONSTITUTION
(Simulate unrolling a scroll)



TO OURSELVES
(Point hands to chest)



FOR
(Hold up four fingers)



THE UNITED STATES
(Interlock fingers of both hands)



AND OUR POSTERITY
(Indicate different heights with a hand coming down in stair-step fashion)



OF AMERICA
(Outstretch arms, simulating the American Eagle in flight)

