

ASL Kids Weekly Lesson Plan Printable Pack

A simple 5-day American Sign Language plan for home, preschool, kindergarten, homeschool, therapy, or classroom routines.

How to use this pack: choose 5 to 8 useful signs, watch each sign in the ASL Kids app or dictionary, practice from the table, then use one sign in a real routine the same day. Printables are memory prompts, not a replacement for seeing signs in motion.

5-day beginner ASL plan

Day	Warm-up	New signs	Practice	Use today
Mon	Say hello, copy 2 known signs.	hello, more, help	Watch signs, copy 3 times, use flash cards.	Ask for more or help during snack or play.
Tue	Review Monday signs.	eat, drink, all done	Match sign to routine picture or object.	Use eat , drink , or all done at mealtime.
Wed	Fingerspell initials or names.	yes, no, stop	Play yes/no movement game.	Use yes , no , or stop in a real choice.
Thu	Review 6 signs quickly.	family, mom, dad	Draw or point to family people, then sign.	Use one family sign in a sentence or story.
Fri	Pick favorite 5 signs.	Review week signs.	Sign-and-find scavenger hunt.	Let the child choose 1 sign to use all weekend.

Quick weekly checklist

- ☐ I chose signs that fit our real routines.
- ☐ I watched each sign in motion before using the printable.
- ☐ I practiced with short sessions: 5 to 10 minutes is enough for many kids.
- ☐ I used one sign during snack, play, story time, cleanup, or family conversation.
- ☐ I reviewed the same signs more than once instead of adding too many new signs.

First 25 ASL Signs Checklist

Start with signs that children can use immediately. Check each sign after the child has seen it in motion and tried it during a real routine.

Theme	Signs to practice	Where to use them
Everyday needs	☐ more ☐ help ☐ eat ☐ drink ☐ all done	Snack, lunch, water breaks, play, bedtime.
Choices and safety	☐ yes ☐ no ☐ stop ☐ wait ☐ again	Transitions, turn-taking, boundaries, games.
People and feelings	☐ mom ☐ dad ☐ family ☐ happy ☐ sad	Family talk, stories, emotion check-ins.
Classroom routines	☐ sit ☐ stand ☐ quiet ☐ listen ☐ clean up	Circle time, cleanup, line-up, centers.
Early learning	☐ book ☐ play ☐ bathroom ☐ please ☐ thank you	Books, play, bathroom routines, manners.

Teaching reminder: ASL uses handshape, movement, palm orientation, location, facial expression, and context. When a sign looks unclear, check a trusted video source and practice slowly.

Add your own signs

Sign	When we will use it	Checked in video	Used today

Blank Weekly ASL Lesson Plan

Use this page when you want to plan a fresh week around a theme such as family, colors, numbers, feelings, food, classroom routines, animals, or playground signs.

Good weekly goal: 5 to 8 signs, 1 short video/app practice moment per day, 1 printable or worksheet prompt, and 1 real-life use of the sign.

Day	Signs	Activity	Real-life use	Done
Monday				[]
Tuesday				[]
Wednesday				[]
Thursday				[]
Friday				[]

Notes for parents, teachers, or therapists

What worked well?	
Signs to review again	
Child's favorite sign	
Next week's theme	

Practice links: asl-kids.com/sign-language-app/ | asl-kids.com/sign-language-dictionary/ | asl-kids.com/free-asl-printables/