

# Family Sign & Play

# Moses

# Guide



## HOW TO USE THIS GUIDE

The intent of this guide is to help your family discover that God loves us so much that He shows us how to live! When God gave Moses the Ten Commandments, He was teaching His people how to love Him and how to love others.

This study helps children see that rules are not meant to take away fun, but to show us what is good, safe, and loving - just like a parent's rules help protect and guide their children. Through story, sign, and play, your child will see that God cares about how we live and that His way is best.

Like all of God's Word, this story reminds us that God communicates with His people - and that includes our Deaf and Hard of Hearing children! **God sees, knows, and loves each one of us.**

**A note to parents:** It can be awkward or intimidating as you learn the ASL alphabet. You might not feel confident learning some words because it feels strange to be learning a new language with your hands, your face, and your body. Take heart—it's completely okay to feel this way!

Here's a secret: as you open your heart and mind and begin to immerse yourself in this beautiful, visual, and expressive language, you'll soon see how it radiates emotion through facial expressions and body movement. Just as the tone of your voice changes when you feel angry, happy, or sad, facial expressions are the "voice" of ASL. They stand out vividly because they are seen through the eyes, not heard through the ears.

For example, when you read a sentence about the beautiful colors of a sunrise, you can imagine it - but when you actually see a sunrise with your own eyes, you experience its beauty in a completely different way. It's the same with language: spoken language is heard, but ASL is seen; both express meaning, just through different senses.

ASL is a full and complex language with its own grammar and rules, just like spoken languages. Give yourself permission to learn at your own pace. Be flexible and patient with yourself. **Every step counts!**

### **Helpful tips when preparing and watching ASL scripture:**

- Don't try to read your Bible and watch the ASL Scripture video at the same time. It won't work well.
- First, read your Bible passage.
- Next, close your Bible and place a bookmark where you stopped.
- Then, watch the Scripture in ASL.
- As you watch, write down any words or signs you recognize.
- Afterward, go back and read your Bible again.
- Finally, take a moment to pray.

### **Prayer:**

*Lord, You gave Moses instructions in many ways, and You are limitless in power and wisdom. In Job 42:2, Job confessed that he knew You could do all things and that no plan of Yours could be stopped. Give me the heart of Job, to truly acknowledge that You alone have absolute power and wisdom.*

*Help me learn sign language so I can teach the child You have entrusted to me. I want them to know all Your wonderful laws and to meditate on Your Word day and night, so they will be sure to obey everything written in the Bible. Give them the heart of Joshua.*

*I need You, Lord, to help me respond and act on the calling to be a disciple-maker for Your purpose. There are millions of parents who have not responded to the call - help me and equip me so I can invest in other parents to respond to Your call. Help me take back what the enemy has stolen from us. In the powerful name of Jesus - the victory is Yours, the glory is Yours, and the honor is Yours. Amen.*

Prayer Reference: Job 42:2 (NASB) / Joshua 1:6-9 (NLT)

### **Activity:**

There are four different activities, please feel free to choose one. You don't need to do all of the activities. This curriculum is for ages 0-6, that means you can modify any way that is best for you and your child, and your family. Be creative! If you have any new ideas or suggestions, please do share with us at [adminteam@deafkidsconnect.com](mailto:adminteam@deafkidsconnect.com)

## VOCABULARY

Deaf Harbor offers an excellent Chronological Bible Translation (CBT) Dictionary, where you can find specific ASL signs for Bible words and concepts in three different areas: people, places, and key terms.

You can explore it here: <https://www.deafharbor.org/tv/cbt-dictionary/>. As you prepare to lead your family, take a look and find certain words that can help you learn sign vocabulary in this lesson as well as other lessons. Take some time to browse the dictionary and look up words that appear in this lesson, as well as others. This is a great way to build your ASL Bible vocabulary and strengthen your understanding of Scripture through signs.

- God
- Moses
- Mountain
- Commandment
- Law
- Love
- Obey
- Good
- Help
- Stone
- Tablet
- Listen
- Heart
- People



Deaf Harbor CBT Dictionary

### YOU WILL NEED:

- Your Bible
- Access to the DKC Ministries App or Deaf Kids Connect Website
- Access to the Deaf Bible App or Deaf Missions website
- Two paper plates or cardboard pieces (to be the “stone tablets”)
- Markers or crayons
- Play-doh
- Flashlight or lamp (for “light from the mountain”)
- Blanket or towel (for “cloud”)

## TELLING THE STORY

**START** with Prayer

**NEXT** open your Bible to Exodus 19–20. Encourage your children to bring their Bibles, too, to help connect what they are learning with a concrete object. If you remember the introduction in the Nativity lesson, concrete concepts are so important for Deaf and Hard of Hearing children.

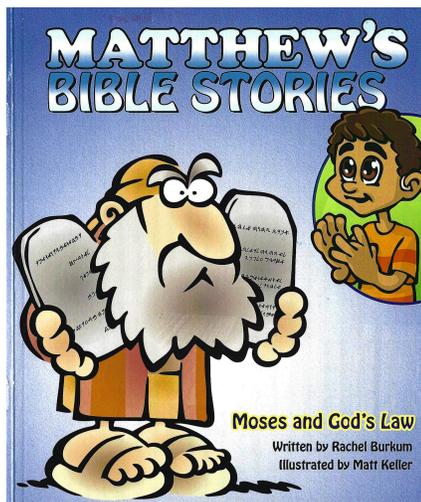
**Say/Sign:** This is the Bible. It is true! The Bible tells us how God gave rules to help us live His way!

**WATCH** the story in Exodus 20:1-17

[Deaf Missions ASLV Exodus 20](#)



Another great resource is the [“Moses and God’s Law”](#) children’s Bible study book from Deaf Missions.



## TELL THE STORY:

**Say/Sign:** Long ago, God's people were in the desert. They stopped by a big mountain. The mountain was called Sinai. Moses went up the mountain to talk with God.

A big cloud came down on the mountain, and there was thunder and lightning! The people saw and knew God was there.

God told Moses, "Tell the people I love them. I want them to live in a way that shows My love." Then God gave Moses ten special rules — called *commandments*. God wrote them on stone with His own finger!

God's rules tell us how to love Him and love other people. God said, "I am your God! Obey Me."

## ACT IT OUT! GET UP AND GET INVOLVED!

**START:** Explain we are now going to act out the story. Direct everyone to stand up in a circle or semi-circle.

**Say/Sign:** Let's pretend we are there with Moses!

- Use your flashlight as "lightning" — flash it around while you play soft "rumbling" sounds with your hands on your legs.
- Put a blanket over your shoulders like a "cloud."
- Let one parent be "Moses" and climb (pretend!) up the mountain.

**Parent/Moses says/signs:** "God, I am here!"

**Say/Sign:** God gave Moses two stone tablets with His rules. Let's make our own!



## ACTIVITY 1: MAKE THE COMMANDMENTS

Give each child **two paper plates or two blank paper or cardboard pieces**.

**Say/Sign:** "Let's make our own tablets like God gave Moses!"

- Write or draw 1-2 simple commands on each plate (like *Love God, Be Kind, Obey Parents*).
- For children, you can **draw pictures or use stickers** to represent each one (a heart for love, an ear/eye for "listen", a hand for "help").
- Encourage your child to trace or sign the words as you model them.

**Say/Sign:** God's rules help us know what is good. When we follow them, it shows that we love Him!

We have created some fun ideas for you to use if you prefer using our materials. [Download here.](#)



**Printable  
Coloring Page:**



## ACTIVITY 2: BUILD IT IN PLAY-DOH

Give each child some Play-doh.

**Say/Sign:** "Let's make a mountain! Then let's make Moses, or the tablets, or hearts to show love."

While building, talk about how God used the mountain to meet with Moses.

**Ask:** "Who gave the rules?" (God!) "Why?" (Because He loves us!)

Encourage them to "pretend" God is giving Moses the tablets and let them pass them to you saying/signing "God loves us!"



## ACTIVITY 3: FOLLOW THE LEADER

**Say/Sign:** God's people followed Moses because God showed them the way. Let's play a game!

Everyone can stand in a circle or line with one leader in front. The leader chooses a movement and everyone copies it. If someone is too slow or does the wrong movement, they sit out until a new leader is chosen. You can also play this like Simon Says, but say **"God says"** instead.

*Movement ideas include squatting, arm windmills, acting like a bird or monkey, clapping hands, turning around, and doing jumping jacks.*

**Say/Sign:** "We follow the leader in the game. In life, we follow God! When we follow God, He helps us do what is good."

## ACTIVITY 4: TEN COMMANDMENTS SONG

This activity helps children learn and remember the Ten Commandments through rhythm, movement, and ASL handshapes. Using an [ASL music video](#) by Lulu Sorenson from Deaf Harbor, memorization becomes visual, interactive, and fun.

**Note for new signers:** Lulu uses a handshape poem rather than exact ASL signs.



## STEP 1: Set Up the Space

- Choose an open area where everyone can move freely.
- Have your children stand or sit in a **“U” shape** facing the screen.
- Open the video.

Encourage your children to watch Lulu’s hands, face, and body carefully, these visual cues carry the rhythm and meaning.

## STEP 2: Watch the Whole Video Once, Twice, or More

- Play the video through from start to finish **without stopping**.
- This helps your children get a sense of the rhythm, flow, and how each commandment connects.
- After watching, ask:
  - “What numbers did you see?”
  - “What did you notice about her hands?”

Even if they don’t remember all 10, that’s okay, this is about visual exposure and curiosity!

## STEP 3: Learn the Handshapes

In the music video, Lulu uses her hands to convey the numbers 1 through 10 to represent each of God’s commandments.

- At about 0:44, Lulu shows the number “1” and then uses Handshape 1 for the first commandment. This pattern continues for Commandments 1–5.
- For 6–10, she begins using two handed combinations. For example, Lulu shows Handshape 1 and 5 together to sign “murder” for the 6th Commandment.



## STEP 4: Pause and Repeat Practice

Now, go through the video one commandment at a time:

1. **Play** a short section.
2. **Pause** after Lulu shows each number and handshape.
3. **Copy** her movements together as a family.
4. **Say/sign** the key word out loud or in sign (both if possible).

Repeat each commandment 2-3 times before moving to the next.

## STEP 5: Key ASL Words to Remember

**Tip: Change video speed to 0.25 in the YouTube settings.**

Commandment	Key ASL Concept	Meaning / Visual Cue
1	Only One	One God
2	Bow	Do not worship idols
3	Lousy	Do not misuse God's name
4	Focus / All Day	Keep the Sabbath day holy
5	Dad / Mom	Honor your parents
6	Kill	Do not murder
7	Sexual Promiscuity	Be faithful
8	Snatch / Steal	Do not steal
9	Lie / Vague	Tell the truth
10	Want (Everything)	Do not covet

## **STEP 6: Review and Reflect**

After you've practiced, gather your children and talk about what you learned. Ask:

- "Which handshape was your favorite?"
- "Which commandment was easy or hard to remember?"
- "Why do you think God gave us these rules?"

Explain that these "rules" are really signs of love, ways that God shows us how to live and love others.

## **STEP 7: Connect It to Worship**

Remind your children that *our hands are instruments of worship*.

Just as an orchestra brings together many instruments to make one beautiful sound, our signs, faces, and bodies come together in unity to worship God in ASL.

This ASL music video, "Ten Commandments," uses chants and handshapes to help Deaf individuals remember the sequence of the commandments. Just as hearing people follow instruments and choruses in a song, this method provides a visual and rhythmic way for Deaf people to internalize the words and beats.

Chants function as the "beat," much like how an orchestra coordinates different instruments to create music. The difference is that *we* are the instruments - our hands, faces, and bodies come together to form one unified act of worship.

This is a wonderful and engaging way for your children to begin remembering the Ten Commandments! Celebrate their effort - And yours! Even small progress is meaningful!

End with a short prayer:

*"God, thank You for giving us Your rules that show love. Help us use our hands, faces, and hearts to worship You. Teach us to remember Your commandments and to live them out with joy. Amen."*

## DISCUSSION AND APPLICATION

### QUESTIONS FOR REVIEW

Who gave Moses the rules?

*God!*

Where did God give the rules?

*On the mountain!*

What are the rules called?

*The Ten Commandments!*

Why did God give us the rules?

*Because He loves us and wants to help us!*

How can we show love for God?

*Obey Him!*

### GOING DEEPER:

**Ask:** Why does God want us to listen to His rules?

*Because He knows what's best for us.*

**Ask:** How do you feel when you obey and do something kind?

*Happy! Loved! (child will answer any words, no right or wrong)*

**Explain:** God's rules help us make good choices. When we obey, our hearts stay full of love and peace. Encourage your children to add or brainstorm whatever comes to mind; this is how they process and internalize what they've learned. Their answers might not always make sense, and that's okay! It's all part of their learning and application process.

## A NOTE TO PARENTS

It can be easy to see “rules” as restrictions, but for our Deaf and Hard of Hearing children, clear boundaries actually bring confidence and peace. When God gave His commandments, **He was giving love in language.**

Just as you use your hands to sign love and guidance to your child, God “signed” His love to us through His commands. He wrote them down in clear, simple ways so that His people could know His heart. When our children see and feel our consistent love and structure, they begin to understand how deeply they are seen and loved by their Maker. Let every “No” or “Stop” be followed by, “Because I love you.” In this, we echo the voice of God on Mount Sinai - firm, kind, and full of love.

Sadly, many parents were never empowered to learn this truth because, for generations, families were taught to see a Deaf child as a punishment rather than a purpose. That could not be further from the truth. **You have been divinely handpicked for this discipleship journey, simply because no one else can do what you are doing. You are already making a difference - the fact that you are reading this curriculum proves it.**

As a result of these past misunderstandings, many Deaf children were told “no,” “later,” or “it’s not important.” This message deeply affected how both parents and Deaf individuals have come to see their own worth - and even how they understand God’s love. This is one reason why the Deaf community remains one of the most unreached groups in the world, even as Bible translations continue to expand.

The impact of being **seen and known** is life-changing. Take time to explain to your child how much you love them, and why the answer might sometimes be “no.” When you invest time in learning ASL, you are investing in your child’s heart - helping them build a safe, healing place that many Deaf children never receive until adulthood.

Your child will grow up to change lives. They will introduce others to Jesus and teach them what it truly means to be loved and seen - all because you chose to invest in them now. The stronghold of generations of leaving Deaf people behind is still ticking, but through Christ, **you have the power to stop it and break that bondage.** And you are not alone; we are here to walk with you.

### Understanding What “Breaking the Bondage” Means

This phrase might sound new to you. You might think that learning to hear and speak through devices is enough. But think about this: when hearing people think, read, or imagine, they “hear” words in their minds. English is their first language, and because they’ve heard it since birth, most have absorbed nearly 40 million

spoken words before they ever learn to read or connect those sounds to letters and grammar. This is called "incidental learning".

For a child born Deaf, that experience is completely different. Spoken language is not their first language. When they think, they don't "hear" words in their minds - their thoughts are visual. Written English must be learned as a second language.

Imagine being told to read a sentence in Russian, German, or Mandarin - but you don't know how the letters sound, and you have no sounds from your first language to compare with. That's similar to what many Deaf children experience when first learning to read English.

To make things even more complex, there are nearly 400 signed languages around the world - each one rich, beautiful, and unique. Yet not every culture or community recognizes the value of teaching or supporting a Deaf child. Many Deaf children are still neglected, abused, or denied education to this very second. People often invest more in marketing devices than in meeting a child's spiritual, emotional, and relational needs.

It's estimated that less than 2% of Deaf people worldwide have access to the Gospel - out of about 70-80 million Deaf individuals globally, and that number is likely underestimated.

So, can Deaf people read a printed Bible? Yes! But that's only part of the picture. To truly understand God's Word and become effective Great Commission leaders, Deaf individuals need a strong first language, access to education in ASL, and the opportunity to learn written English as a second language. This goes the same for Deaf children in different languages around the world.

When Deaf children have a solid foundation in sign language, they gain the tools to think deeply, communicate clearly, and share God's truth with others. A strong language foundation builds confident disciples who can lead, teach, and reach others for Christ.

And it all begins at home - with you, their first teacher, modeling love, communication, and faith in action.

## **Why God Chose You**

You might feel overwhelmed reading what we just shared. You might wonder if you're capable of leading your child spiritually, especially if you're still learning ASL and communication feels challenging. But take heart: God doesn't call the qualified; He qualifies the called. **You. Are. Called. Period.**

God believes in you. He chose you to be your child's parent, their first teacher, and their disciple-maker. You may see your limits, but God sees limitless potential. He is the Author of your life. He created and designed everything about you - including your ability to learn sign language.

Through your willingness, patience, and love, you are showing your child what it means to know and follow a God who communicates in every language - spoken, written, and signed. You are part of His plan to reach a generation of Deaf children who will see, feel, and know His love through your hands.

You are already changing the story. Keep going! We are with you, praying for you, and celebrating every step of your journey.