

Generic action bank for story telling

Key Connective	Suggested Action
Once upon a time	Open hands like a book.
Early one morning	Hands to one side of head and pretend to wake up.
Who	Finger circle index finger in air.
First	One finger up.
Next	Two fingers pointed to one side.
But	Fingers down.
Because	Hands out open palmed
At that moment	Hands expressively open as if in surprise.
Suddenly	
To his amazement	
Unfortunately	
Luckily	Hands raised open as if thanking.
After/after that	Roll hands over in turning gesture.
So	Roll hands forwards and open as if giving.
Finally	Palm facing audience like a policeman stopping traffic.
In the end/Happily ever after	Bring hands together as if closing book.
Eventually	

Optional actions specific to The Three Bears

Goldilocks	Index fingers extended pointing to top of head. Lower arms and rotate fingers signifying curly hair.
Village	Wrists held together, palms and fingers slanting in outward direction to make a V shape.
Wandered	Arms swinging at sides as if walking.
Woods	Both arms above head waving side to side.
House	Hands in front, finger ends touching to make roof shape.
Knocked	Mime knocking on a door.
Bowl/s of porridge	Both hands joined together in cupped shape.
Hungry	Rub tummy
Big	Arm held above head with palm horizontal.
Middle-sized	Arm held at shoulder height, palm horizontal.
Tiny	Arm held at knee height, palm horizontal.
Tired	Arms stretching
Chair/s	Bend knees, straight back, miming sitting on chair.
Broke/broken	Hands hold imaginary stick, move as if to break.
Bed/s	Arms held together in front, palms down, move apart horizontally showing flat surface.
Fast asleep/sleeping	Close eyes and rest head on hand.
Bears	Hands held either side of head like ears
Somebody's	Hands shading eyes, looking from side to side.
Eating	Hand scoops imaginary food to mouth.
Sat/sit/sitting	Bounce on bottom.
Screamed	Hands cupped around open mouth.
Ran	Arms bent either side of body, moving back and forth alternately.