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)

AND SECURE
(Grasp the air with right hand)

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

TO OURSELVES
(Point hands to chest)

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

DO ORDAIN
(Simulate laying on of hands)

AND ESTABLISH
(Outstretch hands, pressing down)

THIS CONSTITUTION
(Simulate unrolling a scroll)

FOR
(Hold up four fingers)

THE UNITED STATES
(Interlock fingers of both hands)

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