

Hail Mary

Practice praying with hand motions to aid memorization; suggestions below, or make your own!

Hail Mary,

(Lift your right hand pointing to the sky.)

full of grace,

(Lift your left hand pointing to the sky.)

the Lord is with thee.

(Bring your hands down, palms on your heart.)

Blessed art thou among women,

(Point to a few imaginary women in front of you.)

and blessed is the fruit of thy womb, Jesus.

(Pretend you are rocking a baby in your arms.)

Holy Mary,

(Make a circle with right hand over your head)

Mother of God,

(Blow a kiss.)

pray for us sinners,

(Bring your hands down folded in prayer.)

now, and at the hour of our death.

(Point to a pretend watch on your wrist.)

Amen.

(Bring hands together folded in prayer.)

