Wireframe Methods:

Pull-To-Refresh – An interactive wireframe that is typically used for iPhones and other smart phones. The user pulls down on the web page or application and it refreshes. Useful for Search Results, News Menus, and Messengers. It also tends to have some sort of animation to alert the user that the application or web page is refreshing/loading.

Wireframe Tool:

InDesign – Easily allows the developer to create a PDF mockup of their website. InDesign also allows for multiple pages to make this process easier. Unfortunately it does cost some money so it's not free for everyone.

Frame Box – Quick and free tool for making wireframes. The tools are very simple and easy to use. You don't have to sign up or pay anything so it's a nice tool to create a quick mockup.