



Down Syndrome Awareness Book Recommendations

[Unbound: The Life and Art of Judith Scott](#), by Joyce Scott, Brie Spangler and Melissa Sweet

Judith Scott was born with Down syndrome. She was deaf, and never learned to speak. She was also a talented artist. Judith was institutionalized until her sister Joyce reunited with her and enrolled her in an art class. Judith went on to become an artist of renown with her work displayed in museums and galleries around the world.

[A Friend Like Anian](#), by Meeka Caldwell

The sun is out and Anian and Mommy have things to do today! Full of energy and ready to go, they spend the day out in the community where everyone helps Anian as he goes place to place. Anian was born extra special, he was born with Down syndrome. He loves to learn new things and show everyone what he can do! Enjoy this story as you get to know a friend like Anian!

[A Friend Like Anian: The First Day of School](#), by Meeka Caldwell

It's time for school! In this second book of A Friend Like Anian series, Anian is a little nervous about his first day of Kindergarten, but with the help of his teachers, aide and new friends, it's not so bad after all!

[Almost Twins](#), by Anna Penland and Anna Moates

Most people like to celebrate that people are "all the same," but that really isn't true- which is why the twins decided to start going by The "Almost" Twins. This almost signifies the beautiful difference in not only someone with Down syndrome and their typical peers, but each and every one on this planet. We all have something unique to celebrate! Think about it- do you have something in common with somebody but are also able to explore how you are different? Maybe you have an Almost Twin too!

[SuperCaptainBraveMan, Down on Safari](#), by Paul Norman and Leah Lodevico

Kyle is a boy like any other boy his age, only he has a rare condition that hinders his day-to-day physical abilities. It is when Kyle dreams that he transforms into his alter ego, SuperCaptainBraveMan! In Book 4: Down on Safari!, SuperCaptainBraveMan helps a girl with Down syndrome find her brother.

[You Are Enough](#), by Margaret O'Hair

This inclusive and empowering picture book from Sofia Sanchez reminds readers how important it is to embrace your differences, to be confident, and to be proud of who you are. Imagine all of the wonderful things you can do if you don't let anyone stop you! You are enough just as you are.

[Just a Girl Named Jessica](#), by Fred Wills, RN

Just A Girl Named Jessica is a story that speaks to all people. It will open doors for all those who feel different and help them explore that place where they fit in. It's a true story that will enlighten those who aren't directly touched by individuals with special needs and most of all it's the story of a young girl who wants everyone to know we are all "a lot alike, a little different."

[Just Ask](#), by Sonia Sotomayor

In *Just Ask*, United States Supreme Court Justice Sonia Sotomayor celebrates the different abilities kids (and people of all ages) have. Using her own experience as a child who was diagnosed with diabetes, Justice Sotomayor writes about children with all sorts of challenges--and looks at the special powers those kids have as well. As the kids work together to build a community garden, asking questions of each other along the way, this book encourages readers to do the same: When we come across someone who is different from us but we're not sure why, all we have to do is *Just Ask*.

[Different, A Great Thing to Be!](#), by Heather Avis

Macy is a girl who's a lot like you and me, but she's also quite different, which is a great thing to be. With kindness, grace, and bravery, Macy finds her place in the world, bringing beauty and laughter wherever she goes and leading others to find delight in the unique design of every person.



Down Syndrome Awareness Video Recommendations

[Down Syndrome Answers](#)

The best people to answer questions about Down syndrome are people with Down syndrome. We found the most-asked questions on Google and asked 10 Canadians with Down syndrome to give their answers. This can be used interactively within a classroom by asking the question and then playing the answers. There are 35 Questions and each Answer ranges from 15 seconds to 1 minute.

[What is Down Syndrome – Be a Good Friend](#)

Cartoon for younger grade levels
1 minute 9 seconds

[ABC for You and Me](#)

Video of the book written by Meg Girnis and Shirley Leamon Green. Full-color photos show children with Down syndrome in activities with objects corresponding to the letters of the alphabet.
2 minutes 24 seconds

[My Friend Isabelle](#)

Created as part of the NDSS educational program Everyone Counts: Teaching Acceptance and Inclusion, is an animated story based on a children's book by Eliza Woloson originally published by Woodbine House. Viewers meet Isabelle, who has Down syndrome, and her friend Charlie. They learn that differences make life interesting and friends don't have to be exactly the same. (2005)
3 minutes 59 seconds

[Down Syndrome 101](#)

An easy-to-follow video explaining the basics of Down syndrome. This educational video is perfect for new and expectant parents, and also great for use in school classrooms.
5 minutes 16 seconds

[Kids Meet a Woman with Down Syndrome](#)

Kids interview a woman with Down syndrome
5 minutes 58 seconds

[More Alike Than Different](#)

Interviews people with Down syndrome, friends, family and teachers.
8 minutes 17 seconds

[More Alike Than Different - March 21 World Down Syndrome Day](#)

Interviewing children with and without Down syndrome.
2 minutes 37 seconds

[Just Like You](#)

Elyssa, Rachel and Sam share personal stories to help viewers better understand their condition and why they wish to be treated just like you.
13 minutes 37 seconds



World Down Syndrome Day
School Activity and Celebration Ideas
World Down Syndrome Day is March 21st

- Involve Student Leadership / Kindness Committee / Diversity Committee in planning
- Schoolwide Banner/Bulletin Board about WSD
- Wear DS awareness colors, blue and yellow, or Down syndrome awareness themed [attire](#)
- Rock your Socks!
 - Have a mismatched socks day, make sock puppets or do a sock drive
 - One school made socks into cupcakes during Lunch Bunches and then donated to a local homeless shelter
- Have an assembly – Bring in a guest speaker
- Random acts of kindness
- 3 minute and 21 second movement activity
- [Special Olympics lesson plans](#)
- [Print / Download handouts from the DS ACT website](#)
 - WSD flyers
 - WSD coloring worksheets
 - 21 Facts about Down syndrome
 - Morning announcements: Share facts about Down syndrome. Some schools read 1 fact a day leading up to WSD over the intercom
 - Book and Video Recommendation list
 - Read books in classrooms or library, or record someone reading and share it.
 - Set up a special reading area in the school library with books that are about Down syndrome or have characters with Down syndrome in them.
- [Down Syndrome Awareness Virtual Matching Game](#)
- [Down Syndrome Awareness Kahoot Game](#)
- [Order Blue and Yellow Ribbon Stickers](#)
- [Middle & High School level activity – Special Olympics and Best Buddies - Make a pledge to inclusion.](#)
 - [Show Video about the pledge](#)
- [For Middle & High School - Best Buddies program](#)

NEW for 2022:

- **Plant Seeds Activity** - Message “We all start off as a seed and blossom into someone individual and unique but when we come together much like a garden we make a beautiful community.”
- Host your own whole school Step Up for Down Syndrome Walk around your school building
- [DS ACT Rock Your Socks Virtual Race](#) Register in March and earn a medal!
- High School Career Center- Diversity and Inclusion in the workforce
 - Career spotlight for professions that enhance the lives for individuals with disabilities
 - Occupational Therapy, Speech Therapy, Physical Therapy, Teaching, Social Work, Medical fields, etc.
- Download and print the '[NDSS Coloring Book](#)' by the National Down Syndrome Society

ROCK YOUR SOCKS

WORLD DOWN SYNDROME DAY

3 >>> 21

World Down Syndrome Day (WDS), March 21st, is a global awareness day which has been officially observed by the United Nations since 2012.

Since the chromosomes look like socks, you can “rock your socks” by wearing mismatched, colorful, zany socks on 3/21 to support and create awareness.



Help raise awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.

Make sure to take pictures and videos and post them on Social Media using the hashtags #LotsOfSocks, #WorldDownSyndromeDay and #mysdact



ROCK YOUR SOCKS

ON
MARCH 21
FOR
**WORLD
DOWN SYNDROME DAY**



Please join us on March 21 as we strive to create a single global voice for advocating for the rights, inclusion and well being of people with Down syndrome in our community and around the world.

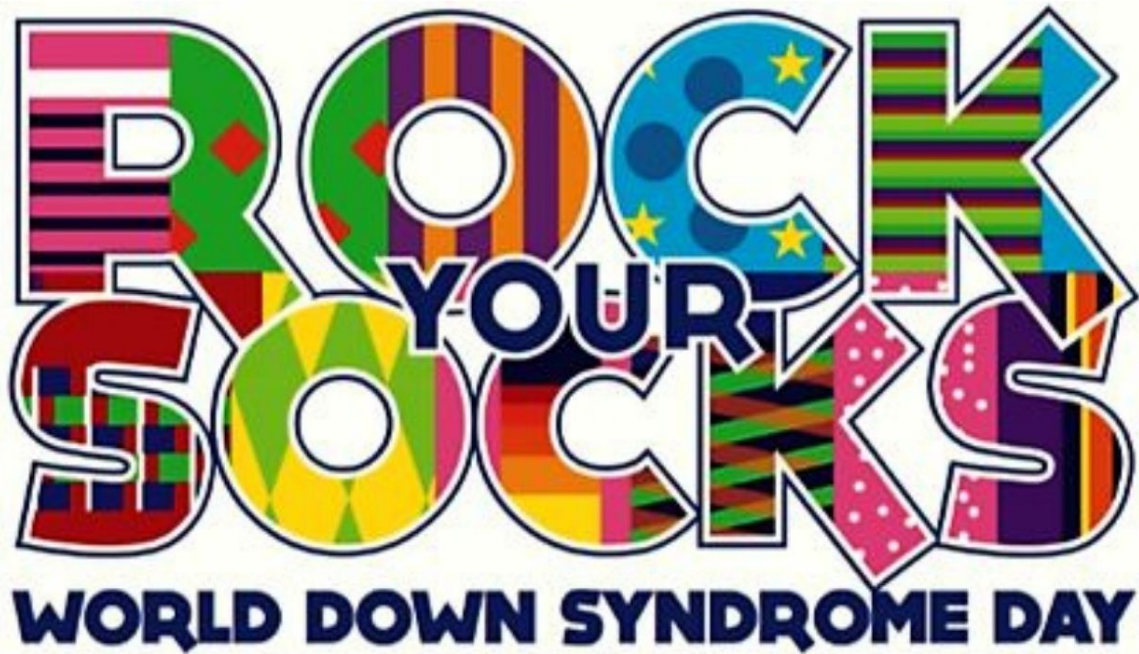


The date for World Down Syndrome Day, being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which leads to Down syndrome.

On March 21, wear bold, brightly colored, mismatched socks.

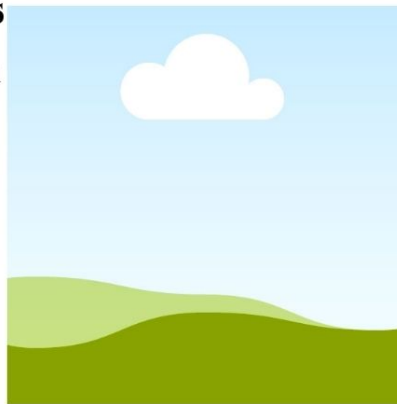
You will probably get asked, "What's with the socks?" That question will give you the perfect opportunity to explain that 3/21 is World Down Syndrome Day, and that you are celebrating all the wonderful things about people with Down syndrome while helping to advocate for individual rights, inclusion, and respect.

WE LOOK FORWARD TO SEEING HOW YOU ROCK YOUR SOCKS



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DOWN SYNDROME Awareness



Activities and lessons to teach about
acceptance, friendship
and **Down syndrome**



table of contents

Page 3: Down syndrome KWL Chart

Page 4: Awareness Ribbon lined writing paper

Pages 5-9: Informational posters about DS

Pages 10-16: DS mini-book (great to use in place of the informational posters if the language of the posters is too advanced for the grade you teach).

Pages 17-18: Discussion cards to encourage small group or whole class discussion about Down syndrome.

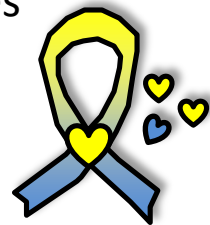
Pages 19-23: Book and video resources to use in your classroom. Video and book review pages are also included for the resources on the list.

Pages 24-27: Random Act of Kindness activity. Included is a description of the activity, cards, a brainstorming sheet, and a writing page.

Pages 28-33: Making Connections Worksheets- These are differentiated worksheets to help students connect with each other and find similarities.

Pages 34-36: Speech and Fine Motor Worksheets- These worksheets explain difficulties individuals with DS face in these areas through engaging activities.

Pages 37-41: Rock Your Socks activity



This specific product is near and dear to my heart. My son (Anthony) was born with Down syndrome. I hope by using this you are able to help me spread awareness and acceptance!



DOWN SYNDROME

K

What I know

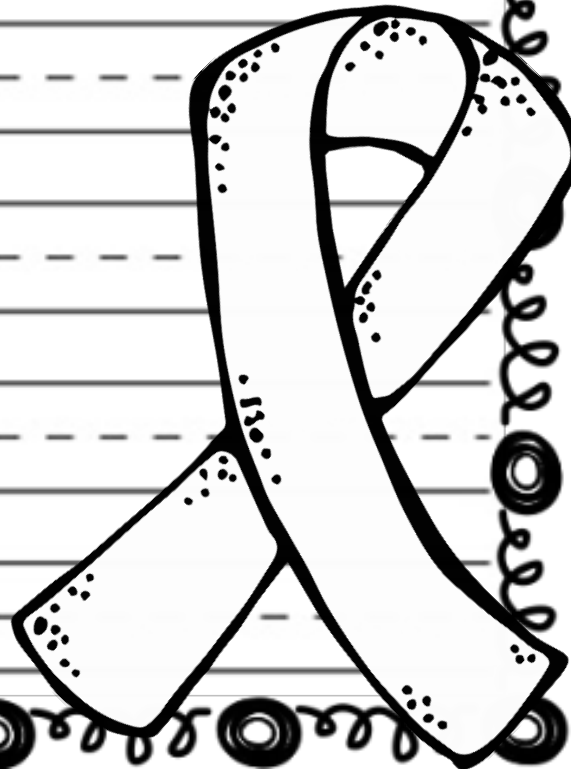
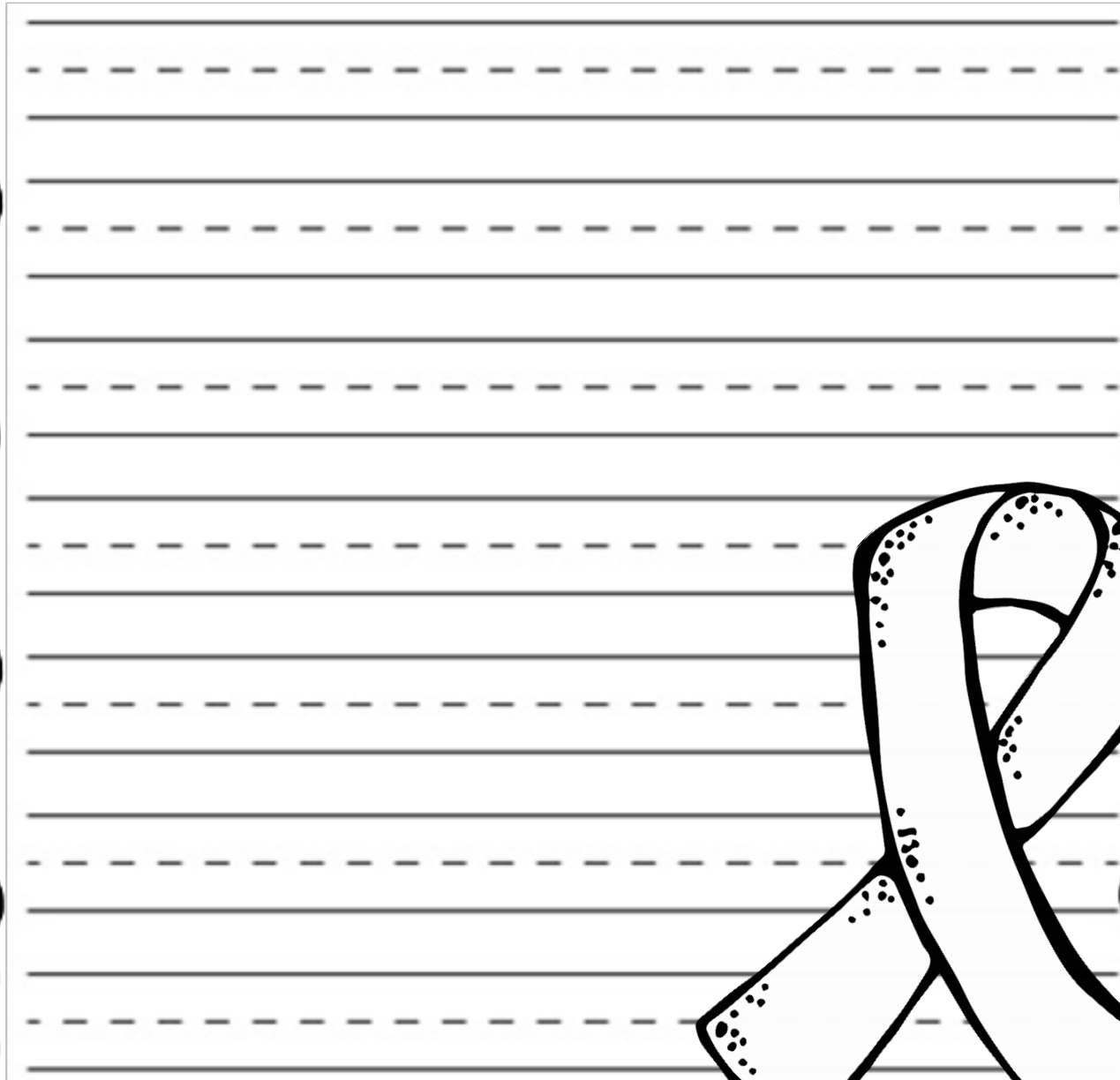
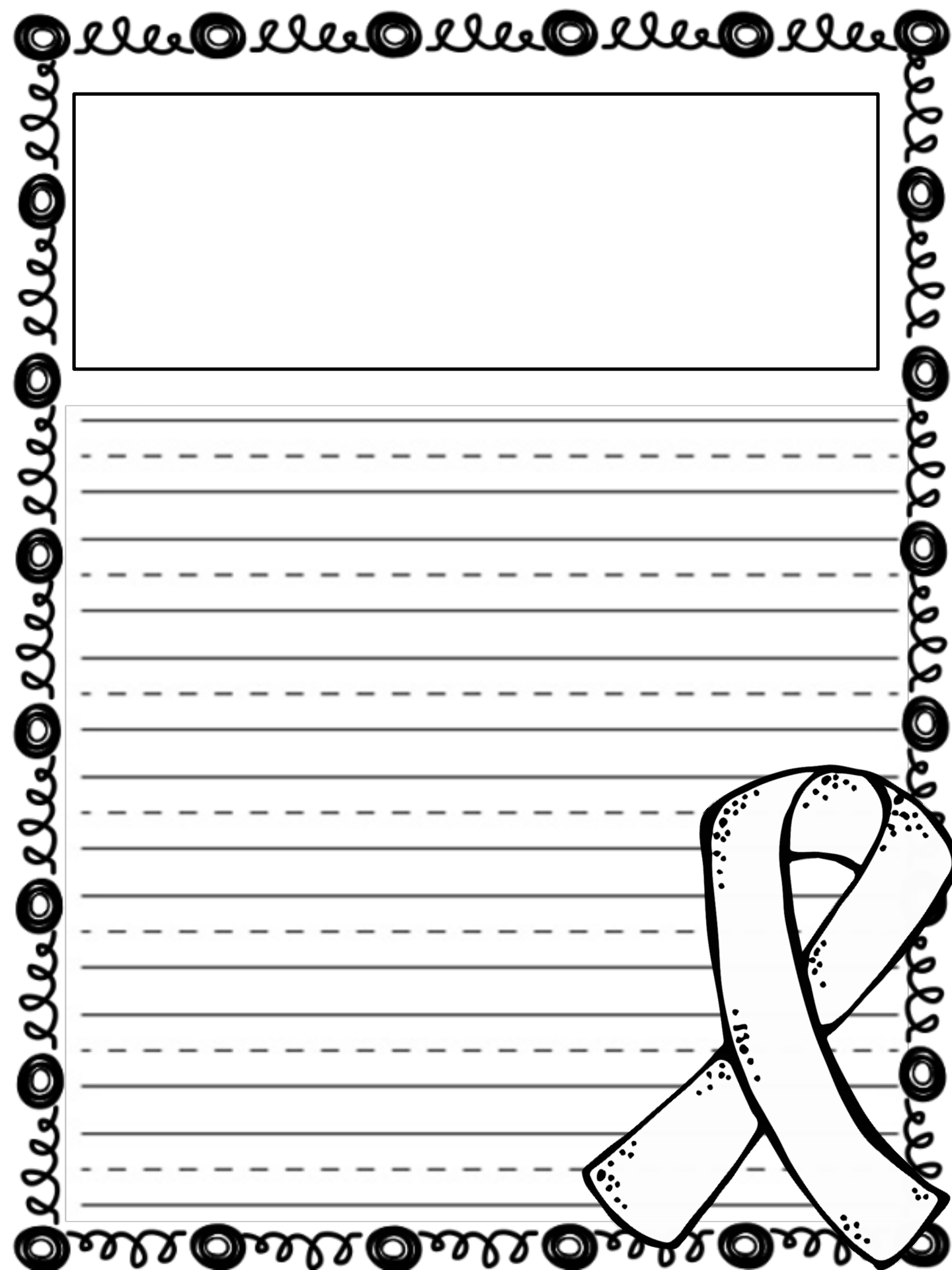
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What I want
to know

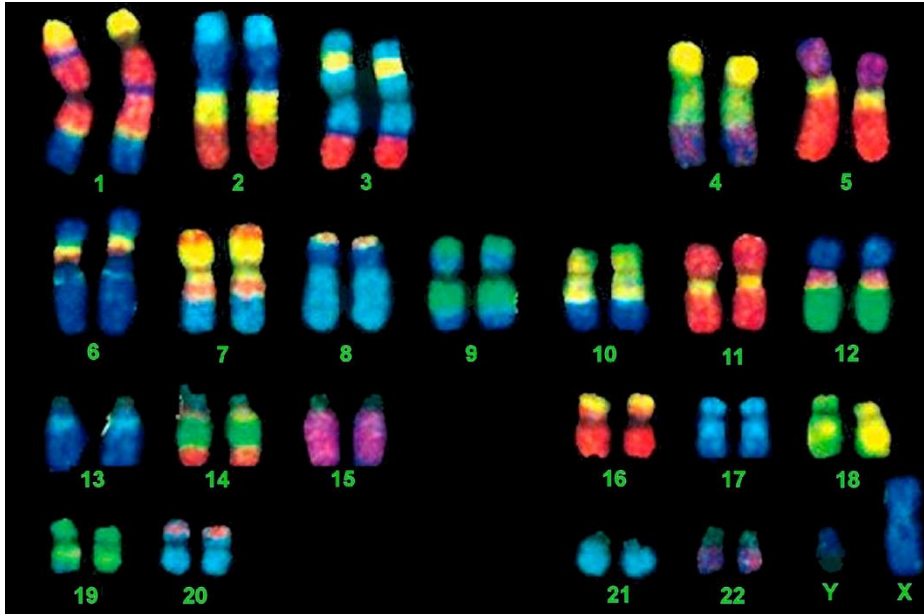
L

What I learned

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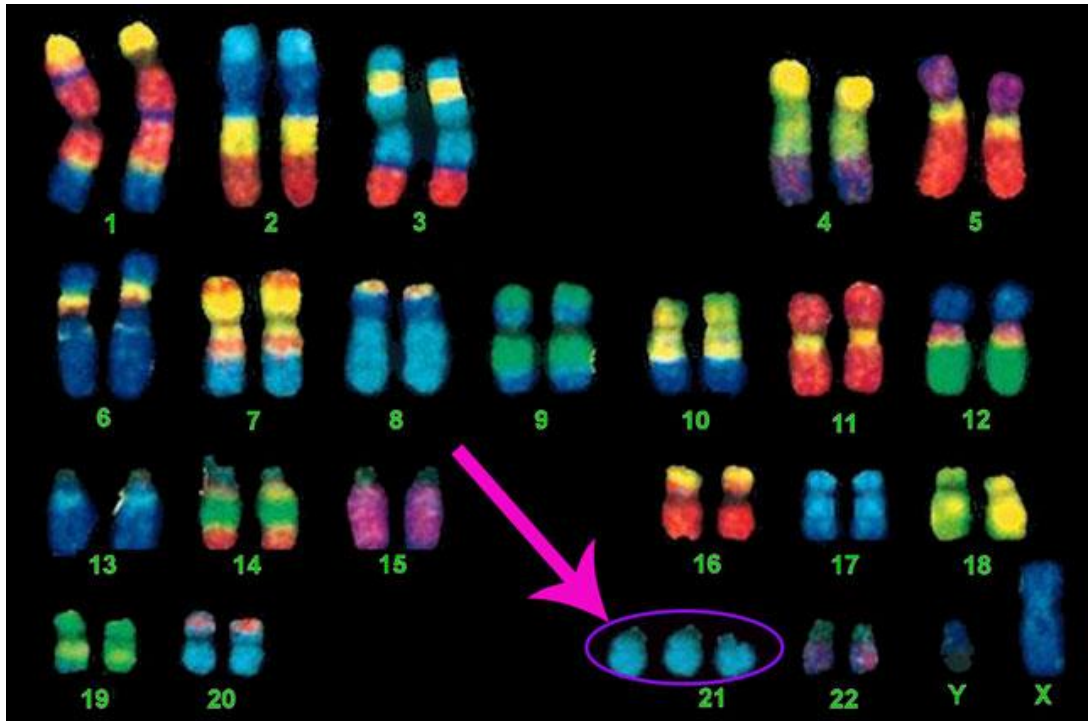


CHROMOSOMES



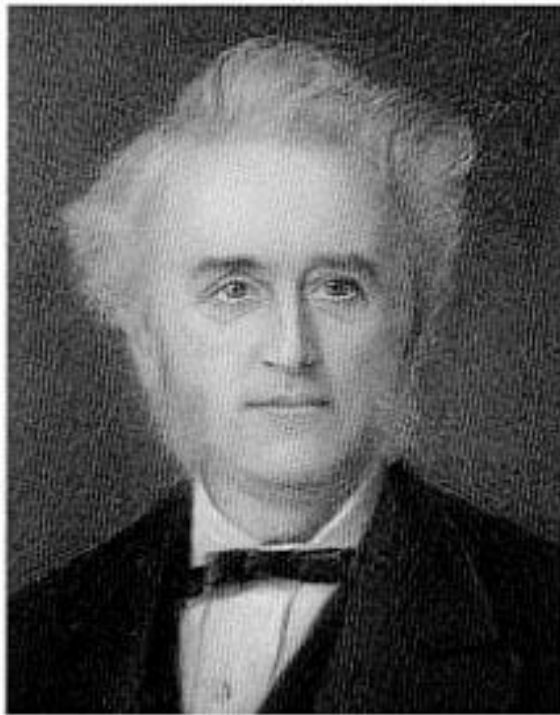
Chromosomes are tiny thread-like structures inside your body. Within each chromosome there are hundreds of genes. Genes determine everything about you! They hold the instructions to make you who you are. Genes decide things like gender, hair color, eye color, skin color, height, etc. While you grow, and throughout your life, your chromosomes will continue to make you a unique individual. Most people are born with 46 chromosomes (23 pairs).

WHAT IS DOWN SYNDROME?



Individuals with Down syndrome are born with an extra copy of their 21st chromosome. So, they have 47 chromosomes, instead of 46.

WHY IS IT CALLED DOWN SYNDROME?



In 1866, an English physician named John Langdon Down published work describing the characteristics of Down syndrome. The syndrome was then named after the physician.

WHO CAN HAVE DOWN SYNDROME?

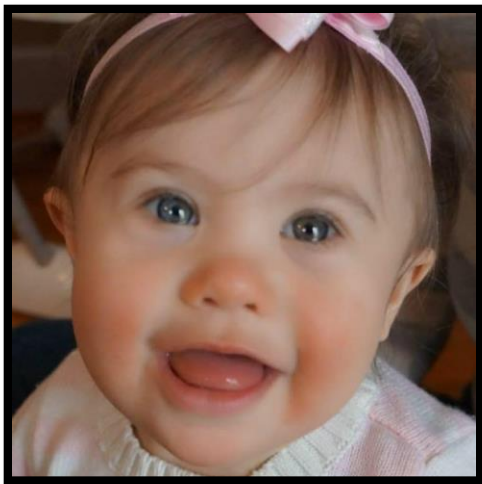


You cannot “catch” Down syndrome. Everyone who has Down syndrome was born with it and will always have it. People from all around the world are born with Down syndrome regardless of gender, race, or economic status.

One in every 691 babies in the US is born with Down syndrome. There are over 400,000 people living in the US with Down syndrome today.

LIVING WITH DOWN SYNDROME

People with Down syndrome are more alike than different! They can accomplish many of the same things you can, it just may take them a little more time.



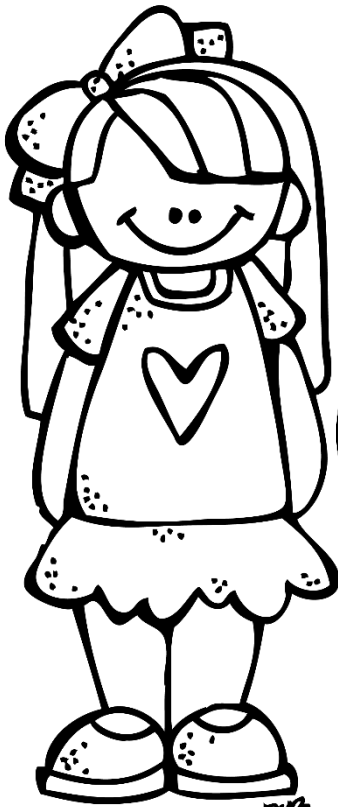
Having Down syndrome does not limit what an individual can do. They can attend school, work, participate in decisions that affect them, and contribute to society in many wonderful ways.

Different Is Beautiful



A mini-book about Down syndrome,
friendship, and acceptance

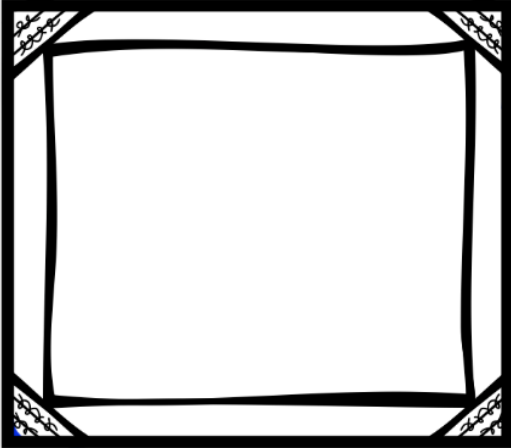
Created by Kelsey Mango (Mango Designs)



We are all the
same in some
ways, and
different in
some ways too.

**OUR
DIFFERENCES
MAKE US
SPECIAL.**

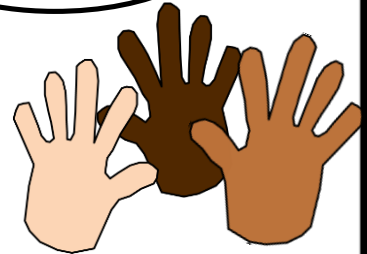
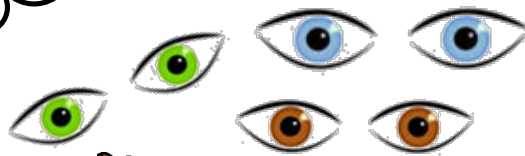
Draw yourself



Meet Anthony. Look at the pictures, what do you both have in common? What is different?

2

We all have a lot of things in COMMON, for example we have two eyes, skin, and hair. But, even though these things are the same, they might be different colors.



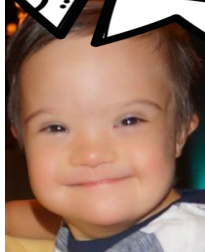
3

Every person can learn, but we all learn in different ways. Something that might be easy for you to do could be hard for another person. It's okay to need a little extra help or practice sometimes!



4

All About Anthony



Age: 2

Eye Color: Brown

Hair Color: Brown

What is he really good at?:

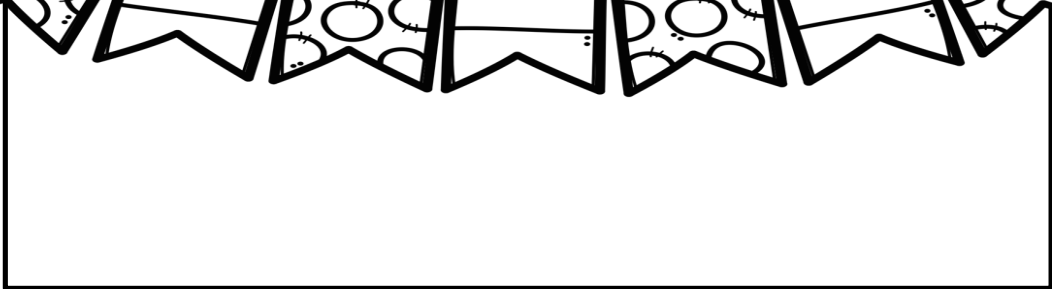
Using sign language to talk. He knows over 60 signs.

What does he need more practice with?:

Jumping

5

All About You



Age: _____

Eye Color: _____

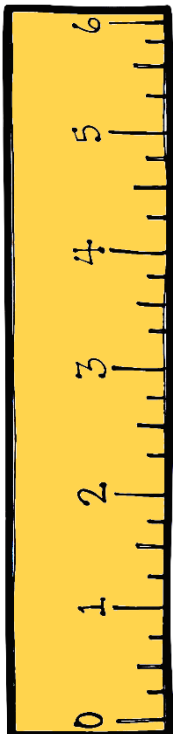
Hair Color: _____

What are you really good at?:

What do you need more practice with?:

6

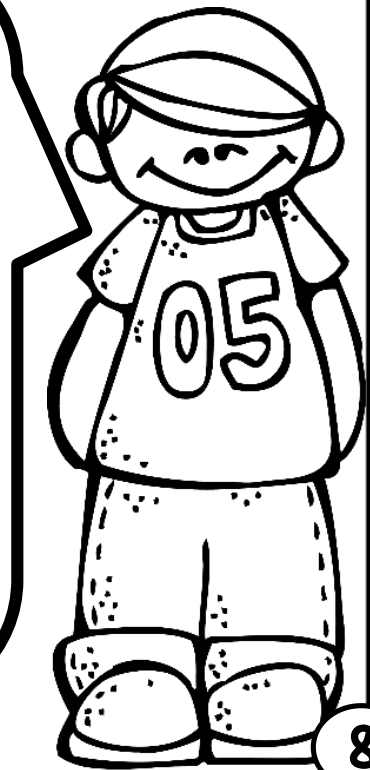
What makes me ME?



Imagine you were born with instructions. Your body followed those instructions to make you exactly who you are today. Those little instructions inside you are called your **genes**. You have **46** of them. They told your body what color to make your hair, eyes, and skin. Your genes also decided how tall you would be.

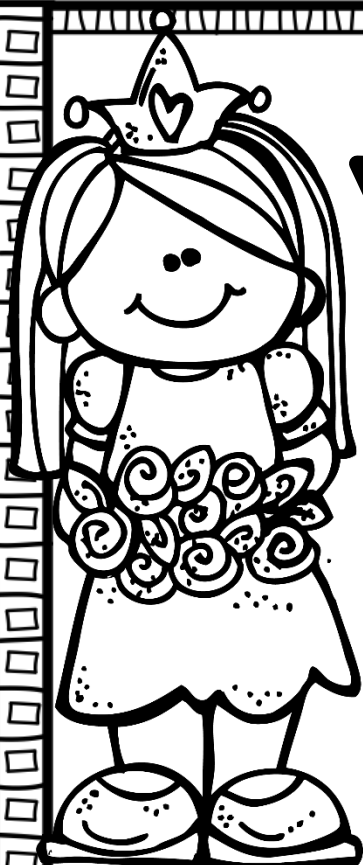
7

Anthony was born with 47 genes, or instructions. That's one more than you! When you have 47 genes, you have something called **DOWN SYNDROME**. Anthony was born with Down syndrome, and he will have it forever. Just like you were born with your certain eye and skin color that you will have forever.



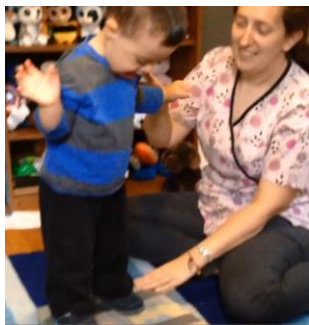
8

Sometimes having one more set of instructions makes it a little confusing for a person's body to understand. People with Down syndrome might have a hard time talking, or using their muscles the way you do. It may even take a little longer for them to learn something that seems easy to you.



9

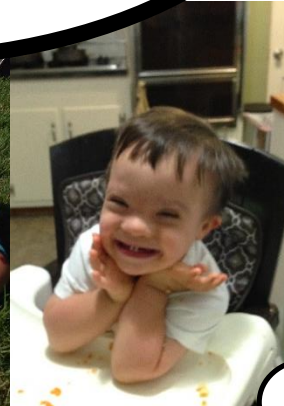
Anthony gets the extra help he needs from teachers called therapists. He works with a Physical Therapist to get his big muscles strong. The Occupational Therapist helps with the little muscles, and his Speech Therapist teaches him how to use the muscles in his mouth to talk.



10



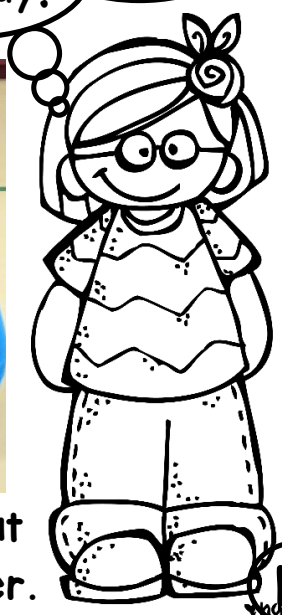
Even though Anthony has Down syndrome, he is still **JUST LIKE ANY OTHER KID!** He is smart, silly, caring, and loves to play.



11



Remember that we all have things in common. Next time you see someone playing alone, ask them to play!




Anthony has many friends, with and without Down syndrome. They love playing together.



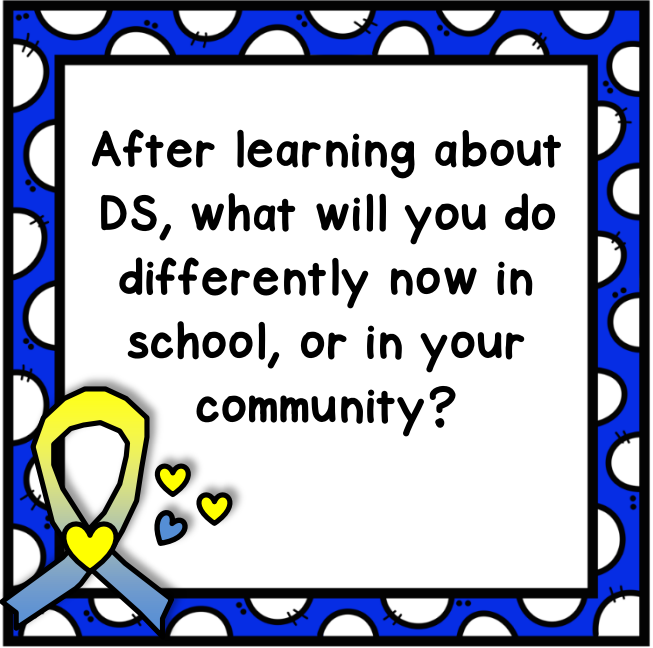
ALL OF OUR DIFFERENCES
MAKE THE WORLD beautiful

DISCUSSION CARDS


Use these cards to start discussions about Down syndrome and acceptance either as a whole class, or in small groups.



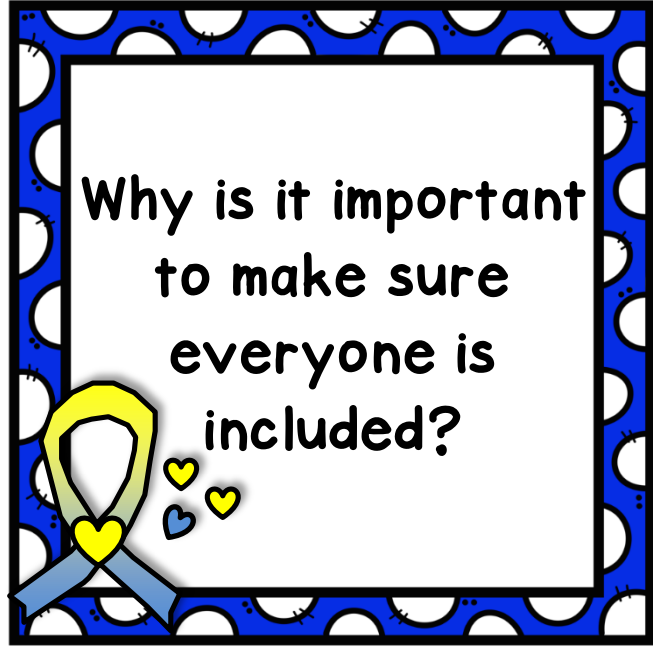
Did you know anything about Down syndrome before today? Do you know anyone that has Ds?



After learning about DS, what will you do differently now in school, or in your community?



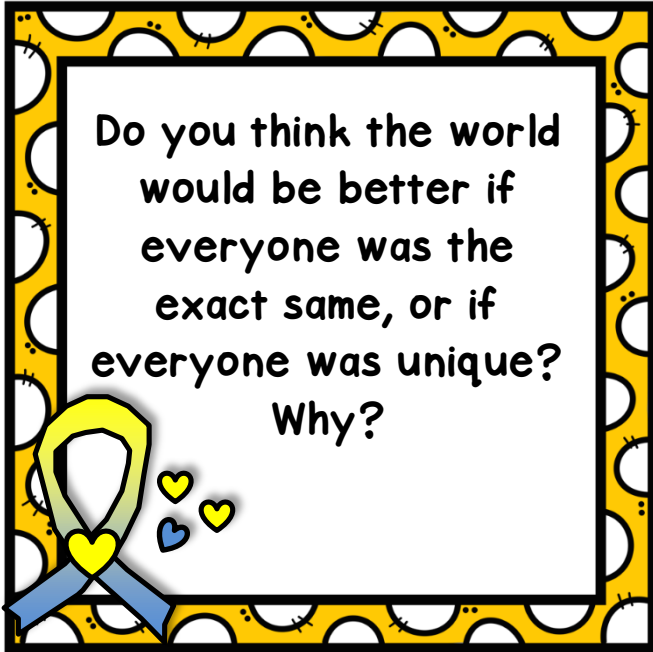
What is something new you learned about Down syndrome today?



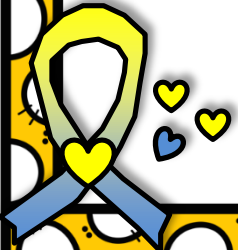
Why is it important to make sure everyone is included?

DISCUSSION CARDS

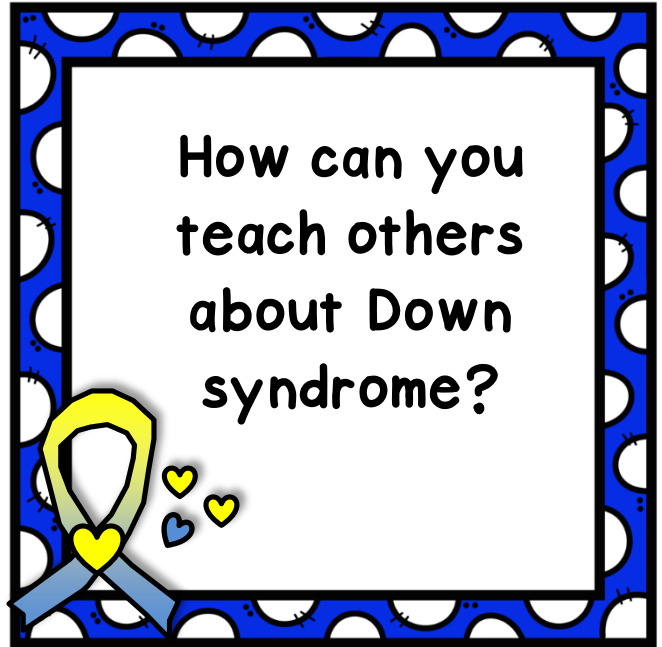
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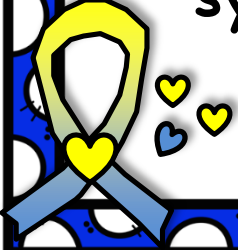
Do you think the world would be better if everyone was the exact same, or if everyone was unique? Why?



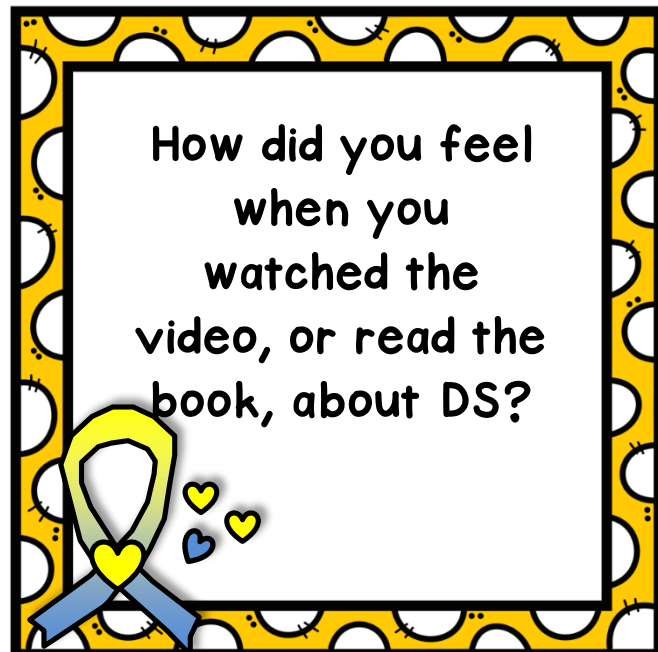
A yellow and blue ribbon is tied in a bow at the bottom left, with three small hearts (two yellow, one blue) floating to its right.



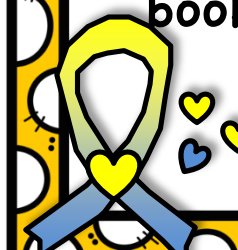
How can you teach others about Down syndrome?



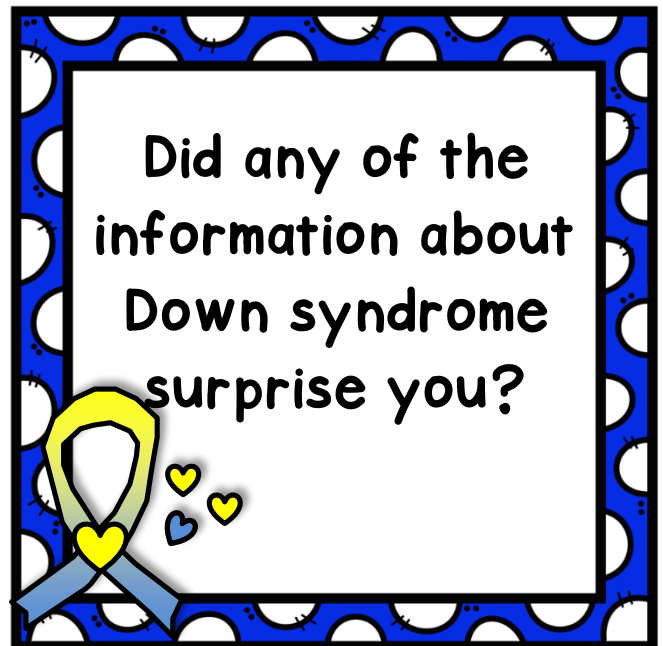
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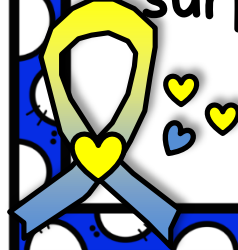
How did you feel when you watched the video, or read the book, about DS?



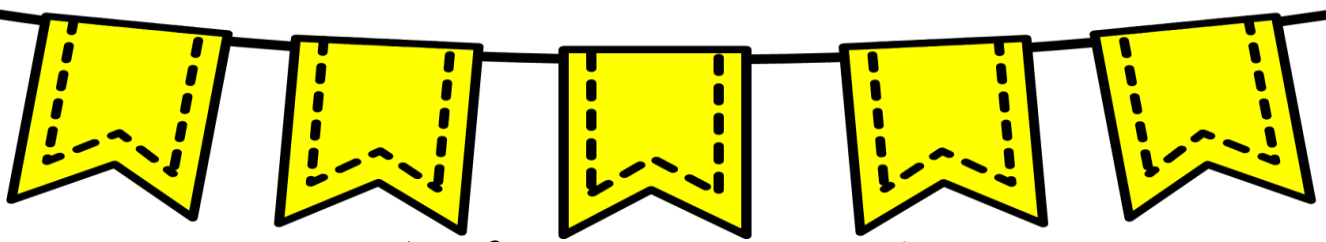
A yellow and blue ribbon is tied in a bow at the bottom left, with three small hearts (two yellow, one blue) floating to its right.



Did any of the information about Down syndrome surprise you?



A yellow and blue ribbon is tied in a bow at the bottom left, with three small hearts (two yellow, one blue) floating to its right.



Wonderful Resources to use VIDEOS AND BOOKS

1. Video “Just Like You Down Syndrome”

This video is narrated by a few teenagers, some with Down syndrome and some without. These pairs of friends talk about what they have in common, and what makes them different. The video has a great lasting impact on students, and is also informational.

<http://www.justlikeyou-downsyndrome.org> → 13 min clip

<https://www.youtube.com/watch?v=Q4p9GyWXWcw> → 3 min shortened clip

2. Video “Cyndi Lauper - True Colors (MattyBRaps Cover ft Olivia Kay)”

This is a music video cover performed by MattyB, a young rapper. MattyB's sister has Down syndrome, and is the star (and inspiration) of this video. It touches upon relevant issues such as bullying and acceptance.

<https://www.youtube.com/watch?v=dXmaE0041Y0&index=3&list=PL7D474167C2B4070D>

3. Book or Video “My Friend Isabelle” –Eliza Woloson

This story focuses on the friendship between two kids. Throughout the story the characters talk about what they like to do that is the same, and different. The little girl in the story has Down syndrome, but it is not mentioned. I found a video on YouTube of the story being read and animated. At the end of the video the actual mother (and author) from the story talks about her daughter with Down syndrome.

<https://www.youtube.com/watch?v=IEB2bk29AMQ>

4. More Books About Down syndrome:

- The Prince Who Was Just Himself by Silke Schnee
- We'll Paint the Octopus Red by Stephanie Stuve-Bodeen
- 47 Strings: Tessa's Special Code by Becky Carey

"Just Like You Down Syndrome"

VIDEO REVIEW

1. List three things you learned about Down syndrome from watching this video:

*

*

*

2. How many chromosomes does a person with Down syndrome have?

3. How did this video make you feel?

4. Did this video change how you view individuals with Down syndrome?

Did you like
this video?



NO



YES

"Cyndi Lauper - True Colors (MattyBRaps cover ft Olivia Kay)"

VIDEO REVIEW

1. What do you think the message of this video is?

2. How do you think the girl felt when no one wanted to play with her?

3. After watching this video, what did you learn?

4. What will you do now to make sure no one feels left out?

Did you like
this video?



NO

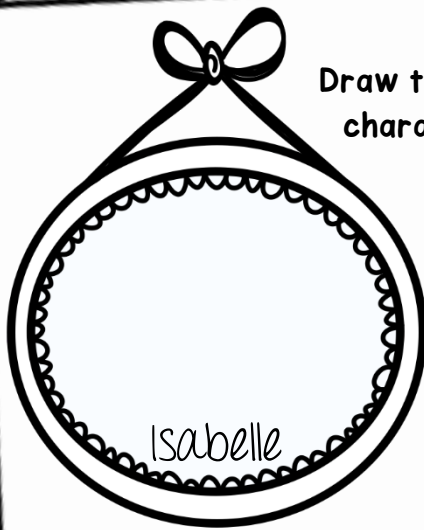


YES

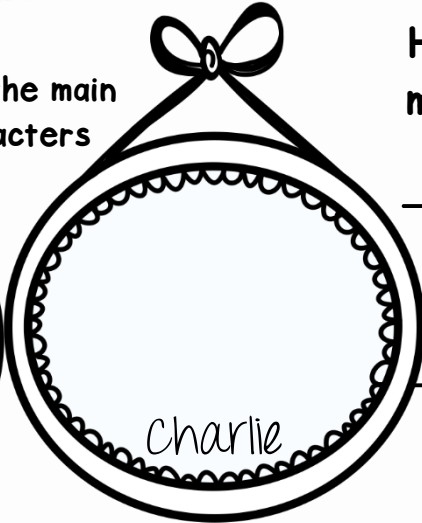
My Friend Isabelle

By: Eliza Woloson

BOOK REVIEW



Draw the main characters



How did this story make you feel?

Isabelle and Charlie are best friends. In some ways they are the same, and in some ways they are different.

How were they the **SAME**?

1.

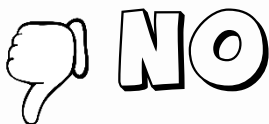
2.

How were they **DIFFERENT**?

1.

2.

Do you think it is okay for friends to have differences?



Title: _____

By: _____

BOOK REVIEW

Draw your favorite part of the story.

How did this story make you feel?

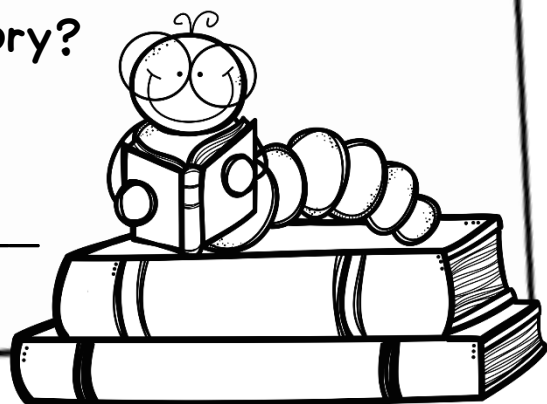
What do you think the message of this story was?

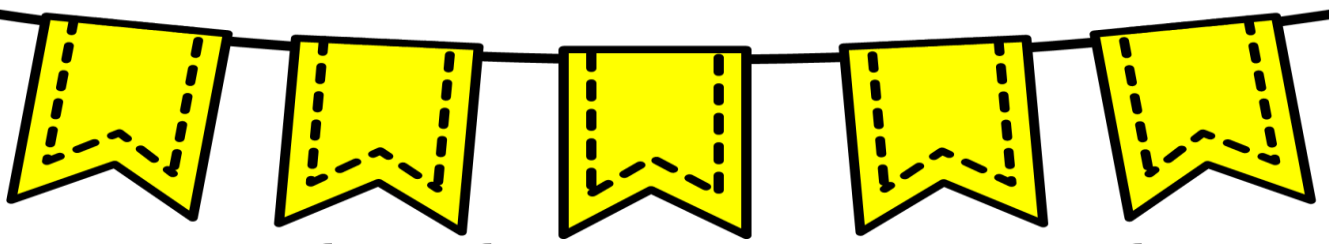
Were there any characters with Down syndrome in the story? If so, what were they like?



Did you like this story?

Why, or why not?





HOW TO INTRODUCE AND USE THE RANDOM ACT OF KINDNESS worksheets and cards

A popular way to celebrate World Down Syndrome Day is to spread awareness through random acts of kindness. I wanted to involve students in this movement too. Students will receive one (or more) “Random Act of Kindness Card”. They will use the “My Super Ideas” brainstorming page to think of a great way to hand their card out. When the student performs the act of kindness, they hand the card out to the individual receiving the act. A great pay-it-forward activity!

Here are a few examples of how you can get your students involved in this wonderful activity:

- Have students create get well cards for local hospitals.
- Create handmade thank you gifts for custodians, receptionists or cafeteria workers at school.
- Hand out flowers/happy notes to people who pass by your classroom
- Hold the door open in a busy section of school.
- Give someone a nice compliment.
- Send a thank you note to service members.
- Give a birthday note to someone in school.
- Leave a kind note or small gift on another student or teacher’s desk.

MY SUPER Ideas

1

2



A
random
act of
kindness



3

4

Random Act of Kindness Cards

Congratulations!



I chose **YOU** to receive this random act of kindness in honor of spreading **DOWN SYNDROME** awareness!

Have a wonderful day, and remember that we are all more alike than different!

Congratulations!



I chose **YOU** to receive this random act of kindness in honor of spreading **DOWN SYNDROME** awareness!

Have a wonderful day, and remember that we are all more alike than different!

Congratulations!



I chose **YOU** to receive this random act of kindness in honor of spreading **DOWN SYNDROME** awareness!

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Congratulations!



I chose **YOU** to receive this random act of kindness in honor of spreading **DOWN SYNDROME** awareness!

Have a wonderful day, and remember that we are all more alike than different!

Congratulations!



I chose **YOU** to receive this random act of kindness in honor of spreading **DOWN SYNDROME** awareness!

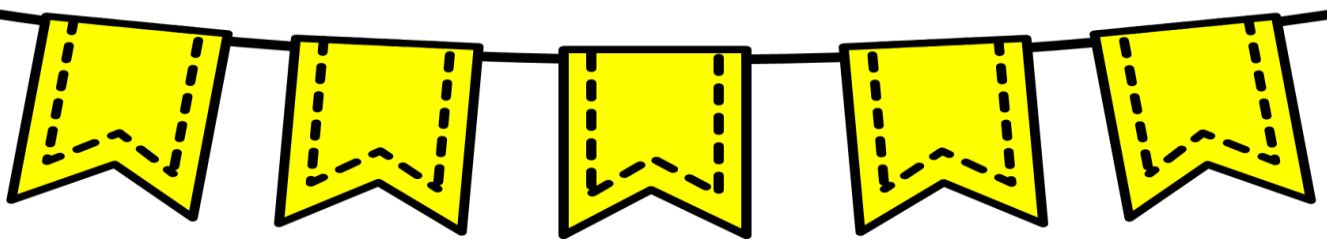
Have a wonderful day, and remember that we are all more alike than different!



MY RANDOM ACT OF KINDNESS

Write about how you used your kindness card. How
did it make you feel?

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines for writing practice.



HOW TO INTRODUCE AND USE THE MAKING CONNECTIONS Worksheets

The following five worksheets are all differentiated for different grades/levels of understanding. Each worksheet's main idea is to get the students talking to one another. They will hopefully start a conversation with someone they have not talked to a lot before. These worksheets are also a great way to demonstrate that even though we are all different, we share similarities too.

The "My Profile" worksheet

Students fill out this worksheet about themselves first. They also draw a self portrait in the "selfie" box. Then, they will get with a partner to fill out the venn diagram with their answers.

MY PROFILE

My name: _____

Age: _____

Eye color: _____

Hair color: _____

Selfie

ABOUT ME

MY FAVORITE:

Color: _____

Sport: _____

Food: _____

Animal: _____

Subject: _____

TV Show: _____

Musician: _____

Season: _____

My dream job: _____

3 things I want you to know about me:

1. _____

2. _____

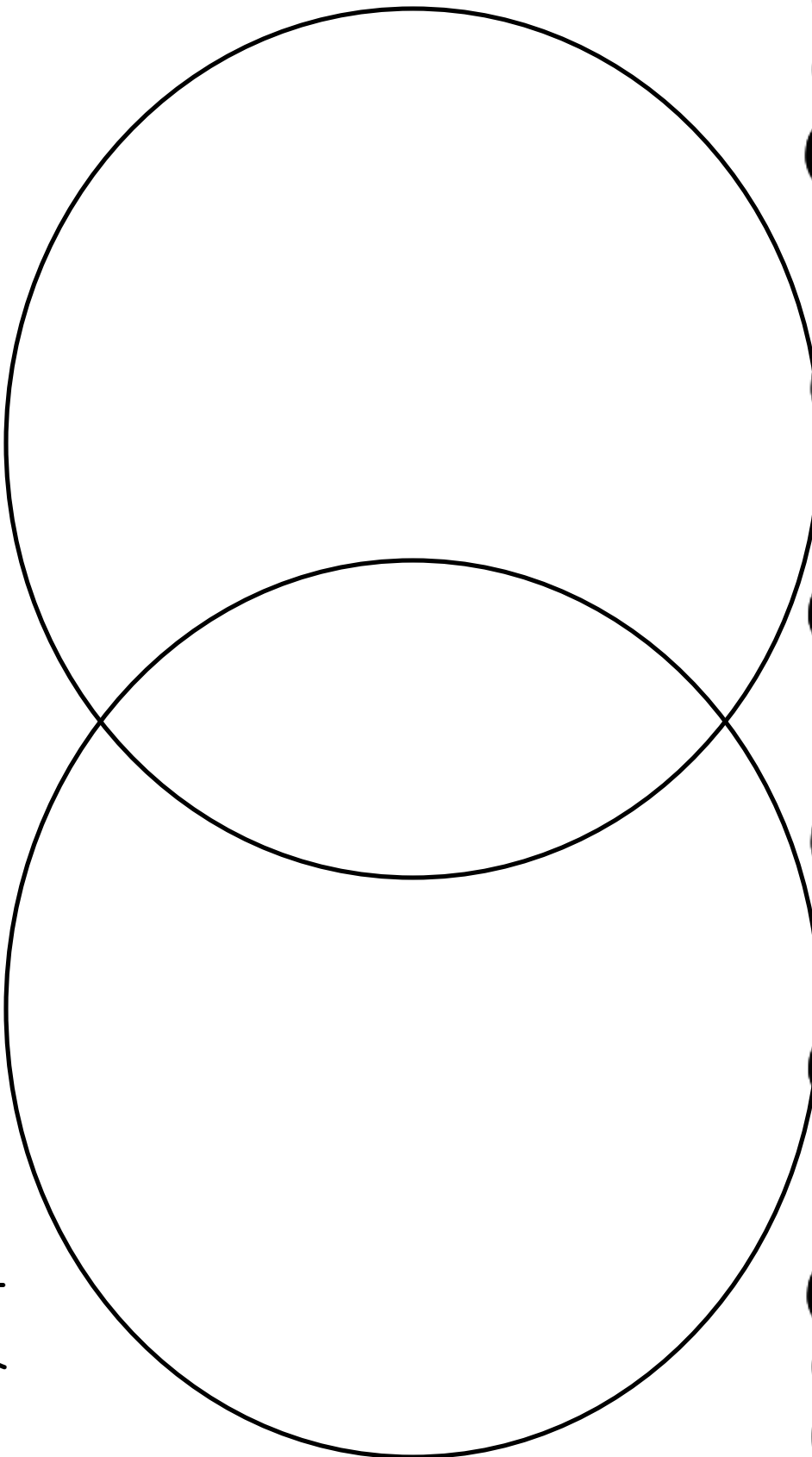
3. _____

MAKING CONNECTIONS

Use the Venn-Diagram to compare and contrast the information you found out about you and your partner.

ME

PARTNER





MAKING CONNECTIONS

Your Name: _____

Partner's Name: _____

Answer yes or no to the statements below under "you". Then, interview a partner and fill it out with their answers. What do you have in common?

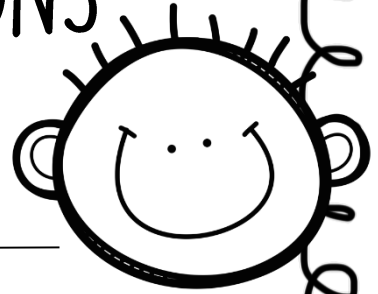
	YOU		PARTNER	
Can ride a bike	Yes	No	Yes	No
Can swim	Yes	No	Yes	No
Live in an apartment	Yes	No	Yes	No
Have a sister	Yes	No	Yes	No
Have a dog	Yes	No	Yes	No
Like football	Yes	No	Yes	No
Like to read books	Yes	No	Yes	No
Like to draw	Yes	No	Yes	No
Play video games	Yes	No	Yes	No
Have a brother	Yes	No	Yes	No
Like bugs	Yes	No	Yes	No
Like the color yellow	Yes	No	Yes	No
Like to play tag	Yes	No	Yes	No
Been to the beach	Yes	No	Yes	No
Have a collection of something	Yes	No	Yes	No

MAKING CONNECTIONS



Your Name: _____

Partner's Name: _____



Take turns talking with your partner. Tell them about yourself (what you like, don't like, are scared of, are talented in...etc), and then listen as they do the same. Write or draw things about your partner in the circle below. Pick out something you have in common as your connection.

About My Partner

OUR CONNECTION: _____

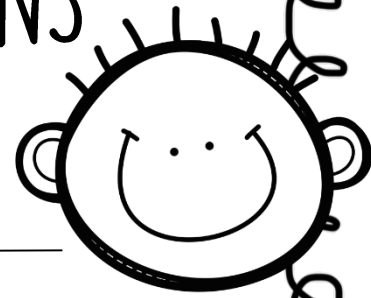
Draw a picture of you and your partner, include your connection.

MAKING CONNECTIONS



Your Name: _____

Partner's Name: _____



Ask your partner if they like the things below. If they do, color in the happy face. If they do not like it, color in the sad face. Look at both papers when you're finished.

What do you have in common?



dogs



books



broccoli



swimming



purple



playing tag



drawing



math

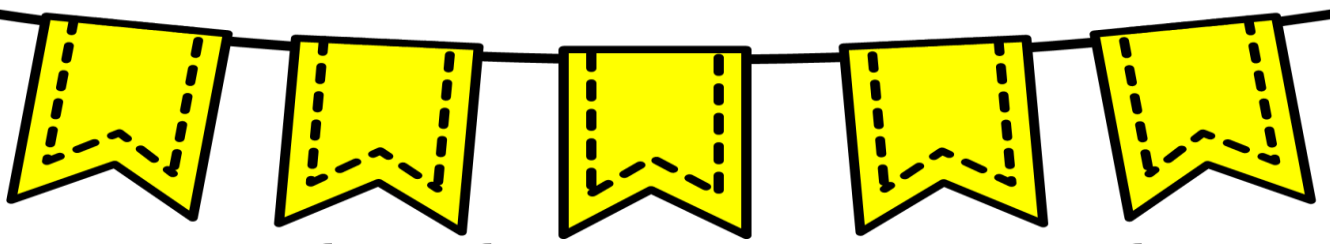


snakes



snow

Draw a picture of you and your partner.



HOW TO INTRODUCE AND USE THE SPEECH AND FINE MOTOR worksheets

SPEECH

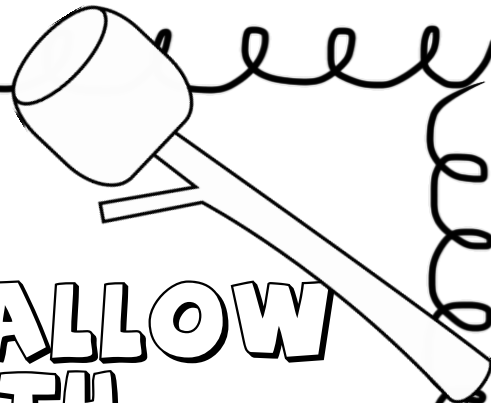
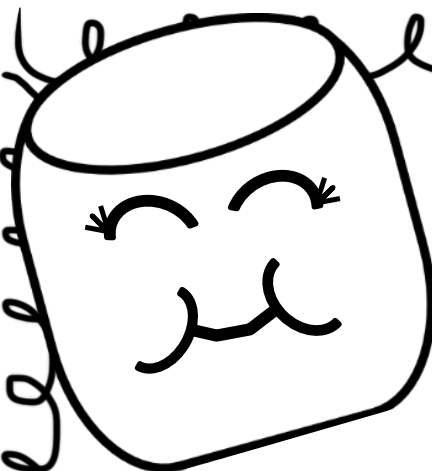
Imagine how hard it would be if you had something you wanted to say, but you couldn't get the words out just right. Some individuals with Down syndrome have oral low muscle tone. This means the muscles in the mouth are weak which makes it harder to do things like eat and talk. Sometimes it might be difficult to understand what that person is trying to say.

Speech therapy helps strengthen the muscles with a variety of oral exercises.

This worksheet will demonstrate the difficulties that some individuals face when trying to communicate. You will need to have 1 marshmallow per student for this activity. Partner up your students, explain the worksheet, and hand out the marshmallows (check for allergies!). Students will take turns putting the marshmallow in their mouth to talk. The marshmallow acts as the enlarged tongue of an individual with DS, and will show your students why it might be difficult to understand them.

FINE MOTOR

People with Down syndrome may have trouble with fine motor skills. This could include things such as tying their shoes, grabbing a fork to eat, zipping a jacket, or writing with a pencil. They do exercises to help strengthen their fine motor muscles in order to accomplish everyday tasks. The following activity will demonstrate how some individuals have to work hard to do things that may come easy to you. Each student will need a pencil and a sock. They will try to write with a sock on their hand which will show how it feels to write with less control.



SPEECH MARSHMALLOW MOUTH

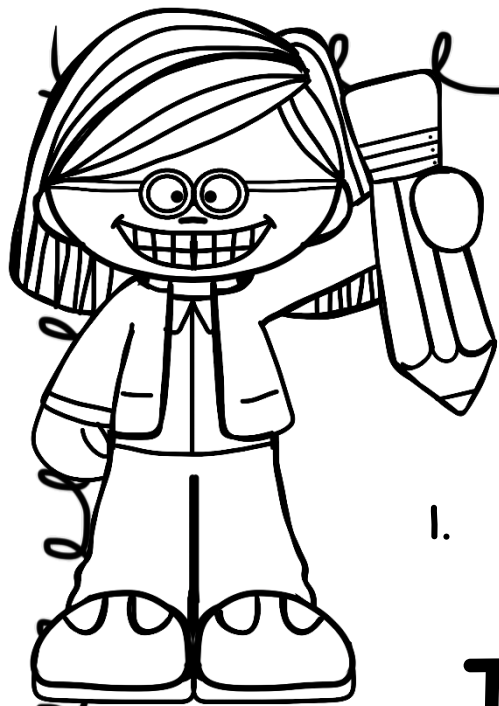
1. Put the marshmallow in your mouth. Do not chew.
2. Turn to a partner and talk about your favorite thing to do.
3. When it is your partner's turn to talk, write down what you heard in the box below.

I Think MY PARTNER said...

4. Was it easy or hard to understand your partner?

5. How did you feel talking with a marshmallow in your mouth?

6. After doing this activity, what will you do differently to better understand someone who has a difficult time speaking?




FINE MOTOR SOCK WRITING

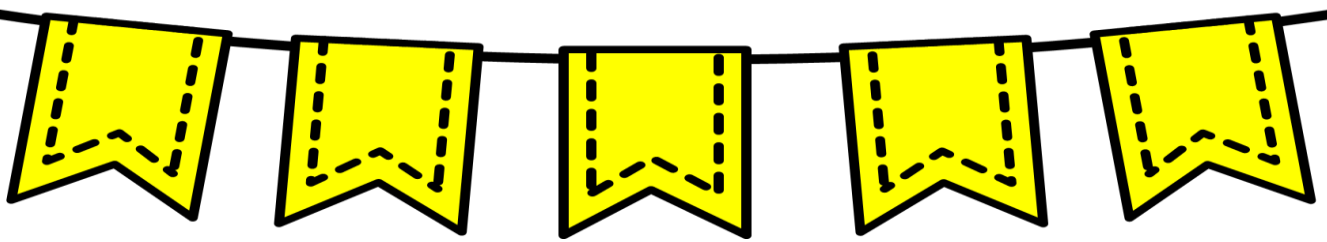
1. Write the following sentence in the box below.

This is tricky!

2. Put a sock on your hand. Now, write the sentence again.

3. How did it feel to write with a sock on your hand?

A cartoon illustration of a boy with short hair, wearing a shirt and pants. He is holding a large pencil in front of him and has a neutral expression.



HOW TO INTRODUCE AND USE THE ROCK YOUR SOCKS Worksheets

A universal way to celebrate World Down Syndrome Day and to spread awareness is an event called "Rock Your Socks". To participate, you must wear bright, mismatched socks on 3/21 (the date of World Down Syndrome Day).

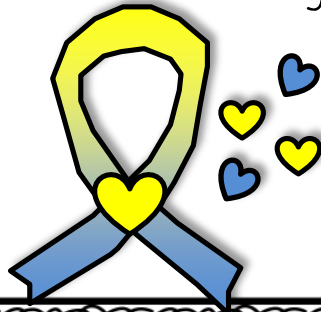
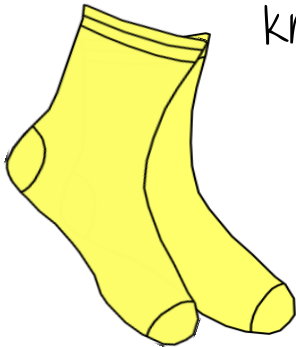
However, this activity can be implemented any day of the year to teach students the importance of diversity and acceptance. The socks are used as a conversation starter. When someone asks why you are wearing crazy socks, you can reply "I am rocking my socks to spread Down syndrome awareness and to advocate for acceptance and inclusion."

The following pages are activities to do that correlate with the event "Rock Your Socks". These are my two favorite ways to present the activity:

1. Students will all decorate the blank sock template exactly the same. When students are finished, you can ask them if this is how they would have decorated their socks on their own. Then you could start a discussion- Would it be fun to live in a world where everyone was exactly the same, and did everything in the exact same way? After the discussion you can let the students be creative and decorate new socks to represent their personality.
2. Students will decorate their blank sock template (two differentiated sheets provided). They can color it as they choose, or decorate it with symbols that represent their favorite things (favorite movie, t.v show, sport, book, music, place to go, food, color). Hang the finished socks up, so students can see the similarities and differences of everyone in their class. I also provided a half-page label for the finished sock product to explain their drawing. It can be stapled to the socks if you're hanging them up.

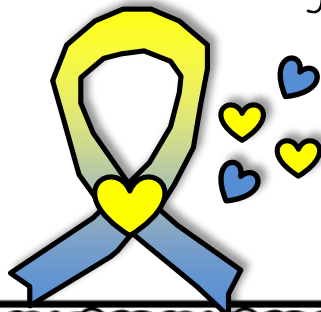
ROCK YOUR SOCKS FOR DS

On _____, our class is going to learn about Down syndrome. Please remind your child to wear **bright, mismatched socks** on this day. The funky socks will serve as a conversation starter to spread awareness and knowledge about Down syndrome.

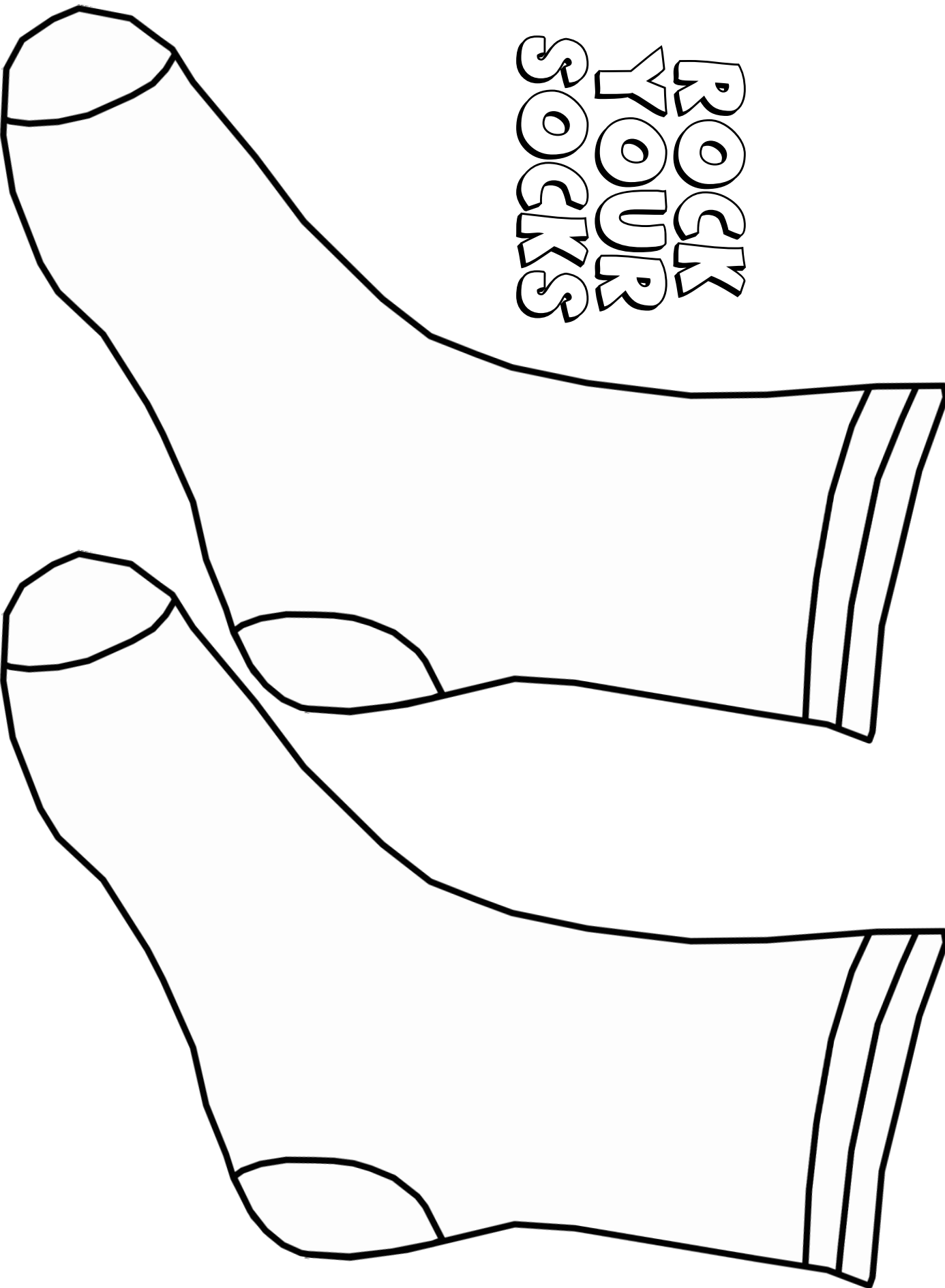


ROCK YOUR SOCKS FOR DS

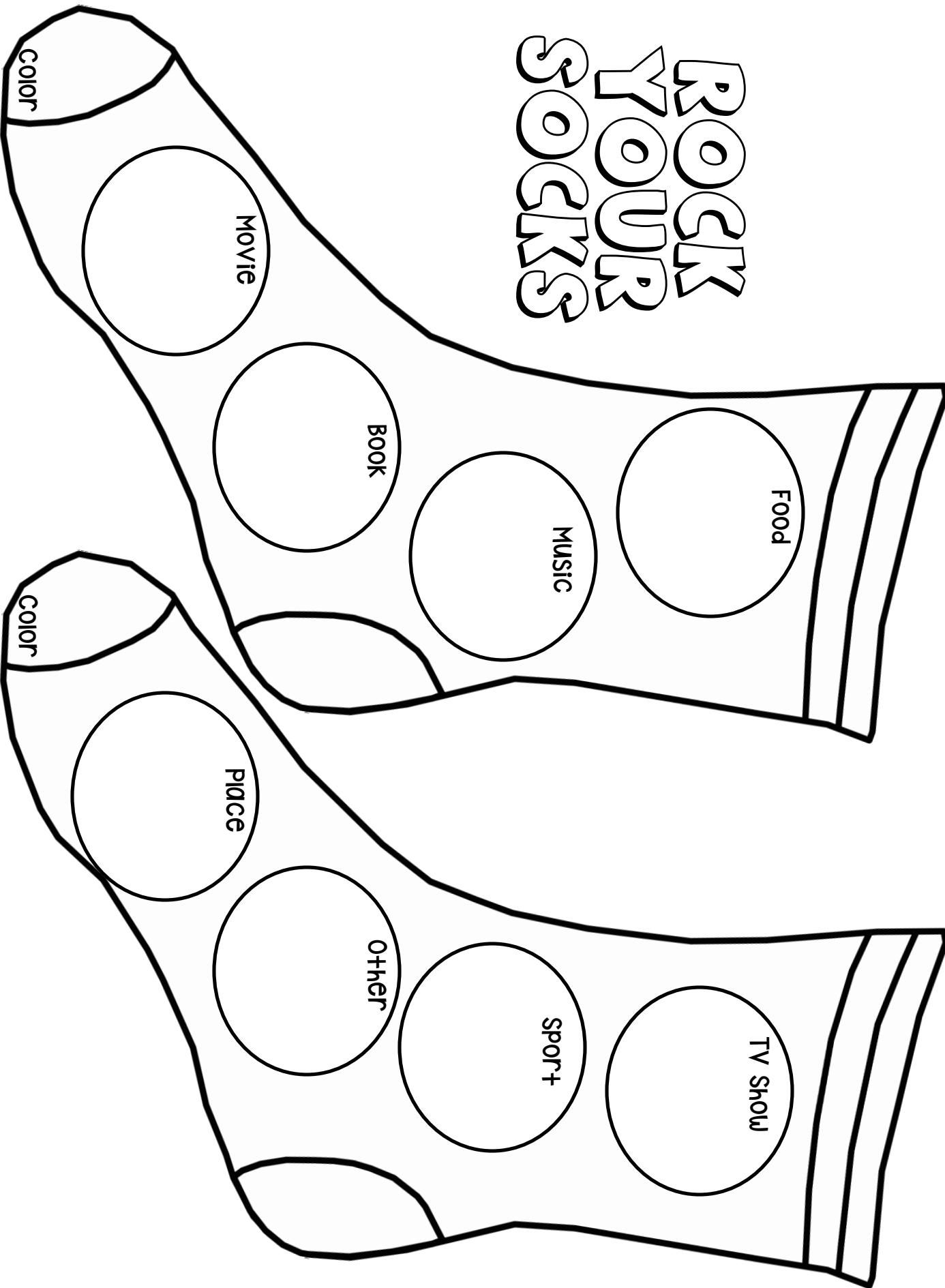
On _____, our class is going to learn about Down syndrome. Please remind your child to wear **bright, mismatched socks** on this day. The funky socks will serve as a conversation starter to spread awareness and knowledge about Down syndrome.



**ROCK
YOUR
SOCKS**



ROCK YOUR SOCKS



FOOD

MUSIC

TV SHOW

MOVIE

BOOK

PLACE

OTHER

SPORT

COLOR

COLOR

ALL ABOUT
'S ROCKin' SOCKS

Movie: _____

Music: _____

T.V. Show: _____

Place: _____

Sport: _____

Food: _____

Book: _____

Color: _____

Other: _____



ALL ABOUT
'S ROCKin' SOCKS

Movie: _____

Music: _____

T.V. Show: _____

Place: _____

Sport: _____

Food: _____

Book: _____

Color: _____

Other: _____



thank You

Thank you so much for visiting my store, and purchasing this product! I hope it was helpful to you. I appreciate your support! Don't forget to head back to my store to **leave a rating** and feedback for this product in order to **earn TPT credits** towards your next purchase. I also love hearing from you!



Kelsey Mango
MANGO DESIGNS

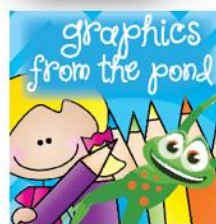


www.teacherspayteachers.com/store/Kelsey-Mango

credits

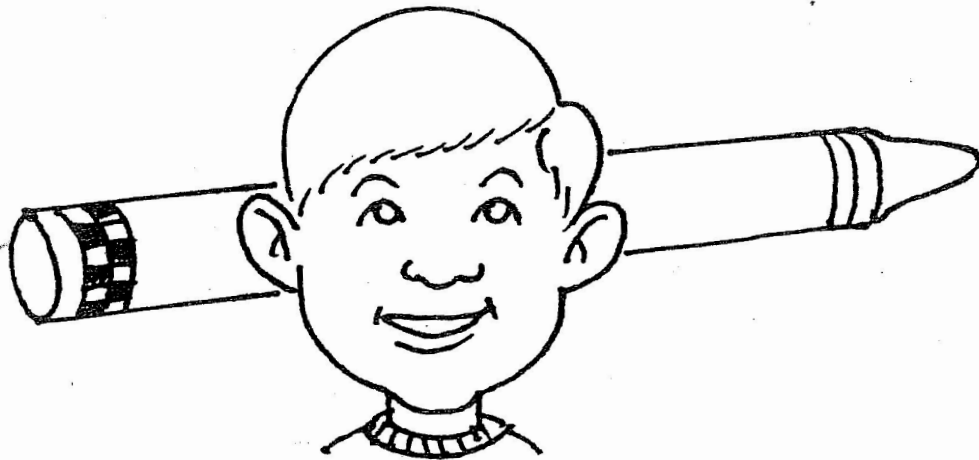


Thank you to the artists below for providing such fantastic clip art, digital papers, and fonts!



The Candy Class

What You Should Know About Down Syndrome



A book for crayons
and you!

By: Amanda L. Bell, Birmingham, Alabama
Illustrated by: Dani D. Aguila, Nashville, Tennessee

Name: _____

We are all unique in our own way, much like chromosomes. When we all come together we form an amazing community.

Design your own pair of mismatched socks and embrace the differences.



Human chromosomes, when viewed under the microscope have the banded appearance of stripy socks. People with Down syndrome, have 3 copies of the 21st Chromosome.

WORLD DOWN SYNDROME DAY



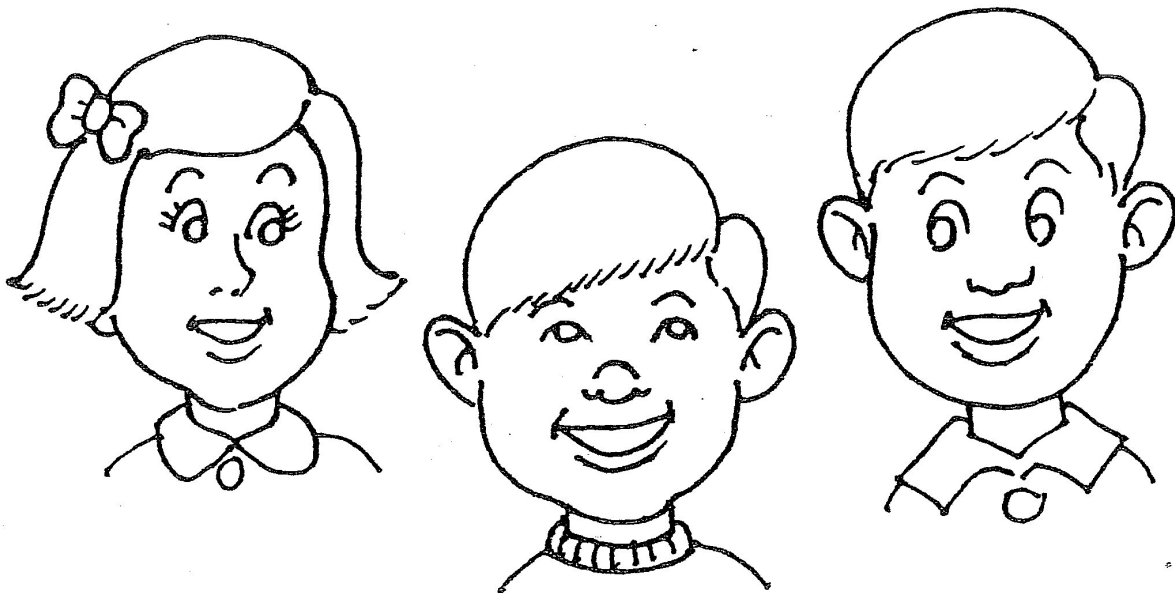
JUST DOWN RIGHT
AWESOME!



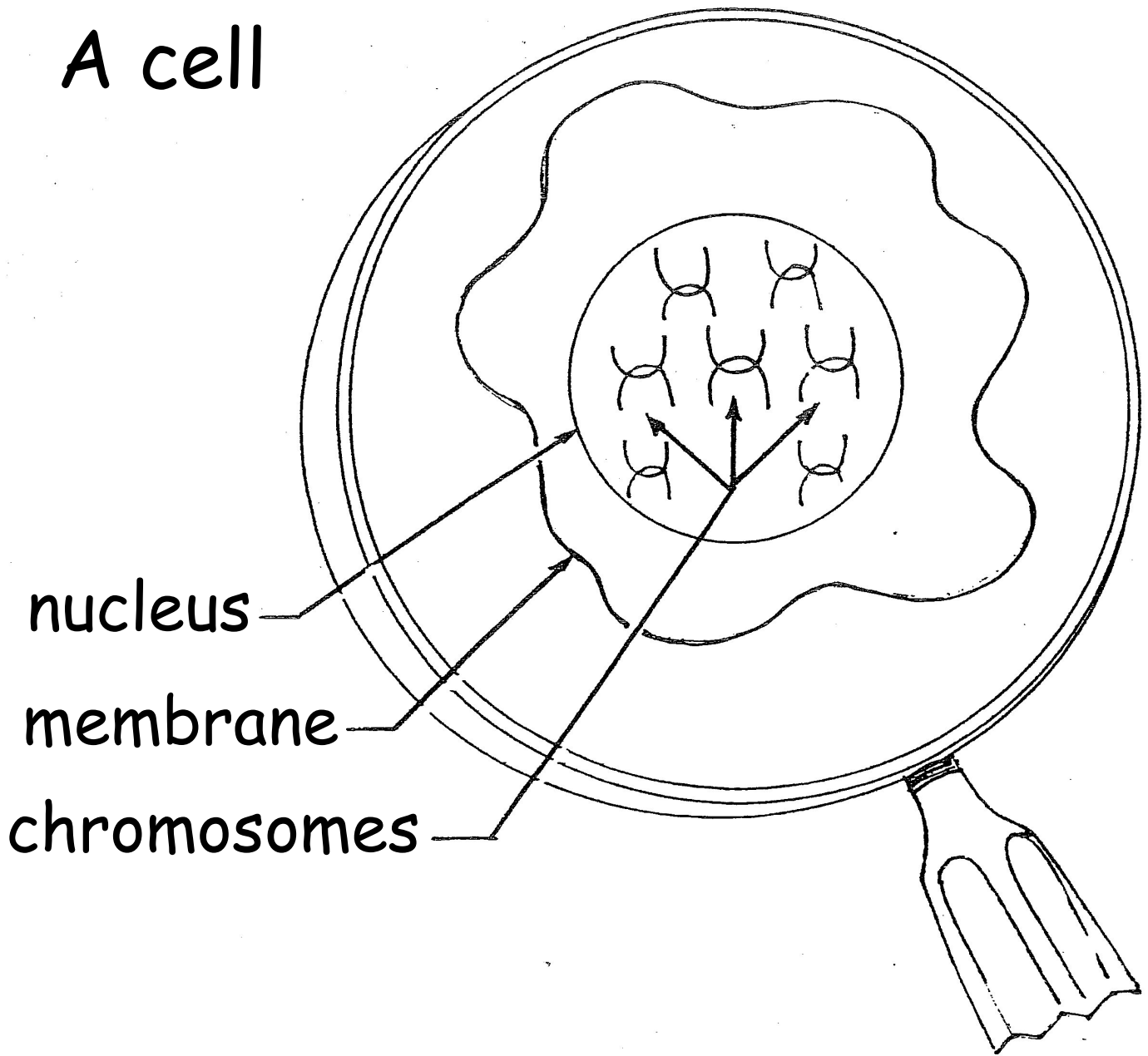
What makes you an awesome friend?

Introduction:

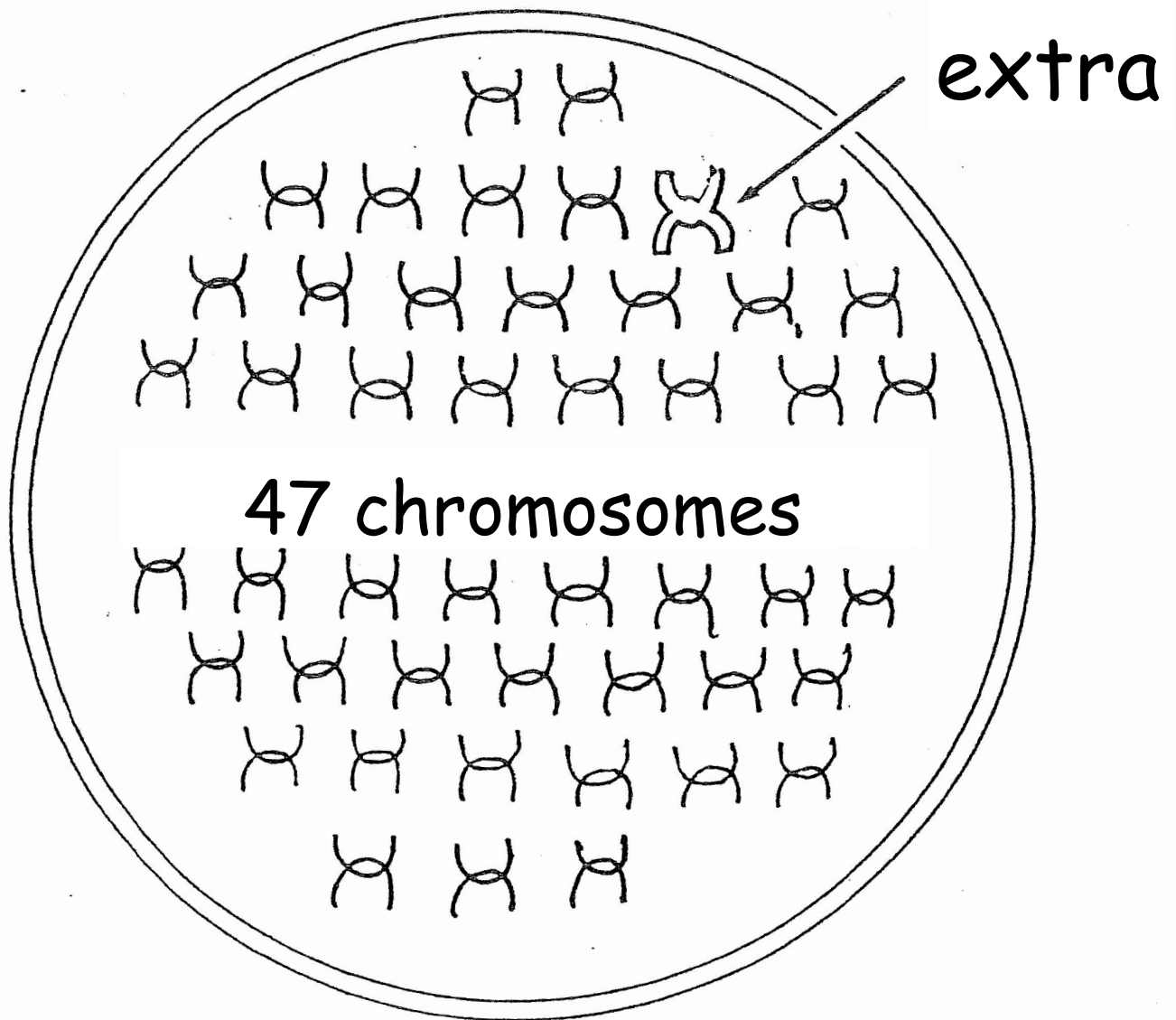
My name is Amanda. I have a brother named Sadler. He has Down syndrome. I also have a brother named Sellers. I am eleven, Sellers is five, and Sadler is three years old. This is a book to help children understand Down syndrome and have fun at the same time.



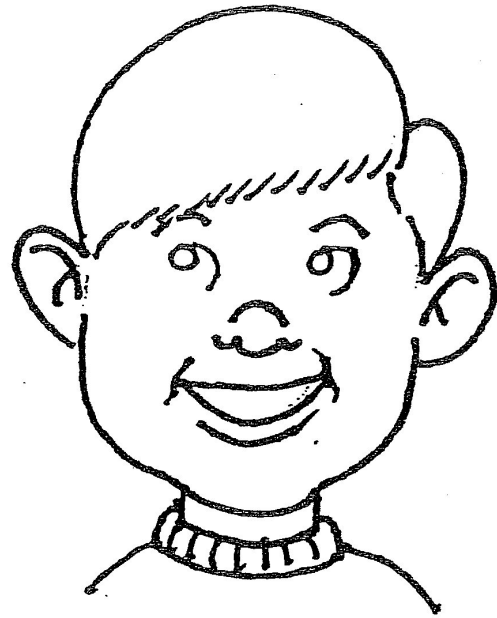
A cell



Everyone in the world is made of tiny units called cells.

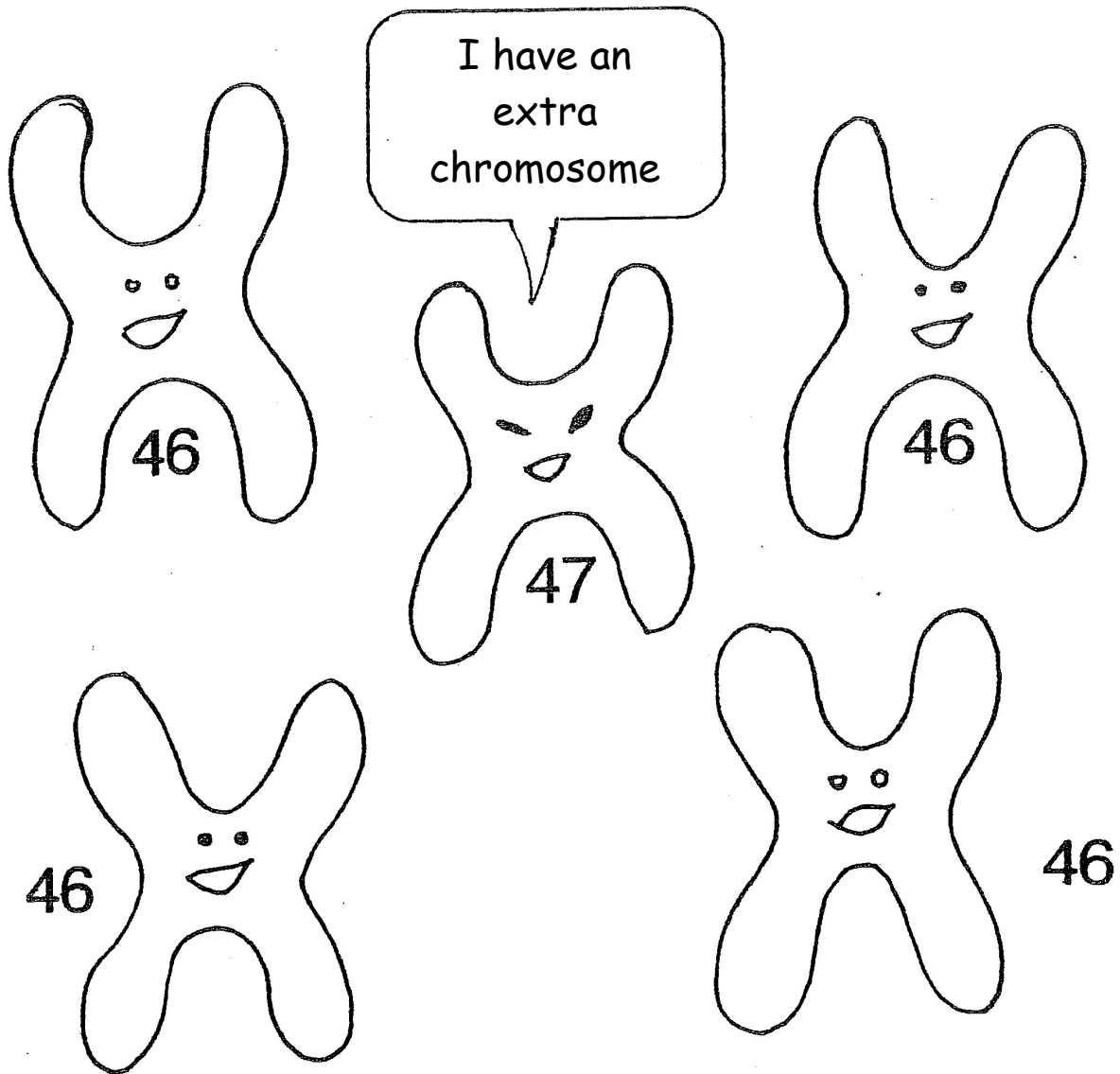


In each cell there are chromosomes—usually 46, but a person with Down syndrome has 47.

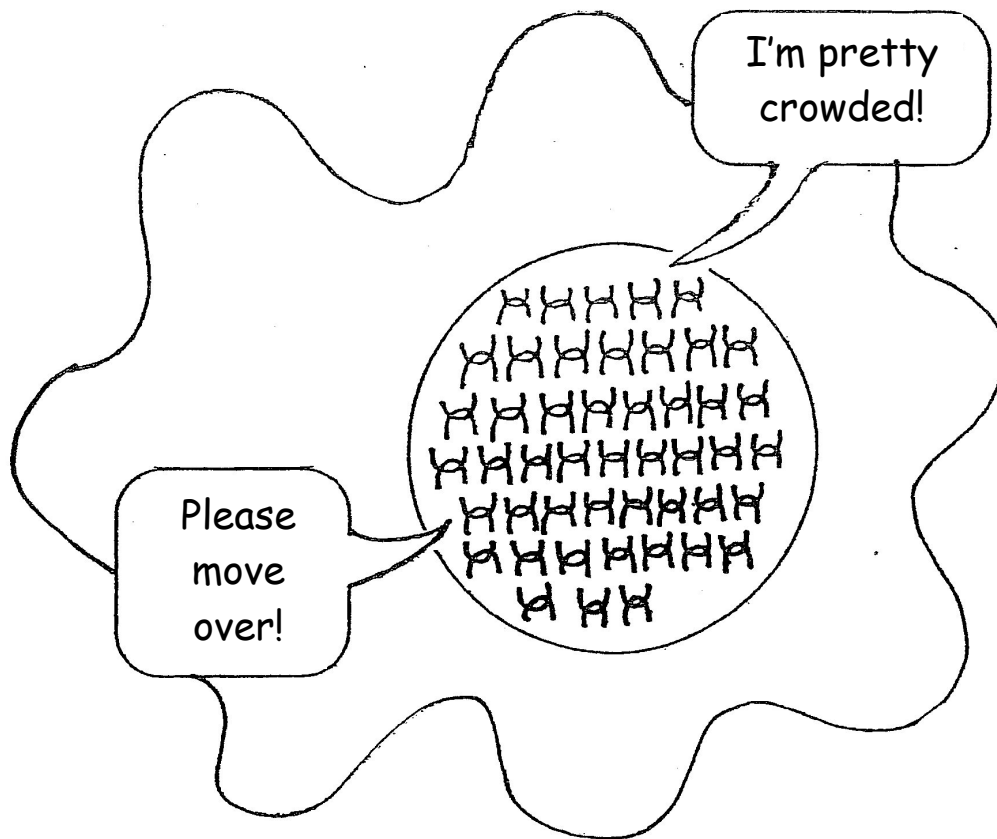


Chromosomes are what gave me brown hair and hazel eyes. They are what make me a girl. You might be a boy and have blue eyes and red hair.

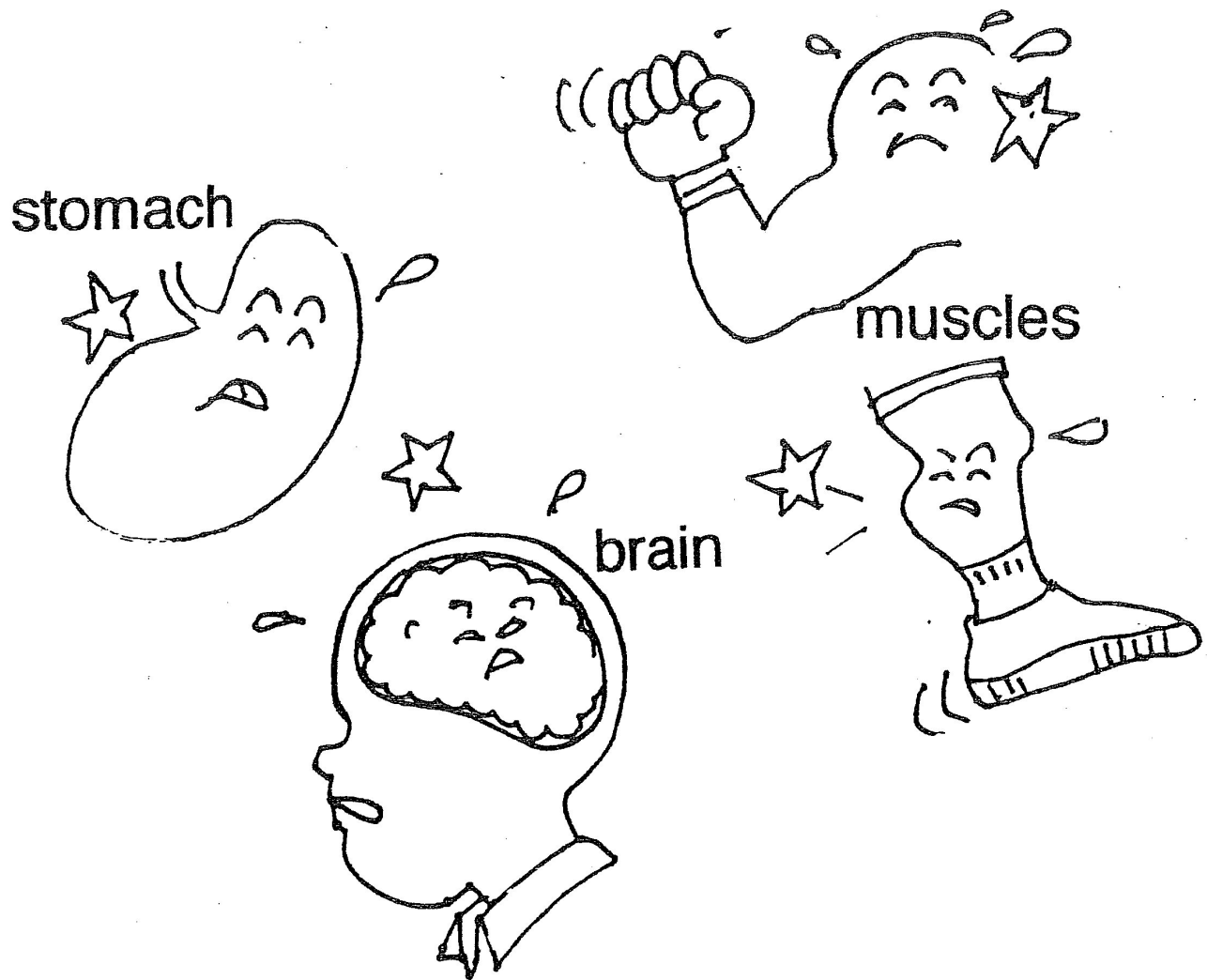
Chromosomes are what gave you all these things.



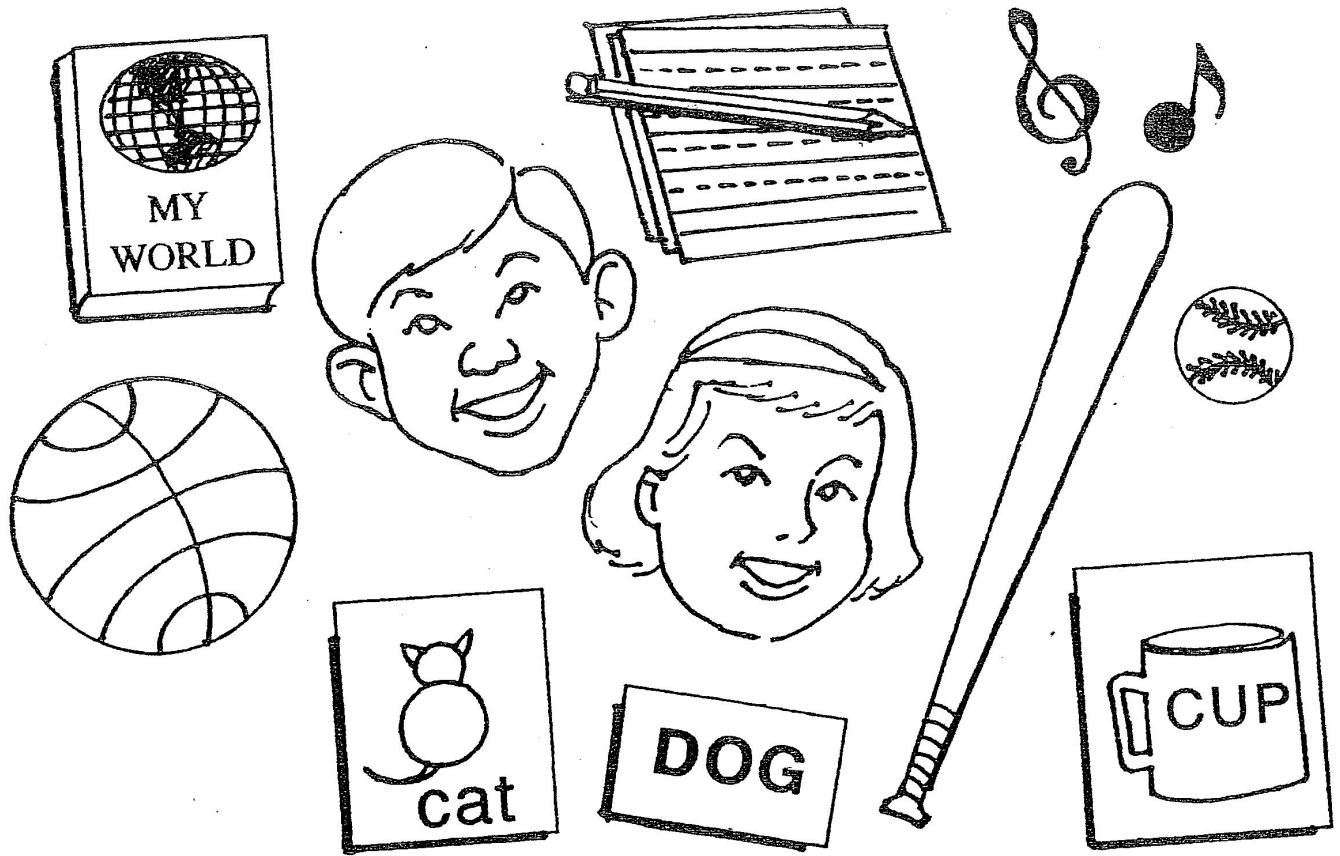
Down syndrome means that a person's chromosomes are just a little different from most people.



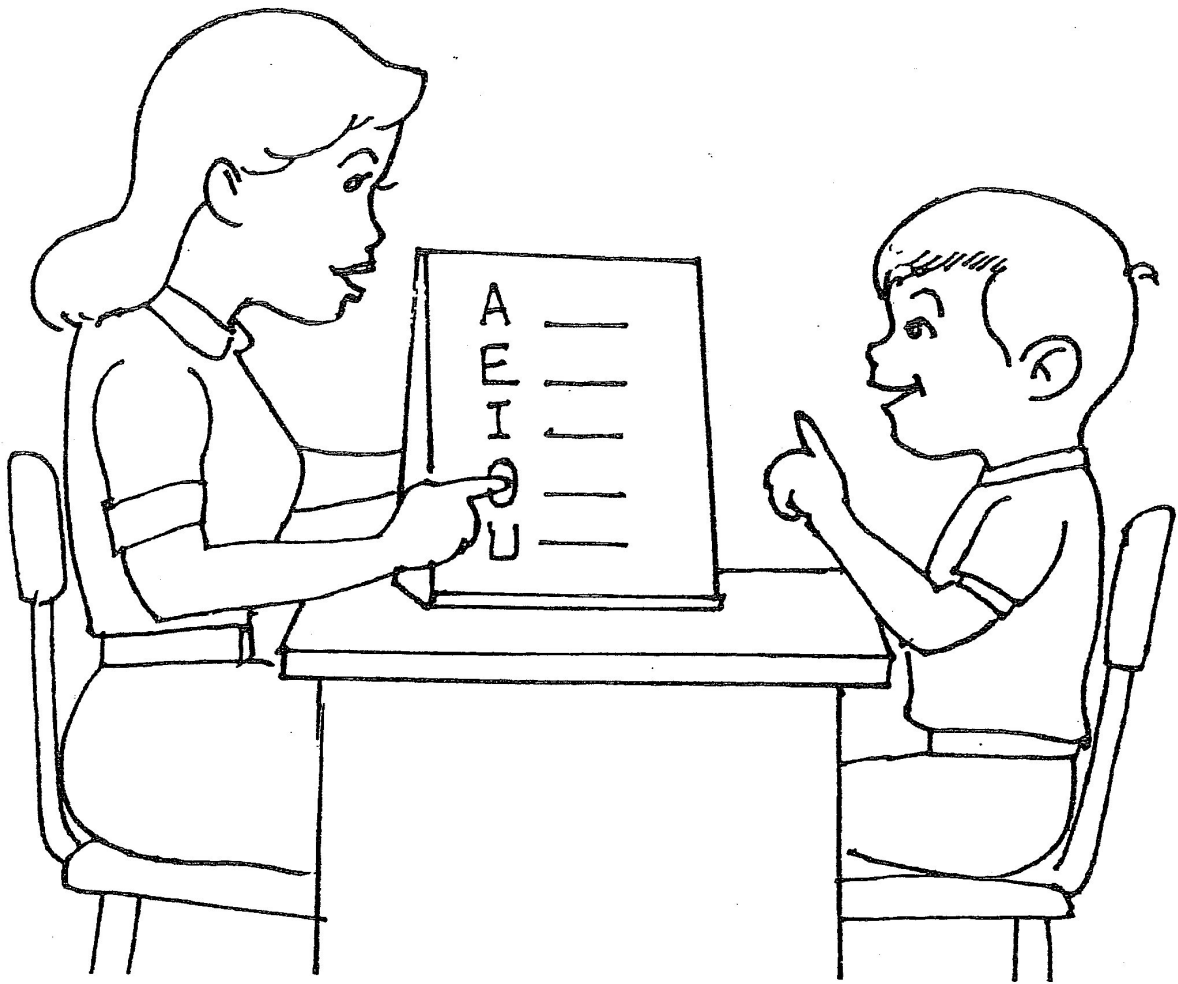
This extra chromosome in each cell crowds the other chromosomes and makes it harder for each cell to do its job.



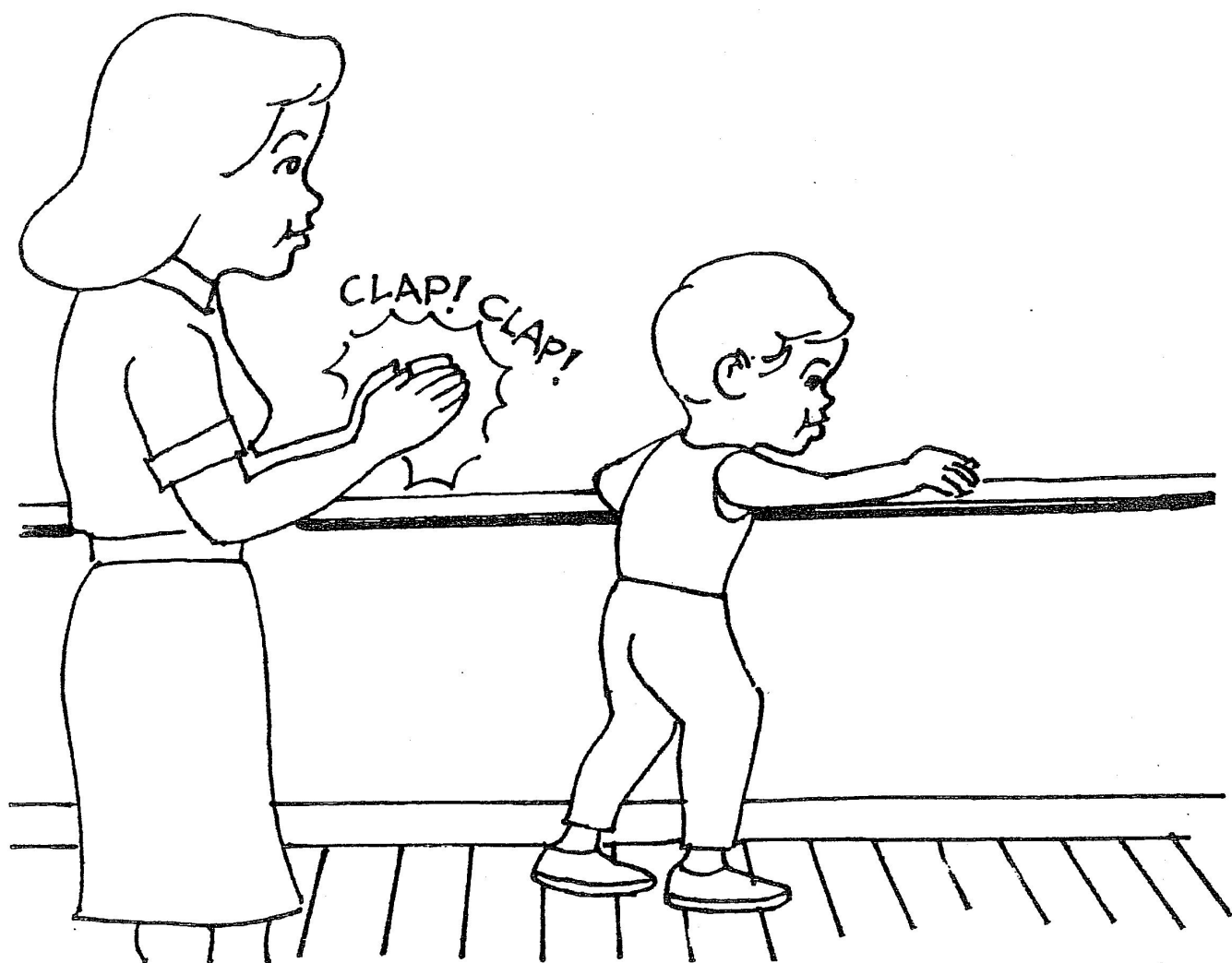
Stomach cells have a harder time digesting food. Muscle cells have a harder time running and lifting. Brain cells have a harder time understanding and learning.



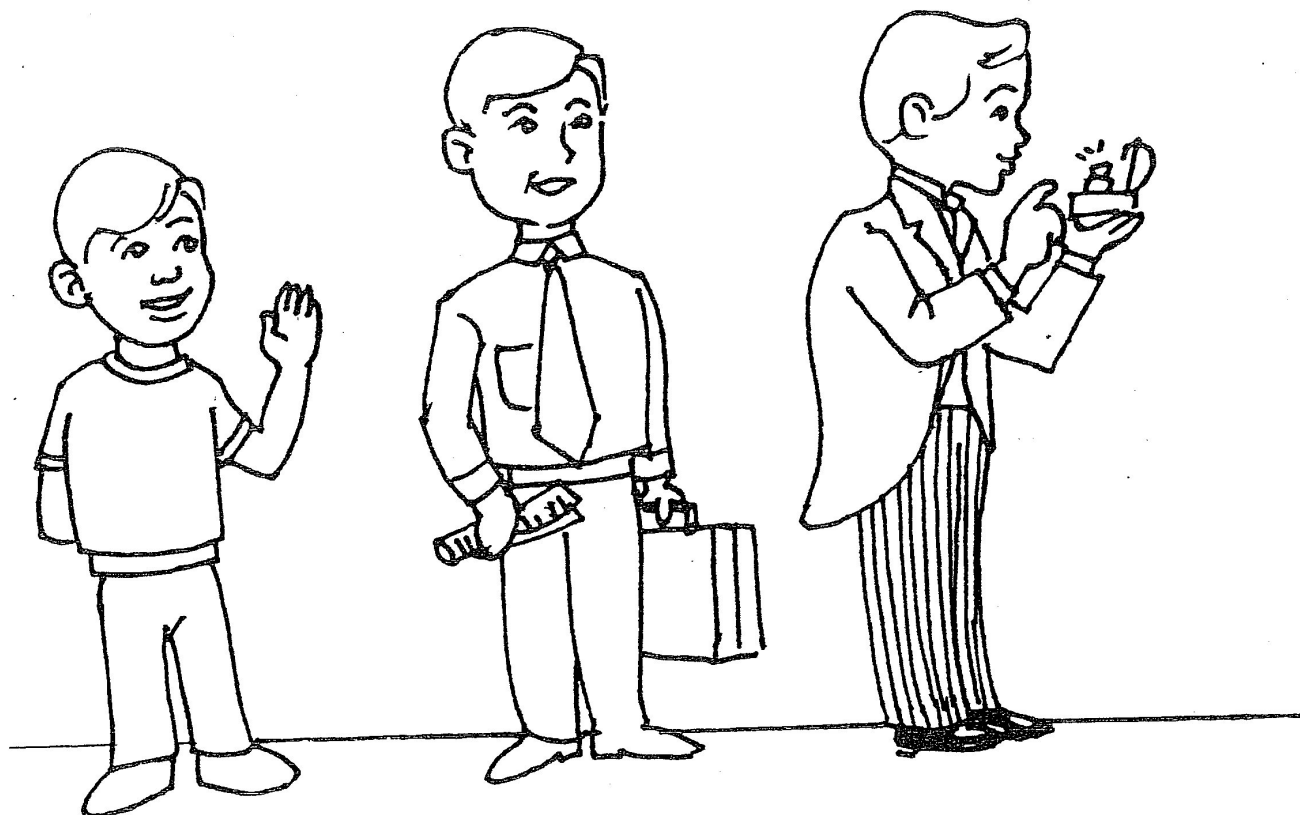
Having Down syndrome means the person is a different kind of smart. They learn the same things you and I learn—just maybe a little more slowly. They learn math, English, history, physical education, music, reading and writing.



Some students work with speech therapists at school. Speech therapists help students learn to use their mouth and face muscles to speak clearly and to understand the world.



Physical therapists help children with Down syndrome learn to use their big muscles. At first to roll over, crawl, and walk, and then to run, jump, ride a bike, shoot hoops and more!



People with Down syndrome grow up and have jobs and vote. Some people with Down syndrome drive, live in their own homes own and get married.

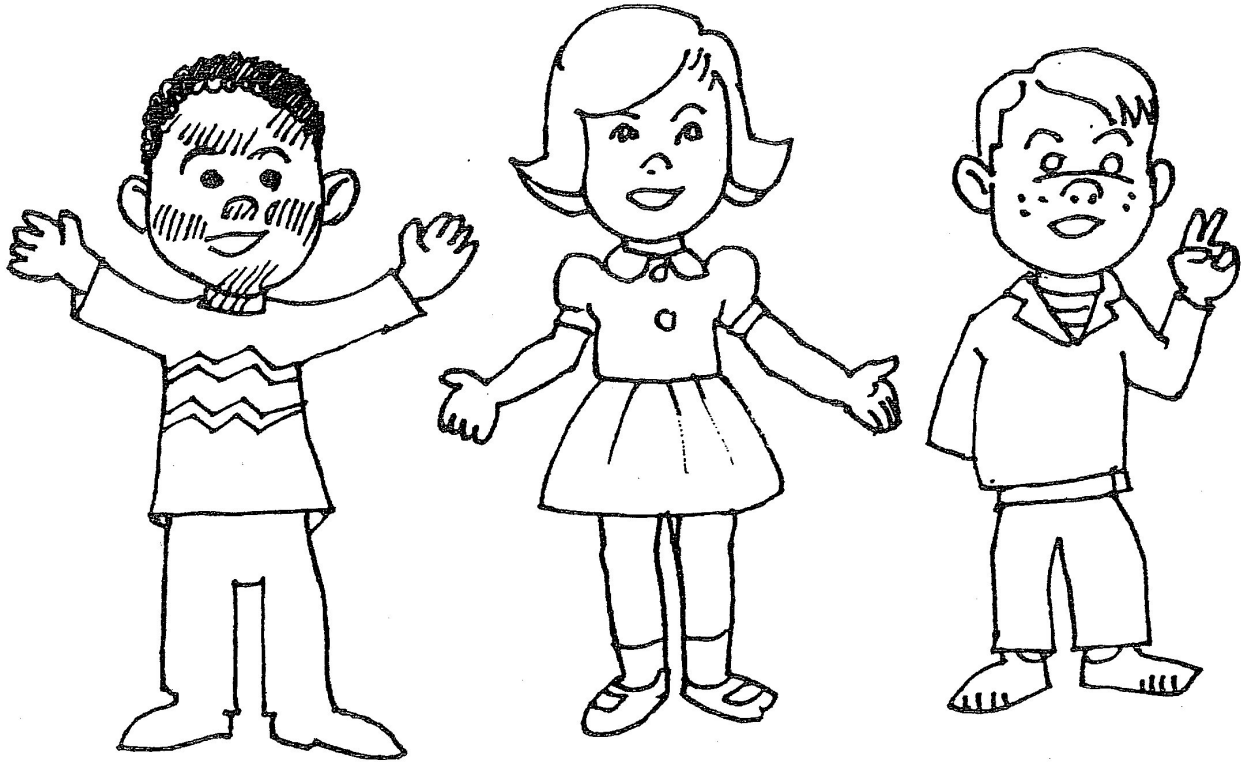


NOT THIS...

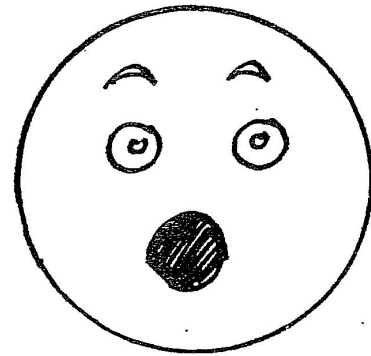
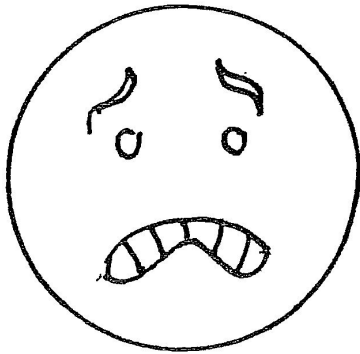
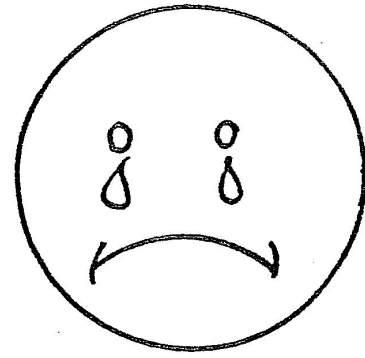
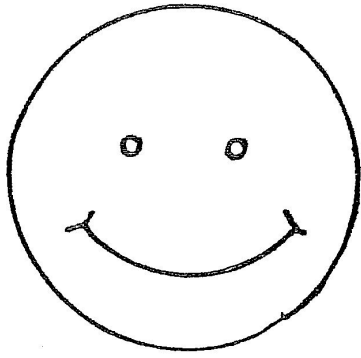


BUT THIS

Some people are afraid to interact
(which means to be with) with
people with Down syndrome.



People with Down syndrome are much more alike everyone else than they are different.



Think! Don't call a child with Down syndrome, (or anyone else) names. Just like you, people with Down syndrome have feelings.

Bibliography

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Cunningham, Cliff. Down Syndrome: An Introduction for Parents. Souvenir Press, 1982.

Interviews

Hilbers, Suzanna, Registered Physical Therapist.

Knapp, Brenda, Speech Pathologist

Words from the Author:

Currently, I am a high school special education teacher in Madison, Wisconsin where I support students with cognitive disabilities in general education classes and in their communities. I am also pursuing my Masters degree in Special Education at the University of Wisconsin-Madison.

I wrote this book for my brother, Sadler, in an attempt to educate and open minds. I give my permission to The Down Syndrome Association of Middle Tennessee for its reprinting in the hope that it will continue to help both children and adults understand that people with Down syndrome are valuable family members, classmates, neighbors, friends and colleagues.

Amanda Bell

September 15, 1998

About the illustrator:



Daniel D'Umuk Aguila arrived from the Philippines in late 1967 as guest Art Consultant for **The Upper Room**. Since then, he became an award-winning Art Director for the R. G. Fields Advertising Co., WDCN-TV/Channel 8, Financial Institution Services, Inc. (now FISI-Madison), and UCom (United Methodist Communications) retiring in 1993

As **el Dani**, he continues to draw editorial cartoons for the New York weekly **Filipino Reporter** (since 1976) and three other ethnic newspapers in San Francisco, Houston, and Denver. He was elected president of the Art Directors of Nashville in 1975, and the IABC (International Association of Business Communicators)/Nashville chapter in 1980.

He and his wife Norma, a retired medical social worker for the Tennessee Dept. of Health, have three children and three grandchildren. A son, Daniel Bliss, has Down syndrome and works full-time as Animal Care Technician at Vanderbilt's Institute for Developmental Neuroscience.

The Aguila family became US citizens on June 24, 1976. Their Nashville home, *Eagles Nest*, is named after his parents: *D'Umuk*, Ilocano for 'of the nest' and *Aguila*, Spanish for 'eagle'.

Copies of this coloring book may be
obtained by contacting:

The Down Syndrome Association of Middle Tennessee
Nashville, Tennessee
(615) 386-9002