

World Down Syndrome Day





MARCH 21st is WORLD DOWN SYNDROME DAY!

Why do we celebrate on 3/21?

World Down Syndrome Day is celebrated on the 21st day of March to honor and share our love for those living with Down syndrome and to create awareness and acceptance for others.

March 21st (3/21) was chosen as the day to signify the uniqueness of the triplication of the 21st chromosome, which is what causes Down syndrome to occur.

HOW DO I USE THESE RESOURCES IN MY CLASSROOM?

You may choose to read books about celebrating people's differences and/or choose a classroom activity from the pdf.

Your students will have questions. Embrace those questions and use them as a teaching opportunity, answering thoughtfully and honestly. Often times, a simple response is all that is needed.

WHAT IF I HAVE QUESTIONS?

We are happy to help.

Please feel free to email:

programs@clubtwentyone.org





WHAT IF I HAVE QUESTIONS?

- Have a discussion about what Down syndrome is.
- Read a book about the differences in people.
- Watch a video about having a friend with Down syndrome.
- Write a story about your friend with Down syndrome.

CLASSROOM RESOURCES:

- [Kelsey Mango Down syndrome awareness resources](#)
- [Heather Avis - Different](#)
- [Canadian Down Syndrome Society - Teaching Plan \(K-6\)](#)
- [What Makes Me Unique worksheet](#)

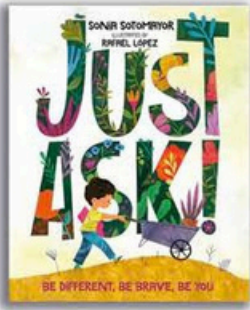
VIDEOS:

- [Celebrate World Down Syndrome Day with Club 21:](#) This video highlights that all of us are different. Each year, we celebrate World Down Syndrome Day on March 21st to spread awareness about our family members, friends, colleagues, and classmates with Down syndrome. Watch and share the video to spread the word about WDSD!
- [My Friend Isabelle:](#) This story focuses on the friendship between two kids. At the end of the video the actual mother (and author) from the story talks about her daughter with Down syndrome.
- [Just Like You:](#) 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.

Thank you for helping to spread awareness!

www.clubtwentyone.org

A few suggested books to add to your classroom library and read on World Down Syndrome Day

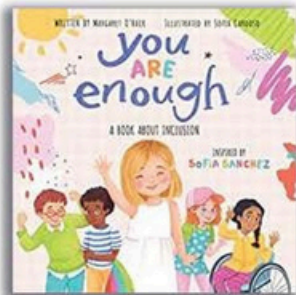


Just Ask: Be Different, Be Brave, Be You! by Sonia Sotomayor

Feeling different, especially as a kid, can be tough. But in the same way that different types of plants and flowers make a garden more beautiful and enjoyable, different types of people make our world more vibrant and wonderful. In Just Ask, United States Supreme Court Justice Sonia Sotomayor celebrates the different abilities kids (and people of all ages) have. 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.

Everyone Belongs by Heather Avis

Everyone Belongs is a joyful rhyming book that encourages children not only to value all people but to also make room for their differences in order to make a better, brighter, and more beautiful world. Inspiring, encouraging, and packed with joy, Everyone Belongs reminds us that it's possible to make room for all people and all abilities - and that life is brighter when we give every person a chance to shine.



You Are Enough by Sofia Sanchez and Margaret O'Hair

This is a beautiful and inclusive picture book all about celebrating being yourself. It can be hard to be different - whether because of how you look, where you live, or what you can or can't do. But wouldn't it be boring if we were all the same? Being different is great. Being different is what makes you YOU. This inclusive and empowering book reminds readers how important it is to embrace your differences, be confident, and be proud of who you are. Imagine all the wonderful things you can do if you don't let anyone stop you! You are enough just how you are.

It's OK to be Different by Sharon Purtill

Every child is unique! By highlighting the ways kids are different from one another it helps children to accept themselves and others as the beautifully unique individuals that they are. It's OK to be Different encourages kids to be kind and befriend those who are different from themselves, showing young children that they don't have to look alike or enjoy doing the same activities to be kind to one another.



Hannah's Down Syndrome Superpowers by Lori Yarborough

Hannah, superpower princess, explains her Down syndrome superpowers, how they affect her, and how she's more like other kids than different. This book is a tool written by a mom/pediatric physical therapist to help kids, family, friends and caregivers to understand Down syndrome. The book explains how Down syndrome occurs with the triplication of the 21st chromosome and what that means.



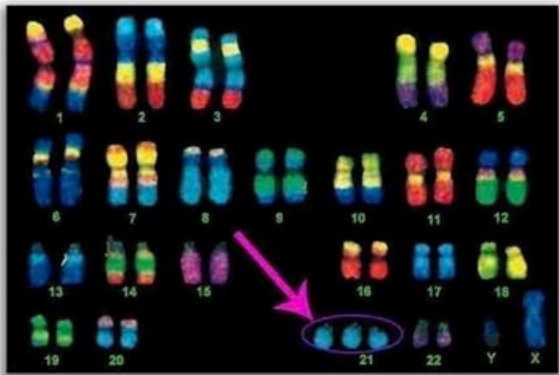
WAYS TO CELEBRATE WORLD DOWN SYNDROME DAY

ROCK YOUR SOCKS WITH CLUB 21

World Down Syndrome Day is coming up on March 21st. People celebrate in a lot of ways, and one fun and easy way to raise Down syndrome awareness is to wear a pair of mismatched socks!



Show us how you celebrate WDSD by rocking your socks!



Why socks?

When looking at a karyotype (a picture of our chromosomes, stained for viewing under a microscope), the chromosomes look like paired socks. The staining makes them look striped.

Another reason for wearing mismatched socks is to promote the celebration of differences. Some buddies wear the same set of mismatched socks to also point out that we are more alike than different.

How to participate:

1. Print out and share our packet with your class.
2. Have your class wear their craziest mismatched socks.
3. Take a photo of your class and share it on social media, tag us @clubtwentyone, #club21wdsd or send a photo to info@clubtwentyone.org

Please ensure that consent is received before posting pictures online and tagging.



club 21™

learning & resource center for individuals with down syndrome

Name: _____

Decorate your own pair of socks



What is an act of kindness that you can do for someone else?



Name: _____

Write a story about or draw a picture with a new friend you made this year

Why are you friends? What do you both like? What matters most in a friendship?



COMMON QUESTIONS:

What is Down syndrome?

Down syndrome is a genetic condition caused by the presence of an extra chromosome 21 in the body's cells, it is not a disease. A person with Down syndrome is born with one extra chromosome in each of their cells. Instead of a pair of the 21st chromosome, they have three. That is a total of 47 chromosomes.

What is a chromosome?

Chromosomes contain information that determines things like what color your eyes will be or how tall you will be. There are billions of tiny cells in our bodies and most people have 23 pairs of chromosomes in each of their cells. That is a total of 46 chromosomes in every cell.

What do I have in common with someone that has Down syndrome?

Children with Down syndrome are really more like other children than they are different. They often participate in regular classrooms and are fully integrated into their community. People with Down syndrome have feelings just like anyone else. They experience the full range of emotions. They respond to positive expressions of friendship and are hurt and upset by inconsiderate behavior.

Can Down syndrome be treated?

Down syndrome is not a disease. Although it cannot be cured, medical professionals know more about it now than ever. Getting the best care early on can make a big difference for individuals with Down syndrome and improves the likelihood of a full and meaningful life.

