

## Educational Resources

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Below you will find a great deal of information about Down syndrome in general, as well as specific information about World Down Syndrome Day (WDSD). Whether you would like to educate your children, family, co-workers, students, or even do a school wide initiative building up to WDSD

This is the information for you!

Included are memes for you to post on your social media platforms. Feel free to print them and make them into posters to hang around your school/office/homes/gyms...anywhere!! Each have an interesting fact about Down syndrome on them and can easily be posted or shared on any social media outlet you have. They can be used in classrooms as conversation starters or simply to share with colleagues/friends to share education about Down syndrome.

[Download Memes Here](#)

Preferred Hashtags for IG:

#CHFwdsd #CHFwdsd2020 #CHF

Instagram Account:

[Chasing\\_Hazel\\_Foundation](#)

Facebook Account:

[Chasing Hazel Foundation](#)

<https://www.facebook.com/ChasingHazel/>

## What is World Down Syndrome Day (WDSD)?

WDSD exists to celebrate individuals with Down syndrome by choosing activities that show support and awareness to those individuals. Rocking Socks has become an easy, attainable and VERY visual way to demonstrate this support around the globe. This movement is seeking to share what it IS to have Down syndrome - something to be celebrated. It's a day of advocating for the inclusion, respect and understanding that individuals with Down syndrome have a great deal to offer their communities.

**This day occurs on the 21st day of the 3rd month because we celebrate the 3rd copy of the 21st chromosome which is what leads to Down syndrome.**

To read more please go to:

<https://worlddownsyndromeday.org/>



<http://www.un.org/en/events/downsyndromeday/pdf/WSD%20My%20Friends,%20My%20Community%20Flyer%20A3%20Email.pdf>

## Facts about Down syndrome:

1. A person with Down syndrome has 3 copies of the 21st chromosome. Chromosomes are what make us who we are. That is why we celebrate WSD on the 21st day of the 3rd month - So on March 21st every year. It is important, not only on this cool day, but all other days to recognize that people with Down syndrome work very hard and have MANY accomplishments to share.
2. People with Down syndrome can be a lot LIKE you and they can also be a lot DIFFERENT than you. No two people are exactly alike and we have to learn and talk about our differences so that we can also learn to LOVE and RESPECT each other for the unique individuals that we are.
3. Individuals with Down syndrome may share the same interests, feelings and dreams as many of you. They want to be included on sports teams, dance groups, play video games with friends, play musical instruments, and hangout with their friends.
4. Individuals with Down syndrome can lead happy, successful and independent lives. They move out of their parents homes. They can get a driver's license!!! They make friendships, get jobs they love, and enter into meaningful relationships..
5. Individuals with Down syndrome may attend college and get a diploma. People with Down syndrome have goals of higher education (going to college or university).
6. People with Down syndrome are a very important part of and contribute greatly to the communities in which they live. They have meaningful friendships and relationships just like everyone else. They are loved very much and seen as valued members of their families.
7. NO LIMITS!!! People with Down syndrome CAN and WILL do everything you can do - like learn to READ or ride a bike - it just might take them a little longer and a little more work.
8. Sometimes it can be difficult to understand an individual with Down syndrome when they speak. That doesn't mean they don't have anything to say. If you take your time to get to know that person, take it slow, and listen carefully, soon you will know exactly what they are saying.
9. There's a great deal of VARIETY among individuals with Down syndrome, just as there is with everyone. Grouping them into one set of characteristics or ideas on how they will learn, grow, and achieve might not help anyone reach their full potential.
10. People with Down syndrome can often understand more than they can express in words. That doesn't mean they don't have complex feelings and emotions - THEY DO!!! It may just be difficult for them to communicate it back to you. Be patient and respect everyone's feelings.



11. People with Down syndrome should be active and exercise EVERYDAY just like everyone else. They are capable, strong and athletic. It's important to make healthy choices no matter who you are!!

12. Down syndrome is only a small part of who a person is. People have many aspects that make up who they are. It's important to see the person first always.

13. INCLUSION IS THE NEW COOL!!!! Children with Down syndrome can and often do attend schools with typical peers. They are in the classroom just like all the other children, learning to the best of their ability, making friends, and following the daily routines JUST LIKE EVERYONE ELSE. Some may have Educational Assistants who assist the children only if and when they need it.

## Video Links to Use:

### 1. **Charlie and Isabelle - this would be for really young kids like JK-Gr.1/2**

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.

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

### 2. **This video is REALLY REALLY well done. Explains everything about DS and what it is. Address some really cool points and should leave your class/coworkers/kids/friends with a great understanding of what DS is and what it means for people. I WOULD SAY A DEFINITE WATCH for a classroom.**

*"JUST LIKE YOU -- DOWN SYNDROME - explores the life, hopes, challenges and dreams of three kids living with Down syndrome. Elyssa, Rachel and Sam share personal stories to help viewers better understand their condition and why they wish to be treated just like you. Each of our stars has their own talents, characteristics, strengths and challenges. Down syndrome is just one part of who they are and this film identifies how to handle and accommodate differences while celebrating the many similarities our friends with Down syndrome have with their peers."*

<https://www.youtube.com/watch?v=5M-xOyGUX4>

### 3. **Megan's message of "Don't Limit Me!" applies not only to those with Down's Syndrome, and not only to students with challenges, but to all kids and all adults.**

Let's envision great things internally -- for all of us -- and everyone around us - and believe they can be accomplished - and watch what happens! Join our community where Everyone Matters

<https://www.youtube.com/watch?v=YOwDfnoek6E>

### 4. **ALL AGES!!! GREAT VIDEO - Hazel is just after the 2 min mark - Would be perfect for a meeting or a mass or school assembly. Video was made in honour of DSAM.**



October is Down Syndrome Awareness month! We are here to let you know that people with Down Syndrome are perfect, just the way they are! They are loved, cherished, and an important part of their families!

<https://www.youtube.com/watch?v=M8VWpUYASmE>

**5. Great for demonstrating to older classes how to never underestimate people and to show that all people have to work to achieve their goals.** 10 days, 17,000 feet and 70 miles later-- 15-year-old Eli Reimer made history. The Oregon teen was the first person with Down syndrome to reach the Nepal base camp of Mt. Everest, the world's tallest mountain.

<https://www.youtube.com/watch?v=pQTb5hCw-5M>

**6. Super emotional video of parents speaking about having children with Down syndrome and what they want others to know. This is a really great one and hits on a lot of really important aspects of what families are going through and feeling. So many of the facts I mentioned above are covered in this video.**

*"My name is Julie Willson and I have decided to create this video in addition to my recent photo shoot to help raise awareness of Down Syndrome. Down syndrome is sadly looked at as a negative thing but after watching this video, you will see how wonderful it can be. The full video will be released in March 2016. I grew up with a sister who had Down syndrome and she was the absolute light of our family. The abortion rate of babies diagnosed with Down syndrome is 67% in the US and 92% in Europe. My hope is that I can help make a change and to help you all realize that "there's nothing down about Down syndrome"*

<https://www.youtube.com/watch?v=bbO-PMT7t-U>

**7. Ruby's Rainbow** - an organization that grants scholarships to individuals with Down syndrome. It is absolutely inspiring and will leave you feeling hopeful and educated about what individuals with Down syndrome are CAPABLE of.

This video is 9 min

<https://www.youtube.com/watch?v=nRk2bkw7Crs>

Here is a video about what Ruby's inclusion story looks like. It's just over 12 min.

<https://www.youtube.com/watch?v=z5toXs3QVYs>

**8. Dreams features people with Down syndrome of all ages talking about their aspirations and accomplishments. This inspirational video celebrates the achievements of the Down syndrome community.** (2004)

<https://www.youtube.com/watch?v=xXW77of9Di0>

**9. \*\*\*MATURE CONTENT\*\*\***

**LOVE this video for HIGH SCHOOL. It's in a post, just scroll down to get to the video. Have a watch first before you share with students.**

Even when people hold nothing against [those with disabilities](#), they can often unintentionally speak to them in a condescending or alienating way. BBC Three's "Things People With Down's Syndrome Are Tired Of Hearing" video exposes some of the things people say when they don't understand [Down Syndrome](#), in particular.

<http://www.refinery29.com/2016/08/119221/people-with-down-syndrome-stereotypes-video>



## Hands-on Activities

***Demonstrating how fine motor may affect speech for an individual with Down syndrome, who may also have low muscle tone.***

### *Goal of Lesson/Main Objective:*

Hypotonia - People with Down syndrome may have low muscle tone that affects all their muscles making it difficult (but not impossible) for them to do some of the things we all do, like walk, jump, run, ride a bike, print their names and so on. They will eventually do it, it just might take them a little longer and a little more practise. This low tone can also affect the muscles in their mouths. This makes it difficult for them to articulate, and pronounce all their words clearly. Because of this it may be difficult for them to say everything they are thinking. Sometimes it is hard to understand what that person is saying. If you ask them to slow down, or repeat what they said it might help you to understand. It's also important to know that just because a person can't speak a lot DOES NOT mean they can't understand you when you are speaking to them.

*Ask the class to...*

"Imagine how hard it would be to know what you want to say in your head but you can't get all the words out just right."

### *Activity*

1. Group the students together. Two to three students in each group.
2. Hand out a small marshmallow to each student.
3. Tell the students to think about their favourite movie, food, song, etc. Or a question they want to ask their group.
4. Before they begin talking, they have to stick out their tongue and place the marshmallow on the end of it. One at a time, have each student in the group take a turn to discuss the topic they chose or ask the question. They have to describe their topic while keeping the marshmallow on their tongue. Remind them to pay attention to the strategies they use to understand their partner speak to them. What things did they do to try and better understand the person talking to them?
5. Discuss as a class the difficulty in trying to talk with a marshmallow. How did it make them feel? Were they embarrassed that they couldn't talk the way they wanted to? Was it hard to understand their friends? Knowing this, what will you do differently now when you are talking with someone that has trouble speaking? What were some of the strategies they used? Was it difficult to understand? Was it the same?



## Demonstrating Fine Motor Challenges

*To introduce the activity:*

People with Down syndrome may find fine motor skills difficult. This could include tying their shoes, grabbing a fork to eat, or writing. They do exercises to help strengthen these muscles in order to accomplish everyday tasks. The following activity will demonstrate how difficult it can be to have to work harder at skills that come easily to most children.

*Materials:*

- A youth sock for each pair of students
- Coloured pencil for each group. The coloured pencil is better to use because it's skinnier and more difficult to hold than a marker. I find that the participants really have to push to get the pencil to show up on the paper
- Half a piece of blank paper (or scrap if you have some)

*Activity*

1. Place the paper and pencil down on the desk in front of the participants
2. Have each participant place a sock on their writing hand and pull it up so its tight.
3. Ask the students to pick up a pencil with their sock hand and write their name, and a very simple picture (tree, sun, flower, etc) or even a whole journal entry on one side of the paper.
4. Have them turn the paper over and draw the same thing without the sock.
5. Discuss with the class how difficult it was to write when they couldn't hold the pencil the way they wanted to. What were some of their observations? Where did they struggle the most?

*Main objective:* They should have learned that even though it was difficult to accomplish the task, they were still able to with a little more time and patience. Also, hopefully some empathy will be created for a person who struggles to do what seems to be easy to others.

## Books

### Younger Age Children...

"Just Ask" by Sonia Sotomayor

[https://www.amazon.com/Just-Ask-Different-Brave-You/dp/0525514120/ref=sr\\_1\\_1?keywords=just+ask&qid=1572360768&s=books&sr=1-1](https://www.amazon.com/Just-Ask-Different-Brave-You/dp/0525514120/ref=sr_1_1?keywords=just+ask&qid=1572360768&s=books&sr=1-1)



"When Charley Met Emma" by Amy Webb

[https://www.amazon.ca/When-Charley-Met-Emma-Webb/dp/1506448720/ref=sr\\_1\\_1?crid=FGFD50TW0FMH&keywords=when+charlie+met+emma&qid=1572360967&s=books&sprefix=when+charli%2Cstripbooks%2C163&sr=1-1](https://www.amazon.ca/When-Charley-Met-Emma-Webb/dp/1506448720/ref=sr_1_1?crid=FGFD50TW0FMH&keywords=when+charlie+met+emma&qid=1572360967&s=books&sprefix=when+charli%2Cstripbooks%2C163&sr=1-1)

"Not Your Typical Dragon" by Dan Bar-el

[https://www.amazon.ca/Not-Your-Typical-Dragon-Bar-el/dp/0670014028/ref=sr\\_1\\_1?crid=3KD9A18CC8AYT&keywords=not+your+typical+dragon&qid=1572371579&sprefix=not+your+typ%2Caps%2C161&sr=8-1](https://www.amazon.ca/Not-Your-Typical-Dragon-Bar-el/dp/0670014028/ref=sr_1_1?crid=3KD9A18CC8AYT&keywords=not+your+typical+dragon&qid=1572371579&sprefix=not+your+typ%2Caps%2C161&sr=8-1)

"Elmer" by David McKee

[https://www.amazon.ca/Elmer-David-McKee/dp/1842707310/ref=sr\\_1\\_1?keywords=elmer&qid=1572371631&sr=8-1](https://www.amazon.ca/Elmer-David-McKee/dp/1842707310/ref=sr_1_1?keywords=elmer&qid=1572371631&sr=8-1)

"Be Kind" by Kat Zietlow Miller

[https://www.amazon.ca/Be-Kind-Pat-Zietlow-Miller/dp/1626723214/ref=sr\\_1\\_1?crid=3GDER6CAI62XP&keywords=be+kind&qid=1572371689&sprefix=be+kind%2Caps%2C176&sr=8-1](https://www.amazon.ca/Be-Kind-Pat-Zietlow-Miller/dp/1626723214/ref=sr_1_1?crid=3GDER6CAI62XP&keywords=be+kind&qid=1572371689&sprefix=be+kind%2Caps%2C176&sr=8-1)

## Books For Parents/Educators...

It's More Than "Just Being In" by Cheryl Jorgensen

[https://www.amazon.ca/More-Than-Just-Being-Disabilities/dp/1681250780/ref=sr\\_1\\_1?keywords=its+more+than+being+just+in&qid=1572371949&s=books&sr=1-1](https://www.amazon.ca/More-Than-Just-Being-Disabilities/dp/1681250780/ref=sr_1_1?keywords=its+more+than+being+just+in&qid=1572371949&s=books&sr=1-1)

"Don't We Already Do Inclusion" by Paula Kluth

[https://www.amazon.ca/Dont-We-Already-Do-Inclusion/dp/0966037693/ref=sr\\_1\\_1?crid=9SE0K0KONFHK&keywords=dont+we+already+do+inclusion&qid=1572372149&s=books&sprefix=dont+we+already+%2Cstripbooks%2C163&sr=1-1](https://www.amazon.ca/Dont-We-Already-Do-Inclusion/dp/0966037693/ref=sr_1_1?crid=9SE0K0KONFHK&keywords=dont+we+already+do+inclusion&qid=1572372149&s=books&sprefix=dont+we+already+%2Cstripbooks%2C163&sr=1-1)

"Teaching Reading to Children with Down Syndrome" by Patricia Logan Oelwein

[https://www.amazon.ca/Teaching-Reading-Children-W-Down-Syndrom/dp/0933149557/ref=sr\\_1\\_1?qid=1572372443&refinements=p\\_27%3A+Patricia%5CcLogan+Owlwein&s=books&sr=1-1](https://www.amazon.ca/Teaching-Reading-Children-W-Down-Syndrom/dp/0933149557/ref=sr_1_1?qid=1572372443&refinements=p_27%3A+Patricia%5CcLogan+Owlwein&s=books&sr=1-1)

## Reading and Writing Program

"So Happy to Learn With Mrs. Brown"

So Happy to Learn is NOT your standard curriculum. So Happy to Learn IS a philosophy; a change of mindset, a paradigm shift from traditional teaching. It IS a series of techniques, approaches, and simple tools to instill a love of reading, writing and math in your learner. It IS a revolutionary teaching program for both special and typical learners alike.

<https://www.sohappytolearn.com/what-and-why.html>