

WORLD DOWN SYNDROME DAY!

March 21st

Individuals with Down syndrome have Hypotonia, or low muscle tone. This means their muscles typically require therapy to increase strength. It may cause a delay in activities such as walking, talking, and fine-motor skills.

Individuals with Down syndrome can have bright and successful futures! They can do/be anything they want to, just like you! They can learn to drive a car, go to college, live on their own, get married, and have jobs.



DOWN
RIGHT
PERFECT

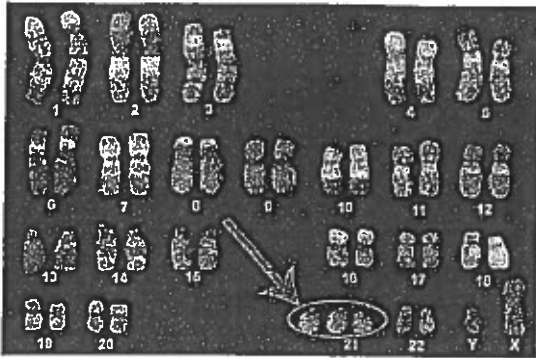
Learn about individuals with
DOWN SYNDROME
while celebrating their abilities

and achievements! Both kids and adults with DS are aware of how you treat them. They get their feelings hurt just like you would. Treat everyone you meet with kindness and acceptance no matter what their unique and wonderful differences may be. People with Down Syndrome want to be treated just like everyone else.

Down syndrome does not define an individual.
Instead of saying "Down syndrome kid" or "Downs kid" say "a kid with Down syndrome"
Put the person first!

People with Down syndrome have physical and intellectual disabilities from birth. BUT, there is such a huge range of abilities within the population that it is impossible to predict their potential ahead of time!

How do you get Down syndrome?



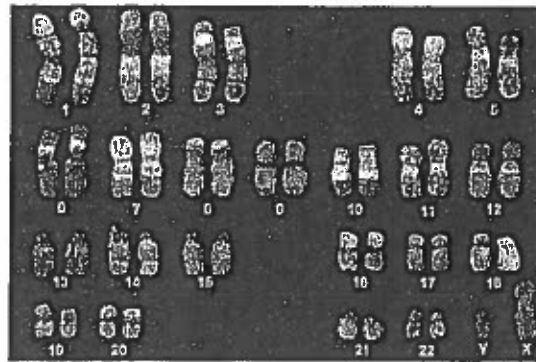
Down syndrome occurs when an individual has an extra copy of their 21st chromosome. So, they have 47 chromosomes, instead of 46.

***FACT:** You cannot catch or get Down syndrome. It is something you are either born with, or not. It is part of the genetic make-up of that individual. It's like saying you can "catch" someone's brown eyes. Silly!

DID YOU KNOW?: 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.

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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).

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Famous Individuals with Down syndrome



The cast of "Born This Way"-
These individuals have many accomplishments including: owning clothing businesses, being a rapper, and public speaking. Their show has won a Primetime Emmy Award, and a Critics' Choice Award.



Actor David DeSanctis from the movie "Where Hope Grows".

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Famous Individuals with Down syndrome



Mikayla Holmgren- The first woman with Down syndrome to compete in a Miss USA state pageant (2017). She won two awards; the Spirit of Miss USA and the Director's Award.



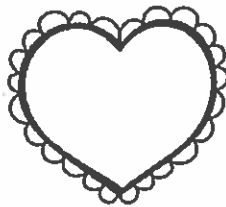
Marcus Sikora- published author. He wrote a children's story titled "Black Day- The Monster Rock Band"



Actress Lauren Potter from the T.V show "Glee"

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But, no matter what differences you may have, there are always things you have in common too! You might like the same movies, eat the same snack, or have the same type of pet.



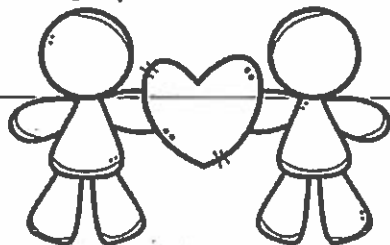
The best friendships happen when you accept and respect each other's differences in order to discover the ways you're the same.

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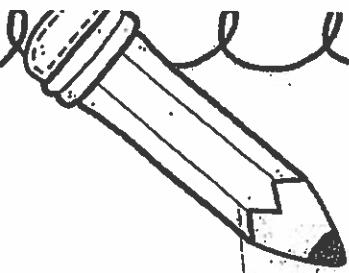
Be Kind

People with Down syndrome want to be accepted, included, and respected just like everyone else! We need to practice kindness and make sure to celebrate all of our differences, they make the world a beautiful place!

If there is someone in your class/school/community with DS.. get to know them! Make a new friend, invite them to sit with you at lunch, start a conversation and you may find things you have in common!



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FINE MOTOR

Sock writing

Place a tight sock on the hand you write with.

Write the following sentence
in the box.

This is tricky!

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



SPEECH

MARSHMALLOW

MOUTH

1. Put the marshmallow on your tongue. Do not chew.
2. Turn to a partner and talk about your favorite thing to do.
3. Try to remember what your partner said, and write it down 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?

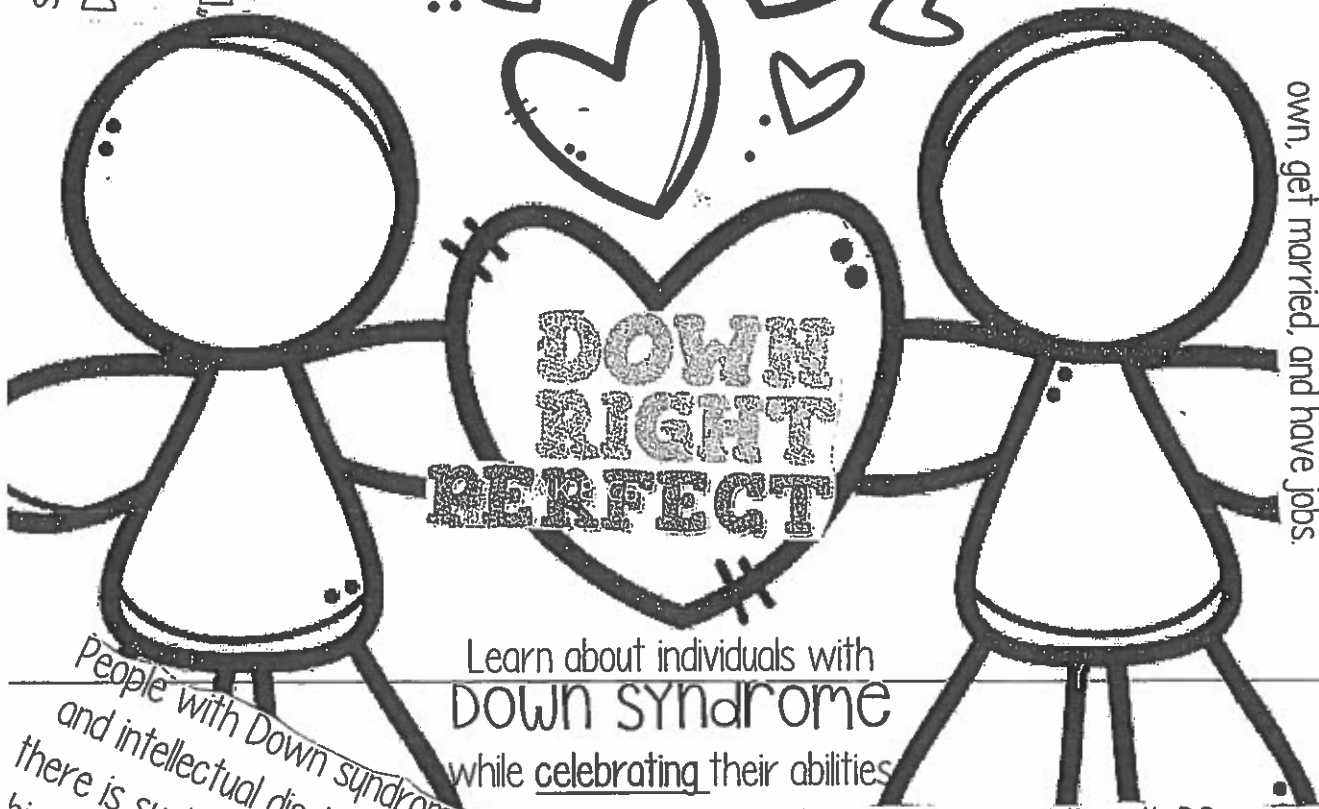
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- syndrome use "people first" language. Having Down syndrome does not define an individual.
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