



**This packet is provided by the Central Mississippi Down Syndrome Society, a non-profit that provides support, education, enrichment and resources to people with Down syndrome and their families. Our goal is for all people to feel valued and included.**



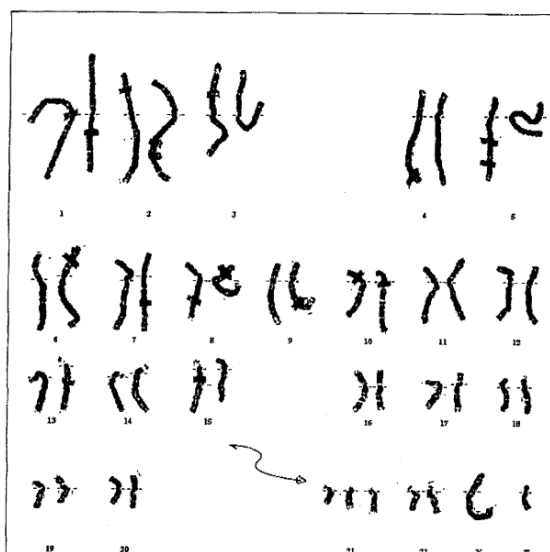
CENTRAL MISSISSIPPI DOWN SYNDROME SOCIETY

# WORLD DOWN SYNDROME DAY YOU ARE ENOUGH

**WDSD is on March 21st! Remember to encourage your students to wear fun socks for WDSD!**

Did you know chromosomes kind of look like pairs of socks? That's why we wear socks on 3/21, to celebrate the 3 copies of the 21st chromosome that make Down syndrome!

CHECK OUT THIS REAL  
KARYOTYPE FROM CMDSS  
BUDDY TANNER, WHICH  
SHOWS THE THREE COPIES  
OF THE 21ST CHROMOSOME:



World Down Syndrome Day is the perfect opportunity to introduce your students not only to what Down syndrome is, but how to accept and include people of all abilities and backgrounds and celebrate our differences. In this document, the Central Mississippi Down Syndrome Society (CMDSS) has created a variety of resources you can use to foster positive conversations in your classroom regarding Down syndrome and the inclusion of all. For more information about Down syndrome or CMDSS, visit our website at [cmdss.org](http://cmdss.org)!

# WORLD DOWN SYNDROME DAY YOU ARE ENOUGH

## INCLUSION LESSON

**Before Reading:** Introduce the book, Sofia and Down syndrome/disabilities. In the book, you will find information about Sofia as well as an FAQ about Down syndrome you can use to lead a discussion with your class. Below is a synopsis of the book and a description of Sofia (pulled from the Amazon book listing) to help guide you.

**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 picture book from Sofia Sanchez -- an 11-year-old model and actress with Down syndrome -- reminds readers how important it is to embrace your differences, be confident, and 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 how you are.**

**Sofia is unique, but her message is universal: We all belong.**

**Sofia Sanchez is a fifth-grade student, actress, model, and self-advocate for Down syndrome. She has appeared in campaigns for brands like Target, Hallmark, and American Girl and made appearances on The Today Show and ABC World News Tonight. Sofia loves people, and she first went viral for her video that told the world "Down syndrome is not scary... it's exciting!" When she's not speaking up and following her dreams, Sofia loves to sing, do ballet, eat, and give hugs! Sofia lives in Northern California with her parents, three older brothers, two dogs, and a cat. Learn more about her life at [sofia-sanchez.com](http://sofia-sanchez.com) or @thesanchezsix on Instagram.**

# WORLD DOWN SYNDROME DAY YOU ARE ENOUGH

## INCLUSION LESSON

**During Reading:** This book is full of beautiful illustrations depicting kids with all kinds of backgrounds, experiences, and abilities, so be sure all of the students have a good view! Below you will find vocabulary words you can discuss with students as well as example focus questions you may want to discuss throughout the reading.

### **Vocabulary Words:**

Inclusion

Unique/Special/Different

Strong

Courage/Brave

Fierce

Enough

Purpose

### **Example Focus Questions:**

How can we help everyone feels included?

What does it mean to be a good friend?

What does it mean to have courage?

What is something that makes you unique?

How can you shine your light on the world?

# WORLD DOWN SYNDROME DAY YOU ARE ENOUGH

## INCLUSION LESSON

**After Reading:** Use the included materials to choose the writing activity and/or craft that is right for your students. You will find a writing activity and a craft idea of each of the following focus questions, so briefly discuss the question you chose and then let your class complete the activities!

### **What makes you unique?**

The students can come up with positive adjectives to describe themselves or special talents they have.

### **How can you help everyone feel included?**

Discuss how you can help people feel included both in class and in other settings like at the store, in extracurriculars like soccer/dance/art/karake, birthday parties, etc.

### **How can you shine your light on the world?**

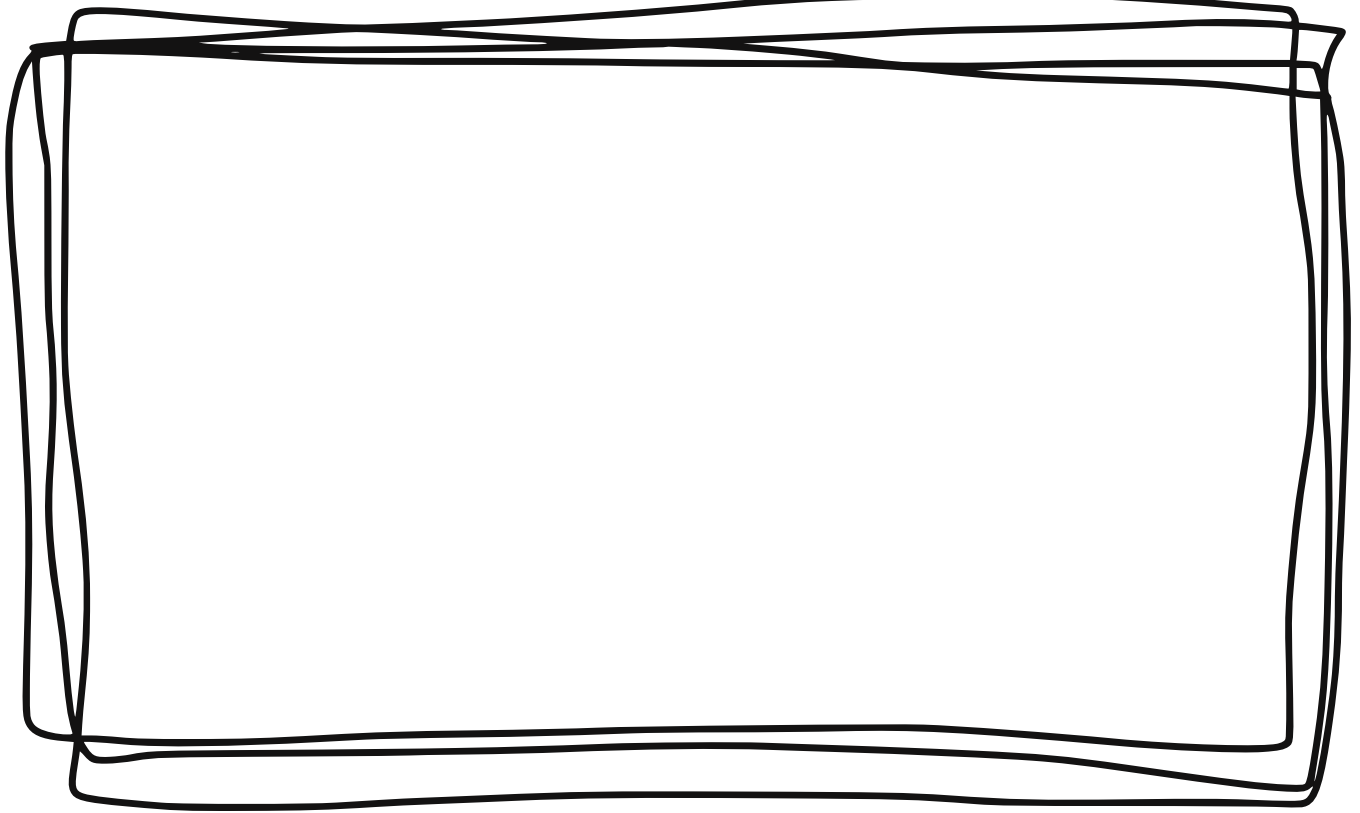
This question comes from a quote in the book and kind of combines both of the above into one. Students can discuss how they can use their talents/abilities to make a difference in the world!

# WORLD DOWN SYNDROME DAY WRITING ACTIVITIES

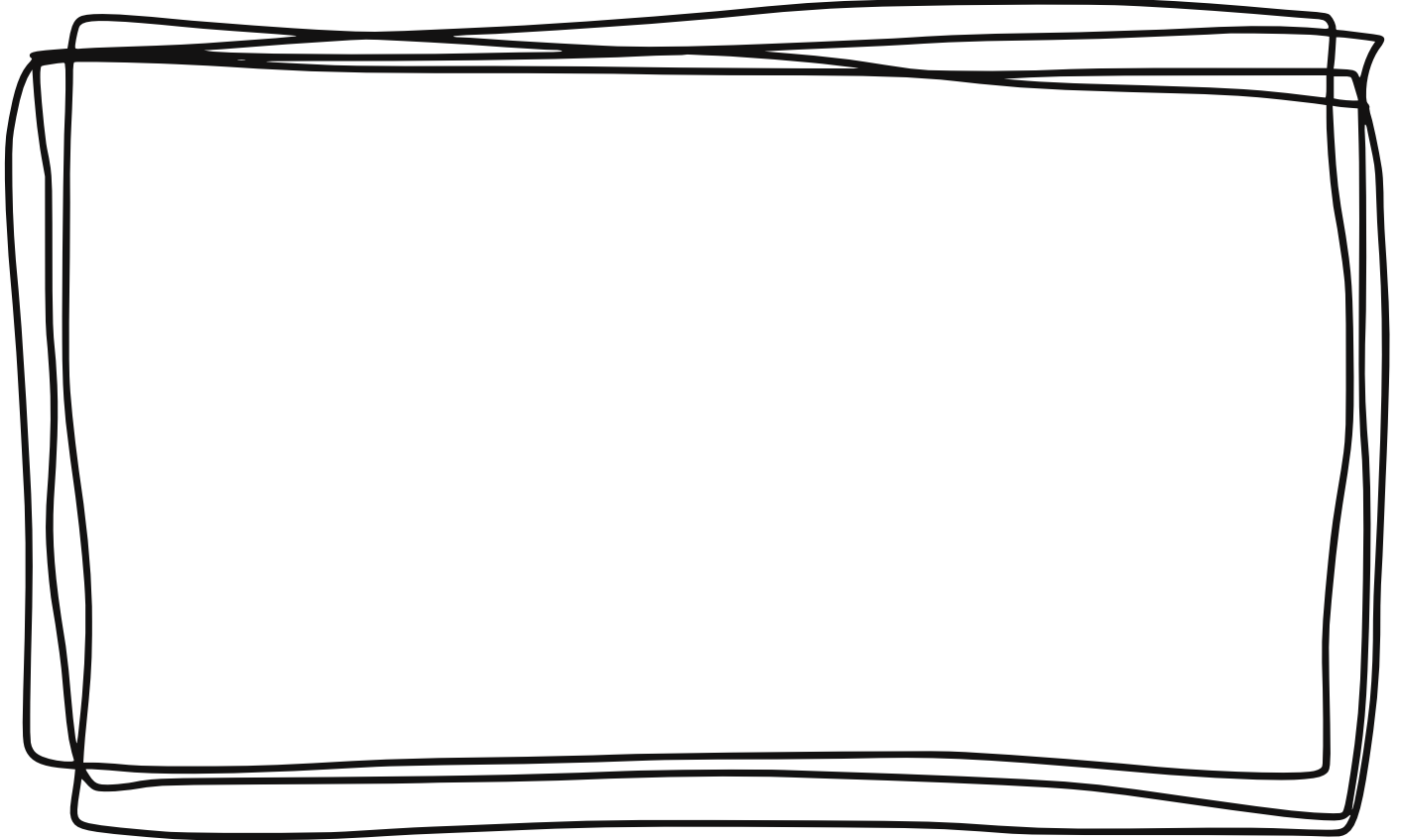
Included you will find a variety of options for writers of multiple ability levels. Choose the one that is best for your writers! Each writing prompt also has a matching bulletin board/craft idea.

Each writing paper option includes:

- A blank writing page
  - you can fill this in with any prompt you'd like!
- "I am unique because..."
  - Have students write traits/abilities that make them unique.
  - The students can draw a self portrait doing something they are good at. Make sure to add some labels!
- "I can help everyone feel included by..."
  - The students can write ways they can include others in daily activities.
  - Have students draw and label a picture of themselves doing the activity they wrote about.
- "I shine my light on the world by..."
  - Have students write about things they can do to make a difference in the world.
  - The students can draw and label a picture of themselves completing the activity they wrote about.



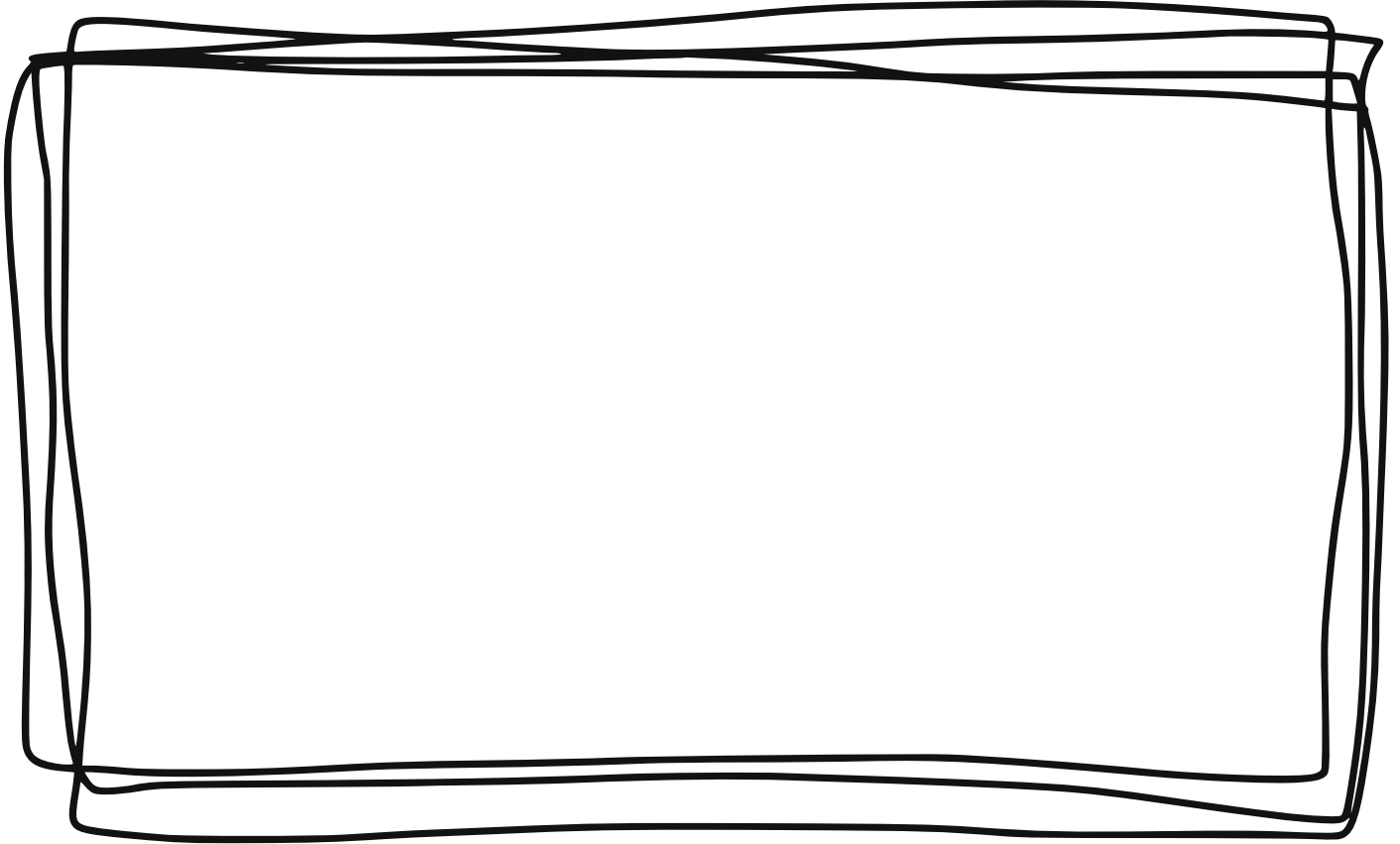
Four sets of handwriting practice lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.



I am unique because

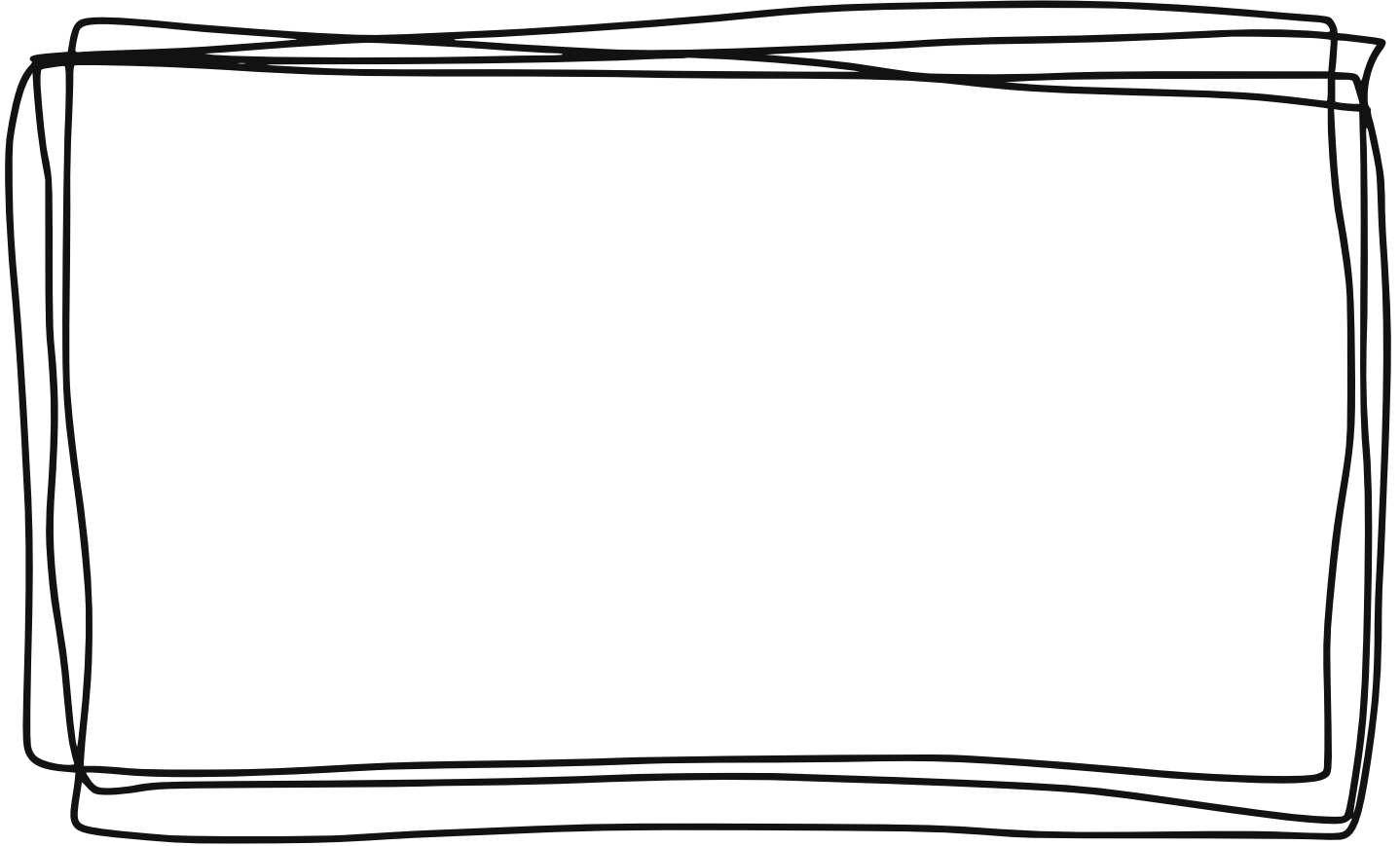
Four sets of horizontal writing lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line, for practicing handwriting.



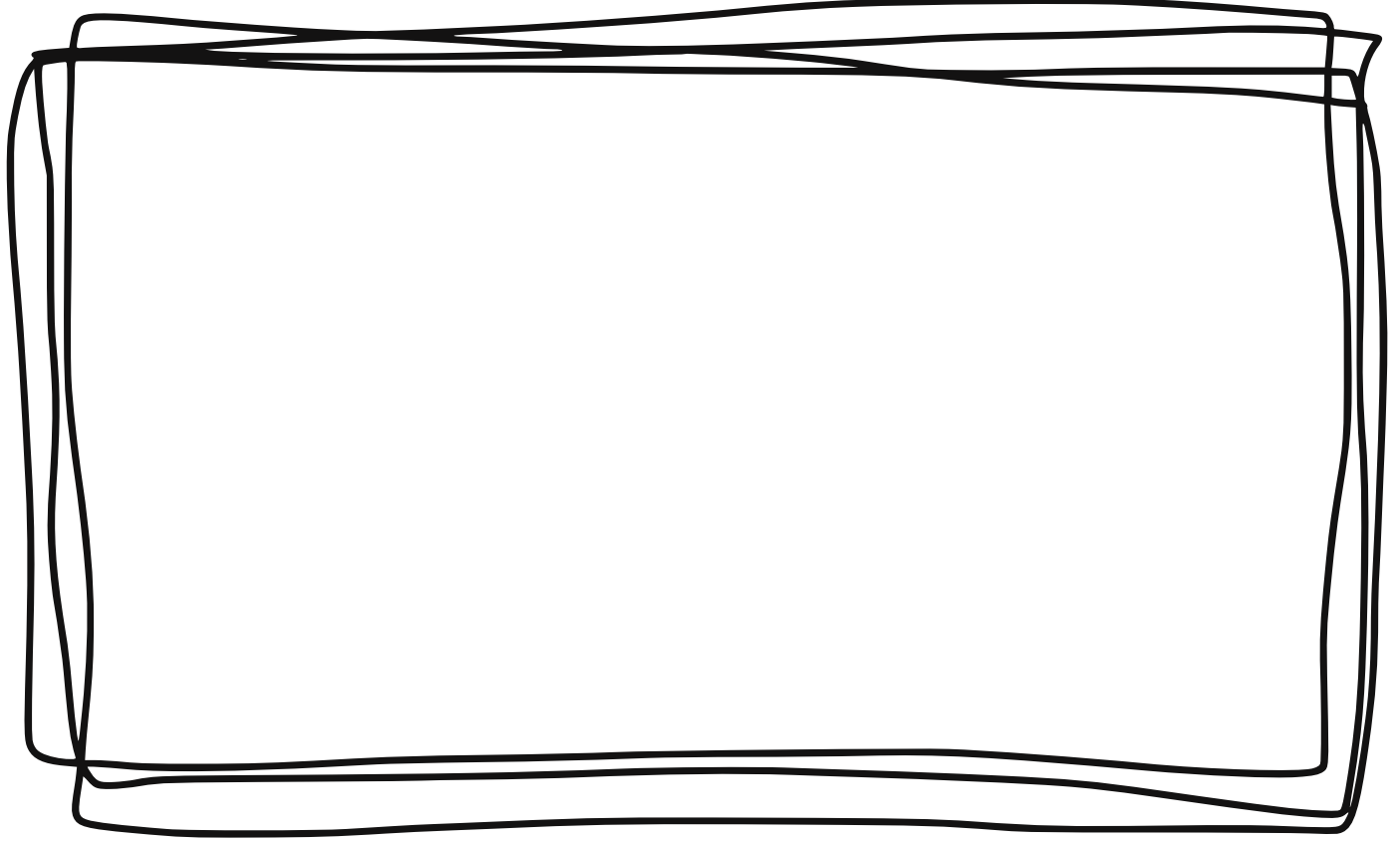


I can help everyone

feel included by



I shine my light by



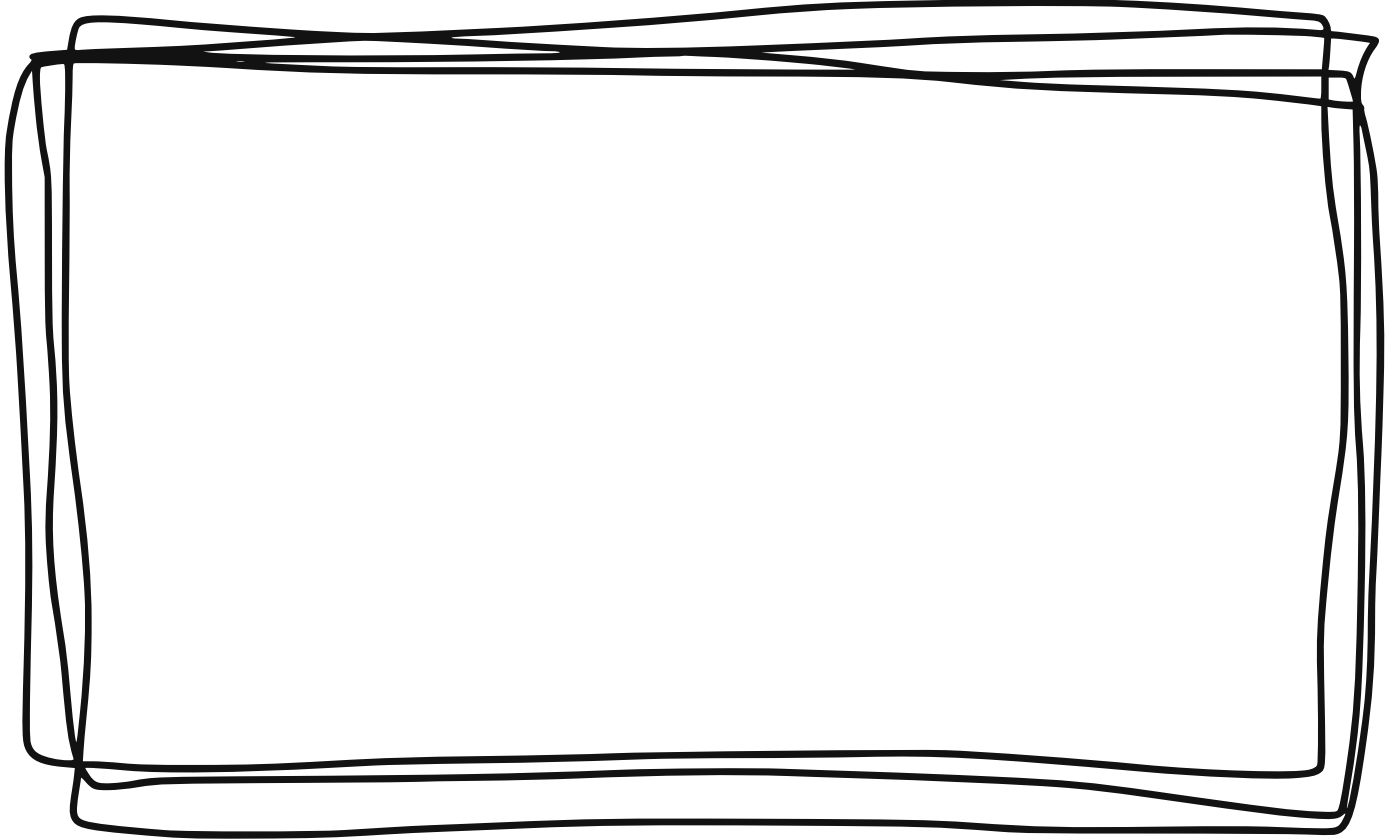
---

---

---

---

---



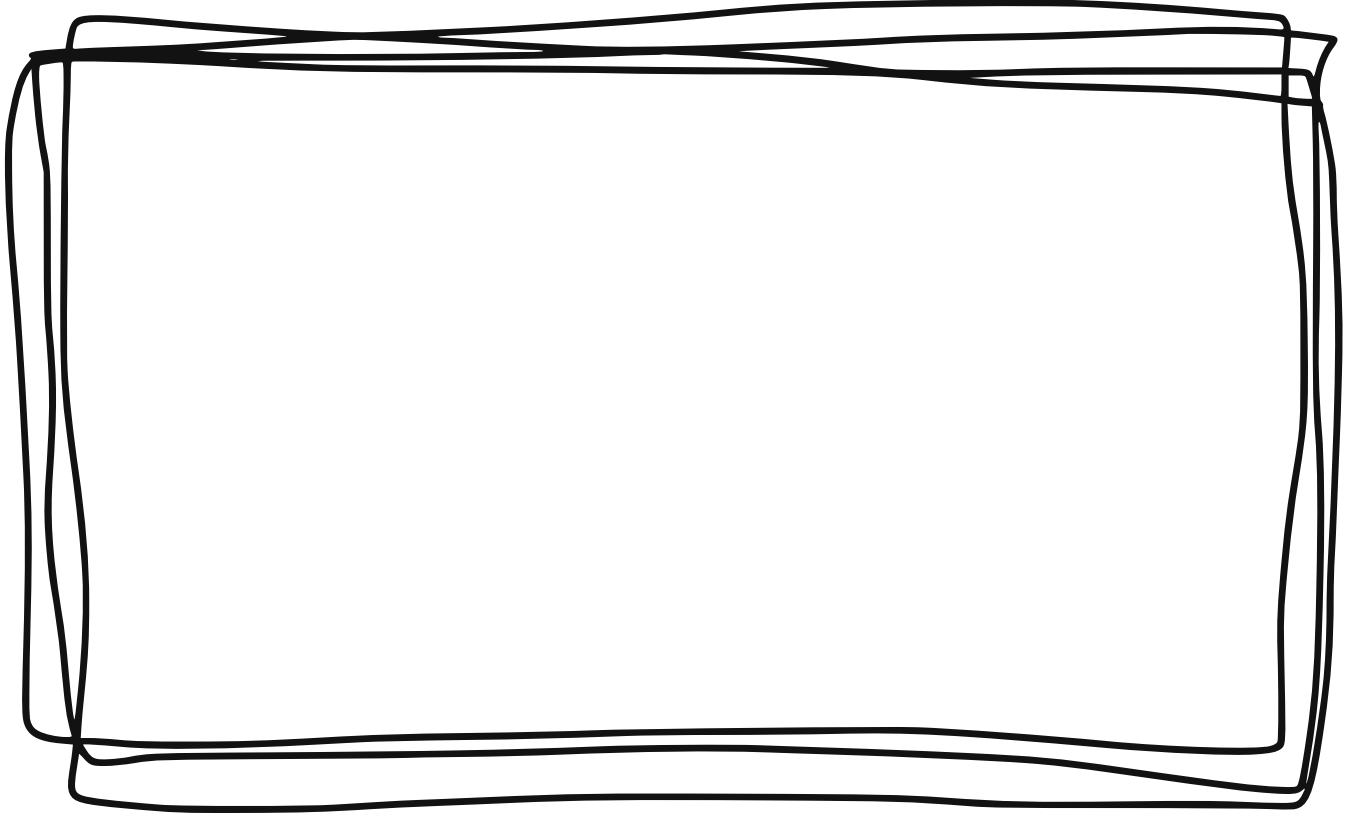
I am unique because

---

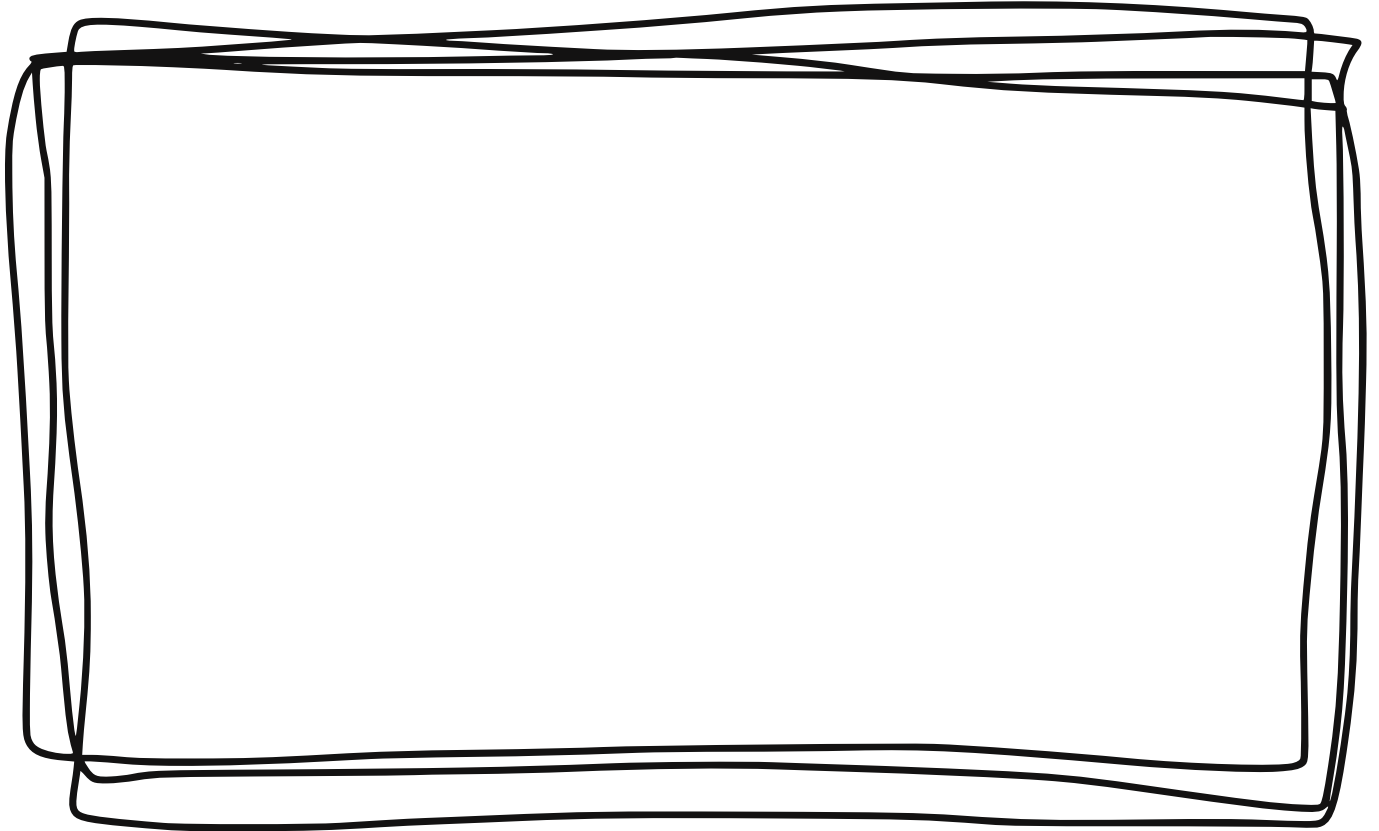
---

---

---



I can help everyone  
feel included by



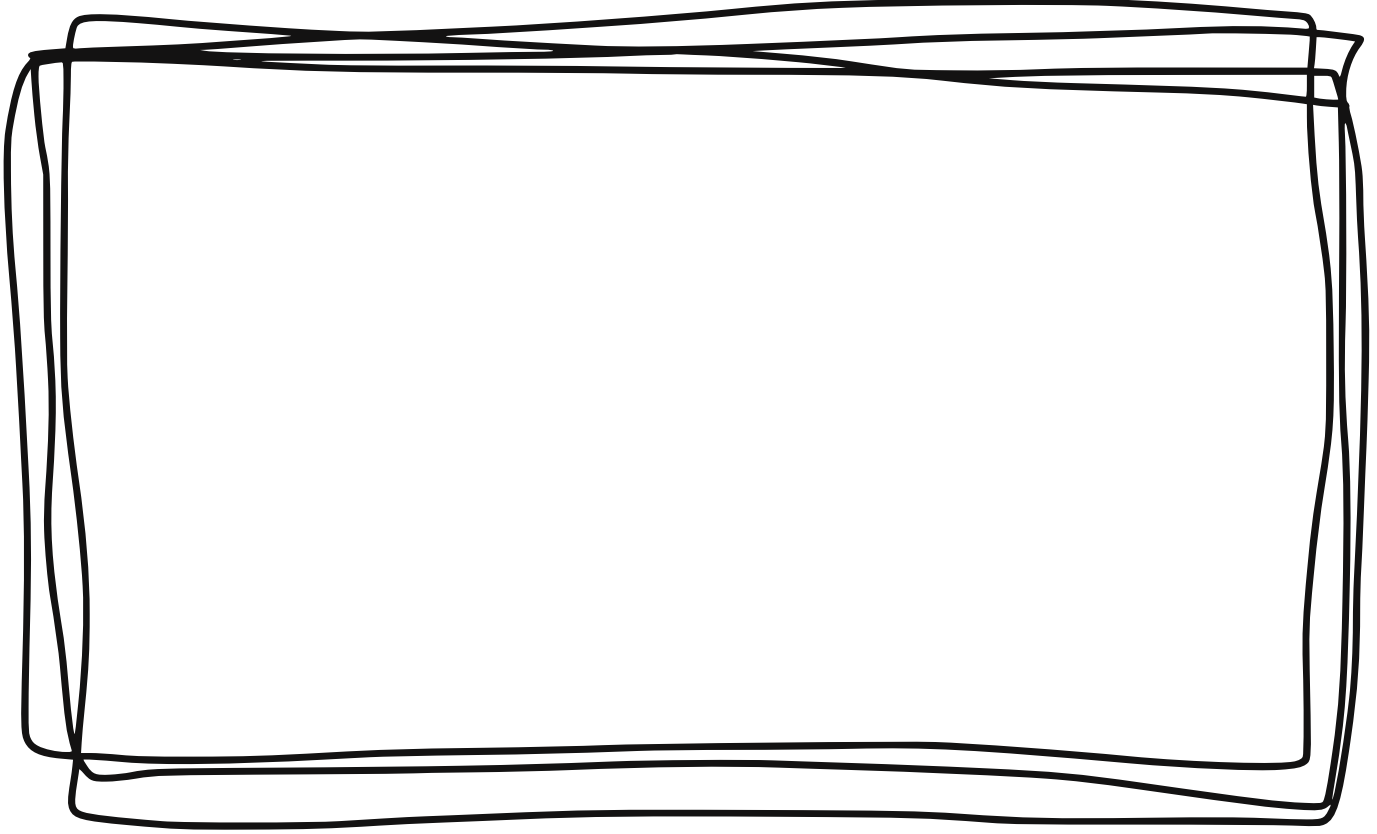
I shine my light by

---

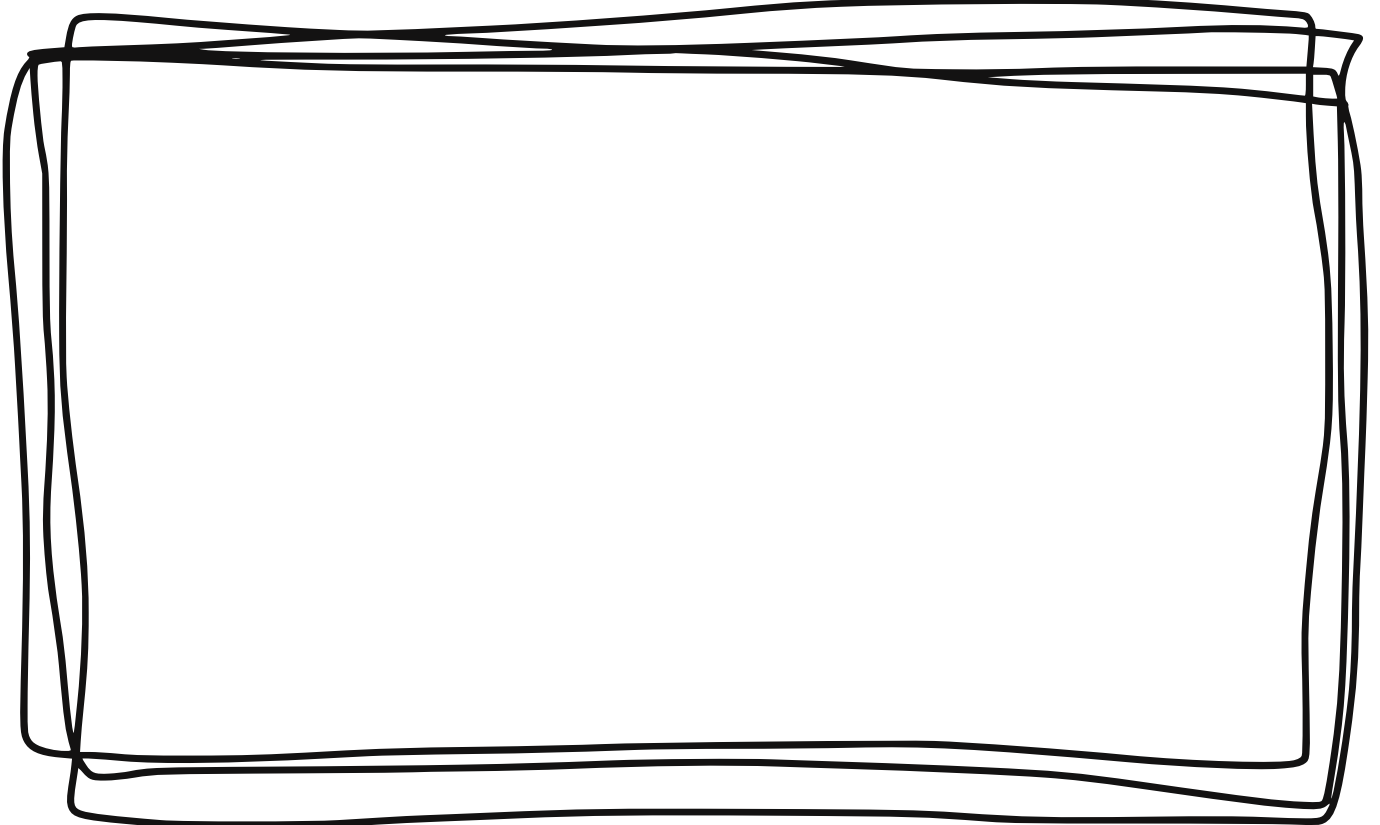
---

---

---



Four horizontal lines for writing.



I am unique because

---

---

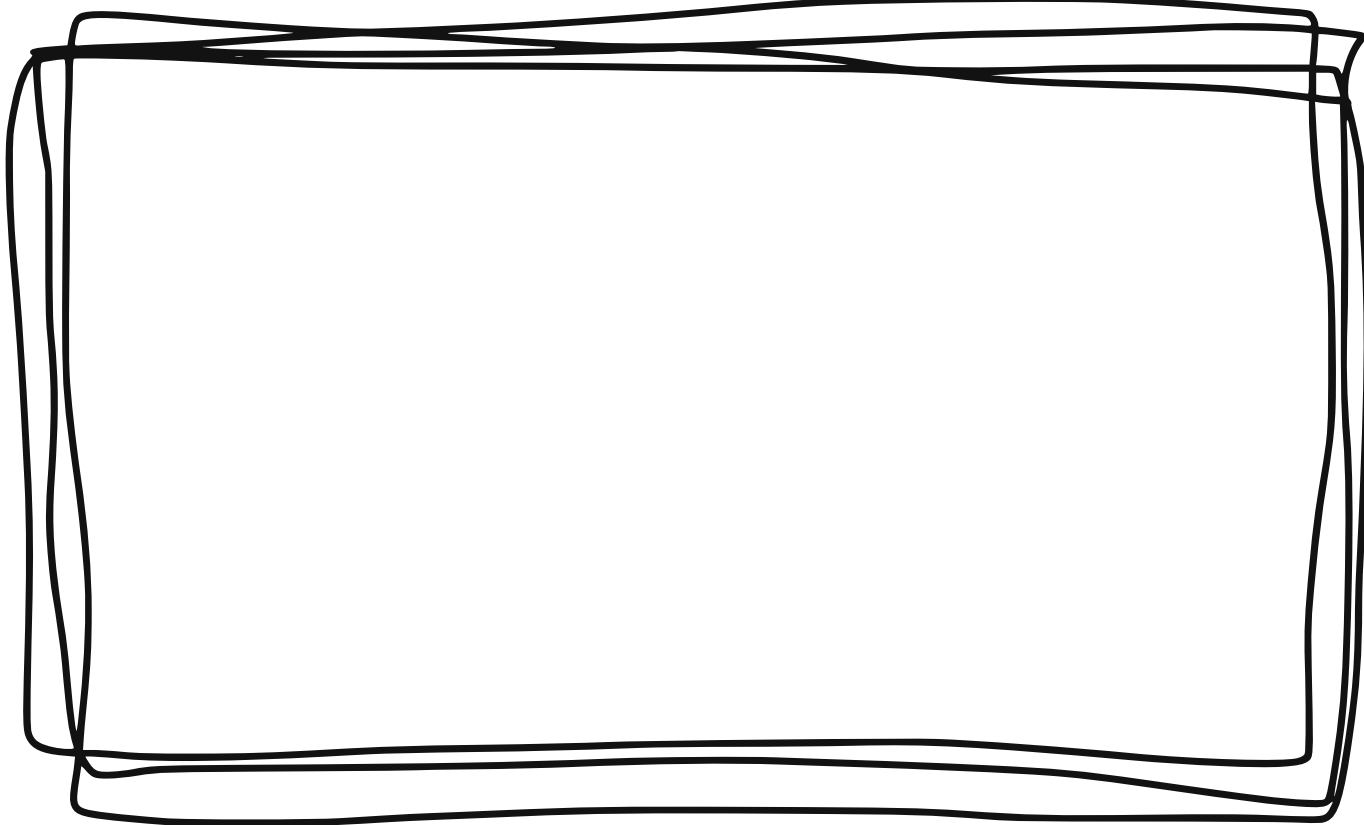
---

---

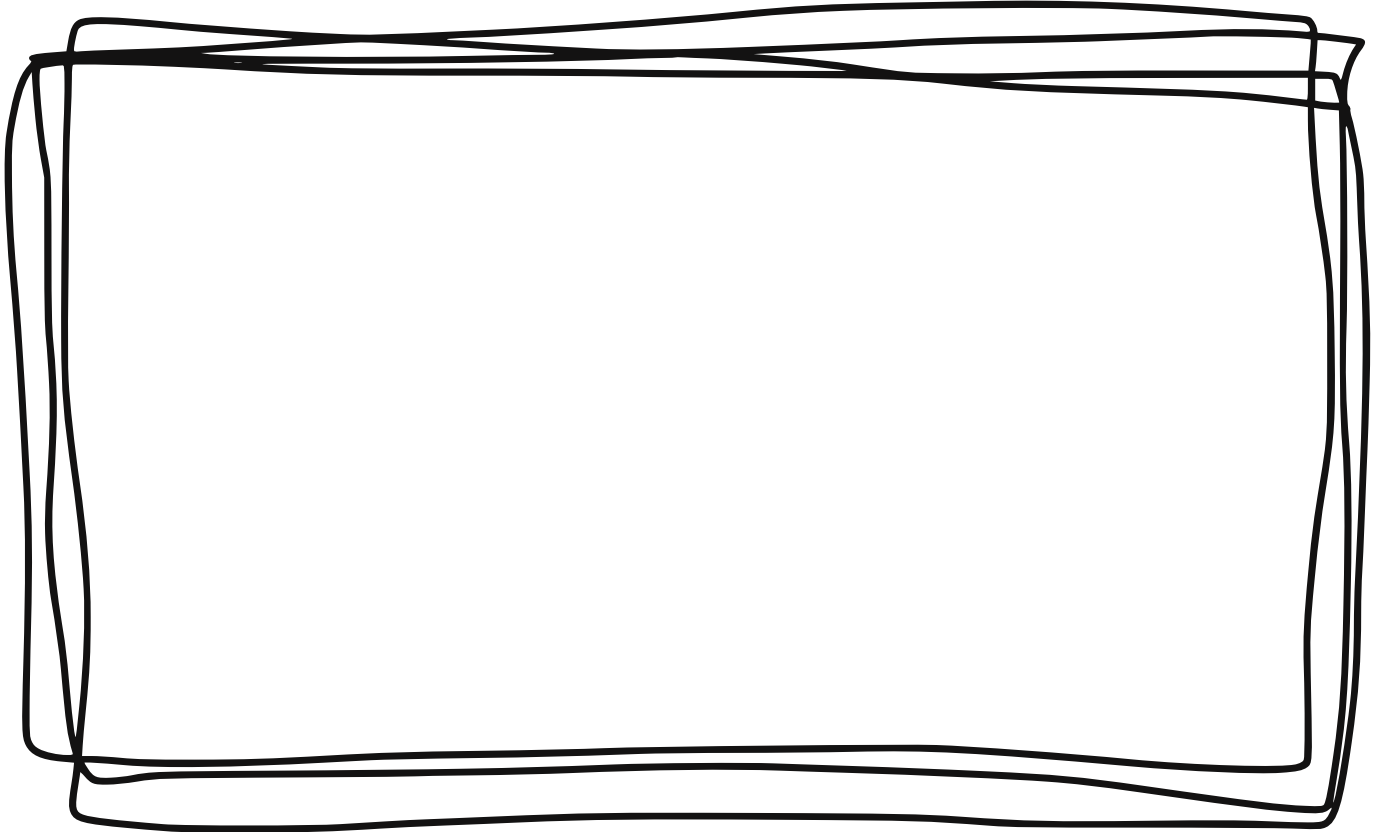
---

---





I can help everyone feel included  
by



I shine my light on the world by

Four horizontal lines for writing the rest of the sentence.



I am unique  
because...

---

---

---

---

---

---

---

---

---

---

I can help everyone  
feel included by...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# WORLD DOWN SYNDROME DAY BULLETIN BOARDS/CRAFTS

## I am unique because...

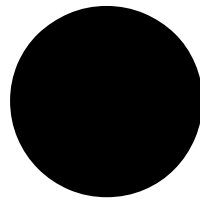
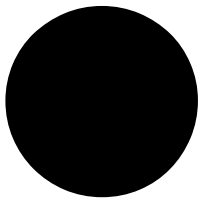
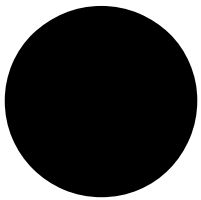
Each student will make a self portrait using the templates below. You can print different pieces on whatever color paper the students need, or print them all on white paper and have the students color them in. There are many options for hair so students can find one that is close to their own, and there is a template with the head and torso together if you are printing on white paper instead of color. Have the students write a positive adjective to describe themselves on the torso. Use the included printable letters to add "I am..." to the bulletin board, then put the students' crafts and writing all around!

I

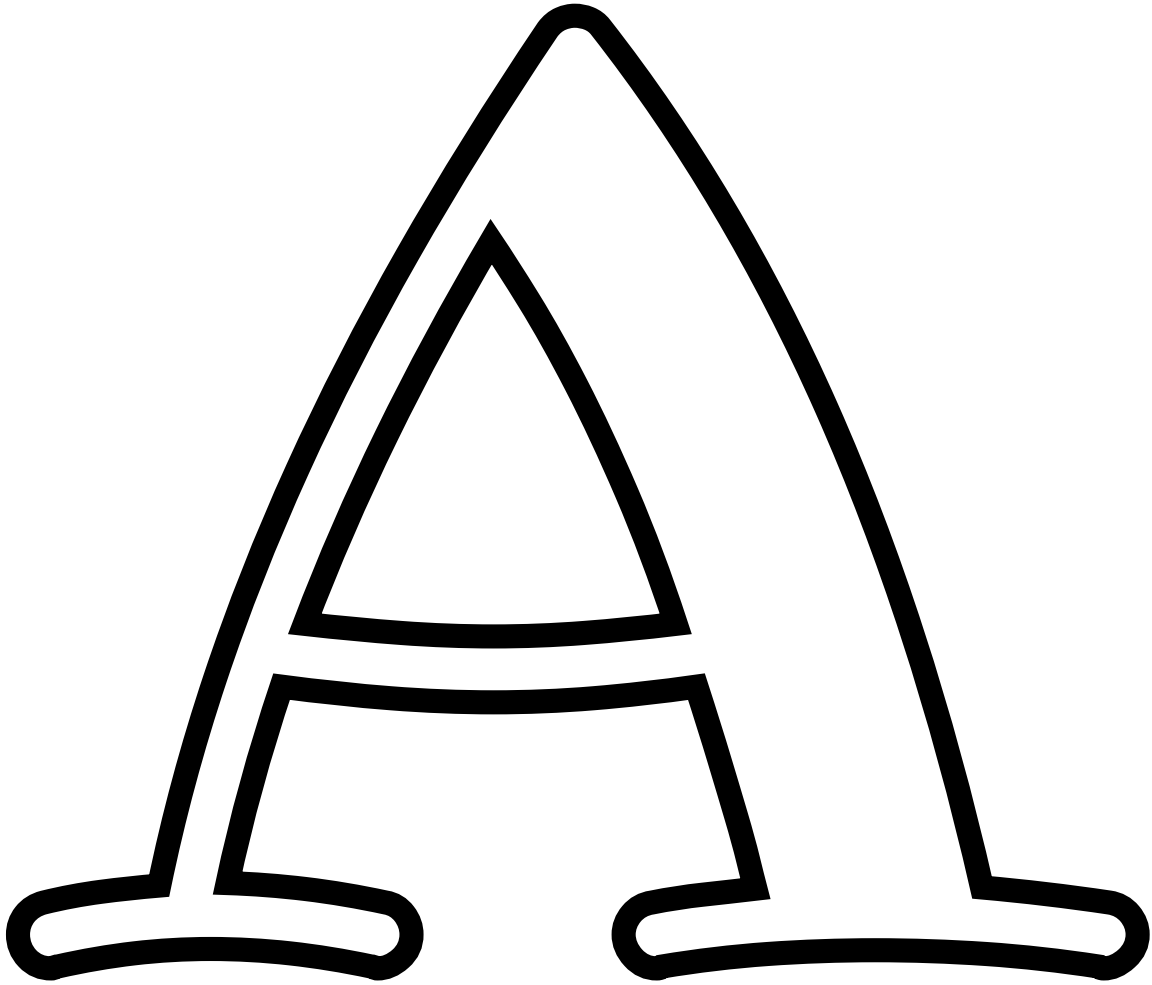


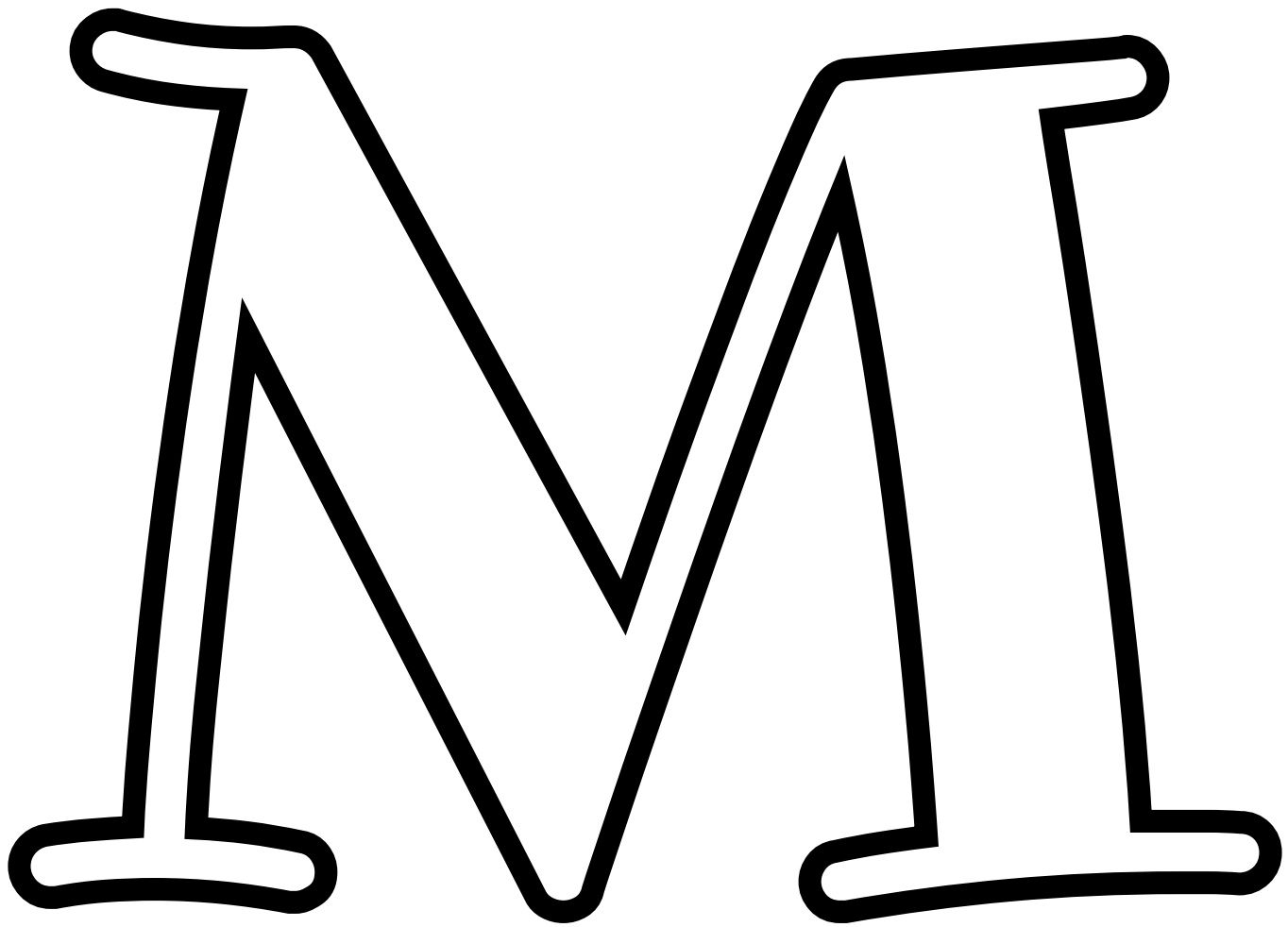
A

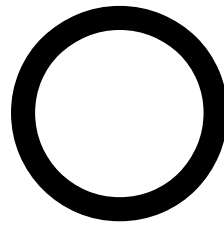
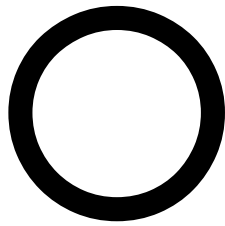
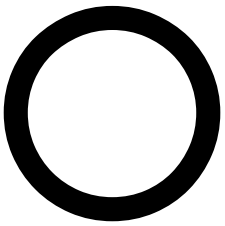
**N n**

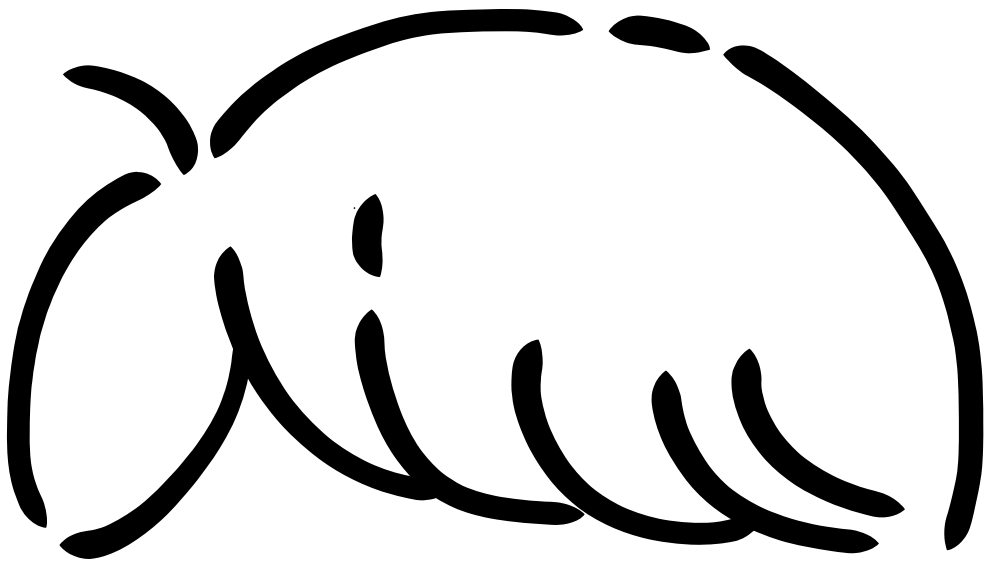


I

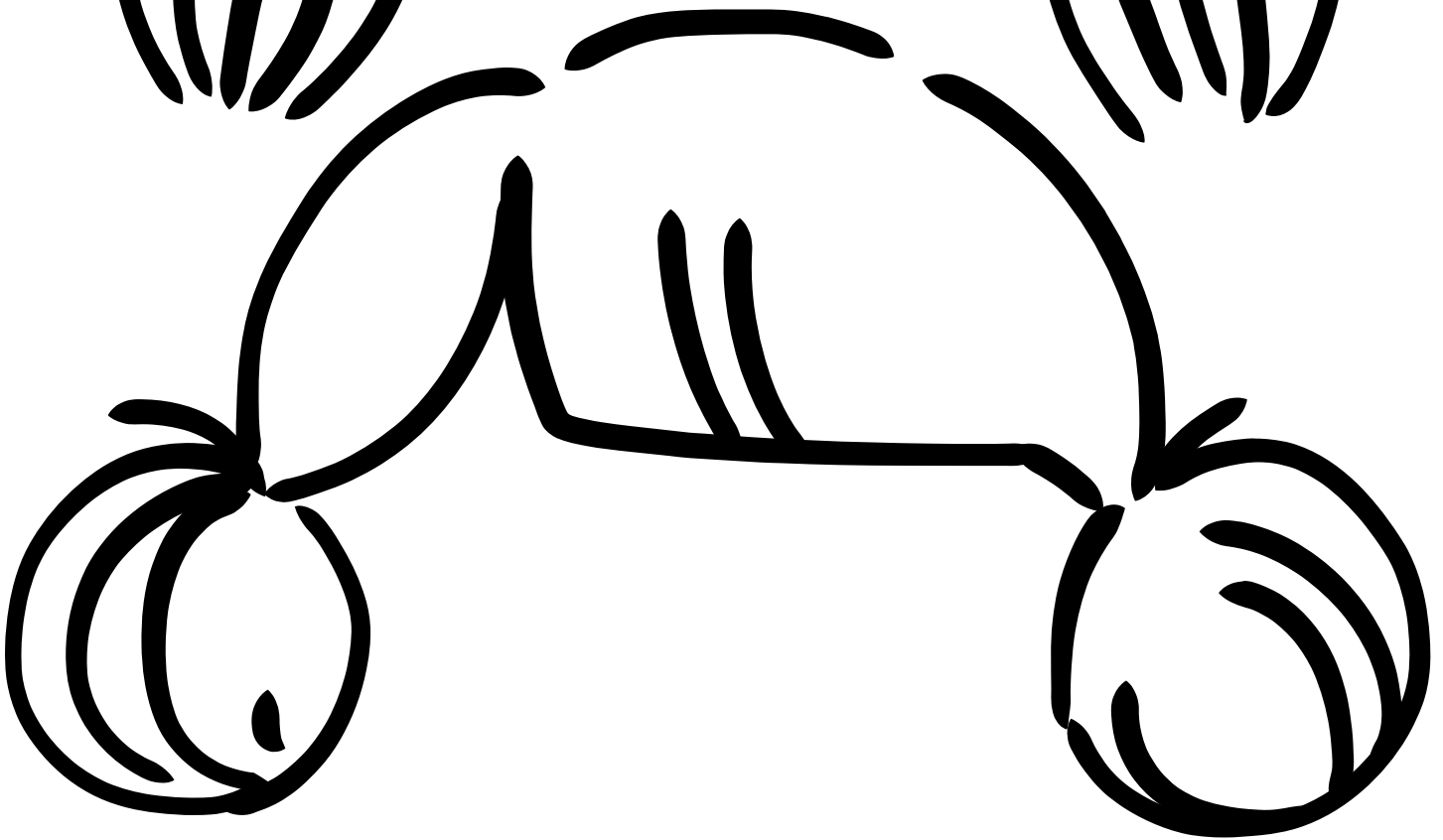
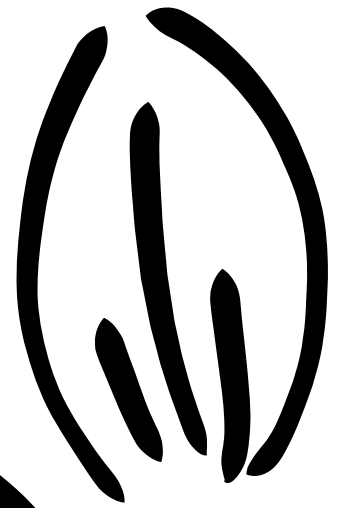
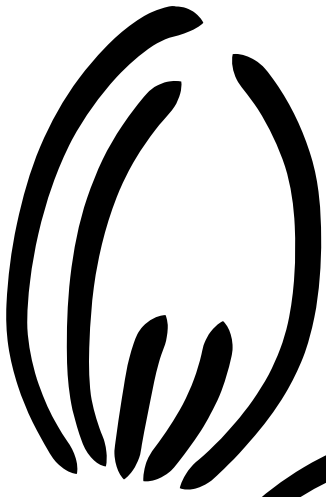
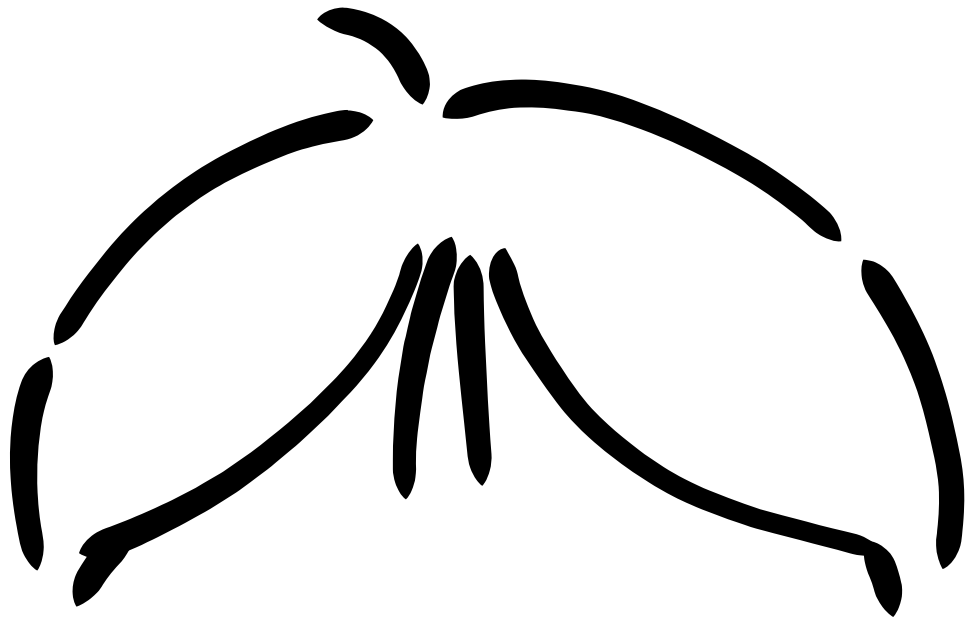




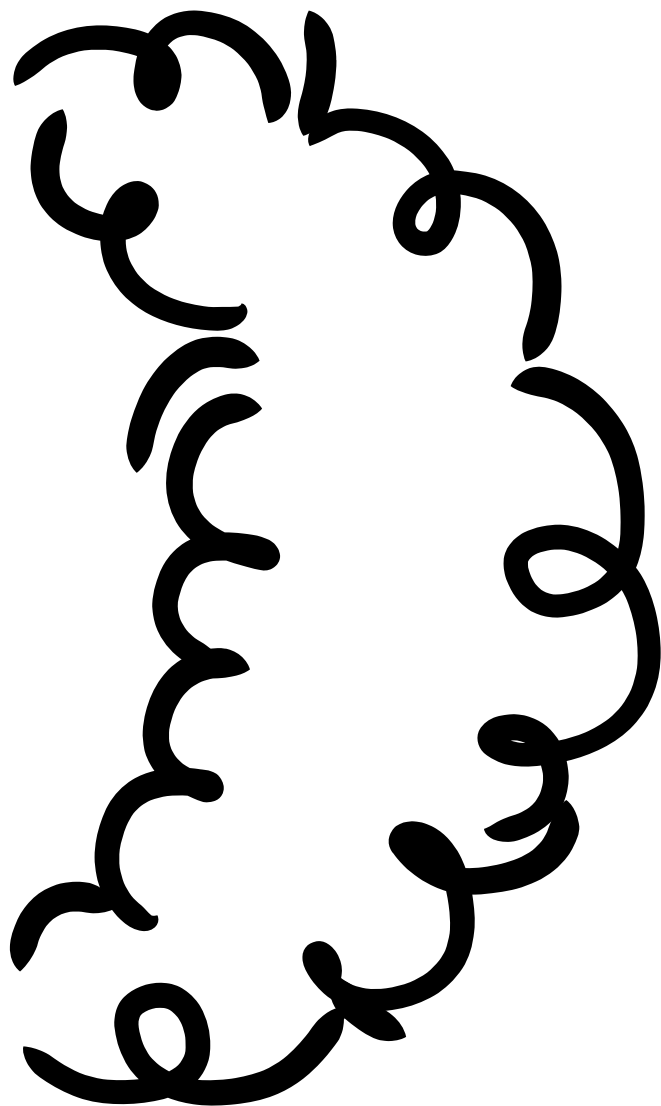
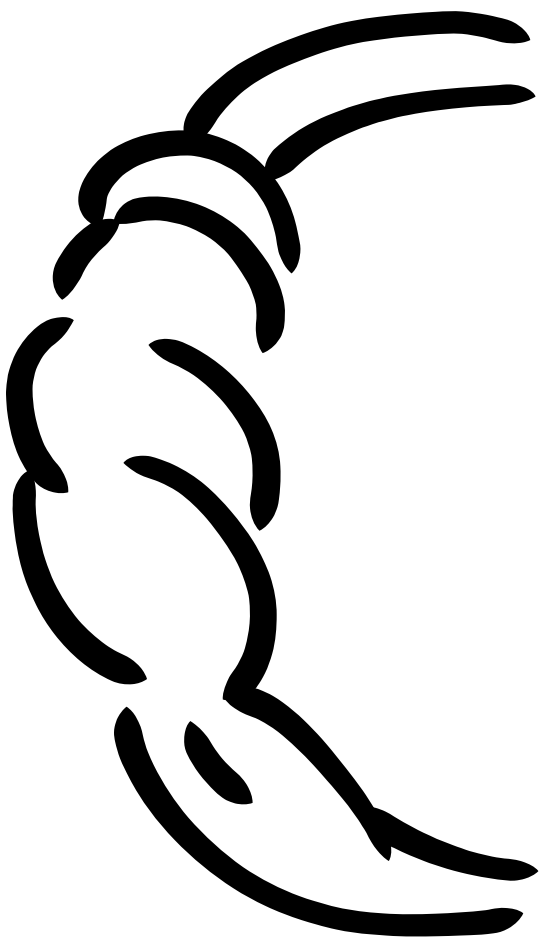
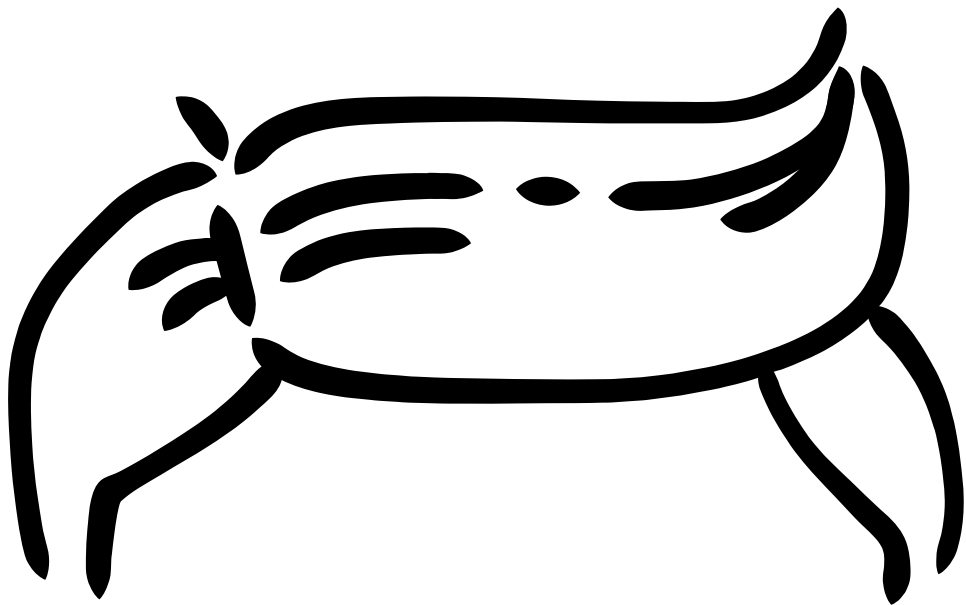


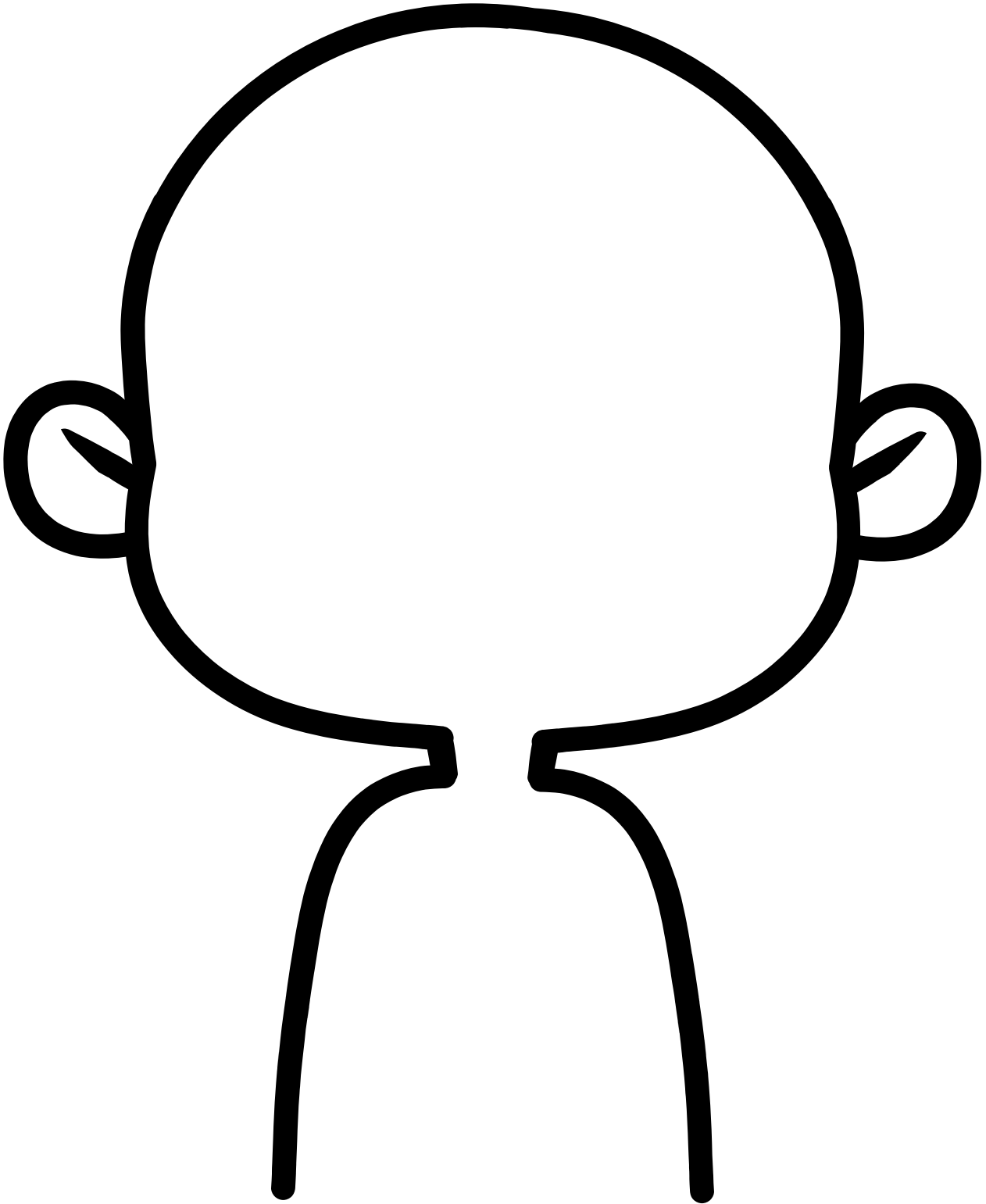


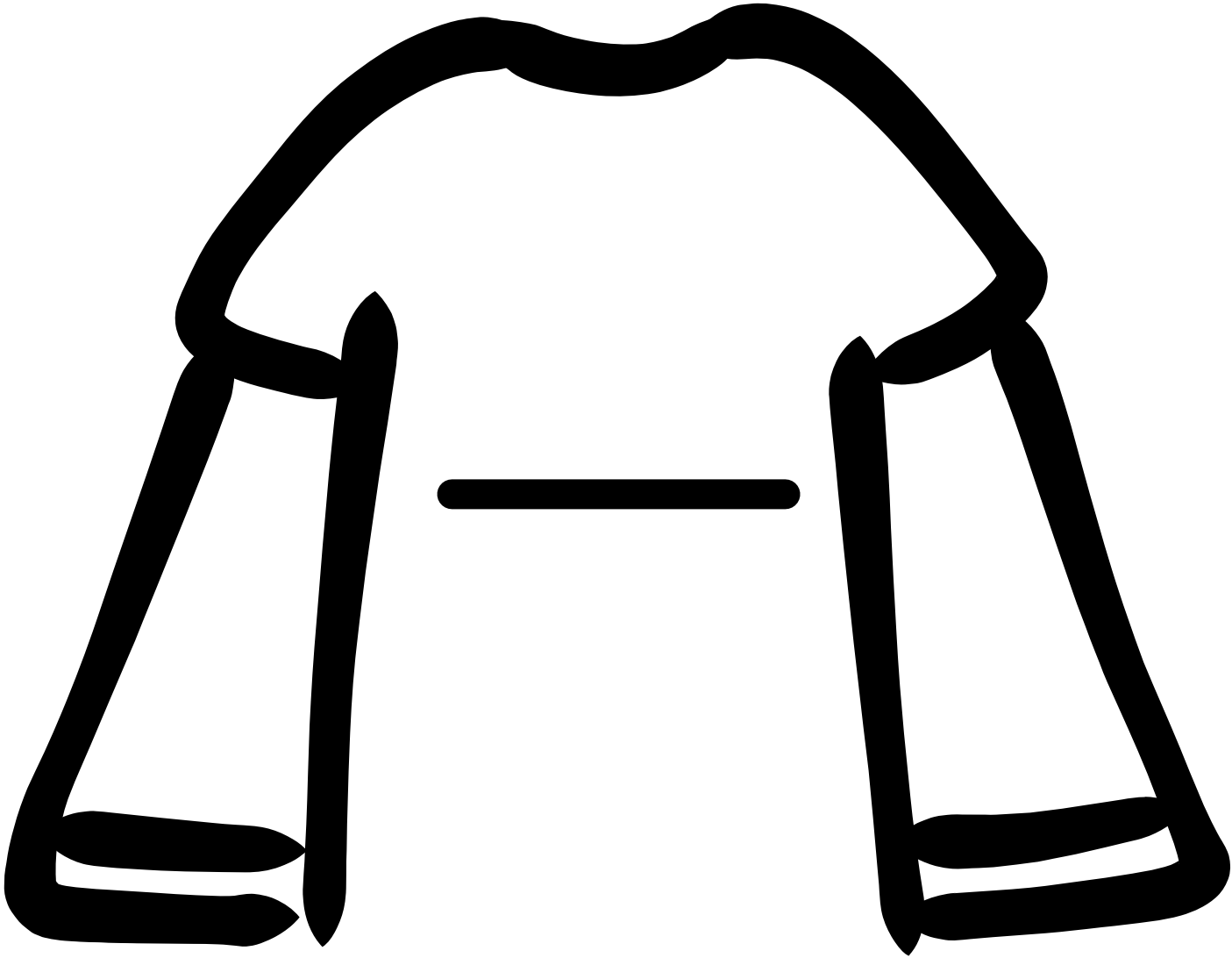


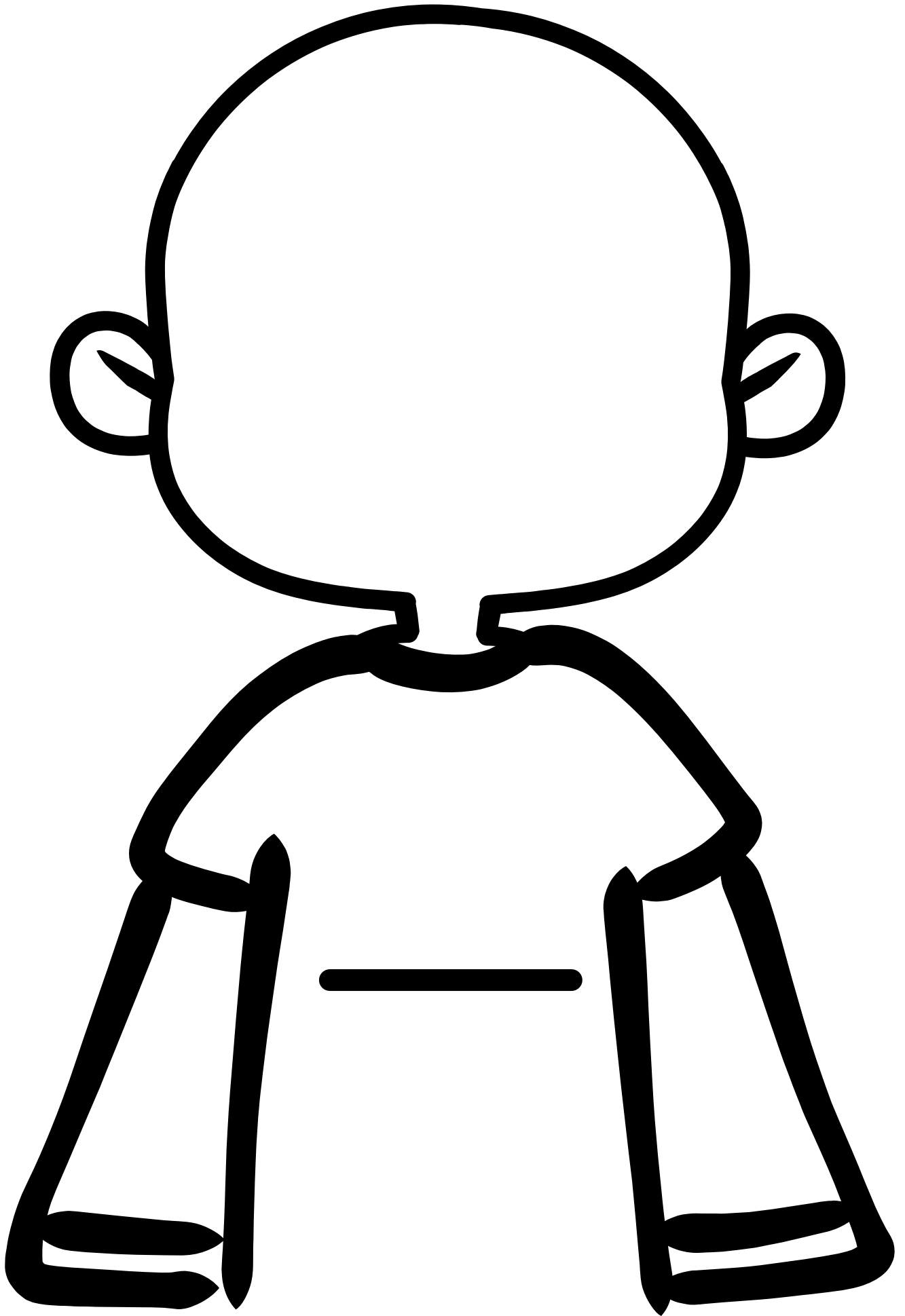








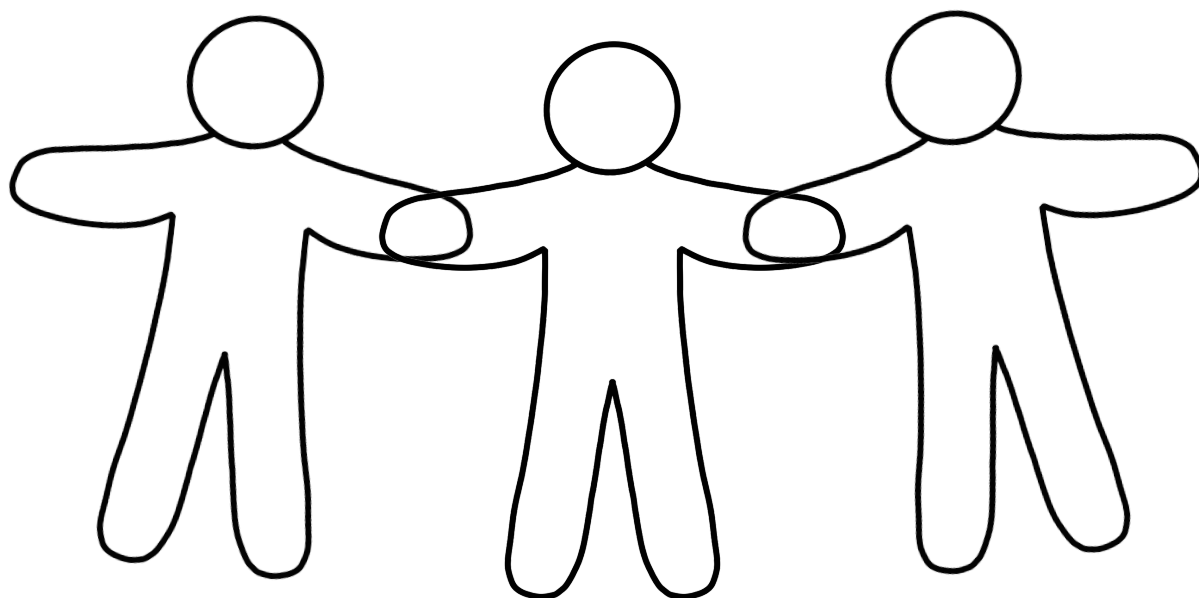


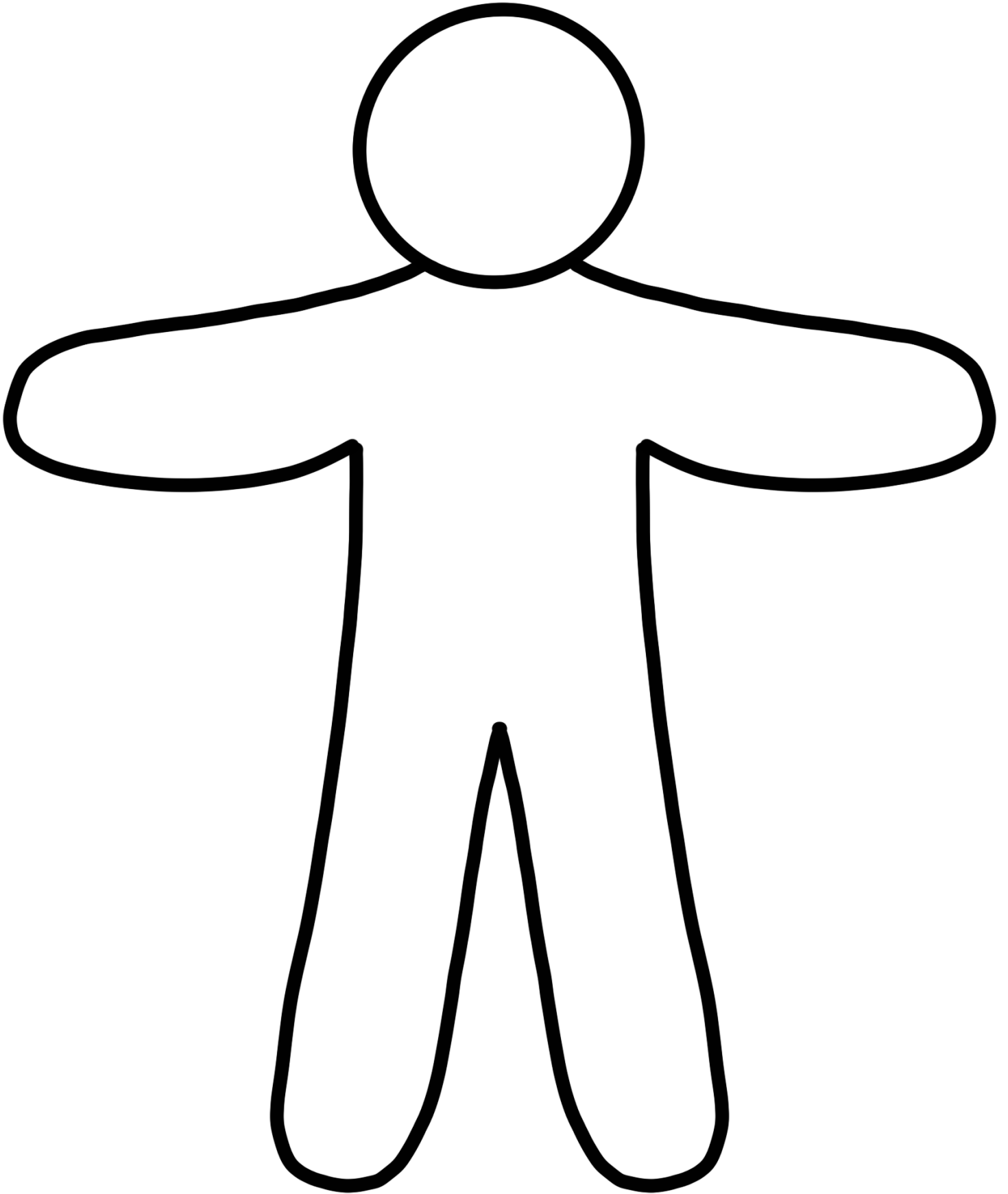


# WORLD DOWN SYNDROME DAY BULLETIN BOARDS/CRAFTS

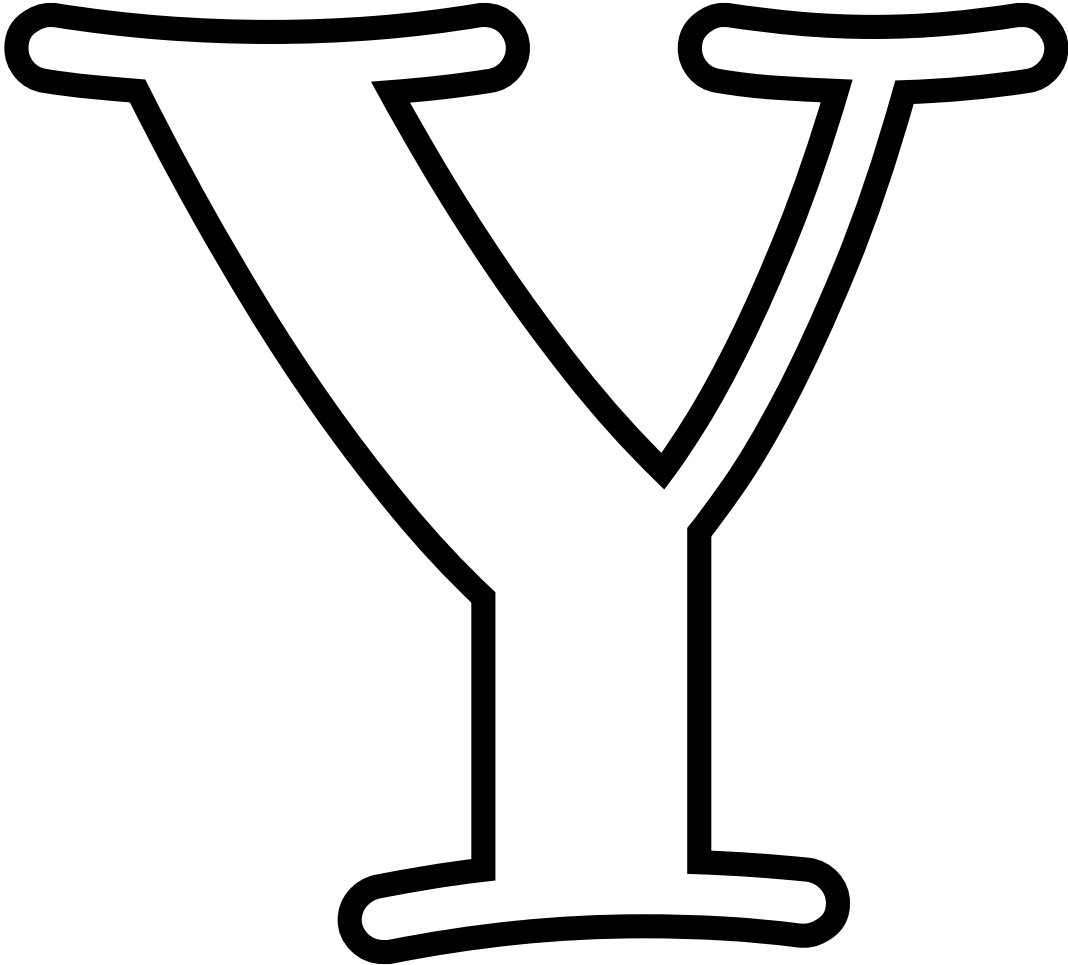
*I can help everyone feel included by...*

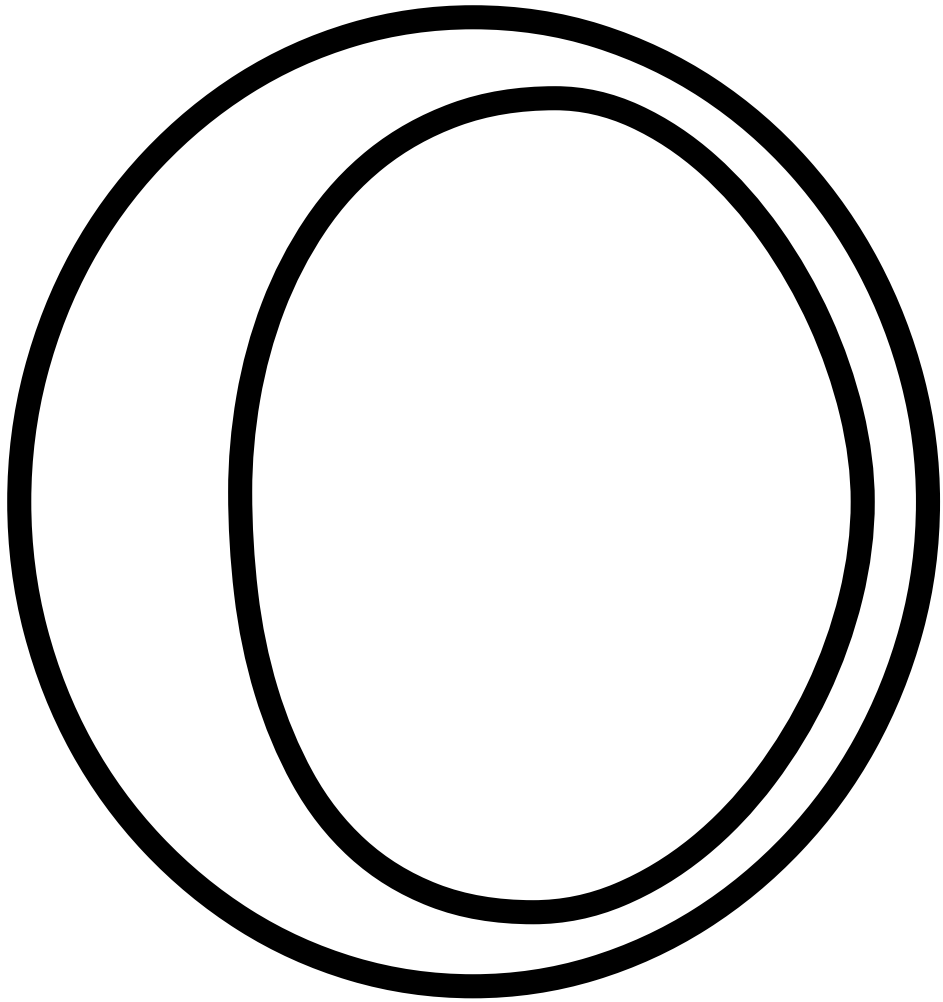
Each student will make a self portrait using the template. Hang them on the bulletin board to look like they are holding hands. Use the included printable letters to add "YOU ARE ENOUGH" to the board.

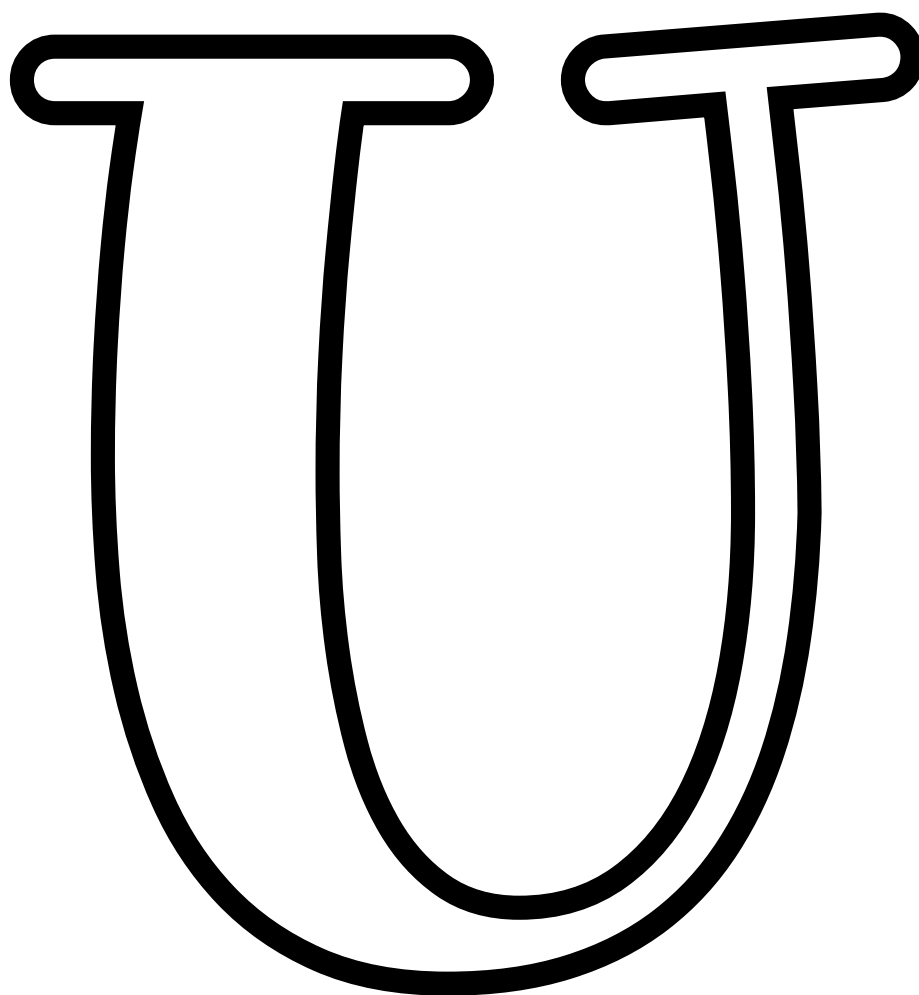


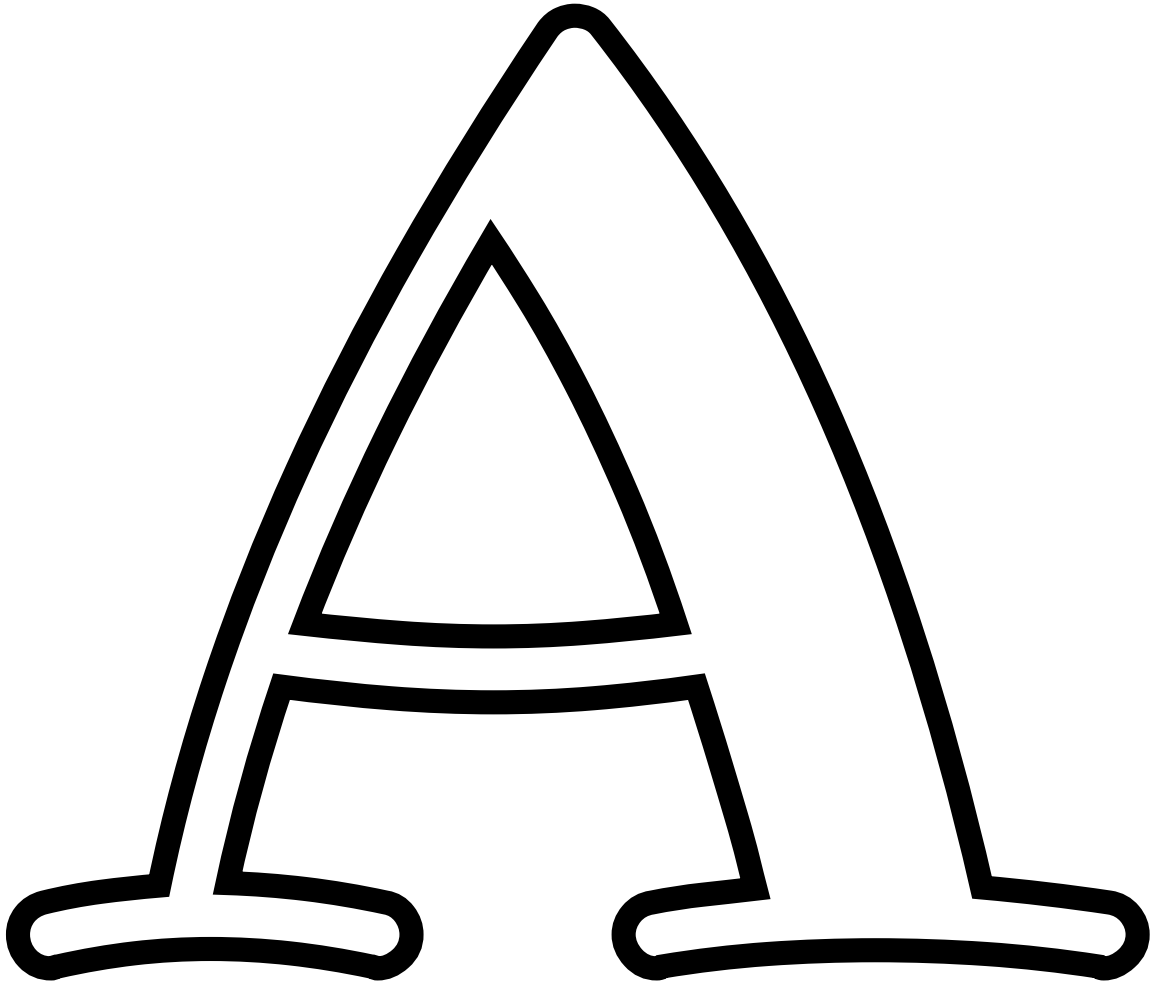


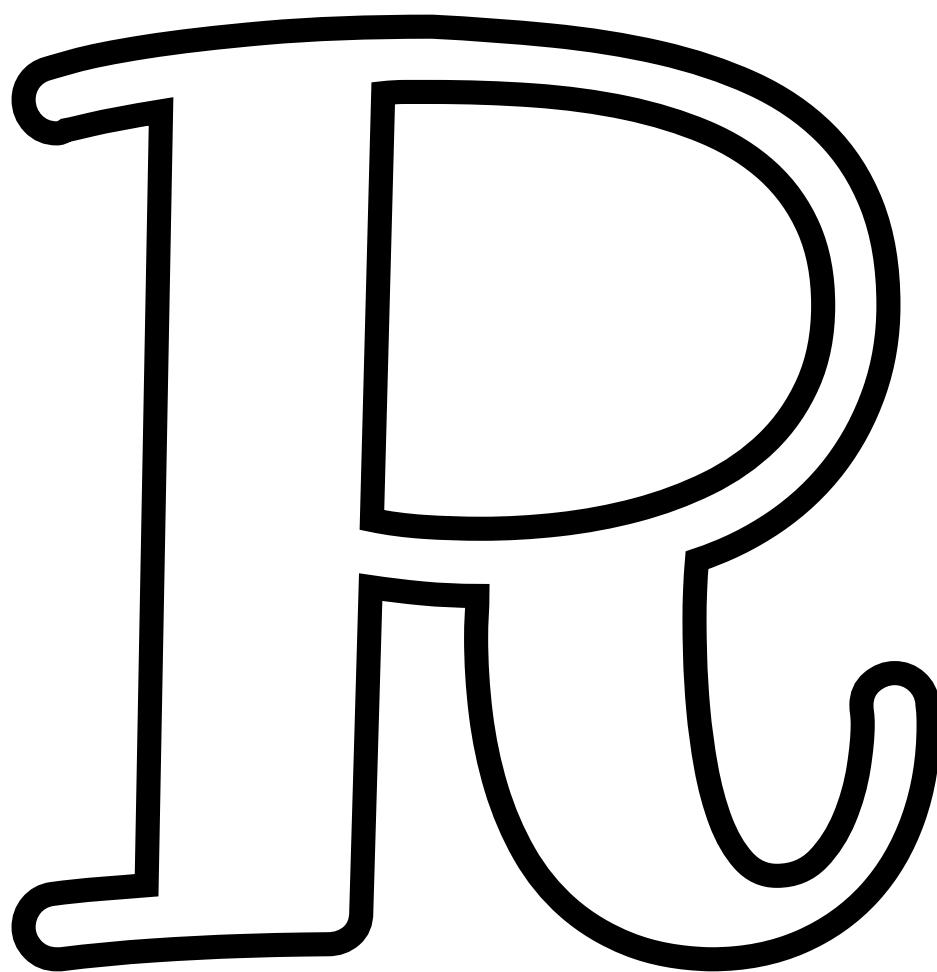


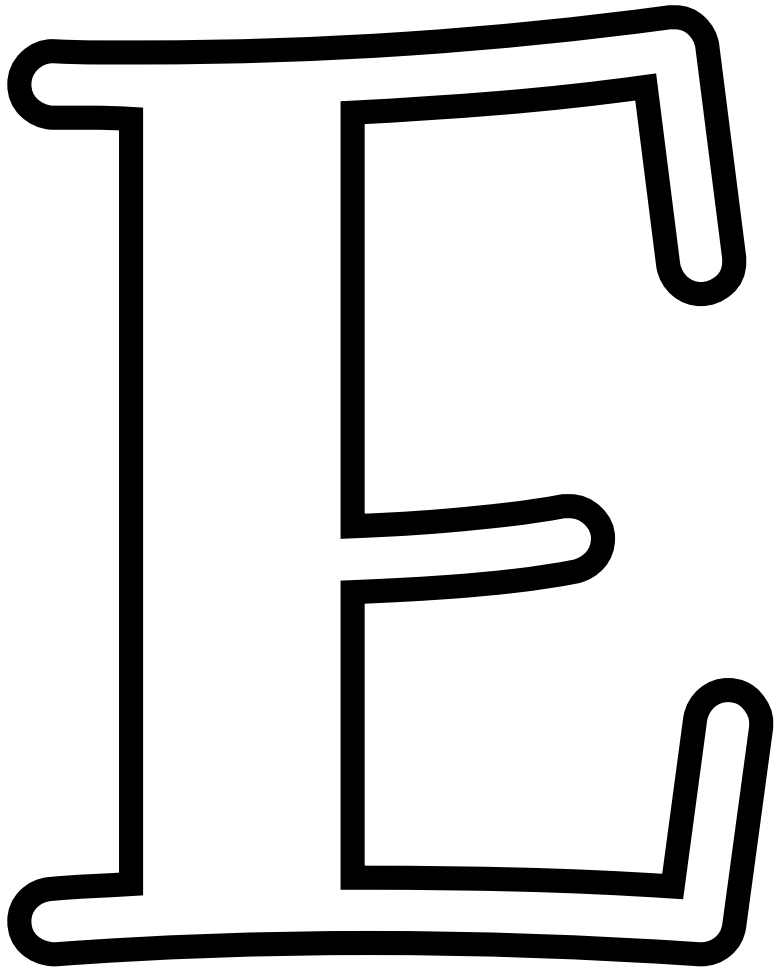


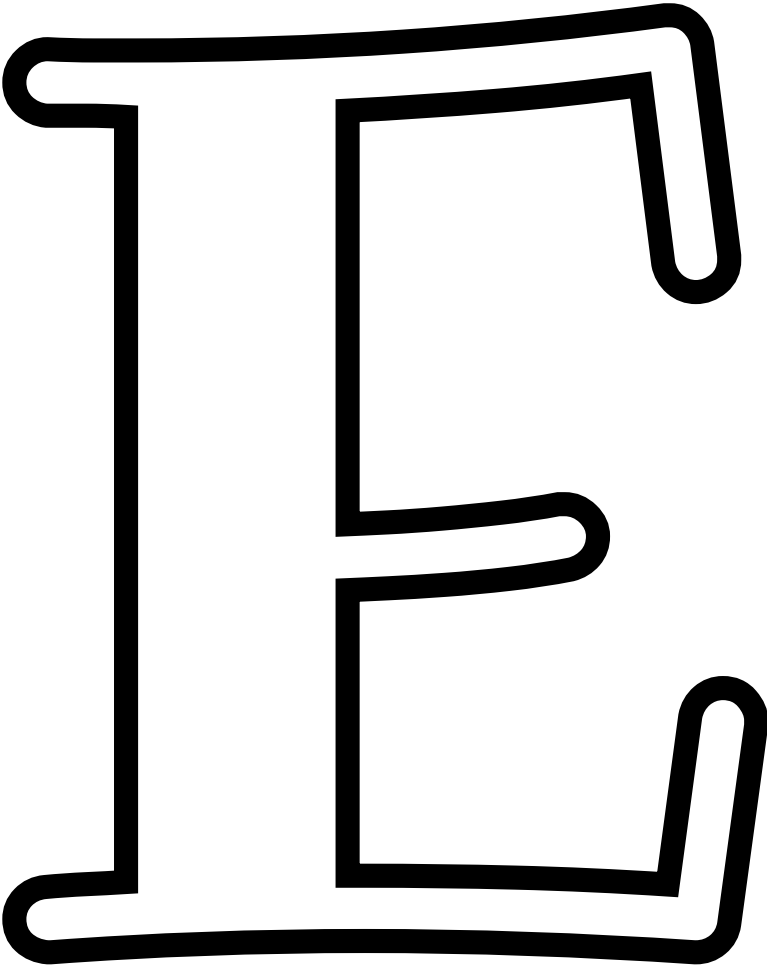






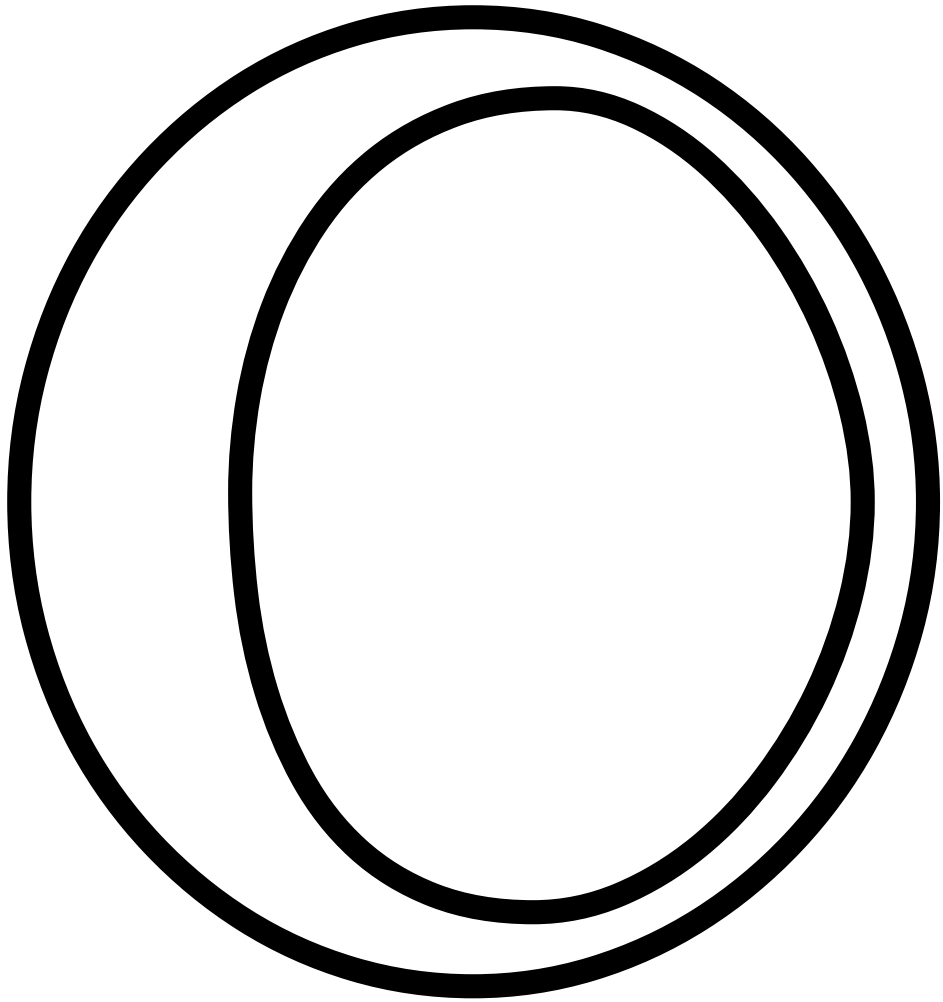


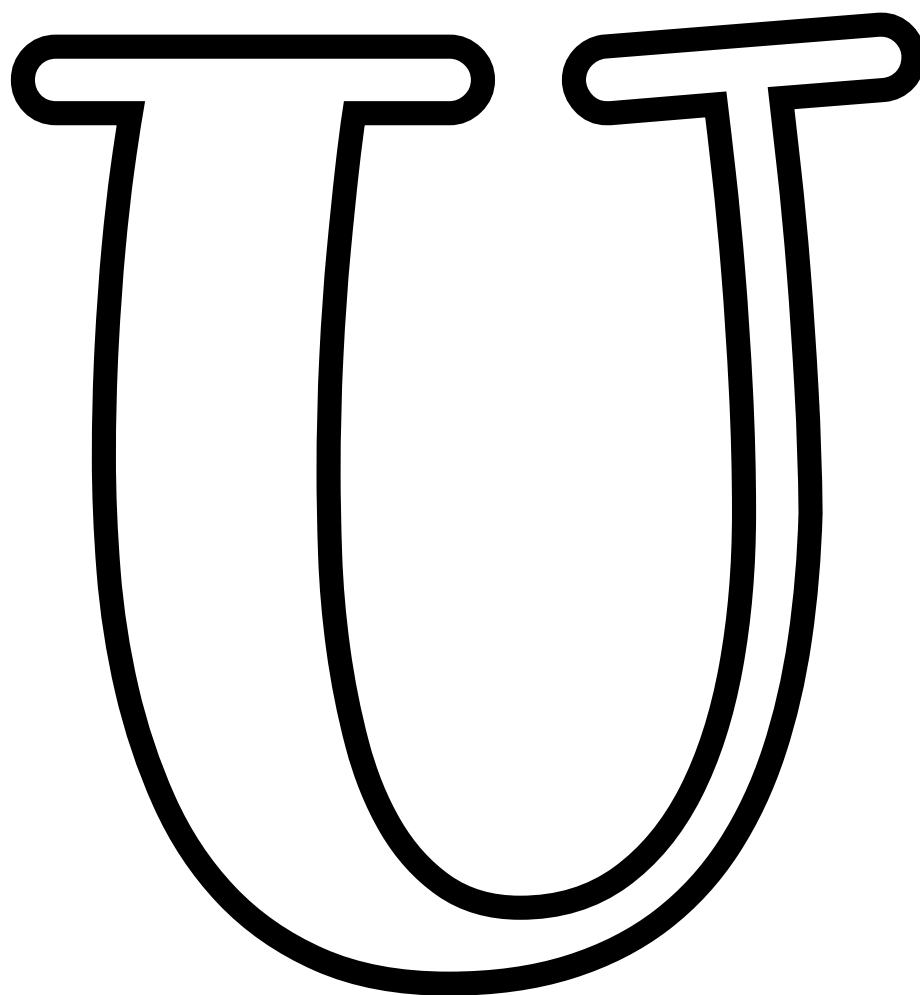


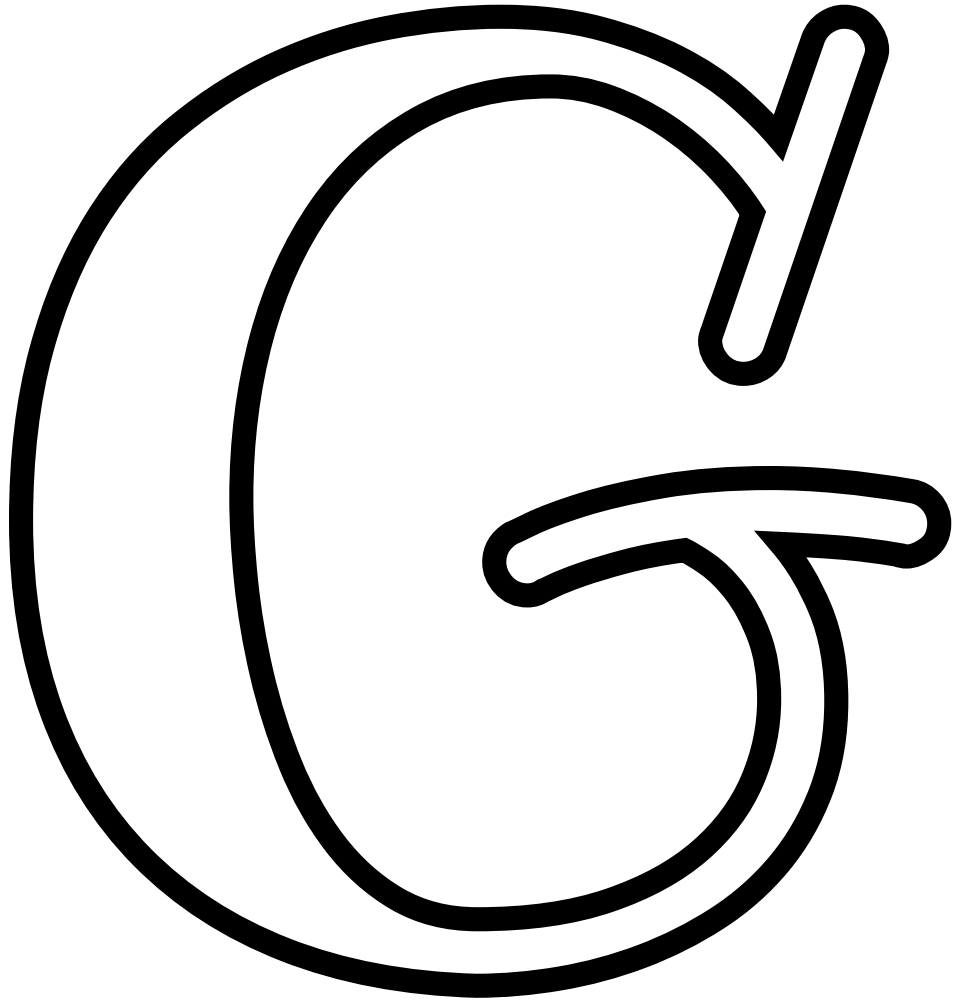


N









Hi

# WORLD DOWN SYNDROME DAY BULLETIN BOARDS/CRAFTS

*I shine my light on the world by...*

Print one of the included printable posters below and cut it into a circle to add "When you let your light shine, you brighten the world." - Margaret O'Hair, *You Are Enough* to the center of the board. Add the students' yellow handprints in a circle around the words to look like rays of sunshine. Handprints can be pressed directly onto paper around the words using paint, or cut out of yellow construction paper by tracing each students hands. Make sure to hang the students' writing all around the art!

Alternate craft idea: Use one of the above self-portrait templates to have each student create themselves, then glue onto yellow construction paper to look like light behind them.

Tip: This can be printed as big as you'd like on a regular printer using software with a "poster" print option, like Adobe Acrobat. Then you can put the pieces together, cut out the circle, and put it directly onto the board!  
Print on yellow paper to add to the sunshine effect!

When you let  
your light  
shine, you  
brighten  
the world.

-Margaret O'Hair  
*You Are Enough*

When you let  
your light  
shine, you  
brighten  
the world.

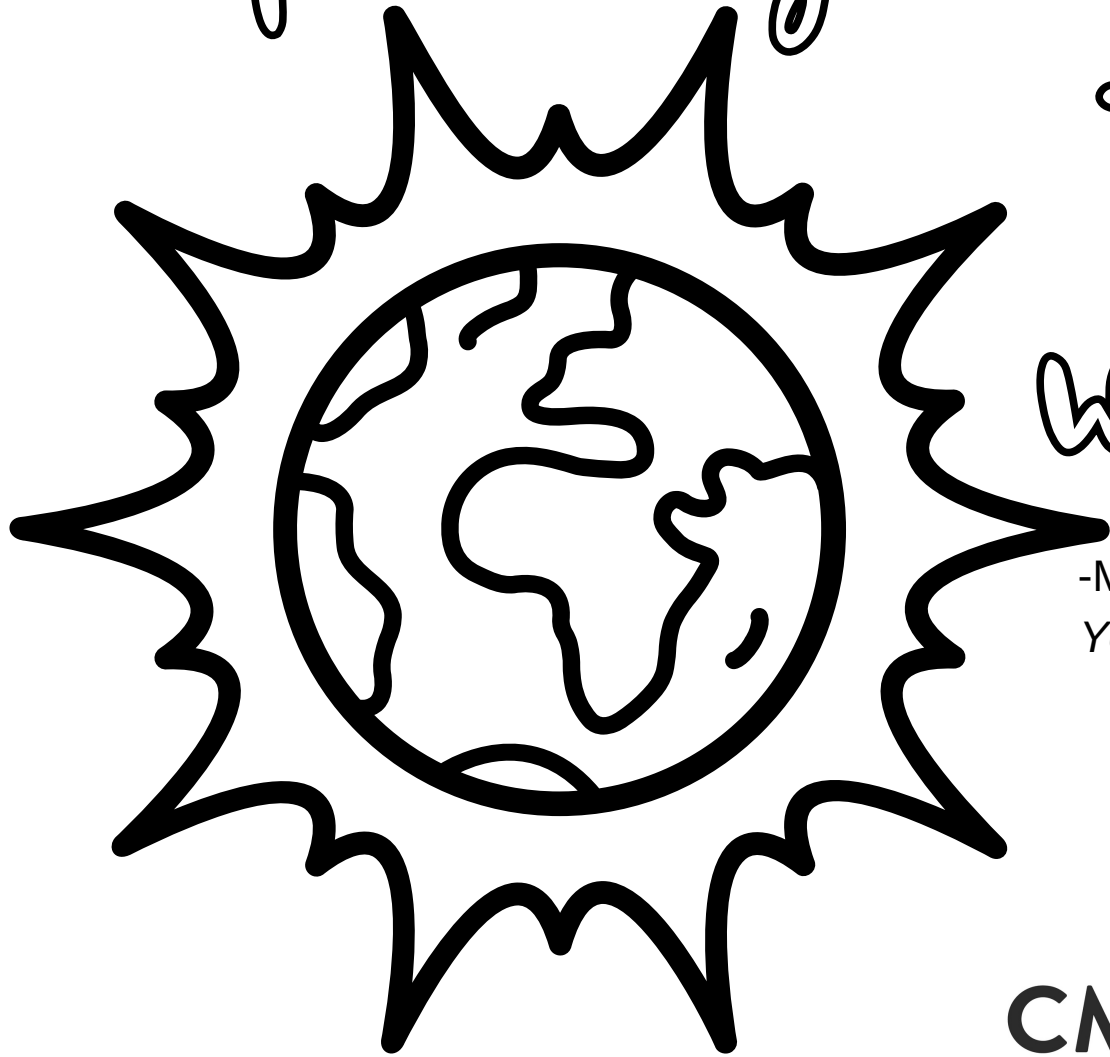
-Margaret O'Hair  
*You Are Enough*

# WORLD DOWN SYNDROME DAY EXTRA ACTIVITIES

Below are extra, fun activities for your class for World Down Syndrome Day! There are a variety of coloring sheets, a design-your-own silly socks page, and three word searches of various difficulties. These are great for centers or transition times!



When you let  
your light shine,  
you brighten  
the  
world.



-Margaret O'Hair  
*You Are Enough*

**CM**  **SS**

CENTRAL MISSISSIPPI DOWN SYNDROME SOCIETY

3/21 - WORLD DOWN SYNDROME DAY

# WORLD DOWN SYNDROME DAY

celebrating what makes us unique



Did you know chromosomes are kind of shaped like little socks? On World Down Syndrome Day, we wear fun mismatched socks to celebrate all the amazing things that make us unique. Use this page to design your own fun socks!

**CMSS**

CENTRAL MISSISSIPPI DOWN SYNDROME SOCIETY

I AM



**CMDS**

CENTRAL MISSISSIPPI DOWN SYNDROME SOCIETY

3/21 - WORLD DOWN SYNDROME DAY

I AM



**CMDS**

CENTRAL MISSISSIPPI DOWN SYNDROME SOCIETY

3/21 - WORLD DOWN SYNDROME DAY

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WORLD DOWN SYNDROME DAY

Can you find the words hidden in the puzzle?

F	R	I	E	N	D	P	J
B	R	A	V	E	S	L	O
F	E	H	E	R	M	A	Y
L	S	A	N	K	I	N	D
O	P	P	T	U	L	E	C
V	E	P	K	B	E	E	A
E	C	Y	C	A	R	E	R

care  
kind

love  
happy

brave  
smile

joy  
friend

**CMSS**

CENTRAL MISSISSIPPI DOWN SYNDROME SOCIETY

3/21 - WORLD DOWN SYNDROME DAY

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WORLD DOWN SYNDROME DAY

Can you find the words hidden in the puzzle?



care  
kind

love  
happy

brave  
smile

joy  
friend

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WORLD DOWN SYNDROME DAY

Can you find the words hidden in the puzzle?

I	N	C	L	U	D	E	C	T
S	T	R	O	N	G	P	I	S
B	R	A	V	E	S	L	A	P
F	E	H	E	R	M	A	T	E
R	S	A	N	K	I	N	D	C
I	P	P	T	U	L	E	C	I
E	E	P	K	B	E	E	A	A
N	C	Y	C	A	R	E	R	L
D	T	I	N	S	P	I	R	E

care  
friend  
kind

love  
special  
happy

brave  
include  
smile

respect  
inspire  
strong

**CMSS**

CENTRAL MISSISSIPPI DOWN SYNDROME SOCIETY

3/21 - WORLD DOWN SYNDROME DAY

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WORLD DOWN SYNDROME DAY

Can you find the words hidden in the puzzle?



care  
friend  
kind

love  
special  
happy

brave  
include  
smile

respect  
inspire  
strong



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WORLD DOWN SYNDROME DAY

Can you find the words hidden in the puzzle?



**CHROMOSOMES**

**ACCEPTANCE**

**FIERCE**

**PURPOSE**

**INCLUSION**

**ADVOCATE**

**CELEBRATE**

**EMBRACE**

**TRISOMY**

**UNIQUE**

**COURAGE**

**INSPIRE**

**CMSS**

CENTRAL MISSISSIPPI DOWN SYNDROME SOCIETY

3/21 - WORLD DOWN SYNDROME DAY

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WORLD DOWN SYNDROME DAY

Can you find the words hidden in the puzzle?



CHROMOSOMES

ACCEPTANCE

FIERCE

PURPOSE

INCLUSION

ADVOCATE

CELEBRATE

EMBRACE

TRISOMY

UNIQUE

COURAGE

INSPIRE