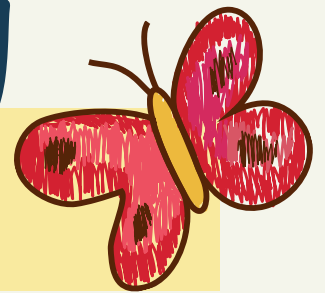


Down Syndrome Awareness Classroom Kit (Grades K-3)



We All Belong

A Classroom Kit for Inclusion
& Understanding



DIFFERENT ISN'T BAD. IT'S JUST DIFFERENT!



We All Belong Classroom Kit!



Our Goal:

To create a classroom atmosphere where every student feels valued and understood.

By participating in these activities, students will learn that while we all have differences, kindness and acceptance are universal values that bind us together.

Together, we can build a community where everyone truly belongs.

Thank you for choosing to encourage an environment of inclusivity and understanding in your classroom.

The “*We All Belong*” Classroom Kit is designed to help young students appreciate and celebrate the unique qualities that each individual brings to the community, with a special focus on understanding Down syndrome.

What's Inside:

- Engaging Activities: Interactive exercises that promote empathy and highlight the importance of inclusion.
- Informative Content: Age-appropriate materials that explain Down syndrome in a way that's accessible and respectful.
- Creative Projects: Artistic endeavors that allow students to express their understanding and support for peers with Down syndrome.



What Is Down Syndrome?

Everyone is unique, and that's something to celebrate!

Some people are born with a condition called Down syndrome. This means they have an extra piece in their body's instruction manual, called a chromosome. Most people have 46 chromosomes, but individuals with Down syndrome have 47.

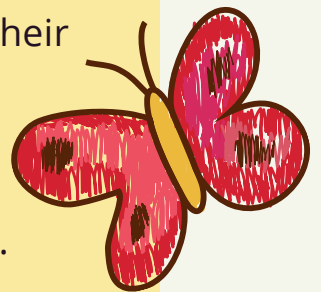
This extra chromosome can influence how they grow and learn. They might take a bit more time to walk, talk, or understand things. But just like you, they have feelings, dreams, and talents.

How Are We the Same?

- **We all enjoy fun activities** like playing games, listening to music, and reading stories.
- **We all have emotions**, we feel happy, sad, excited, and sometimes nervous.
- **We all want friends** who care about us and include us.
- **We all have our own strengths** and things we're good at.

Things to Remember

- **No one needs to be "fixed"**: Everyone is special in their own way.
- **Be patient and kind**: Sometimes friends with Down syndrome might need a little more time to do things.
- **Include everyone**: Invite all your classmates to join in games and activities.



IT'S NOT OUR JOB TO FIX PEOPLE. IT'S OUR JOB TO LOVE THEM.

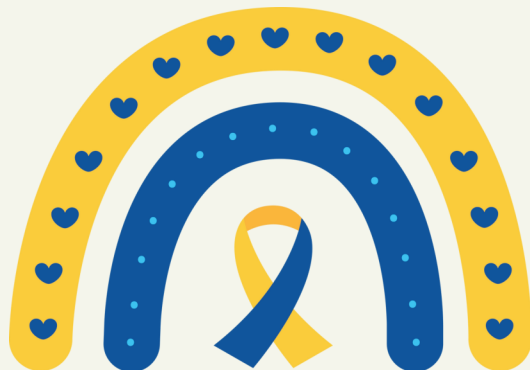
Inclusion Looks Like This!



FUN FACT:

World Down Syndrome Day is celebrated every year on March 21st! The date (3/21) symbolizes the triplication of the 21st chromosome, which causes Down syndrome.

On this day, people around the world wear colorful, mismatched socks to celebrate diversity and raise awareness.



IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND

Let's Walk in Their Shoes

Empathy Simulation Activity

Objective: Help students understand some challenges faced by individuals with Down syndrome.

Materials Needed:

- Oven mitts
- Cotton balls
- Marshmallows



Instructions:

Fine Motor Challenge: Have students wear oven mitts and attempt to write their names or draw a simple picture.

Hearing Challenge: Place cotton balls in students' ears and have a peer read a short sentence to them.

Speech Challenge: Ask students to place a marshmallow in their mouth and try to say a simple phrase like "Hello, my name is..."

Discussion Questions:

- How did these activities make you feel?
- What challenges did you face?
- How can we support friends who experience these challenges daily?

Note: Ensure activities are conducted safely and hygienically.



Sock It to Inclusion

Creative Art Activity

Objective: Celebrate World Down Syndrome Day (March 21st) and promote inclusion.

Materials Needed:

- Sock templates (printable outlines)
- Crayons, markers, colored pencils
- Scissors
- String or yarn (optional)

Instructions:

1. Provide each student with a sock template.
2. Encourage students to design their socks with vibrant colors and patterns, symbolizing uniqueness and diversity.
3. Once completed, display the socks around the classroom or create a "Sock Garland" by attaching them to a string.

DISCUSSION PROMPT:

Why do you think we wear mismatched socks on World Down Syndrome Day?

This activity fosters creativity and reinforces the message that being different is beautiful.



Here's Why:

Chromosomes Look Like Socks!

Under a microscope, chromosomes resemble little socks. Since people with Down syndrome have an extra copy of chromosome 21, the mismatched socks symbolize that special difference.

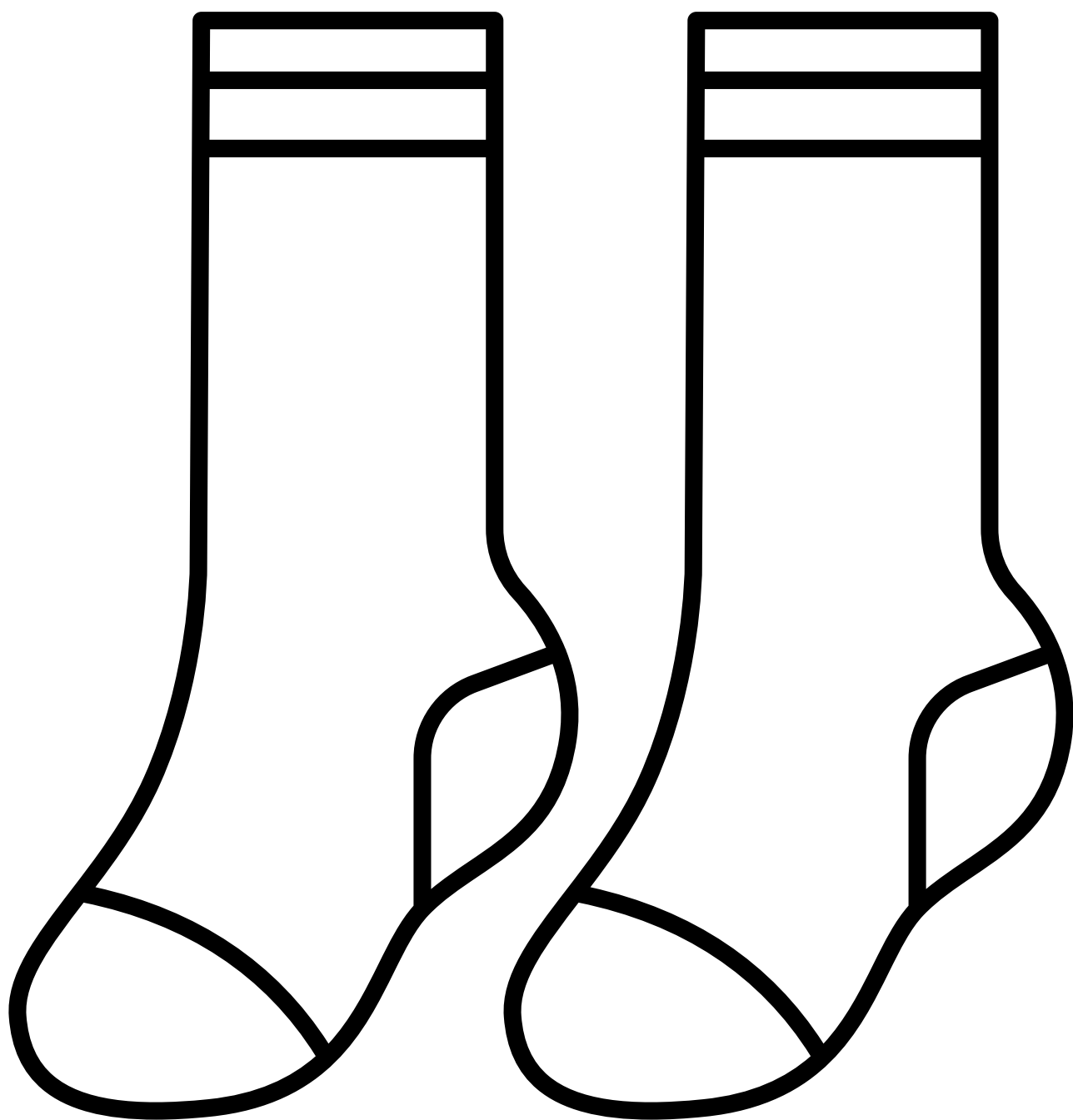
Celebrating Differences

Wearing mismatched socks shows that being different is something to be proud of! It helps remind us that everyone brings something unique and wonderful to the world.

It Starts Conversations

Bright, bold socks catch attention—and when people ask “Why the socks?” it opens the door to talk about Down syndrome, kindness, and inclusion.





Kindness Is...

A Classroom Poster Activity

Objective:

Encourage students to think about and express what kindness looks like, while promoting an inclusive and caring classroom culture.

Instructions for Students:

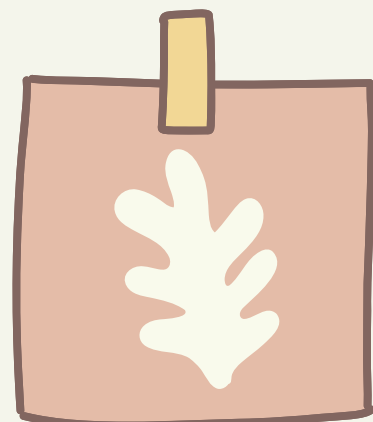
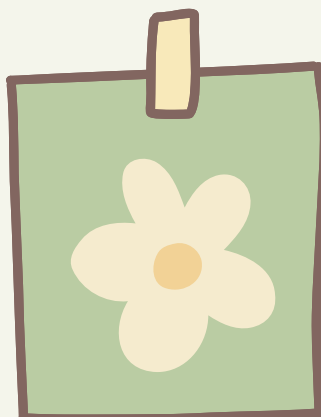
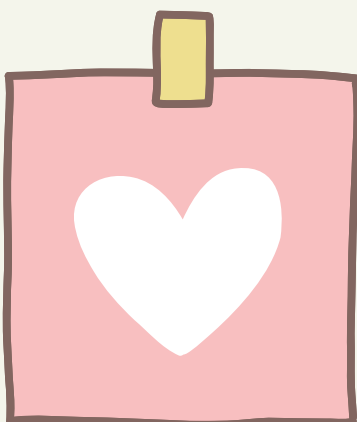
1. Think of something kind you've done or seen someone else do.
2. In the box below, either draw a picture or write a sentence that completes this thought: "Kindness is..."
3. When you're done, color the border of your poster to make it bright and joyful!

Prompt Examples:

- Kindness is... helping a friend zip their coat.
- Kindness is... sharing crayons when someone doesn't have any.
- Kindness is... saying "you can sit with me."
- Kindness is... smiling at someone new.
- Kindness is... listening patiently.

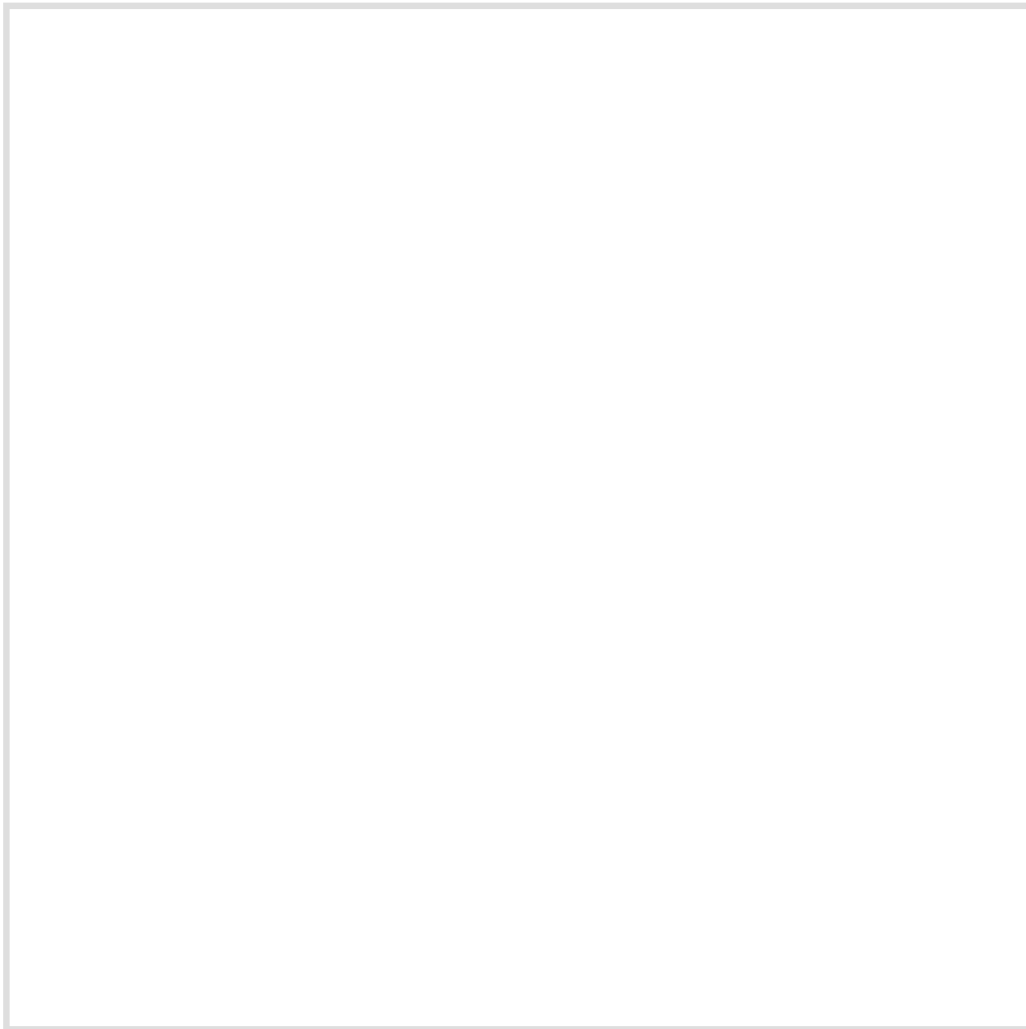
Teacher Tip:

Hang all the posters together in a hallway or on a bulletin board to create a "Wall of Kindness." Or turn them into a class kindness book!



Kindness Is...

- Think of something kind you've done or seen someone else do.
- Draw a picture or write about it in that box below.
- Color the border!

A large, empty rectangular box with a thin grey border, intended for a child to draw a picture or write about a kind act.

- Kindness is... Helping a friend
- Kindness is... Sharing Crayons
- Kindness is... Saying "Hi"
- Kindness is... Listening



INCLUSION SUPERHERO CERTIFICATE

Presented to:

I Am an Inclusion Superhero!

For showing Kindness, understanding,
and friendship to everyone.

Teacher Name

Date

