

Nothing Down About Us!

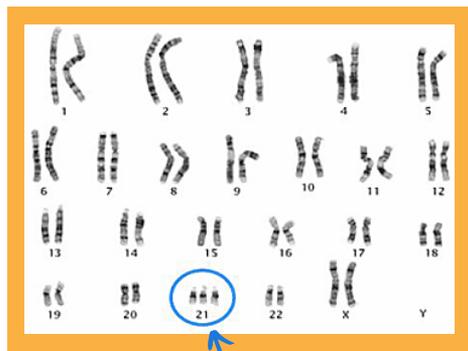
Teaching Kids About
Down Syndrome

Down Syndrome
Indiana™



Down syndrome is something that causes differences in the way somebody looks and learns.

People with Down syndrome are born with an extra chromosome in some or all of their cells. Chromosomes are tiny molecules inside your body that tell it how to grow. When someone has an extra chromosome, it mixes up the body's directions a little. That is why kids with Down syndrome may look and learn a little differently than others.



An extra 21st chromosome

Chromosomes
kind of look like
socks! Can you
match these
socks?



Down syndrome may affect the way a person learns, talks, and behaves.

Kids with Down syndrome may need a little more time and extra help in the classroom, but can participate and have fun in all school and extracurricular activities...just like you!



Everyone learns a little differently. Try this word search and see what new words you learn.

Words are hidden ↑ ↓ and ↘

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

CHROMOSOME tiny sock-looking structures in our cells that tell us how to grow

DISABILITY a condition of the body or mind that affects or limits how a person walks, sees, hears, speaks, or learns

SIGN LANGUAGE a way of communicating by using your hands - many kids with Down syndrome first learn to communicate using sign language

THERAPY special treatment to improve someone's body and mind - many kids with Down syndrome use speech, occupational, and physical therapy

ADVOCATE to speak up in support of someone's happiness and rights, like we do for our friends with Down syndrome

INCLUSION to make sure everyone is included and feels like they belong

MARCH TWENTY ONE World Down Syndrome Day is celebrated on March 21st (3/21) in honor of people with Down syndrome having 3 copies of their 21st chromosome

CELEBRATE making new friends with Down syndrome is something to celebrate!

People with Down syndrome have big dreams!

Many people with Down syndrome go to college, have jobs, and get married. Some become actors or actresses, work with the President, and even compete in the Olympics!





What are your
big dreams?



My Dream Job



My Dream House



My Dream Pet



The best way to support someone with Down syndrome is to be their friend.

Do you like movies? Sports? Music? Your classmates with Down syndrome do too! Hang out together and get to know just how much you have in common!





Down Syndrome
Indiana™





**Remember, you and
your friend with Down
syndrome are more
alike than different!**

Resources for Parents

Down Syndrome Indiana (DSI) serves 44 counties in central Indiana. Our mission is to enhance the lives of individuals with Down syndrome. We support families from birth through adulthood by providing information, resources, education, and support!

DSI encourages you to use this booklet to talk with your kids—and educate yourself—about Down syndrome. By taking the time to learn more about our peers with Down syndrome, we open the door to new friendships and opportunities to be advocates in our own communities.

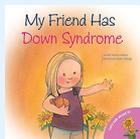
Books



Different: A Great Thing To Be
by Heather Avis and Sarah Mensinga (2021)



A Friend Like Anian
by Meeka Caldwell (2020)



My Friend Has Down Syndrome
by Jennifer Moore-Mallinos (2008)



Eli, Included
by Michelle Sullivan (2019)

Online Resources

Visit our website to learn more! Access our webinar series, Educator Toolkit, Parent Resources, and more! Or schedule a presentation to have Down Syndrome Indiana talk to your class or school about inclusion and acceptance! Email Down Syndrome Indiana at info@dsindiana.org to learn more!

Additional resources available on our website: www.dsindiana.org



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