



WOULDN'T
CHANGE
A THING



A resource pack for schools celebrating diversity on World Down Syndrome Day!

21st March 2019

As part of Down Syndrome Week 18-24th March 2019

We wouldn't change our children for the world...

But we are changing the world for them by creating
a world where negative perceptions of Down
syndrome are a thing of the past.

Welcome!

Dear head teachers, teachers, TAs and all support staff,

Welcome to our Wouldn't Change a Thing Schools resource pack for schools celebrating diversity on World Down Syndrome Day!

Wouldn't Change a Thing is a not for profit organisation set up following the hugely successful viral video "50 mums, 50 kids, 1 extra chromosome". This video featured 50 mums with children with DS using Makaton, a language programme using sign, to sing along to Christina Perry's song "1000 years" for World Down syndrome Day in 2018. The video had such a powerful, positive impact, changing the minds of people across the world about children with DS that a group of families from the video decided continue to raise positive awareness of the condition and #wouldntchangeathing was born.

Our projects are designed to be uplifting, emotive and positive; offering insights into how enjoyable life for all those associated with the condition can be. Our intent is to leave those who view our work feeling challenged and changed making them more willing to accept those with Down Syndrome and to consider them as valid members of society, as schoolmates, as work colleagues or as employees. We felt it just as important to share our message with the next generation through this resource pack.

Please look up our website and social media platforms to see the work we do, all of which you can share safely with the young people in your care should you wish to do so.

We hope you will join us in celebrating World Down syndrome day, and how inclusion and acceptance of all people is important. The resources in this pack can be used and adapted for a wide range of ages and abilities.

We would be happy to receive feedback and comment on what you found useful and any ideas or suggestions you have for future education resource packs.

Thank you.

**WOULDN'T
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www.wouldntchangeathing.org



info@wouldntchangeathing.org



[wouldntchangeathingdotorg](https://www.facebook.com/wouldntchangeathingdotorg)



[Wouldntchangea1](https://twitter.com/Wouldntchangea1)



[wcatcharity_official](https://www.instagram.com/wcatcharity_official)

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Frequently asked questions
A guide to Down syndrome for Teachers and TAs

Pages 3 and 4

A leaflet for children.
A4 size can be photocopied and taken home. You may want to reduce to A5.
Copy word search, sock colouring in or BSL alphabet on reverse as desired.

Page 5

Lots of Socks Day– WDSD!
Letter to families and carers about World Down Syndrome Day and the 'Lots of Socks' celebration .
(could go on back of leaflet instead, or socks colouring in or word search to reverse of this.

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Activity ideas
To be run as part of class assemblies, workshops, lessons or adapted for whole school assembly.
ideas can be adapted for any age range or ability.

Page 7 and 8

Outside links
Web links and helpful sites about Down syndrome and positive awareness.

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Photocopiable resources to support activities.

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Colouring in/ sock outline pages

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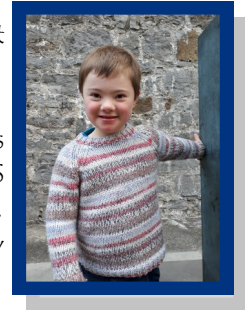
Frequently asked questions:

Why is it called Down Syndrome or Down's syndrome?

In 1866 Dr John Langdon Down identified a number of key characteristics that were shared by a group of patients at a hospital in London for people with learning difficulties and disabilities. He identified the condition now known as Down syndrome. Some people prefer not to use the apostrophe, they feel he doesn't own the condition, he didn't have the condition. Both Down and Down's syndrome are correct. We wish his name had been Dr Sunshine!

How should I refer to people with Down syndrome?

We prefer '**person first**' language. A person **has** or **with** Down syndrome. Not a 'Down boy'. Our children are children first and Down syndrome is just a tiny part of who they are, they do not like to be defined by their condition. This is Alfie, Alfie **has** Down syndrome. Alfie **with** Down syndrome is clever! People with DS do not suffer from the condition. Never say 'DS sufferers' or 'he suffers from DS'. They might have health concerns but most families feel that kids without DS could have the same issues. People can suffer from a heart condition or hearing loss... but not DS. 90% of people with DS say they are happy with their lives. Don't ever say you are sorry a person has Down syndrome. There is nothing to be sorry about.



How does Down syndrome happen?

Down syndrome is not a disease, you cannot catch it, only be born with it. You cannot be cured of it. Around 1 in every 700 babies born in the UK has DS. It is the most common naturally occurring chromosomal condition. This is true for all races, cultures, ethnic groups and social classes. 80% of babies born with Down syndrome are born to mothers **under 35** years of age because this age range gives birth most frequently. There is a higher **CHANCE** (not risk!) as the mother ages that a child may be born with Down syndrome but teenage mothers have had children with Down syndrome too. It is estimated that identical twins with Down syndrome occur at the rate of 1 or 2 in a million pregnancies! and non-identical twins at the rate of 14 or 15 in a million.

People with DS have an extra 21st chromosome, meaning they have 3 instead of 2 copies. This is why it is often called **Trisomy 21 ... 3 lots of the 21st chromosome**. Most people have 46 chromosomes, people with Down syndrome have 47. Your chromosomes are the building blocks inside every cell of your body that makes you an individual. When the egg divides an extra copy of the 21st chromosome happens right at the time of conception. There is nothing a parent does or doesn't do to cause it to happen.

Can you have more or less DS? Are there different types of DS?

People with Down syndrome cannot be 'more downs' than another, however there are 3 different ways Down syndrome can occur depending on how the cells divide when first conceived.

Trisomy 21 (95% of cases) **All cells** of the body have the extra 21st chromosome.

Translocation (4-5 % of cases) an extra copy of chromosome 21 is **attached** to another chromosome.

Mosaicism (less than 1% of cases) **some cells** have the usual 46 chromosomes but others have the extra 21st. Each individual has strengths, challenges, talents and abilities same as the rest of us!

What are the common features of Down syndrome?

People with Down syndrome can have some common features but most look more like their own families than each other. They could have beautiful almond shaped eyes, lower set ears, a wider neck line, a gap between their big toe and other toes (sandal gap), single palm crease or bent little fingers. Adults with Down syndrome are often smaller in stature. Ladies can be around 4ft 9in and gentlemen around 5ft 2in on average. What they lack in height they sure make up for in **total AWESOMENESS!**

Are people with DOWN SYNDROME always happy?

No, people with Down syndrome are **not** always happy! They have the same range of emotions the rest of us have. Tantrums and tears, Excitement or sadness, Happiness and shyness...

How can people with Down syndrome be supported?

Heart conditions, digestion issues:

Around half of babies born with Down syndrome will have some kind of heart condition. Often, this can be corrected with surgery. But be careful, these guys will steal your heart given half a chance! Some need surgery on their digestive systems when very young, some are fed by tube or 'peg' but it's ok. Some children have gluten or dairy intolerances. Always ask about intolerances if inviting a friend with DS to a party or play date with food.

Movement and muscle tone:

Some children with Down syndrome have low muscle tone, called hypotonia. This means it can take them longer to talk, eat and walk, jump and run. They might still need a buggy or wheel chair for outings as their muscles get tired more quickly, their joints may hurt. Many have physiotherapy and they work extra hard to build up their muscles and they all get there in the end. Be patient, wait, adapt games to include them.

Glue ear and hearing loss, speech and signing:

Many children with DS have hearing loss or glue ear. Some children need hearing aids, grommets or hearing bands called BAHA (Bone Anchored Hearing Aid) This why some children with DS sound a little different when they talk, they may not be able to hear all the soft sounds in speech and find it hard to learn to say them. Lots of children with DS have speech therapy to help them learn. Lots of children learn sign language such as Makaton or Sign Along which follows normal speech grammar patterns to help them communicate and relieve frustration. Keep words clear and simple, without patronising, use sign if you can, wait for a response, it can take longer for them to reply.

Learning delay:

People with Down syndrome do have a learning delay, that doesn't mean they cannot learn! If given the right support and encouragement people with DS can achieve anything. Children can go to mainstream school if it is right for them. We NEVER use the word 'retarded' and find any derivative of it offensive. It is outdated language and is often used as an insult, which devalues the lives of people with learning disabilities. It is not acceptable. It is ableist. (discrimination and social prejudice against people with disabilities. **Ableism** characterises persons as **defined** by their disabilities and as inferior to the non-disabled.) IQ scores will never capture a person's true potential. Always keep 'intelligence' in perspective. People with DS are some of the most emotionally intelligent people you'll ever hope to meet! Make sure they understand your games, adapt games so they can be included.

All of these things mean you have to think a little harder how to include children with DS in your games and activities, give them some support and encouragement and give them more time and patience. They want to play and do what you do... they just need a little help and time. Always CHOOSE KIND!

Is it hard to care for a child with DS?

Looking after a child, young person or adult with Down syndrome can be hard, but looking after ANY child can be hard. They might need lots of therapy and possibly surgery for heart conditions or digestion issues as a baby. They might need lots of support to learn and achieve. But every parent, brother or sister loves them for exactly who they are! Every milestone those children reach is celebrated. Just the same as any child. The amount of joy they bring far out weighs any feelings of difficulty.

Do people with DS have quality of life?

In 1983 the average life expectancy of a child born with Down syndrome was only 25 years old. Today, many people with DS live to over 60. People with Down syndrome lead happy, independent and successful lives. Many live with friends, family and/or partners or in assisted living flats and houses, they can go to college and university, get meaningful employment and have relationships. They can be actors, musicians, business people, TV stars, learn to drive and even climb Mount Everest! Never underestimate and never count people with DS out!

When is World Down syndrome awareness day?

World Down syndrome day is celebrated every year across the world on March 21st. 21.3.19 get it? It is also celebrated throughout October as DS awareness month.

Please see resources provided for ideas, assemblies, workshop ideas and photocopyables to help spread awareness and help make negative perceptions of Down syndrome a thing of the past.

**We wouldn't change our children for the world...
but we hope we're changing the world for them!**

Did you know?

1. People with Down syndrome are just people. Please always use person first vocabulary, say 'a boy WITH Down syndrome' or 'she **HAS** Down syndrome' or 'Alfie **HAS** DS'. Or 'the man **WITH** DS'.
2. People with Down syndrome have an extra 21st chromosome, some have translocation or mosaic DS. Your chromosomes are your building blocks that make you you!
3. Down syndrome happens naturally and people from all over the world have Down syndrome.
4. You cannot catch Down syndrome, it is perfectly ok to play and chat with someone with Down syndrome.
5. It is called Down syndrome because it was named after Dr John Langdon Down.
6. Although people with Down syndrome can share some common features they look like their own families more than one another.
7. Most families with a person with Down syndrome in their lives say they are happy and proud of their children, just like your family!
8. People with Down syndrome can achieve **ANYTHING** with the right support and encouragement.
9. People with Down syndrome have the same feelings as everyone else.

10. Always CHOOSE KIND! Leave no-one behind!

#wouldntchangeathing

World Down syndrome Day

21st March 2019

Dear Parents, Families and Carers,

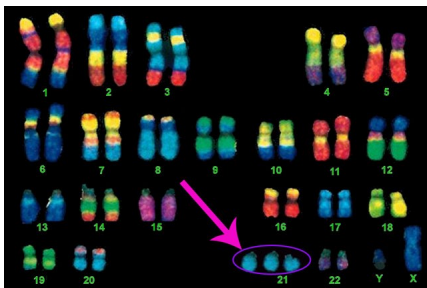
On March 21st 2019 we would like to celebrate diversity and inclusion for ALL children by taking part in World Down syndrome day.

In celebration of Down syndrome and the joy of diversity 1 very simple way you can show your support is by wearing a pair of

mismatched

**colourful
unique**

SOCKS!



Why socks? Because the tiny building blocks that make every person unique are called chromosomes and they look a lot like socks. People with DS have an extra 21st chromosome.

We hope to see as many pupils and families joining in as possible, celebrating being unique and accepting our differences !

#wouldntchangeathing

Activity Ideas!

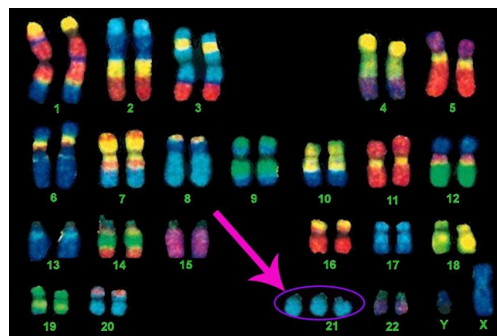


WDSO 21/03/19—Lots of Socks!

Wear your mismatched, colourful, unusual and funky socks to school or work. Check our sample letter to families which can be sent home. Look at DSA website for more info.

All about me: SOCK OUTLINES

Your chromosomes are what make you who you are. They look a bit like pairs of socks. People with DS have an extra 21st chromosome. Everyone has chromosomes and everyone is the same in many ways but everyone is also unique and different, even identical twins can be very different!



Design some socks. They could be any colours, patterns, have motifs or characters. The children can do 1 sock each to represent themselves with pictures or words or even collage. They could do 2 socks each to represent the pairs of chromosome they have or 3 socks each to represent the extra chromosome people with DS have. You could make a great washing line display to show how everyone is the same and yet different! Unique! (SEE PRINTABLE / PHOTOCOPIABLE SHEETS.)

Sock line of diversity.

Make a whole school washing line of individual socks to display. Before WDSO ask families if they can donate any socks that may be left stranded without a partner. It makes a really wonderful display if all the different socks are pegged out together. (you can use paper clips!) Children can notice all the different colours, patterns, sizes, shapes, lengths and pictures on them. This can lead a discussion on diversity in people. Socks have the same job: to keep your feet warm, but they are ALL different. It doesn't change their purpose. People want to be happy, to learn and to make their way in the world but we are ALL different and it doesn't matter.

This is me: PERSONAL PROFILE

Children fill in a personal profile explaining their likes and dislikes. Compare to a profile for a child with DS. Oh look... they like and dislike similar things to you! Some children with DS have completed personal profile sheets too, please select ones which best reflects your classes age to use. (SEE PRINTABLE / PHOTOCOPIABLE SHEETS.)

What makes ME unique?

Use the blank boarder page to draw and share what makes children unique, original and amazing and beautiful. Skills, talents, abilities and party tricks.

What do you like?

Share some Argos or similar toy catalogues cut out pictures of things they like to play with to make a collage and share ideas. It's fun to find out who likes the same things as us even though we are very different people. If you ask in the shops they are often happy to donate quantities of catalogues to schools, especially if they have old ones following a new edition being released.

Swap places if...

Traditional circle time game where children swap seats if they have a given characteristic. Swap places if you have blue eyes, swap places if you like Harry Potter... etc.

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Activity Ideas!



Get the message through.

Some children with Down syndrome need more time to process ideas and to respond to questions. Design 2 pathways. 1 goes directly back and forth between 2 stations, A and B. 1 path goes on a more meandering way between A and B, meaning it takes longer for children to 'pass the message.' Have a simple passage written on individual cards at position B and team members take turns to travel to collect 1 word at a time. Upon returning they must construct the sentence or passage. It could be a life affirming phrase such as 'leave no-one behind' or 'I have the power to include everyone'

Can you hear me?

If you can get access to sets of ear defenders, try demonstrating how people with mild to moderate hearing loss might feel. 1 child without ear defenders describes a hidden picture to a friend who is wearing them to draw. How can they help the person with the ear defenders? Speak slowly, clearly and use hand signals, signs or body language to help, give them lots of praise and thumbs up for good bits they draw.

Sayings and tag lines:

There are lots of sayings and phrases that have been created to support diversity. There's a famous saying in Asia... *"same, same ... but different"*. We are all the same and yet different. Another DS mantra is *'More alike than different' Everyone should be treated the SAME!* *'If you want to go fast... GO ALONE. If you want to go FAR... GO TOGETHER!'* Discuss these sayings. Use a thesaurus to list words that mean equal, same, alike, fair... Can children think up more positive phrases for posters to display?

Leave No-one Behind!

The 2019 theme for World Down syndrome day is "Leave No-one Behind!". Design a gym hall obstacle course and with mixed ability groupings make sure each group finds a way to complete the course safely and together through support, patience and encouragement. There could be small challenges, code breaks or activities between obstacle stations too.

Sign language. (Makaton or Sign Along—check your counties preference!)

Lots of children with DS learn to sign even if they can talk. It helps them communicate if speech is unclear and relieves frustration. Why not teach you class the British Sign language alphabet? Practice spelling names, key words for topics etc. Kids love to sign! Lots of schools now incorporate sign in to daily school life whether there is or isn't a child with additional needs who needs to sign. Signing your register is awesome! You can find the BSL finger spelling alphabet in our pack and several video guides on you tube—be sure to check it is BSL and not ASL (American sign language) as they are quite different. (SEE PRINTABLE / PHOTOCOPIABLE SHEETS.)

Maybe try to learn the signs for 'This is Me!' Or 'You've got a friend in me' from Toy Story! There are lots of examples on You tube to follow. Have a look at our links page for sites that could help.

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Useful links, websites and support pages.

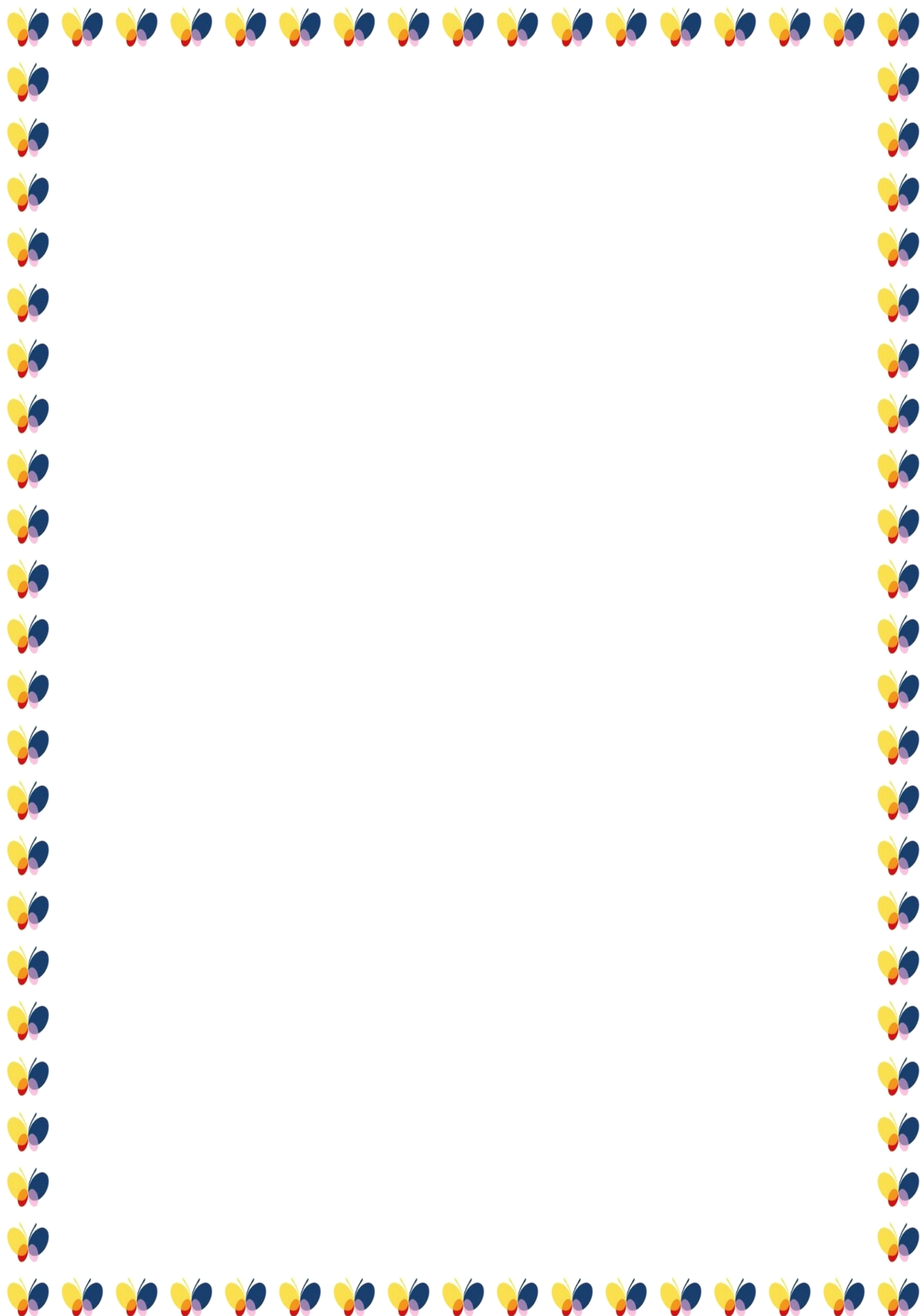


- χ [Wouldn't change a thing](#) — making negative perceptions of Down syndrome a thing of the past. There is a public Facebook page dedicated to positive stories about people, children and families with Down syndrome. Lots of fab examples of news articles and press which highlights how people with DS live happy, meaningful lives.
- χ [Wouldn't change a thing on YOU TUBE](#) – links to our viral videos showing the joy and love for kids with DS. Videos featuring families using Makaton to share popular songs, learn one along with your class—they will love it!
- χ [DSA — Down's syndrome Association](#)—lots of info on Down syndrome, aimed at adults but a good resource.
- χ [World Down Syndrome Day website](#) info on Lots of socks and how the day is being celebrated across the world.
- χ [Makaton.org](#) – a form of sign assisted English which uses intuitive sign language alongside speech. Loads of printable resources and ideas.
- χ [www.signalong.org.uk](#)—another sign assisted English form. As above, lots of resources and ideas.
- χ **Isabella signs** is a fabulous Facebook page showing songs and signs in Makaton.
- χ **Makaton with Lucinda** is another great Facebook page showing daily signs in Makaton.
- χ **Exeter Deaf Academy** have produced a simple video to show how to sign the alphabet in British Sign Language.

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

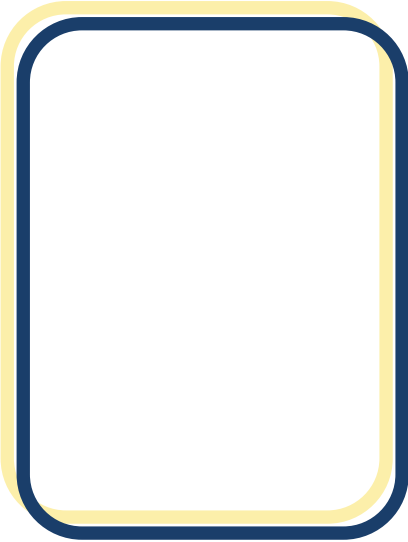
- χ [www.understood.org](#) A website dedicated to understanding learning and what it might feel like to have various aspects that can be associated with DS. There is a very good section on the day in the life of a child with slow processing for example, how could children support a child with slower processing skills?







This is ME!



Name:

Age:

Family:

Pets:

This is ME!



Name: Evie

Age: 4

Family: Mum, dad, 3 sisters and a brother.

Pets: dog Pepper who is trained as Evie's dog and will not leave her side. I like to hide Pepper's toys and laugh when Pepper tries to find them!

Favourite things: music and dancing.

Favourite Pop star: Taylor Swift

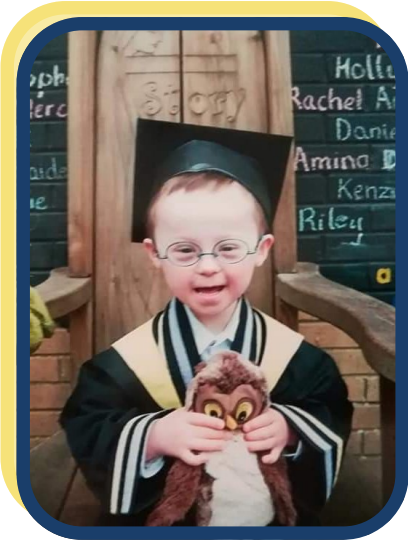
Favourite place: the ocean and will spend many, many hours walking in it.

Favourite sports: rock climbing and frequently go out kayaking with my dad.

Favourite subjects: I love to count and am learning my colours.

Favourite Apps: I have a kindle fire, I like the animal hospital app.

This is ME!



Name: Daniel

Age: 5

Family: Mum and Dad.

Pets: cat called Tia

Character: fun and out going. I love to make you laugh, I give the best hugs and I am kind and caring.

Favourite school activities: I love counting and phonics.

Favourite sports: swimming.

Favourite place: Soft play centre.

Clubs and Activities: a music class on a Saturday and I love to sign and dance.

Favourite TV shows: Mr Tumble, Frozen, Elmo and Singing Hands.

Favourite foods: Spaghetti Bolognese, Sunday roasts and sausages but I LOVE happy meals!

This is ME!



Name: Evelyn

Age: 5

Family: Mum and Dad

Pets: Millie the cat

Favourite sports: Swimming, I love working to get my badges! Gymnastics, bike riding and scooter riding.

Favourite toys: Dolls.

Favourite Activities: Music, dancing, singing, laughing, helping with the shopping, smiling.

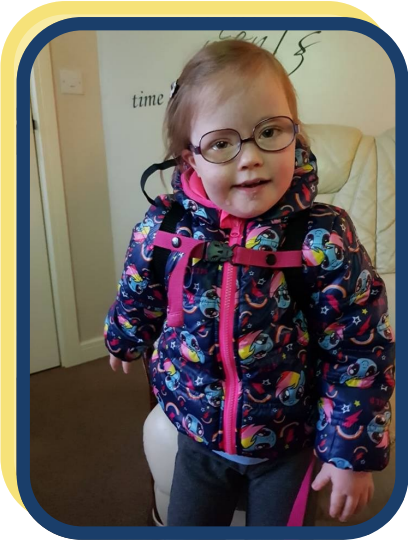
Favourite school sessions: Reading (I love books) and P.E.

Favourite TV shows: Peppa Pig, Bing and Singing Hands.

Favourite foods: EVERYTHING but I love Kit Kat chocolate bars!

I have LOTS of fab friends!

This is ME!



Name: Poppie

Age: 6

Family: Mum and Dad

Pets: no pets

Favourite toys: Building blocks, Tigger teddy and all of my large plush characters from In the Night Garden.

Favourite sports: Swimming, ball games, throwing games.

Favourite meals: Sausage and chips, roast dinners and spaghetti Bolognese.

Favourite subjects in school: Maths, PE and Phonics

Favourite social activities: Soft play, messy play and trampolining and dancing

Favourite Books: Bumblebear, The Gruffalo and The Very Hungry Caterpillar

Favourite TV shows: The Furchester Hotel, Justin's House, In the Night Garden, Biggleton, Strictly Come Dancing and Dancing on Ice.

Hopes and Dreams: To be a professional swimmer, as I love water and swimming.

This is ME!



Name: Sami

Age: 7

Family: Mum, Dad, 1 big brother, 1 big sister, gran and uncle

Pets: no pets.

Favourite Food: Yoghurt, eggs, fish, rice, pizza and burgers.

Favourite Music: Sunflower by Post Malone, Perfect by Ed Sheeran, Stand By Me by Ben E King.

Favourite Sports: Football, indoor climbing, yoga

Favourite Pastimes: Singing, dressing up, walking, climbing and playing with siblings.

Favourite Books: Oliver and Patch, The Storm Whale, Grandad's Island.

Favourite TV Programmes: Molly & Mack, Waffle, Cbeebies Pantomimes.

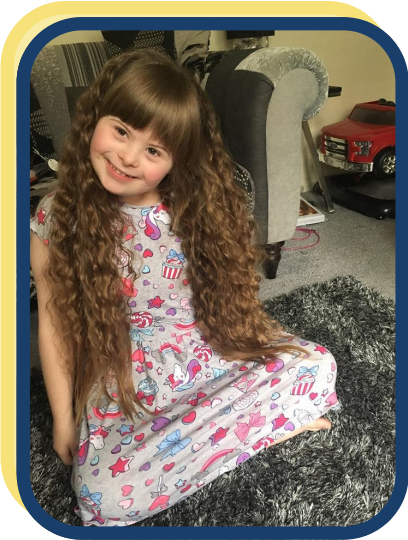
Favourite Super heroes: Iron Man, Spiderman and Captain America.

Favourite activities at school: Music, forest school, donkey riding and swimming.

Favourite Toys: Nerf guns, microphone, football and swords.

Hopes and dreams: To be iron man, or an actor or singer.

This is ME!



Name: Nancy

Age: 8

Family: Mum, Dad, 4yr old sister and 6mth old baby brother

Pets: Dog (that thinks he's a cat) called Jaja Binks.

Favourite things to do in school: Choir, Lego club, Maths and cooking.

Clubs/Activities: Street dance. I love doing the shows wearing costumes and make up.

Favourite singers: Katy Perry (I pretend to be her) Little Mix.

Favourite books: All Julia Donaldson's books especially The Singing Mermaid and Princess MirrorBelle.

Favourite toys: Barbie dream-house, Barbie Camper, LOL dolls and my ipad.

Favourite TV show: Miraculous Ladybug & Cat Noir.

Favourite foods: Roast dinner, Tuna Sandwich, Chicken nuggets...oh and Haribo!

Hopes & Dreams: To be famous and be in stage shows or maybe be a hairdresser or make up artist.

This is ME!



Name: Holly

Age: 10

Family: Mummy, Daddy, 2 brothers (1 little, one big) and grown up sister.

Pets: A furry black cat (puma!) called Will

Favourite toys: My babies (dolls!) and car seat (because they sometimes go to school!) Doctors bag, snakes and ladders, Mermaid rag dolls, my microphone, colouring, my iPad and portable DVD player.

Favourite things to do: singing, dancing, watching Dvd's and my iPad, play at the park, soft play, staying in a holiday house or hotel, having a cuddle and story with mummy or daddy!

Clubs: Kids Club at the weekend at our local David Lloyd Club, and then going in the swimming pool! Junior Phab Club.

Favourite school things: swimming, going to the fruit shop (always grapes!), going to the library, writing, playtime outside!

Favourite TV/DVDs: Topsy and Tim, Mr Tumble, The Wiggles, Toy Story, The Greatest Showman, Monsters Inc, Minions (incl Despicable Me films), Frozen, Mr Bean, The Snowman, Home Alone, Beethoven.

Favourite food: Ice cream, chocolate mousse, jelly (I am tube fed and cannot manage solid food, only smooth/puree)

This is ME!



Name: Hollie

Age: 11

Family: Mum, Dad, 2 little sisters.

Pets: a dog called Bella. She's a king Charles spaniel.

Favourite Food- pizza, sandwiches, (I make pizza and sarnies myself), cooked dinner, spaghetti Bolognese and sausages.

Hobbies- writing stories, drawing pictures, singing/signing and dancing. PlayStation, pranking us for you tube, iPad,

Favourite sports : football, gymnastics, running. I love going to Swansea city stadium with Dad to watch the football and I chant away with all the football songs.

Favourite Music- Greatest Showman, George Ezra, Ed Sheeran, any song that's in the charts.

Favourite TV- loud house, channels on YouTube, Sponge-Bob, Topsy and Tim, films.

Favourite places to eat- Frankie and Benny's, Pizza Hut, KFC.

Favourite Activities: Playing down in the garden. Making picnics in the living room. I love inviting friends over from school for tea and or sleep overs (without mum's knowledge!).

This is ME!



Name: Brogan

Age: 12

Family: mum dad and 2 older brothers (Fin 19 and Callum 23)

Pets: 2 cats called Frank and Beckham

Favourite School Subjects: PE, Science and Art.

Favourite Sports: Horse riding and tennis.

Clubs and Activities: Guides, tap dancing and popsicles (where pop meets musical)

Favourite Singer: Arianna Grande , Ed Sheeran , Little Mix and love going to concerts.

Favourite book: David Walliams 'The Midnight Gang'.

Favourite meal: Jacket potato with tuna and cheese.

Hopes and dreams: To be a princess, teacher or dancer!

This is ME!



Name: James

Age: 13

Family: Mum, Dad, big brother Daniel and little sister Emily.

Pets: Tumble Cat

Favourite Things: Eating out with family, LEGO, playing on the X-Box, Tumble our cat, listening to music turned up loud in the car!

Sports Clubs: Swimming Club, Sea Life Saving Club, Karate and Cycling Club.

Favourite Music: Heart FM Play List, Jess Glynne and Rita Ora.

Favourite Films: Marvel Superhero Films, Fantastic Beasts, Harry Potter Films, Home Alone 1,2 and 3.

Favourite TV: 4 O'clock Club, Michael McIntyre's Big Show and Dr Who.

Favourite Food: Sausage and mash, Chinese and ice-cream.

This is ME!



Name: Matt

Age: 15

Family: Mum, Dad, sister Rachael 17, sister Hannah 13

Pets: Dog called Cody

Favourite Sports: Football, basketball, tennis, cycling, multi gym, swimming

Favourite subjects: P.E., cooking, Work Skills, music, swimming

Favourite Activities: Bowling, long walks with Cody, trampoline parks, Fun-station (games arcade), going to Nottingham Forest football matches and Nottingham Hoods basketball matches, going to local wrestling shows.

Clubs: YMCA Sports, DS Football team, Hoods basketball club, Disability Tennis. I have played in tournaments for football and tennis. I also scored goals at Nottingham Forest's and Nottingham Hoods half-time penalty shootouts, and taken part in charity matches with my football team!

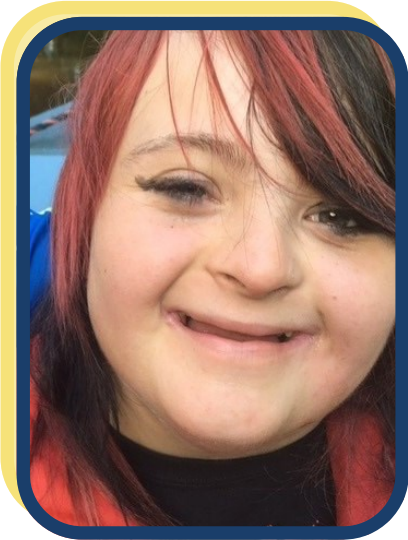
Favourite TV shows/films: Match of the Day, EFL on Quest, Tipping Point, Frozen, Moana, Tangled.

Favourite meals: I only eat 3 things – chips, baked beans and toast.

Other favourite things: Girls - I am a teenager after all! I especially like blonde girls and have 3 current favourites! I also have an obsession with dolls with long hair. I love going out with my friends and having fun. I also love making mischief and being naughty.

Hopes and Dreams: All I really want is to be happy, to spend time with my friends, to do the activities I love and to live in my own house with some of my friends when I'm older.

This is ME!



Name: Nina

Age: 18

Family: 1 younger sister.

Pets: no pets.

Loves: rock music, piercings and tattoos!

Education: at college studying media

Favourite subjects at school: German, maths, textiles

Favourite hobbies: music, live bands and making and drinking cocktails!

Favourite sports: Rounders, circuit training, multi-sports, cycling.

Activities: currently doing gold Duke of Edinburgh.

Favourite film - Bohemian Rhapsody, The Greatest Showman, Grease.

Favourite games: Parking Mania, Candy Crush.

Favourite bands: Skid Row, My Chemical Romance, Puddle of Mud, Fall Out Boy, Thunder.

Favourite food: Mexican and Indian.

Favourite TV shows: Coronation Street, Emmerdale, Tattoo Fixers, A & E.

Hopes and dreams: Get a good job, get married, have kids.

This is ME!



Name: Nino

Age: 20

Family: I'm half Italian, 1/4 Irish, 1/4 English. I love all my family & they love me too. I have a beautiful girlfriend called Olivia and we've been together 4 Years.

Education: In my 2nd Year at College attending the Life & Independent Living Skills Course.

Job: 1 day a week & Match Days as an Assistant Coach & Community Champion for Bristol Bears Community Foundation, been there for over 4 years.

Achievements: In 2016 I received a Parliamentary Award for my work with the Foundation.

Favourite Sports: I adore all forms of sport. I am a competing Special Olympic Swimmer. I like Football and Bristol City Football Club. a Player/Goalkeeper for Keynsham Mencap Football Team. I train several times a week in the gym, I attend and help coach at a Mencap Fitness Club.

Other Activities: I am a signed model, I love photo shoots and catwalks.

I have been featured in Visible Magazine, which inspired their new Campaign #MeBe, Down Syndrome Magazine and I am in the process of writing a Blog for the Down Syndrome Association. I love my PlayStation 4.

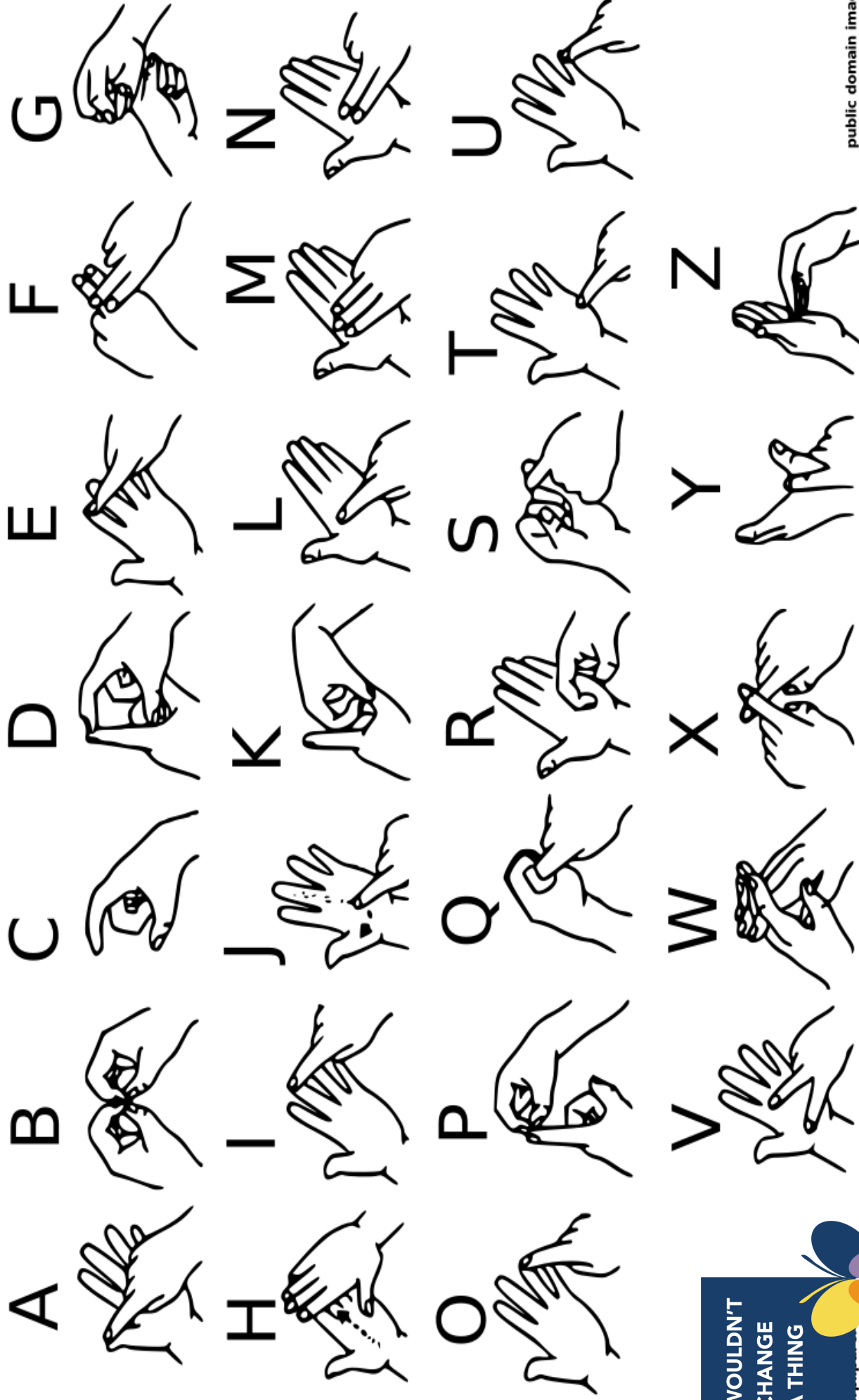
Passions: fashion, smelling good, music, dancing and a really healthy diet.

Favourite Music: Olly Murs (who I met), all genres of music really, I love singing my heart out in my bedroom and the car! I have seen lots of shows and concerts, seen lots of my music favs!

Favourite Films: Jurassic Park films, Comedies.

Favourite TV shows: Drama and stand up comedians.

British Sign Language Alphabet



WOULDN'T
CHANGE
A THING



Name _____

Down Syndrome Awareness

Try to find these Down Syndrome related words in the grid of letters

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

Believe
Help
Patience

Difference
Include
Support

Friend
Kindness
Unique


#wouldntchangeathing

Down Syndrome Awareness

Try to find these Down Syndrome related words in the grid of letters

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

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Name _____

Down Syndrome Awareness

Try to find these Down Syndrome related words in the grid of letters

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

Ability
Believe
Equality
Mosaic
Trisomy Twenty One

Acceptance
Chromosomes
Friend
Support
Unique

Achieve
Down Syndrome
Inclusion
Translocation


#wouldntchangeathing

Down Syndrome Awareness

Try to find these Down Syndrome related words in the grid of letters

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

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#wouldntchangeathing 

Design your
own UNIQUE
sock !

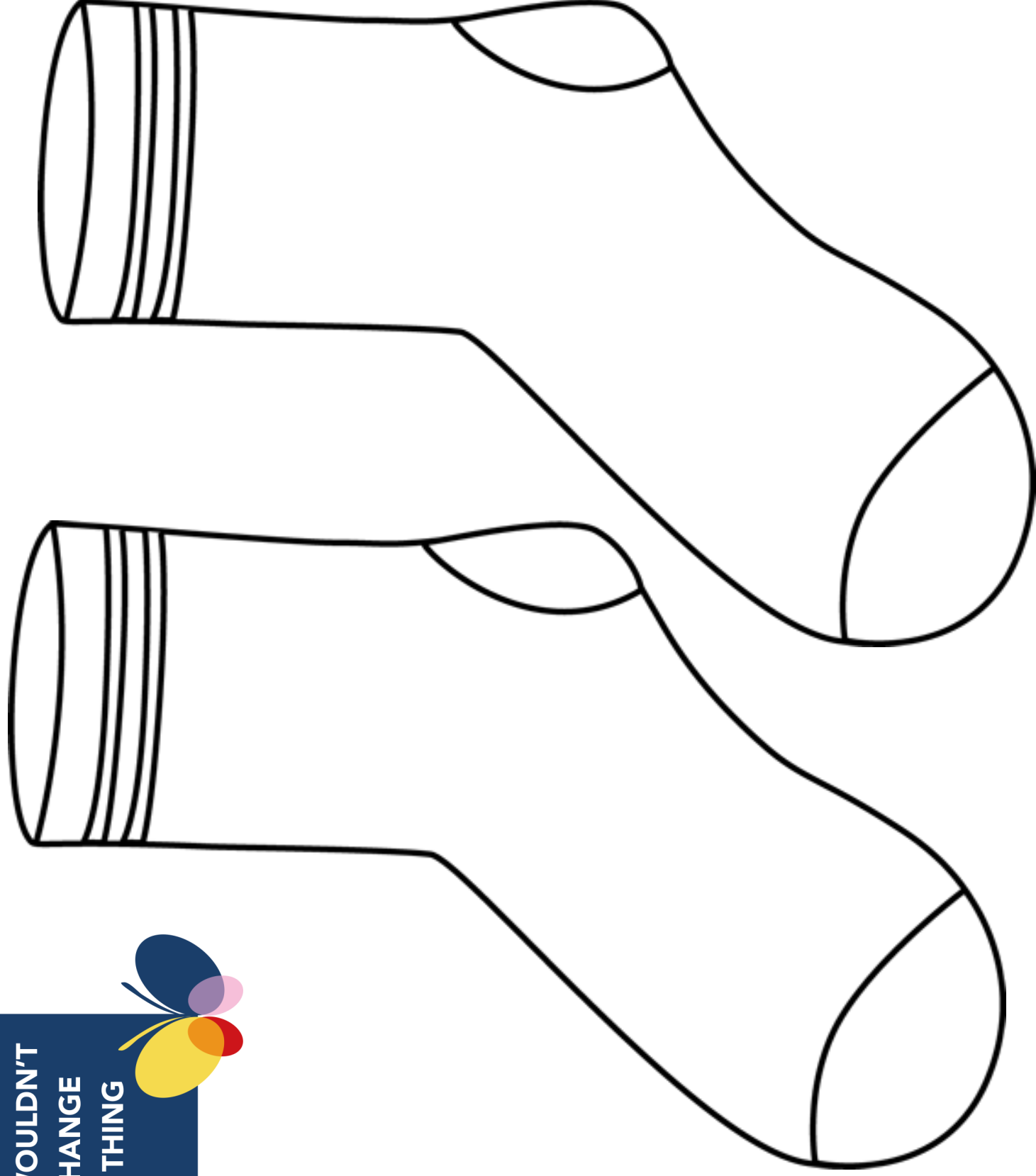
Use the sock
outline to share
inside what
makes you
UNIQUE!



WOULDN'T
CHANGE
A THING



WOULDN'T
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Design your own
UNIQUE socks !

Use the outline to
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