



## Key Stage 1 – Lesson Plan for Down syndrome Awareness

This presentation has been created by Down syndrome UK, registered charity number 1184564

It is available for general use but would ask that if a school has a member(s) who has/have Down syndrome, or there are close relatives of a young person with Down syndrome, that you seek permission of the Parents/Carers first.

We hope you find this lesson plan and presentation informative and insightful

We would welcome your feedback: [info@positiveaboutdownsyndrome.co.uk](mailto:info@positiveaboutdownsyndrome.co.uk)

Please note that this presentation contains links to YouTube so please ensure you can access beforehand

### Lesson Plan – KS1

**World Down Syndrome Day (WSD)** is observed on March 21<sup>st</sup> however Down syndrome Awareness Month includes the whole of October. Across the world people run events to raise public awareness, advocating for the rights and inclusion of people with Down syndrome. World Down Syndrome Day is on March 21st, chosen to represent the 3 copies of the 21st chromosome present in individuals with Down syndrome.

**Aims:**

To realise that children with Down syndrome are more alike than different.

To identify similarities and differences in people.

To have some understanding of what Down syndrome is.

**Resources:**

This is Ella by Kritsa Ewert (inc in PowerPoint)

Socks x 2 (staff to provide)

Down syndrome factsheet

Resource sheet 1 – Me and my friend

Resource sheet 2 – Copying with non-writing hand

Resource sheet 3 – Old Macdonald Makaton signs – (consider pre-teaching animal signs – cow, sheep, dog, pig)

| Timing: | Activity:   |
|---------|---|
| 15 mins | <p><b>Introduction:</b></p> <p>Slide 3 - Show “Chloe explains Down’s syndrome” clip and explain that we will be learning how we all have similarities and differences. We will also be learning about Down syndrome. <a href="#">"Chloe explains Down's syndrome" - YouTube</a></p> <p>Children complete resource sheet 1 – children draw themselves and draw their friend illustrating what is the same and what is different.</p> <p>Extension: write a list of similarities and differences on sheet.<br/>Show an example of children’s work and talk about the differences and similarities.</p> <p>Ask: Do any of these differences make us better than anyone else?</p> |

|                |  |
|----------------|--|
|                | Explain that we are all equal and that our differences make us special and unique.   |
| <b>15 mins</b> | <p><b>Main Lesson:</b><br/>         Slides 4-13<br/>         Read the story of 'This is Ella' by Krista Ewert.<br/>         Explain that Ella has Down syndrome</p> <p>Slides 14-17<br/>         show PowerPoint and slides explaining what Down syndrome is.</p> <p>Slides 18-19<br/>         Remember some of the things Ella can do that you can do.</p>  |
| <b>10 mins</b> | <p><b>Activity:</b> Writing activity<br/>         Slide 20<br/>         Explain that children with Down syndrome find some things hard, just like you. Writing skills are more difficult and it can be hard to grip the pencil.<br/>         Children to use non-writing hand and try to copy picture on resource sheet 2.<br/>         Children to attempt drawing the picture of a girl using non-writing hand.</p> <p>Extension: Choose different people to write with non-writing hand and with a sock on their hand.</p> <p>Class to discuss how much concentration and effort it took.</p>   |
| <b>15 mins</b> | <p><b>Activity:</b> Makaton song<br/>         Slides 21-23<br/>         Read slide 21 about Ella finding it hard to say some words. Explain children with Down syndrome have a lot to say but can't always communicate easily. When they are young, children with Down syndrome use actions alongside words to help them communicate.</p> <p>Extension: Get children to try to communicate to each other by talking with their thumb in their mouth. Did you understand? What could you do if you couldn't make yourself understood?</p> <p>Slide 23<br/>         Go through the signs for Old Macdonald and practise extra animal signs.<br/>         Use Resource 3 – Old Macdonald Makaton sheet<br/>         Show <a href="#">Singing Hands: Old MacDonald had a Farm - Makaton Sign Language - YouTube</a><br/>         Join in with Old Macdonald using singing and signing.</p> |
| <b>5 mins</b>  | <p><b>Conclusion:</b><br/>         Slides 24-26<br/>         What can we remember about Ella? Ella has Down syndrome, Ella can ride a bike, Ella can count to 10, she finds somethings tricky etc. Encourage the children to think of similarities and conclude that we are more alike than different.</p>   |

Thank you for supporting Down Syndrome UK with raising awareness.

**Resource 1 : Me and my friend**

**Lesson Objective: to show similarities and differences**

**Me**

**My friend**

Resource 2  
Copy picture using non-writing hand



Resource 3

Old Macdonald Makaton signs

# Old MacDonald had a Farm



Old MacDonald had a farm



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E

I

O



And on that farm he had a cow



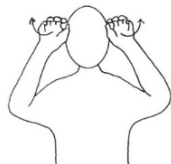
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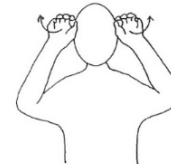
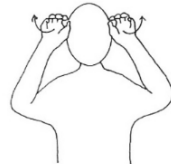
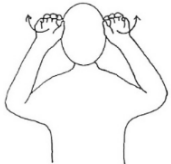
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With a moo moo here and a moo moo there



Here a moo, there a moo, everywhere a moo moo



Old MacDonald had a farm

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# Old MacDonald had a Farm cont.

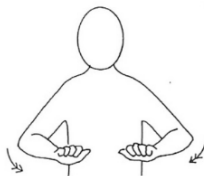


**Farmer**



Small circular movement at tip of nose

**Pig**



**Chicken**



**Donkey**



**Tractor**



Mime movement on the spot - twice only

**Horse**



Little fingers trace shape of horns against cheeks

**Sheep**



**Goat**



**Dog**



Thumb and two fingers waggle under chin

**Turkey**