What is Down’s syndrome?

A resource for children
Every child is unique which means they are not exactly the same as another child
All babies are made with a bit of mum and a bit of dad.
Everyone is different
We all have things that we are good at doing and things we are still learning to do.

What do you enjoy doing?

What are you good at doing?

What are you learning to do?

What would you like to learn to do?

- Listening
- Helping at home
- Numbers
- Reading a book
- Riding a bike
- Drawing
- Sharing my things
- Being a good friend
- Looking after my pet
- Dancing
- Singing
- Looking after my pet
Feelings and emotions

happy
excited
great!
sad
worried
lonely
We all like to have friends to play with at school and at home.

- Sometimes we like to be on our own
- Sometimes we like to play with our friends

What makes a good friend?

- Being kind
- Being helpful
- Being respectful
- Saying nice things
- Being a good listener
- Sharing activities
- Taking turns
- Everybody playing the game
- Smiling
- Looking after others
No one likes to feel left out

• What do you think being ‘left out’ means?
• What do you think it feels like to be left out?
• How would you know if someone is feeling left out?
• What can you do to include everyone?
What is Down’s syndrome?

• Some children have Down’s syndrome

• Children who have Down’s syndrome can do lots of things

• Do you know someone who has Down’s syndrome?
How can you include your friends who have Down’s syndrome?

- Invite them into your games and activities
- Learn some signs that they use
- Listen well to what they say
- Give them time to say what they want to
- Don’t say the words for them

It’s OK to ask your friend if they want your help