

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.**

Listening

Looking after my pet

Helping at home

**Sharing
my
things**

**Riding
a bike**

What do you
enjoy doing?

What are you good at
doing?

What are you learning to
do?

**Being a
good
friend**

Drawing

Numbers

What would you like to
learn to do?

Singing

Reading a book

Dancing

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 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