



# PRIMARY SCHOOL GUIDE

#LotsOfSocks4DSI #BetterTogether #WorldDownSyndromeDay



# YOUR



# JOURNEY

starts here...

## How to support World Down Syndrome Day?

World Down Syndrome Day (WDSD) is celebrated annually on March 21st. The date for WDSD being the 21st day of the 3rd month. People with Down syndrome are born with an extra, 3rd copy of chromosome 21.

By taking part, you and your school are making a real, practical difference to thousands of children across Ireland with Down syndrome.



Thank you for bringing World Down Syndrome Day to your school and joining schools across the country!



## How do we take part?

### Wear your Socks

Ask students and staff to wear colourful socks into school around March 21st and make a donation

### Lesson Plan

We have included an activity around inclusivity which can be carried out in class with your students, as well as information about Down syndrome.

You can find lesson plans and activity sheets to use with your students on the following pages:

**Page 4: Early Childhood (3-6 years old)**

**Page 5: Junior Infants/Senior Infants**

**Page 6: First Class & Second Class**

**Page 7: Third Class & Fourth Class**

**Page 8: Fifth Class & Sixth Class**

**Pages 9-11: Activity Sheets**

### Promote

Be sure to share your fundraiser on social media or via Aladdin with parents and staff to let them know when the big day is and to donate to your fundraising page.



# WHAT IS LOTS OF SOCKS?



Our bodies are made up from lots and lots of tiny cells

Chromosomes are tiny parts of the cells in our bodies



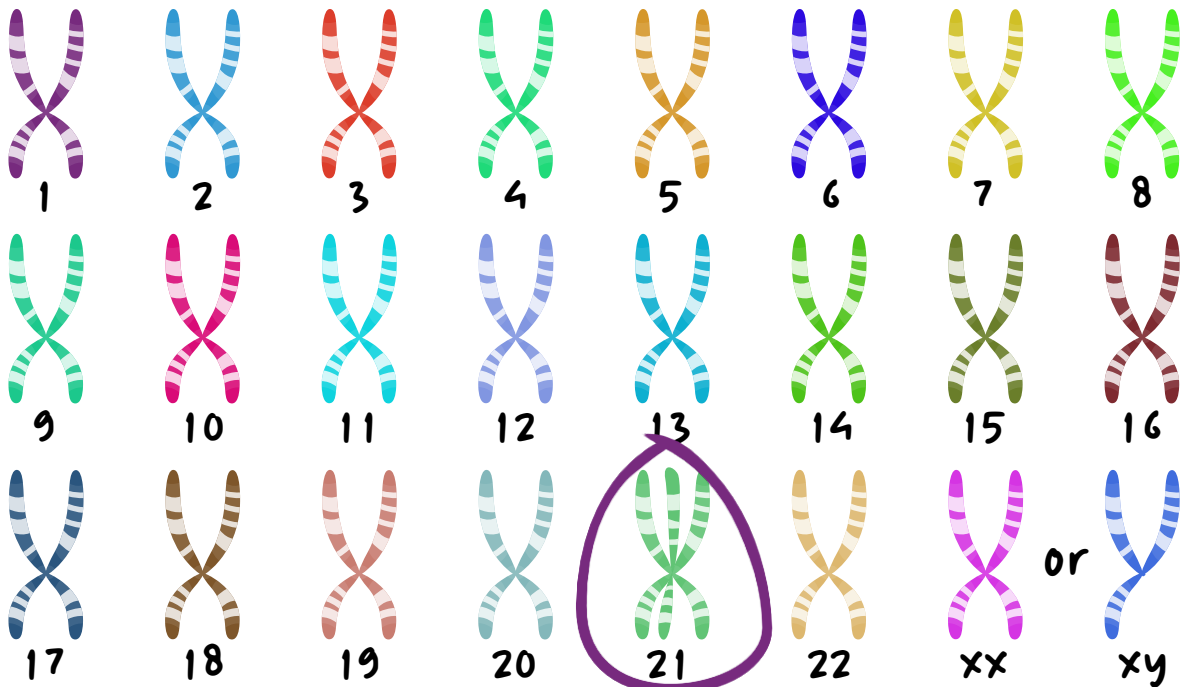
These chromosomes are important as they decide if we will be male or female, what we look like and lots of other really important things



A person with Down syndrome is born with an extra chromosome. So, instead of **46** individual chromosomes (*23 pairs*), they have **47**.



Under a microscope, these chromosomes look like tiny pairs of colourful socks, this is where our Lots of Socks campaign was born.



## Fun Fact

People with Down syndrome are born with an extra, 3rd copy of chromosome 21. That is why we host World Down Syndrome Day on the 21st day of the 3rd month of the year!



# LESSON PLAN



**CLASS**  
Early Childhood  
(3-6 years old)



## THEME

World Down Syndrome Day



## DURATION

30 minutes



## AIM OF LESSON

To celebrate World Down Syndrome Day and promote awareness of Down syndrome.



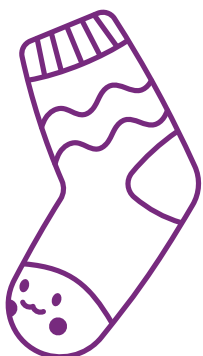
## RESOURCES

- 🖋️ Silvia Angel Education; Sign Along to The Morning Song with Lámh signs!
- 🖋️ **Colouring sheets** – can be found at [downsyndrome.ie/lots-of-socks/](https://downsyndrome.ie/lots-of-socks/)
- 🖋️ Crayons, markers, and stickers



## GUIDANCE NOTES:

- 🖋️ Begin the session by inviting the children to participate in circle time. Introduce the Silvia Angel Education You Tube video, where Silvia sings The Morning Song using Lámh communication.
- 🖋️ Encourage the children to sing and use the Lámh signs throughout the song.
- 🖋️ Introduce the colouring activity sheets.
- 🖋️ Make sure to display their finished work around the classroom.



# LESSON PLAN



**CLASS**  
Junior Infants  
Senior Infants



## THEME

World Down Syndrome Day



## DURATION

30-40 minutes



## AIM OF LESSON

To celebrate World Down Syndrome Day. To encourage the children to practice Lámh communication and to understand the concepts of friendship, and diversity using literacy and visual art.



## RESOURCES

- 👉 Silvia Angel Education; Susan Laughs (With Lámh Signs)
- 👉 **Optional:** Book called Susan Laughs by Jeanne Willis
- 👉 **Activity sheet:** Large paper heart – can be found at [downsyndrome.ie/lots-of-socks/](https://downsyndrome.ie/lots-of-socks/)
- 👉 **Art supplies:** washable paint, and paint brushes



## GUIDANCE NOTES:

- 👉 Begin the session by inviting the students to participate in a lesson about friendship. Explain that we're celebrating World Down Syndrome Day, which is a day that reminds us to be kind to everyone.
- 👉 Introduce the Silvia Angel Education You Tube video, where Silvia reads the story Susan Laughs using Lámh communication.
- 👉 After watching the video, ask the students questions, such as; "What do you notice Susan is good at?" or "Have you done something like Susan is doing?". Encourage the students to share their thoughts.
- 👉 Invite students to participate in a group activity. Introduce the large printed heart shape and paint supplies, have students work together to create a "Class Heart of Friendship".
- 👉 Make sure to display their finished work in the classroom.



# LESSON PLAN



## CLASS First Class & Second Class



### THEME

World Down Syndrome Day



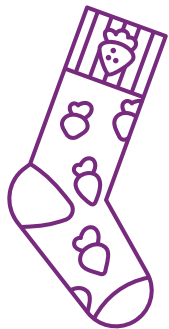
### DURATION

40-45 minutes



### AIM OF LESSON

To celebrate World Down Syndrome Day and promote awareness of Down syndrome. To introduce new vocabulary through engaging inclusive centred activities.



### RESOURCES

- 📄 Silvia Angel Education - Bridging Friendships with Communication
- 📄 **Activity sheet:** Belonging badge template – can be found at [downsyndrome.ie/lots-of-socks/](https://downsyndrome.ie/lots-of-socks/)
- 📄 **Art supplies:** Scissors, crayons etc



### GUIDANCE NOTES:

- 📄 Begin the session by inviting the students to participate in a literacy activity. Introduce the Silvia Angel Education You Tube video, where Silvia demonstrates Lámh signs to support friendship and connection.
- 📄 After watching the video, invite the students to practice using Lámh signs with everyone.
- 📄 Ask the students questions, such as; “What ways can we all include others?” or “What ways can we communicate with people?”. Encourage the students to share their thoughts.
- 📄 Next, using the Belonging badge template, invite the students to cut out the badge and decorate it.
- 📄 Make sure to display their finished work in the classroom.



# LESSON PLAN



**CLASS**  
Third Class &  
Fourth Class



## THEME

World Down Syndrome Day



## DURATION

45-50 minutes



## AIM OF LESSON

To celebrate World Down Syndrome Day and promote awareness of Down syndrome. To help students identify barriers and bridges to inclusion.



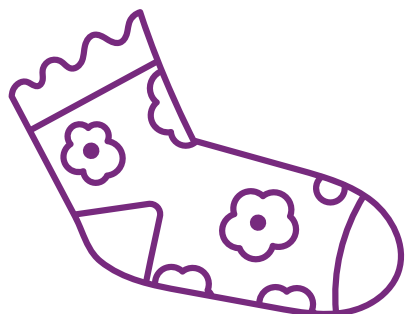
## RESOURCES

- 📄 **Activity sheet:** Barrier and Bridge Template – can be found at [downsyndrome.ie/lots-of-socks/](https://downsyndrome.ie/lots-of-socks/)
- 📄 **Art supplies:** Markers, glue and scissors



## GUIDANCE NOTES:

- 📄 Begin the session by inviting the students to participate in a group discussion. Ask the students questions, such as; *“What stops a person from feeling like they belong?”* or *“How can we build bridges towards inclusion?”* Encourage the students to share their thoughts.
- 📄 Next, using the Barrier and Bridge template, invite the students to list some barriers and solutions towards inclusion and decorate it.
- 📄 Make sure to display their finished work in the classroom.



# LESSON PLAN



## CLASS Fifth Class & Sixth Class



### THEME

World Down Syndrome Day



### DURATION

One hour



### AIM OF LESSON

To celebrate World Down Syndrome Day and promote awareness of Down syndrome. To explore solutions for inclusion in school and the wider world.



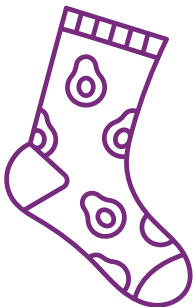
### RESOURCES

- ✔ **PowerPoint:** All about Down syndrome – can be found at [downsyndrome.ie/lots-of-socks/](https://downsyndrome.ie/lots-of-socks/)
- ✔ A3 plain card/paper
- ✔ **Art materials:** large paper, markers and/or paints, scissors and glue



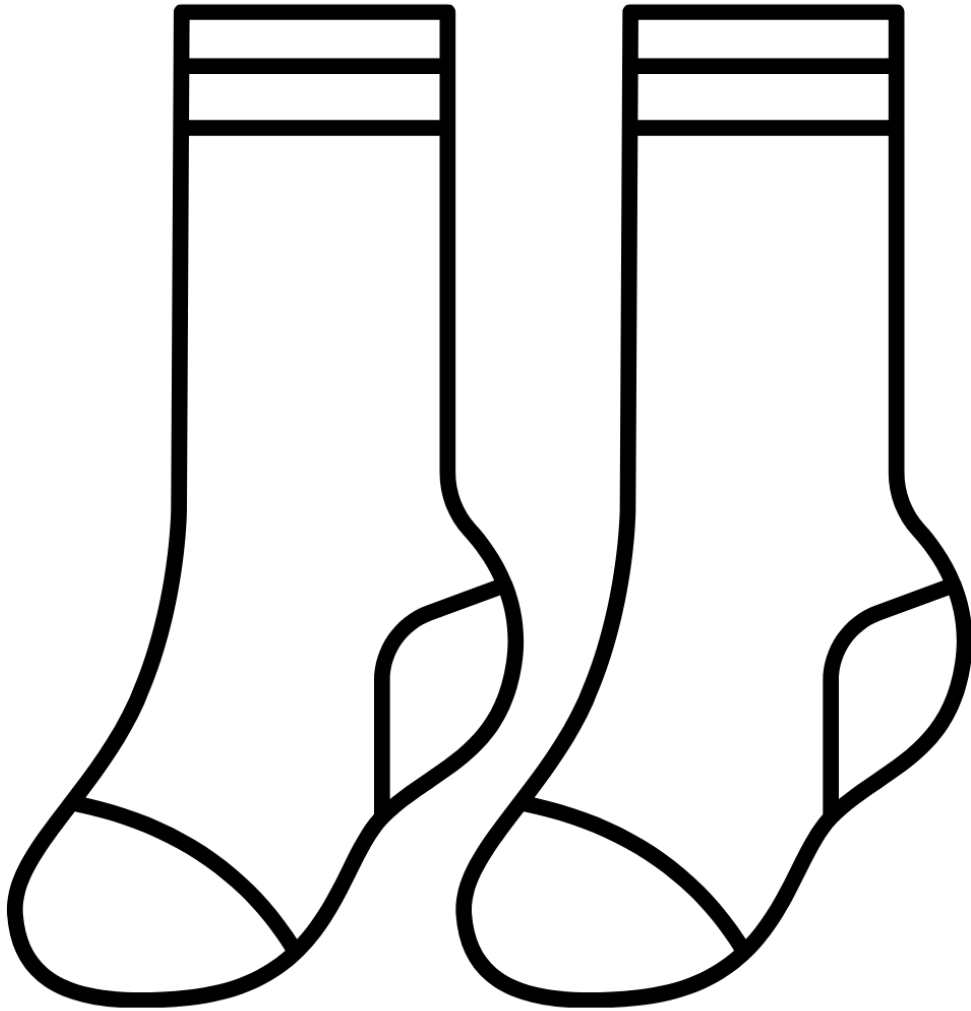
### GUIDANCE NOTES:

- ✔ Begin the session by introducing the PowerPoint All About Down Syndrome. Encourage the students to discuss what inclusion and diversity look like for everyone at school and in the community.
- ✔ Divide the students into small groups for discussion. Use prompts like:
  - **What is Down syndrome?**
  - **Why is inclusion important?**
  - **What are some barriers to inclusion in our school and in our community?**
  - **Why is it important to celebrate differences?**
- ✔ Next, invite students to work individually or in groups. Encourage students to discuss solutions for inclusion in their school and their community.
- ✔ Invite students to represent their ideas on a poster using varied art materials.
- ✔ On completion, display students work.

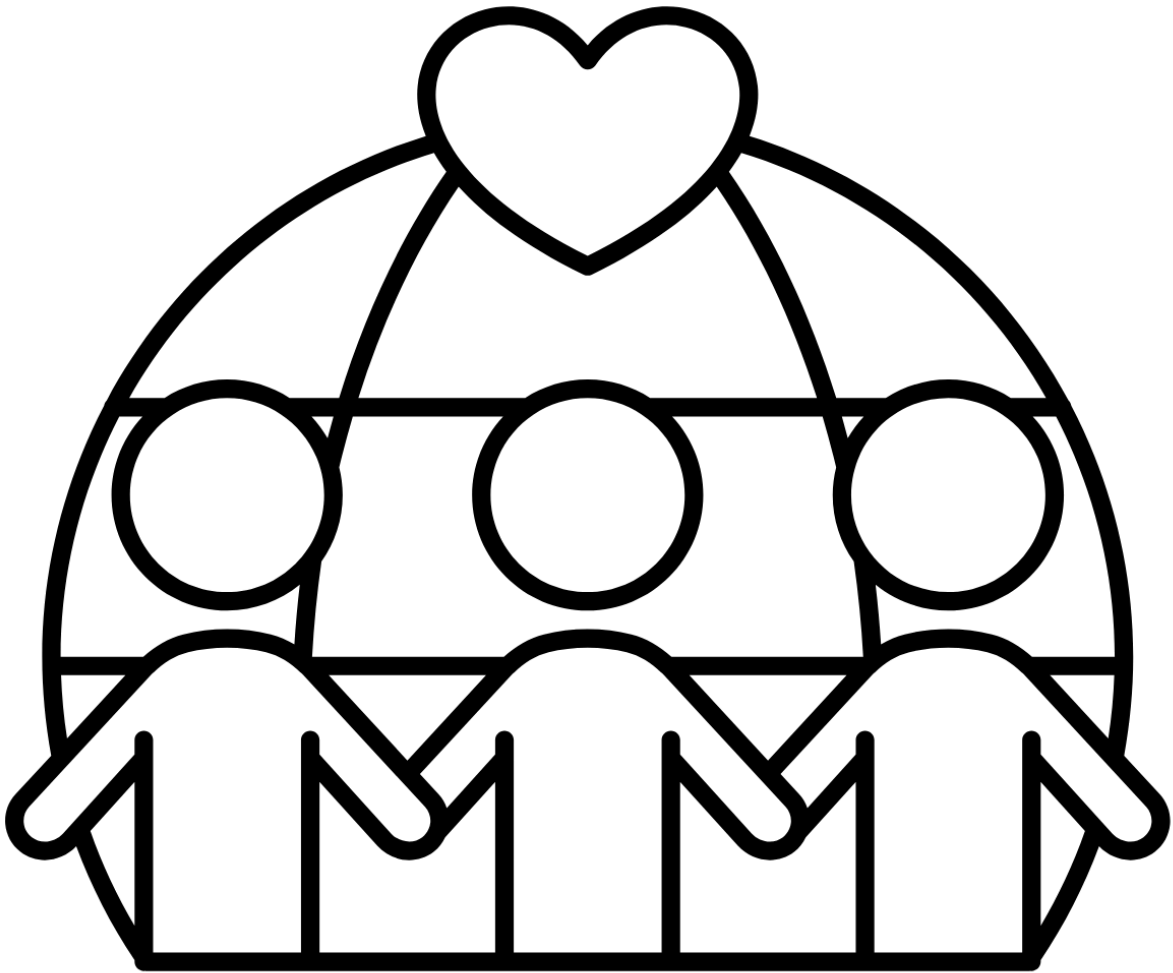




# World Down Syndrome Day



# World Down Syndrome Day



# HOW TO LODGE FUNDS RAISED?

Please bank your funds within 4 weeks of your event so your hard-earned donations can get to work straight away.

## Online Fundraising

If you are raising funds online, the donations are automatically transferred to us monthly so you don't have to worry about lodging your funds.

## Website

Visit <https://downsyndrome.ie/donate/> and use our online form to submit your funds raised using your credit card, debit card or PayPal.

## Cheque/Bank Draft

Drop a cheque or bank draft in the post with your name and address. Our address is **Down Syndrome Ireland, Unit 3, Western Parkway Business Park, Ballymount Drive, Dublin D12 HP70**

Due to new banking procedures all cheques must be made out to **Down Syndrome Ireland**. Please write any further information on the back of the cheque.

## Bank Transfer

Make a bank transfer online or lodge any cash donations by bank with the details below. Please make sure to include your name in the details of the transfer.

**Bank:** AIB

**Address:** Lower Baggot Street Dublin 2

**Name:** Down Syndrome Ireland

**IBAN:** IE75 AIBK 93101217850076

**BIC:** AIBKIE2D

## Post Office

If you lodge your funds in a post office, please email [accounts@downsyndrome.ie](mailto:accounts@downsyndrome.ie) to let us know the date, amount and post office location of your lodgement. These donations are transferred to us anonymously from An Post and we want to be able to acknowledge your amazing generosity.

**THANK YOU**  
for bringing...



**WORLD DOWN SYNDROME DAY**

to your school and joining schools across the country!

## Down Syndrome Ireland

Unit 3, Parkway House, Western Parkway Business Park, Ballymount Drive, Dublin 12, D12 HP70

CRA Number: 20010164 CHY Number: 6062

[downsyndrome.ie](http://downsyndrome.ie)

