

WORLD DOWN SYNDROME DAY

Celebrating our Exceptional Students

On March 21 we "Rock Your Socks" for inclusion and Down syndrome awareness.

We are celebrating our differences! It's ok to be unique and stand out! People with Down syndrome have 3 copies of their 21st chromosome and if you look at the karyotype of Down syndrome chromosomes, they look like mismatched socks.

March 21 = 21st day of the 3rd month

Resources to share with your group:

Feel free to share all of these or just one!



1. Megan's Beautiful Message

"I want the world to know a disability is not a bad behavior or a bad habit, and I want everyone to realize how beautiful they are."

~Megan Bomgaars

Watch Megan's Message Here:

Link: <https://www.youtube.com/watch?v=eyuywM5GR6k> (3 minutes)

Class Discussion: What makes you happy? Encourage different answers! Example: Warm sunny days makes me happy.

We are all unique, see the beauty in our differences!

2. You Are Enough

A great story by Margaret O'Hair about inclusion; inspired by the beautiful life of talented model and actress Sophia Sanchez who has Down syndrome.

YOU ARE ENOUGH READ ALOUD!

Link: <https://www.youtube.com/watch?v=eyuywM5GR6k> (3 minutes)

3. Local Connection: Emily Boycott's Story

Emily is a Special Olympics multi medal winner from the Halton Hills area.

A Story of Courage, Hope and Exceptional Potential /DEBBIE AND EMILY BOYCOTT

Link: <https://youtu.be/I4YdvnCq-TA> (6 minutes)

ROCK YOUR SOCKS

WE LOVE TO DANCE!
IN HONOUR OF
WORLD DOWN
SYNDROME
DAY PLEASE TAKE A
VIDEO OF
YOUR GROUP
DANCING!
USE HASHTAG:
#HALTONSOCKDANCE
OR EMAIL:
Office@haltondown
syndrome.com



We appreciate you taking the time to celebrate our exceptional students and raising awareness about Down syndrome.

