

UNDERSTANDING DOWN SYNDROME?



ONE PAGE ADULT SCRIPT FOR KS2

What is Down Syndrome?

Down syndrome is a genetic condition that people are born with. It occurs when a person has an extra chromosome. Chromosomes are tiny structures in our bodies that carry information about how we grow and develop.

What does it mean?

This extra chromosome affects how the brain and body develop, but it doesn't stop people with Down syndrome from learning, playing, and achieving their goals.. Children with Down syndrome are just as capable of learning, playing, and making friends!

How does it affect learning and development?

- 1 Cognitive skills:** Children with Down syndrome may learn things at a slower pace, especially in areas like reading, math, or problem-solving. They may need extra help with reading, writing, and math, but with support, they can achieve a lot!
- 2 Speech and communication:** They may have difficulty speaking clearly or learning new words but can often communicate well with practice. Sometimes they might use sign language or picture cards to help.
- 3 Physical development:** Their muscles can be weaker, making physical activities like running or jumping more challenging. They might need extra time to practice physical skills, but they enjoy being active just like everyone else.
- 3 Social skills:** They can make friends and enjoy playing with others. Sometimes they need help understanding social rules, but they love being part of the group.



Suggested activities

- **Puzzles and building blocks:** These help with problem-solving and hand-eye coordination.
- **Storytelling:** Acting out scenes from books can be a fun way to practice speaking and listening.
- **Simple sports:** Games like catch or kicking a ball help with physical coordination while being fun.

How can you support?

- **Be patient:** It might take them longer to understand instructions or answer questions.
- **Encourage:** Cheer them on when they succeed in activities, and offer help if needed.
- **Include them:** Invite them to join group activities, games, or projects.

UNDERSTANDING DOWN SYNDROME?

ONE PAGE ADULT SCRIPT FOR EARLY YEARS AND KS1

What is Down Syndrome?

Down syndrome is something some children are born with. It happens because they have an extra chromosome, which is a tiny part of our body that helps us grow.

What does it mean?

This extra chromosome makes them learn and grow a bit differently, but they can still do lots of things, just like you!

How does Down Syndrome affect children?

- 1 Learning:** Some children with Down syndrome take a little longer to learn new things, like reading or counting.
- 2 Speaking:** They might need more time to learn new words and speak clearly.
- 3 Body Strength:** They may find running or jumping a bit tricky because their muscles can be softer.

What can you do to help?

- **Be a friend:** Play together, include them in your games, and be kind. If they seem unsure, show them how to play.
- **Be patient:** Sometimes they need extra time to finish tasks or answer questions.
- **Learn together:** Help them with simple things like taking turns or following the rules of a game. Help them by explaining things in a simple way or showing them how to do something step-by-step.



Suggested activities

- **Building with blocks:** It's great for sharing and improving hand strength.
- **Story time:** Enjoy reading together and talking about pictures.
- **Singing and dancing:** These are fun ways to enjoy music and move together!