



“Just Ask!” | Lesson Plan

Grade Level:

- 1-5

Subject and Topic:

- Social/Emotional Skills
- Community, inclusion, and individuality
- Down syndrome awareness and celebrating our differences

Materials Needed:

- Whiteboard/projector for video
- Worksheets
- Pencils, crayons, and markers

About:

March 21 is World Down Syndrome Day, an annual opportunity to bring awareness about Down syndrome and celebrate individuals with Down syndrome.

Down Syndrome Association of the Heartland is committed to educating our community about Down syndrome and providing resources for schools, business and organizations.

Learn more at dsheartland.org.

Procedure:

- Ask students “When are times that you have needed help?”; “What are examples of when others needed help?”; “How did you respond?”
- Tell students we will be learning about Down syndrome and how we can all make the world a better place, no matter our differences
- Play video “Just Ask”
- Ask students “What is something that makes you different from other people in your family?”, “In your classroom?”, “How do our differences make our communities more interesting and fun?”
- Complete “Flower Art” worksheet and discuss
- Complete “About Me” worksheet and share

References:

- Video: “Just Ask” read by Elizabethtown Independent School Superintendent Paul Mullins
- Worksheet: Flower Art
- Worksheet: About Me

