



# “This is Ella” | Lesson Plan

## Grade Level:

- K-2

## Subject and Topic:

- Social/Emotional Skills
- Down syndrome awareness and celebrating our differences

## Materials Needed:

- Whiteboard/projector for video
- Copies
- 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](http://dsheartland.org).

## Procedure:

- Ask students “Does anyone know what Down syndrome is?”, “Does anyone know someone with Down syndrome?”
- Today, we are learning about Down syndrome, how we all have differences, and how we are have similarities
- Play video “This is Ella”
- Discuss ways that Ella is different and ways she is just like the students
- Complete Drawing Challenge worksheet and share
- Complete Favorites worksheet, compare and contrast with a partner

## References:

- Video: “This is Ella” read by HCS Superintendent Terrie Morgan
- Worksheet: Drawing Challenge
- Worksheet: Favorites

