



“You are Enough” | Lesson Plan

Grade Level:

- K- 3

Subject and Topic:

- Social/Emotional Skills
- Inclusion and acceptance
- 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 “Have you ever felt like you were not smart enough, funny enough, athletic enough, quiet enough, loud enough, silly enough, energized enough... to do something?”, “Do yo have any examples?”
- Today, we are learning about Down syndrome, how we have differences, and how we are all special and ENOUGH.
- Play video “You Are Enough”
- Ask students how book characters were different/the same
- Discuss ways we can all be more accepting, inclusive, and kind
- Complete “I am Enough” worksheet and share
- Complete “Crazy Socks” worksheet and share

References:

- Video: “You are Enough” read by Carrie Brangers, Down Syndrome Association of the Heartland Board Member
- Worksheet: I Am Unique
- Worksheet: Crazy Socks

