



Proud **to be** celebrating

 **October** 

Down Syndrome Awareness Month

#tobe



Welcome to October Down Syndrome Awareness Month!

October is Down Syndrome Awareness Month! Our aim is to promote a better awareness and understanding of Down syndrome, to encourage and support embracing the diversity of those with a learning disability whilst removing any discrimination. Our experience shows that the greater understanding people have, the more tolerant, accepting, and empathetic people become.

This campaign is all about being "Proud to Be." We want to inspire children to think about what they want to be, what they deserve to be, and what they are proud to be. Through engaging activities, we aim to foster a sense of pride and inclusion, celebrating all individual's unique abilities and aspirations.

Our October "to be" campaign runs from 1st October to 31st October 2024.

For any questions or support, please contact fundraising@downsyndromeuk.co.uk Use our hashtag #ProudToBe and tag us on social media to share your activities and join the conversation!

Getting Started

Participating in Down Syndrome Awareness Month is easy and fun! Follow these simple steps to get started:

- 1. Introduce the Campaign:** Share with the children the purpose of the campaign and the theme "Proud to Be."
- 2. Plan Your Activities:** Choose from the activity ideas provided in this pack or create your own.
- 3. Get Creating:** Get involved in the activities, encouraging children to express their individuality and pride.
- 4. Share and Celebrate:** Display the children's work and share photos and stories on social media using #ProudToBe.

Let's make this October a month of learning, understanding, and celebration!

Activity Ideas

Self-Portrait Creations: Celebrate individuality by creating self-portraits.

Materials needed: Mirrors, paper, crayons, pens, or paints.

Instructions: Provide children with mirrors and materials to create self-portraits. Discuss what makes them proud of who they are.

Proud to Be Banners: Make banners showcasing what children are proud to be.

Materials needed: Long roll of paper, pens, stickers etc.

Instructions: Help children create banners that say "Proud to Be" and add drawings or words that describe what they are proud of.

Dress up for Down syndrome day: Encourage children to come dressed up as what they want to be.

Instructions: Organise a day in October as a dress-up day where children can attend in costumes showing different professions or characters and take time to discuss their dreams and aspirations.



More Activity Ideas and How to Share

Story Time

Inclusive Story Time: Read books that celebrate differences and inclusion.

Suggested books: "This is Me" by George Webster, "The Wise Elephant" by Kelly Field (included in our October Awareness resources: masks and pictures to use in further activities).

Instructions: Read the books with children and discuss the themes of inclusion and acceptance.

Include signing into your singing time: Teach the children Makaton signs of one of their favourite nursery rhymes.

Suggested songs: The wheels on the bus, Old McDonald Had a Farm or 5 little ducks

Group Activities

Proud to Be Wall: Create a wall where children can post what they are proud to be.

Materials needed: Bulletin board or wall space, sticky notes or paper, markers.

Instructions: Ask each child to write or draw something they are proud to be and post it on the wall. You could take pictures of the children to post on the wall next to their words or drawing.

Sharing and Celebrating

Show and Tell: Have a special show and tell where children share their proudest moments or achievements.

Instructions: Organise a show and tell session where children can bring an item or share a story about something they are proud of.

SUPPORTING DOWN SYNDROME UK

Your involvement in Down Syndrome Awareness Month can make a significant difference! Here are some ways you can support Down Syndrome UK:

£1 Donation Dress-Up Day: Organise a dress-up day where children can come dressed as what they want to be when they grow up. Encourage a £1 donation from each participant to support Down Syndrome UK.

Bake Sale: Host a bake sale with delicious treats made by the children, parents, and staff. All proceeds go towards supporting Down Syndrome UK.

Sponsored Walk or Activity: Plan a sponsored walk or any other fun activity where children can be sponsored by family and friends for their participation.

Awareness Posters: Create and display posters around the nursery to raise awareness about Down syndrome and the campaign. This can also include information on how others can donate.

Your support goes a long way

£15 Positivity Pack

Pays for a Positivity pack sent to expectant and new parents to celebrate their little ones arrival.

£20 Resources

Pays for resources to a maternity unit ensuring we reach expectant and new parents when they need us.

£50 Makaton

Pays for a Makaton course for a family member to promote communication

Every contribution, no matter how small, helps us to continue to provide resources, support services, and initiatives that make a real difference in the lives of those with Down syndrome and their families.



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**Thank you for
your support!**



Down Syndrome UK. Registered charity 1184564
www.downsyndromeuk.co.uk