



Down Syndrome
New South Wales

Lots of Socks

An information kit for teachers



What is a Lots of Socks Day?

The aim of Lots of Socks day is to raise awareness of Down syndrome among students, staff and the community, as well as raise funds for Down Syndrome NSW via gold coin donations for taking part. It is a day that can promote discussion about the acceptance of all our differences, and what makes us fantastic as an individual.

Down syndrome is a genetic condition that occurs randomly in individuals. Down syndrome means someone has a third copy of their 21st chromosome. This is why World Down Syndrome Day takes place on the 21st of March each year.

Why Lots of Socks?

The idea behind the Lots of Socks initiative is that socks come in all shapes, sizes and designs, just like each of us. This is a comparison that all children and adults alike can understand.

What does this package include?

Within this package you will find:

- Suggestions on how to run your Lots of Socks day.
- A suggested letter for parents.
- A range of ideas and activity worksheets for students.
- Links to resources on Down syndrome to share with students

Where do I send the donation from our school?

Once you have completed your Lots of Sock day and all gold coin donations have been collected and tallied, follow the provided link to our donation page where you are able to easily support our ongoing work.

<https://53785.thankyou4caring.org/support-us>

How to run a Lots of Socks Day

1. At the beginning of March, start promoting Lots of Socks fundraising day in your school. This might include posters around the school, newsletter article and assembly announcements.
2. A week before, send an information letter home to parents outlining the aim of the day. A sample letter has been included in your package.
3. On the day, students bring a gold coin donation and wear their unmatched, loud, colourful, home-decorated socks to school.
4. Students take part in your choice of related activities included in the pack or others that you may design to celebrate difference.
5. If possible, contact your local media to come and take photos of students (we can provide you with details to add to your media release). Use the hashtag #lotsofsocks in any promotion.
6. Following your event, use this link to send your donation through to Down Syndrome NSW. <https://53785.thankyou4caring.org/support-us>
7. After your donation has been received, Down Syndrome NSW will forward you an evaluation form to be completed and a thank you certificate.

We thank you in advance for your support in sharing, and promoting inclusion for all within your school.

Feel free to email photos from the day through to admin@dsansw.org.au .
We would love to share your school and your support on our web page.

Lots of Socks

Suggested information for parents

Saturday 21 March 2020 is International Down Syndrome Day. It is a day to recognise that it is ok to be yourself and to celebrate the difference in others. As a school we are going to be wearing our most amazing, colourful or mismatched socks to celebrate '**Lots of Socks!**'

We will be learning about what Down syndrome is, what it means to someone that has it, and what we can do when we meet someone that may look, or do things a bit different to ourselves.

So, on the _____ of March, bring a **gold coin donation** and wear your most individual, fantastic socks with your school uniform.

Let's show that being different is a good thing and something to be celebrated.

Money raised will be donated to Down Syndrome NSW to help support families and people of all ages who happen to have Down syndrome.

We look forward to seeing your child Rock their Socks!

Thank you for your support,

Lots of Socks

Activity Ideas

Included in this kit:

- Suggestions for early stage 1 and Stage one with printable activities
- Suggestions for stage 2 and Stage 3
- Additional Activities with printable word find and lots of socks advertisement
- Extension ideas for older students

Early Stage 1 & Stage 1

ACTIVITIES

Design your own socks craft.

Print the outline onto card.

Decorate using a variety of craft items.

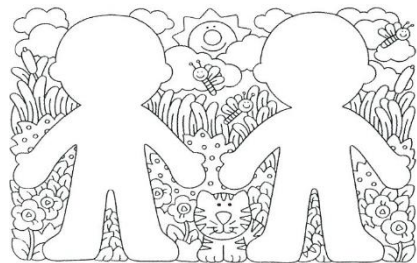
Discuss what makes them different / the same.



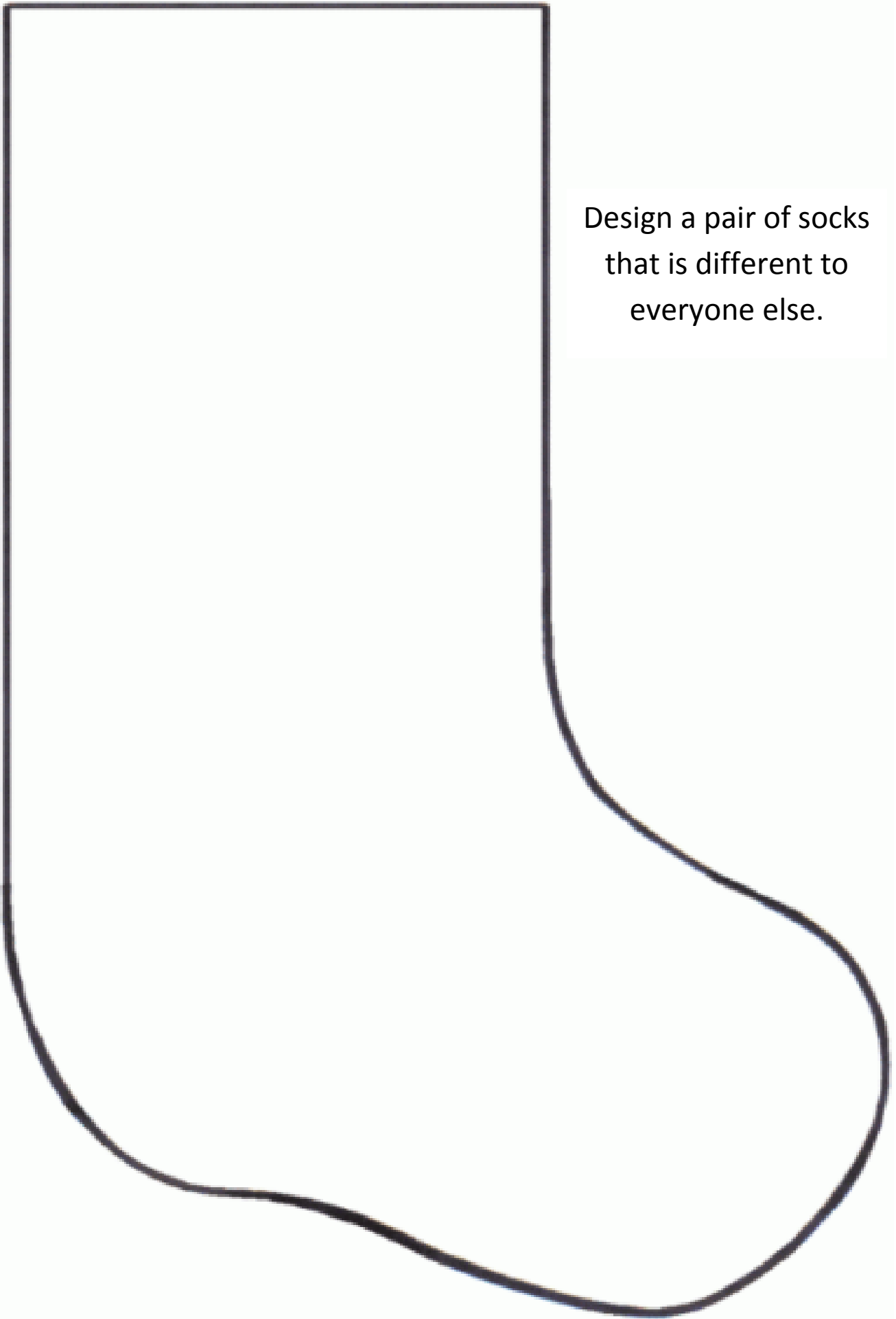
ACTIVITIES

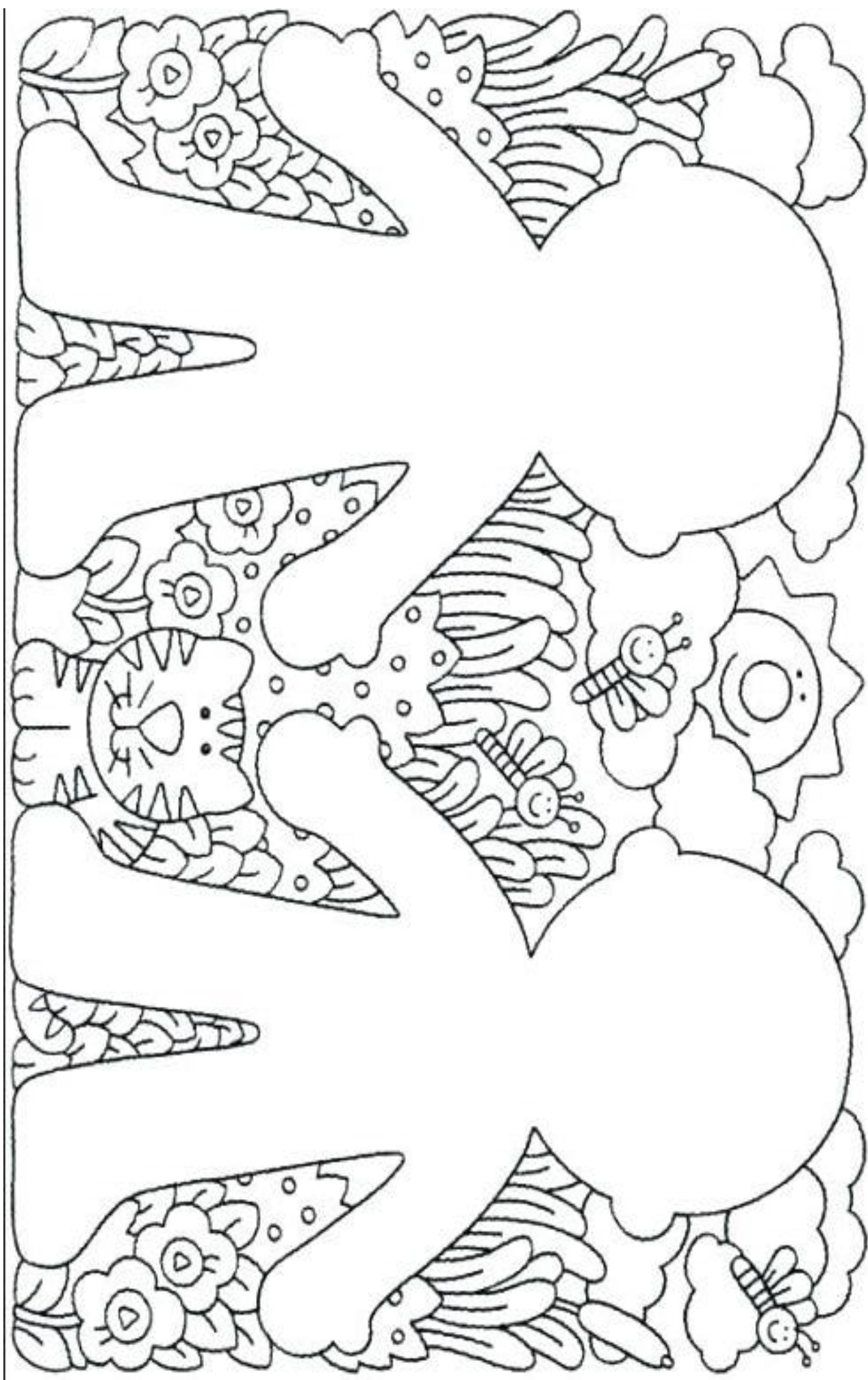
Discuss: What makes you different to your friend?

Use the outline to draw you with your friend. (Friendship colouring pages – thrawn.info)



Design a pair of socks
that is different to
everyone else.





Stage 2 & Stage 3

ACTIVITIES

Found Poetry Using socks

Get students to bring in or design a sock of their own, then follow the ideas to create poetry based on a topic idea of your choice.

You might choose different groups of students to focus on a different type of word e.g. nouns, verbs, adjectives, adverbs etc.

Place each labelled sock into different containers and draw out to create your poems.

<http://www.pbs.org/parents/adventures-in-learning/2016/02/found-poetry-game/>

Make Your Own Sock Puppet

Students bring in an old sock to use to create their own sock puppet.

This link includes a how to video, and a step by step procedure.

<http://www.daniellesplace.com/html/puppets.html>

HEADS UP: You will need preparation prior to this activity for its successful completion.

SUGGESTED EXTENSION ACTIVITY

As a follow up activity, puppets could be used in order to explore script writing in their own play writing exercise.

Lots of Socks



S X M G O I S B J Q Z R L T S M T S K W
 S K V U N P K H S Z R P S Z K B I E C P
 E M T J S V I T N E O R S T O L Q J B S
 N S G T V C L A S N I S O C K S J W P E
 D T D U M U L P R F S R E N N A M C O Y
 N I B N D U E E Y C H R O M O S O M E C
 I H F A E C D T S E S Z R K L P Y B B H
 K E V F T I N Q T U C R T E D F O J S A
 J H D J E E R I T G Y T I V G D K Y X M
 T R C C W R M F M N Q U O Y H N N J I P
 Z U V T K S E Y R O G F W E B D O Y E I
 E U C U F H V N X T F N L T R C R R N O
 S E I L I M A F C N T L Z O M E N K T N
 B L D O E K M F E E O H M Q F L U W L S
 V E J I J C G R Z U X E R Y V L P P O S
 G O N W H D D T K Y I W B E H S S V F D
 D P F K X L P R Z P K Q Z G E X G F J D
 Q T Y G I S U P P O R T G L I V R Z R F
 M W M H R N V N W I Q T Q V S T C J O G
 V T C X Z K V N V D E A Z E B Z Q P N L

ADULTS
 CELLS
 CHAMPIONS
 CHILDREN
 CHROMOSOME
 DIFFERENCE
 DOWN
 FAMILIES
 FRIENDS
 HELLO
 KINDNESS
 LOTS

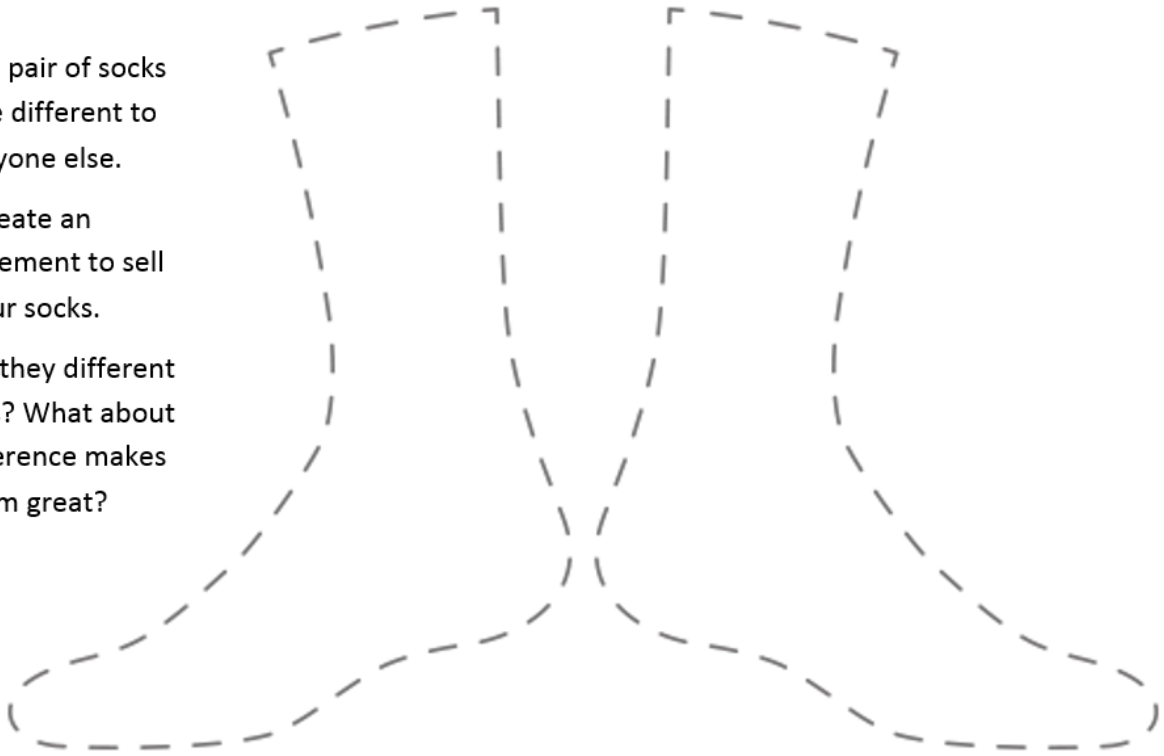
MANNERS
 MUSCLES
 RESPECT
 SKILLED
 SOCKS
 STRONGER
 SUPPORT
 SYNDROME
 THREE
 TONGUE
 TWENTYFIRST

LOTS OF SOCKS

Design a pair of socks that are different to everyone else.

Create an advertisement to sell your socks.

Why are they different to others? What about this difference makes them great?



Advertisement Plan / Design space

Extension Ideas for Older Students

1. Design a product / program that may assist people when communicating with others. Include an advertising program to promote your new development.
2. Write your own script focussed around the acceptance and inclusion of others from all backgrounds and abilities. This short film found at the following link is a fantastic place to start discussion.

https://www.respectability.org/2018/12/short-film-about-playground-inclusion-wins-international-acclaim/?fbclid=IwAR37XJIYFycqB189rDQEbSTIMdRHU_gLfeYiUCwau1KYDn7Iraz4pQtIHLI



3. Design a playground that includes activities that are accessible for people of all abilities. Livvi's Place playgrounds would give some great starting ideas.

<http://touchedbyolivia.com.au/whatwedo/livvisplace/>