



Down Syndrome  
New South Wales

# Lots of Socks

An education package for teachers of school-aged children who have Down syndrome, and their peers.



# 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 21<sup>st</sup> chromosome. This is why World Down Syndrome Day takes place on the 21<sup>st</sup> 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:

- Instructions on how to run your Lots of Socks day.
- A letter for parents.
- A short student and teacher friendly PowerPoint presentation teaching your students about Down syndrome. What it is and how it may affect a person.
- Fun links teaching children sign language to nursery rhymes.
- A range of lesson ideas and worksheets for students.
- Activities that are linked to relevant NSW Syllabus outcomes.
- An evaluation page that we would greatly appreciate you filling out and sending back to us in order for us to improve our package looking towards next year.
- A certificate of appreciation.

## **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. Students bring a gold coin donation and wear their unmatched, loud, colourful, home-decorated socks to school.
4. Students take part in the PowerPoint presentation and your choice of related activities included in the pack.
5. Complete your evaluation form and send back to Down Syndrome New South Wales at the provided postal or email address.
6. Following a fun day, follow the included link to send your donation through to Down Syndrome NSW.

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](mailto:admin@dsansw.org.au) . We would love to share your school and your support on our web page.

# World Down Syndrome Day

## Lots of Socks

Wednesday March 21<sup>st</sup> 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.

Look forward to seeing you rock your 'Lots of Socks'!

Thank you,



Thank you for  
your support.

# Lots of Socks

## Activity Ideas

### **Included in this pack:**

- A choice of lesson ideas for each stage level.
- Included printable pages that relate to the activity.
- Links to further detail relating an activity idea.
- NSW Syllabus Outcome and Indicators that relate to each activity.

# 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.



### **Outcomes and Indicators - CAPA**

#### **Making**

**VAES 1.2** – Experiments with a range of media in selected form.

#### **Appreciating**

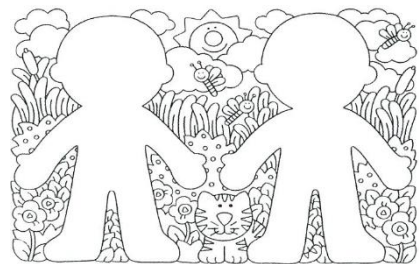
**VAES 1.4** – Communicates their ideas about pictures and other kinds of artworks.

## **ACTIVITIES**

Discuss: What makes you different to your friend?

Use the outline to draw you with your friend.

(Friendship colouring pages – [thrown.info](http://thrown.info))



### **Outcomes and Indicators - CAPA**

#### **Appreciating**

**VAES 1.4** – Communicates their ideas about pictures and other kinds of artworks.

#### **PDHPE**

**Early Stage One** - Skills Outcomes - INES 1.3

Knowledge and Understanding - IRES 1.11

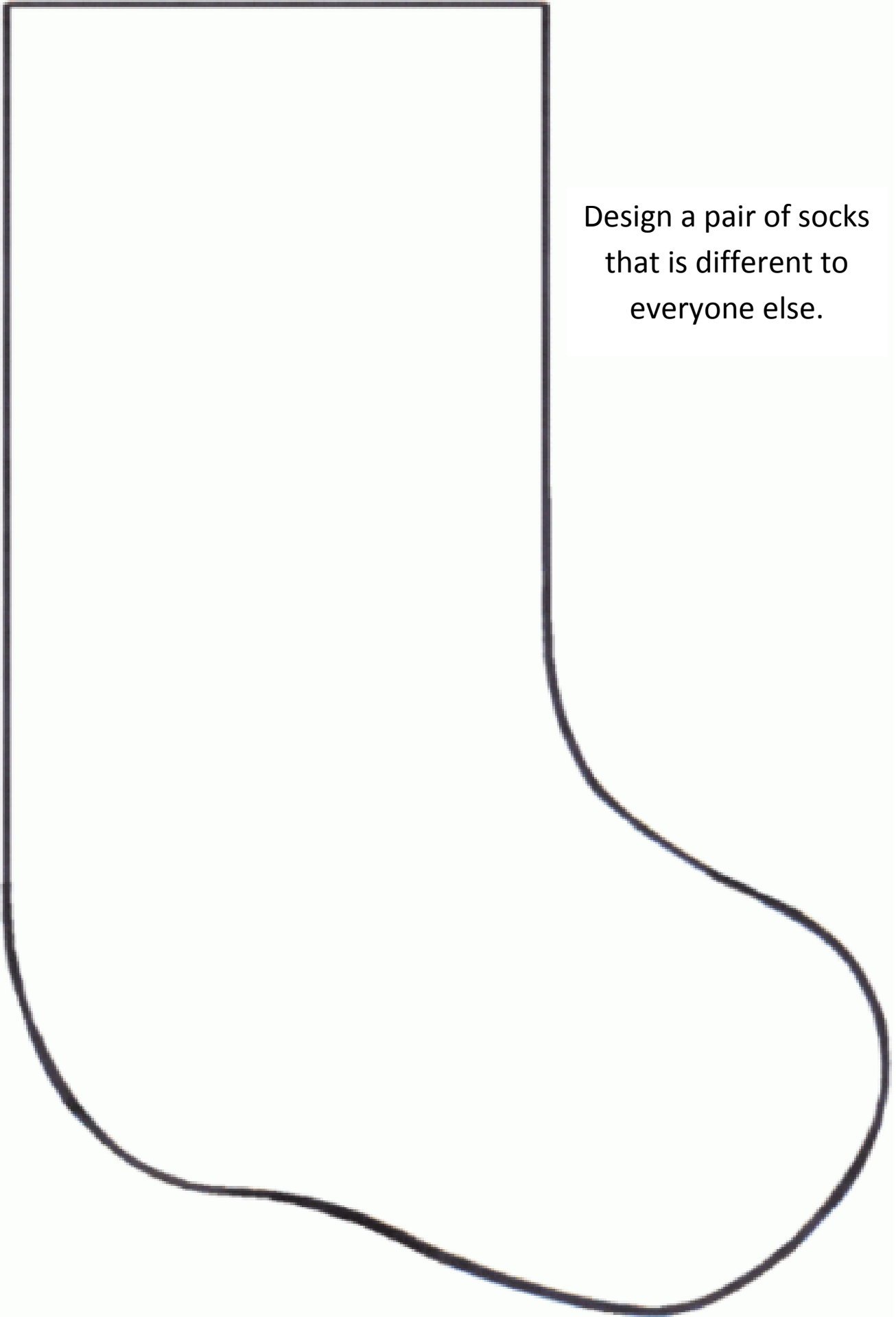
Values and Attitudes – V1, V2

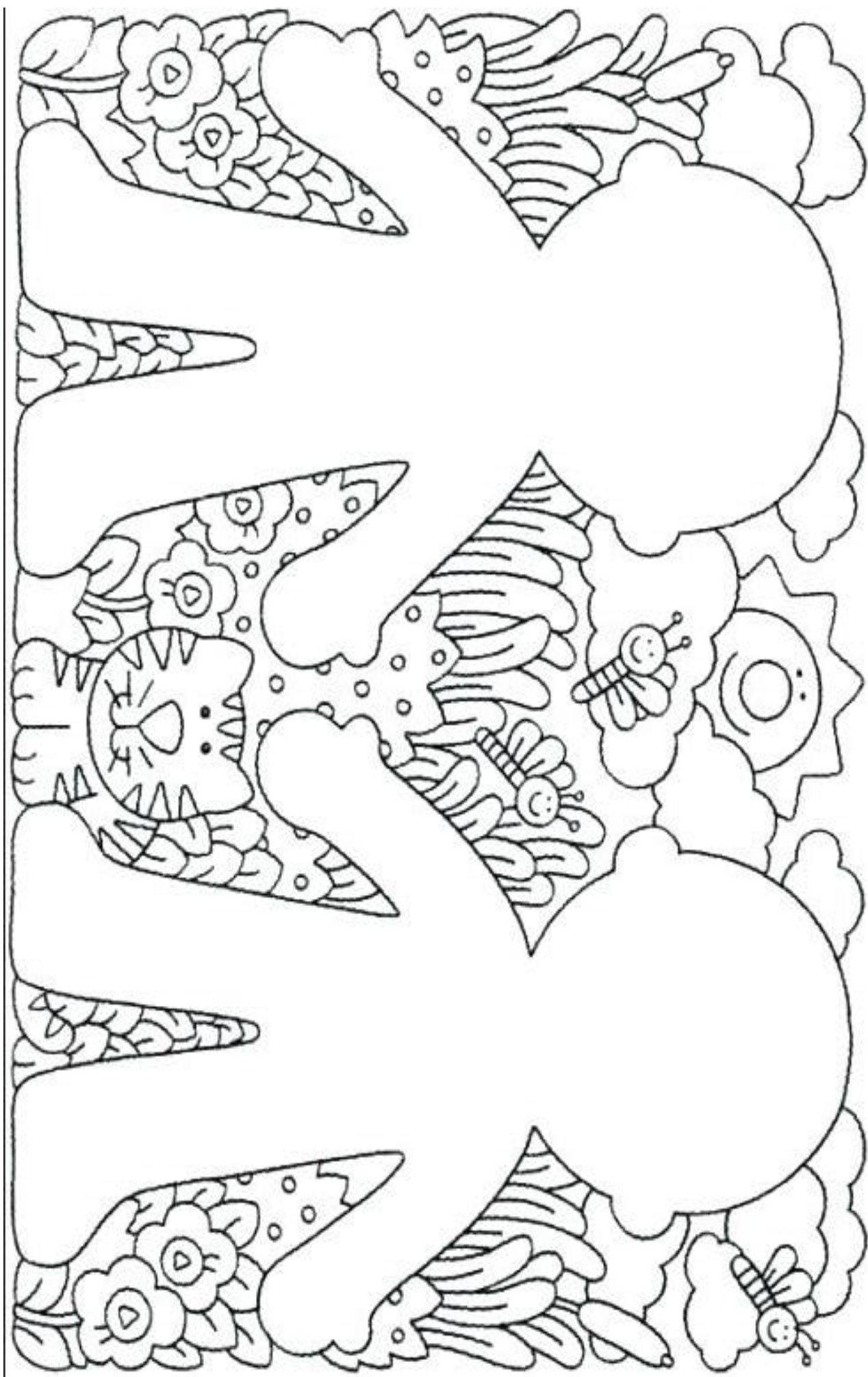
**Stage One** – Skills and Outcomes : INS 1.3

Knowledge and Understanding : IRS 1.11

Values and Attitudes – V1, V2

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 eg nouns, verbs, adjectives, adverbs etc.

Place each labelled sock into different containers and draw out to create your poems. You might try using Down syndrome as your topic after reading through the provided PowerPoint.

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

## **Outcomes and Indicators**

### **PDHPE - Stage 2**

**Knowledge and Understanding** – IRS 2.11

**Values and Attitudes** – V2, V3

### **English - Stage 2**

EN2-10C, EN2-11D

### **PDHPE - Stage 3**

**Knowledge and Understanding** – IRS 3.11

**Values and Attitudes** – V2, V3

### **English - Stage 2**

EN3-7C, EN3-8D

## **ACTIVITIES**

### **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.

### **CAPA - Stage 2**

**Making** – Vas 2.2

**Appreciating** – VAS 2.4

### **CAPA – Stage 3**

**Making** – VAS3.1

**Appreciating** – VAS 3.3

### **SUGGESTED EXTENSION ACTIVITY**

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

## **ADDITIONAL ACTIVITY**

Word Find

Lots of Sock Design and advertisement

# 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

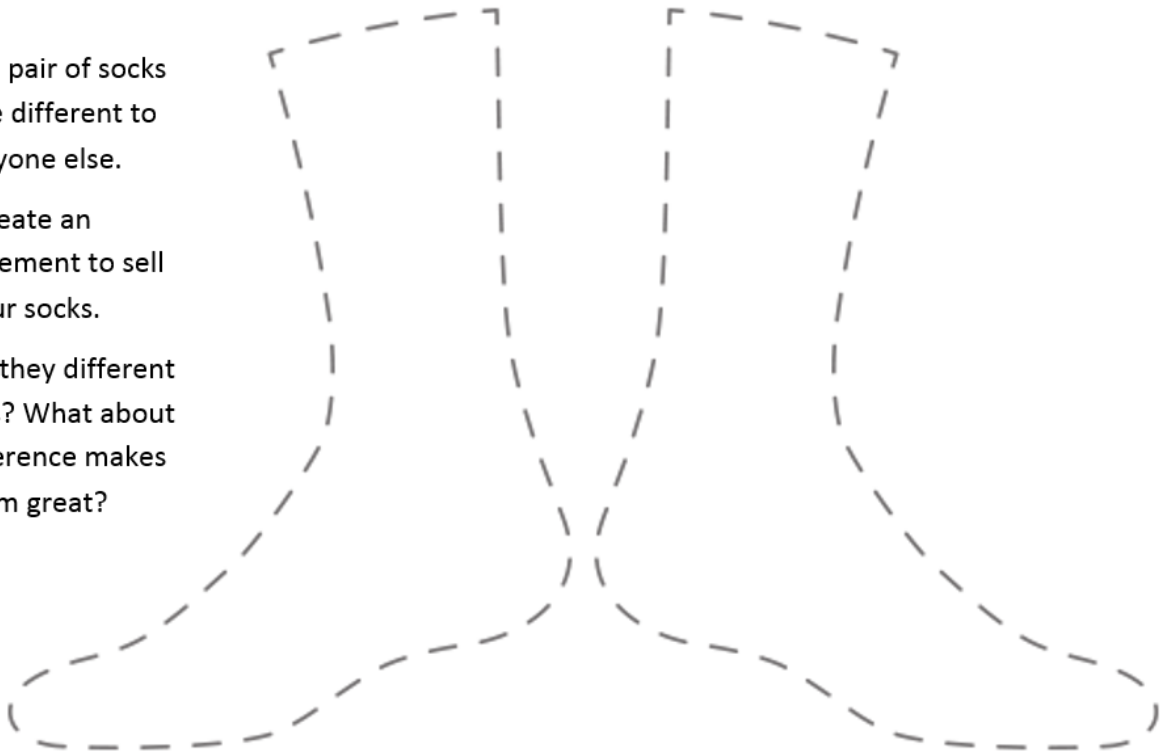
MANNERS  
 MUSCLES  
 RESPECT  
 SKILLED  
 SOCKS  
 STRONGER  
 SUPPORT  
 SYNDROME  
 THREE  
 TONGUE  
 TWENTYFIRST

# 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**

- Design a product / program that may assist people when communicating with others. Include an advertising program to promote your new development.

**Did you find the program easy to follow? Why / Why not?**

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**Was the included PowerPoint easy to teach and explain to students?**

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**Were your students interested overall in the included information and activities?**

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**Did you find this useful for your school? Why / Why not?**

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**Any suggestions or thoughts regarding the Powerpoint or activities that you would like to share?**

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- 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/>

# **Lots of Socks Program Evaluation**

We would love you to please spend 5 minutes of your time to complete the evaluation in order to help us improve anything for future years. Thank you in advance.

**Did you find the program easy to follow? Why / Why not?**

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**Was the included PowerPoint easy to teach and explain to students?**

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**Were your students interested overall in the included information and activities?**

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**Did you find this useful for your school? Why / Why not?**

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**Would you be willing to participate in Lots of Socks next year?**

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**Any suggestions or thoughts regarding the PowerPoint, activities or package in general that you would like to share?**

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Thank you for taking the time to fill in the evaluation.

Most importantly thank you for taking the time to make a difference in the lives of those with Down syndrome.



Down Syndrome  
New South Wales

*Thank you for your support  
and participation in the  
2019 Lots of Socks event.*

