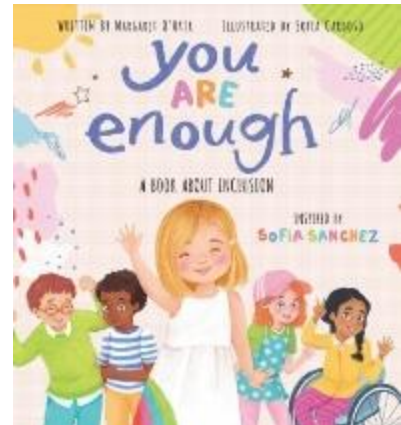


# You Are Enough



## Questions

- Use the questions in the back of the book.
- If you meet someone with Down syndrome, how can you be a friend to them? (don't stare at them because they may look a little different, don't laugh at them when they are struggling, ask them to join at recess, lunch, classroom, talk to them like you would anyone else)

## Extensions

- YouTube video:  
<https://www.youtube.com/watch?v=Q4p9GyWXWcw&t=86s>
- Talk about the appropriate way to talk about a person with a disability, like Down syndrome. Person First Language. "They boy with Down syndrome. The girl in a wheelchair."
- Use the link in the back of the book ([www.ndss.org](http://www.ndss.org)) and explore their website.