

Down Syndrome Ribbon

Girl Scouts for All Appreciation Series Patch Program Ribbon 7

1. Participate in 2 of the following activities and discuss how this impacted you.
 - Place a large marshmallow in your mouth. Talk with a friend about something they don't already know about you.
 - Try to write 2 sentences with your nondominant hand as they are dictated to you. Do not repeat the sentences but offer them at the normal speed that you would anticipate someone should keep up.
 - Place cotton balls in your ears and then have a conversation with a friend. Also try to hear what someone is saying at the front of the room.
 - Put socks on your hands and try to tie your shoes.
2. Watch the YouTube video, *Just Like You-Down Syndrome* at <https://www.youtube.com/watch?v=5M--xOyGUX4> Discuss what you learned.
3. Read a book about Down syndrome. Some suggestions are *47 Strings* by Becky Carey, *We'll Paint the Octopus Red* by Stephanie Stuve-Bodeen, *My Friend Has Down Syndrome* by Jennifer Moore-Mallenos, *Be Good to Eddie Lee* by Virginia Fleming, *Count Us In: Growing Up with Down Syndrome* by Jason Kingsley who is 19.
4. Research successful people with Down syndrome such as Karen Gaffney, Lauren Potter, or entrepreneurs found at <http://downsyndromeiscool.com/r-u-an-entrepreneur/entrepreneurs-with-ds/>, or <http://people.com/human-interest/heroes-among-us-bullied-teen-with-down-syndrome-brandon-gruber-triumphs/>
 - Share the information with the troop.
5. Participate in the Buddy Walk held in October.
 - For exact dates and information, go to <http://www.dsact.org/#better-together>
6. Volunteer at the Buddy Walk held in October.
 - For exact dates and information, go to <http://www.dsact.org/#better-together>
7. Celebrate World Down Syndrome Day, held on March 21st (because Down syndrome is the 3rd copy of the 21st chromosome)
 - Wear crazy socks on World Down Syndrome Day. This is to draw awareness to Down syndrome. Any crazy socks or mismatched socks are great! <https://worlddownsyndromeday.org/lots-of-socks>
 - Participate in Random Acts of Kindness also; <https://worlddownsyndromeday.org/random-acts-of-kindness-united-states>
8. Watch Megan's message, "Don't Limit Me!" on YouTube. Share your thoughts with others in your troop. <https://www.youtube.com/watch?v=YOWDfnoek6E>
9. You can usually recognize someone with Down syndrome by their appearance. People immediately know that you are "different". Sometimes strangers can give you looks of disapproval or curiosity. Dress in some unusual way for an hour or so and go out in public. How do people react with mismatched clothes, torn clothes, outlandish makeup, unusually colored hair? All things that people see instantly without even talking to you or knowing you. How do they react? How does this make you feel? What would you like to tell people?
 - Maybe you would want to share a short written statement explaining that you are a Girl Scout learning what it is like to be judged not for who you are but how you look.
10. Watch an episode of *Born This Way* on A & E. Discuss what you learned.