



Compassion Experience

with

Chromosome Kids Like Me



The Compassion Experience was created to develop a sense of understanding and compassion among grade school age peers. Because every child is unique, feel free to customize the experience to better fit your child.

Items Needed:

- Chromosome Kids like me book (provided by the Dup 15q Alliance)
- Coloring socks (provided by the Dup 15q Alliance)
- 1 sock for each kid in the classroom

Read "Chromosome Kids like me" book together (provided by the Dup 15q Alliance)

Just like the book said we all have 23 matching pairs of chromosomes that match just like a pair of socks. Sometimes people can have extra pieces, missing pieces or mismatched pieces. This is called a Chromosome disorder.

Insert child's name has a chromosome disorder called Dup 15q Syndrome. That is just a really big word that means he/she has an extra sock.

Having that extra piece means things that might be easy for you and me, might be harder for Insert child's name. Like using words to tell you what he/she is thinking. Sometimes the words get jumbled up in that extra sock and he/she can't get them out or might repeat himself/herself to you.

Volunteer: Imagine trying to tell mom or dad you want a peanut butter and jelly sandwich without talking or drawing a picture. (ask student to show how they would tell their parents they want a sandwich) Tough Right? Not having all the words to tell someone if you are hurt, sad or mad can get pretty frustrating.

Volunteer: How would do you tell someone if you were mad or sad if you didn't have the words? (ask student to show how they would non-verbally show each emotion) How would you tell someone you were happy or excited?

Insert child's name explain how your child shows they are happy, sad or mad examples: Happy - may jump up or down, clap hands, let out excited noises. Mad- Stop feet, yell out, make fists and shake. Sad - May cry, shout out, not want to be touched.

So if we see friends who may be doing some of these things, it doesn't mean they are misbehaving. They may just have a hard time finding their words. Insert child's name loves making new friends. Insert child's name also loves music and animals and when friends are kind. Can we all promise to be kind everyone? When we see a friend that needs some help, we help. Right?

Volunteer Activity- Sometimes having this extra sock makes it hard for Insert child's name to use their muscles for things like walking, sitting or using his/her hands. Give each child a sock and a sock paper for them to color - Ask each child to put the sock on their nondominant hand, write their name the top of the page and color in their sock.

After 5 mins ask everyone to hold up their colored sock and look around. Do you see any socks that look exactly like another someone else's? No, there are some that are close and look similar but there are no two socks alike, we are all unique!

Let's watch a video that can help explain how all of us are unique and a little more about insert child's name. Watch Amazing things happen video (about 5 mins long) This video is about Autism and is available in multiple languages.