



Try signing with Makaton

Practise using Makaton with George Webster.

On 21 March it is World Down Syndrome Day, which raises awareness and celebrates people with Down syndrome. This is a genetic condition, meaning it is something that people are born with. People with Down syndrome, like everyone else, have their own strengths, talents, personalities and abilities. World Down Syndrome Day is about celebrating this. There are thought to be around 60,000 people in the UK with Down syndrome.

George Webster became the first person with Down syndrome to be a CBeebies presenter in 2021. He is also an actor and has co-authored four books.

The latest instalment in his young-fiction series, *George and the Dragons: Lava Goes Wild!*, is inspired by his own childhood. George wanted to write stories that show what it's like to be a young person with Down syndrome. His books contain Makaton, a communication tool that George used when he was growing up, like lots of people with Down syndrome do.



Makaton combines speech, signs and symbols to help people who struggle to communicate. Makaton is used by around one million people in the UK, helping them express themselves independently and be more included in conversations. Here, George has shared how to say four words in Makaton. When using Makaton you have a "dominant hand", which is the one you would use to write with. To find out more, ask an adult to visit makaton.org



Hello

Take your dominant hand and place it up alongside your dominant shoulder, with your palm facing out. Then move this hand out, away from your body slightly, in a one-direction wave.



Friend

Hold both of your hands in front of the body as if you are doing a handshake with yourself. Your dominant hand should be at the front. Then shake them up and down.



Book

Place both your hands together, palm to palm in front of your chest (like a closed book). Then open your hands, keeping your little fingers touching (as if you're opening a book to read).



Love

Cross both your hands over your chest (as if you're hugging yourself). Put your non-dominant hand to your dominant shoulder and your dominant hand to non-dominant shoulder.

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SCAN ME