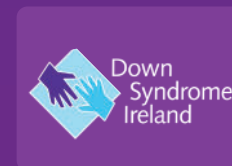




Benefits of “Acting Out”

- Expanded emotions vocabulary
- Increased self-expression
- Prevention of skill regression
- Enhanced overall wellbeing
- Sense of oneness with peers - understanding they are not alone
- Development of real and lasting friendships



“Individuals with Down Syndrome experience the same range of emotions as their peers. However, they may face particular challenges in expressing and understanding emotions due to cognitive and communication differences such as the ability to process emotional cues, non-verbal cues such as body language and facial expressions, identify and label the emotions they feel, and know how to apply self-regulation strategies. Despite these challenges, individuals with Down Syndrome can learn to better express and understand their emotions. This needs to start before challenges are faced and not after.”



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“Acting Out”
Developed by Down Syndrome Tipperary
in collaboration with Emily Matthews,
Dwan Academy, supported by Irish Hospice
Foundation and Creative Ireland

Susanna Stokes, Senior Speech Specialist
11 years, Down Syndrome Tipperary

Clár Éire Ildánach
Creative Ireland
Programme



“Acting Out”

Supporting
People with Down
Syndrome Through
Big Emotions Seen
as Loss & Grief



Benefits of “Acting Out”

“Acting Out” is a targeted programme designed to support people with Down Syndrome to cope with difficult, complex emotions such as loss and grief.

In a group setting, individuals learn to utilise the tools of creative play (acting, miming and puppetry) to explore their feelings of sadness, longing, happiness and enthusiasm among others. Individuals begin to name, express and embrace their feelings, resulting in a feeling of empowerment, and enhanced self-esteem.

Now Down Syndrome Tipperary wants to bring “Acting Out” to other branches of Down Syndrome Ireland.



Bring “Acting Out” to Your Branch of Down Syndrome Ireland

- Identify branch participants (suitable for age 5 up to adults)
- Identify Creative Play Tutor through collaboration with Youth Theatre Ireland
- Creative Play Tutor completes workshops with Emily Matthews
- Run “Acting Out” programme locally

What to Do Next



Register

Register your interest with Down Syndrome Tipperary: TippAdmin@DownSyndrome.ie



Identify

- Identify branch participants
- Identify Creative Play Tutor at Youth Theatre Ireland



Train

Train Creative Play Tutor (Workshop with Emily Matthews)



Run
“Acting Out” in
Your DSI Branch

