



MARCH 21

**WORLD
DOWN SYNDROME DAY**

Ideas for the Classroom

www.dsagc.com/321School

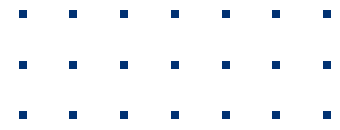
World Down Syndrome Day is held on March 21 (3/21) of each year to signify the third copy of the 21st chromosome. This is a day to create awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities. Many utilize awareness days like these to promote the point that people with Down Syndrome are more alike than different. And while that's largely true, we shouldn't lose sight of the fact that sometimes differences make all the difference.



The world is big and we are all, hopefully, adding value to it in our own different ways. World Down Syndrome Day is an opportunity for us to remind the world that people with Down syndrome should have all the same opportunities to grow and learn alongside one another. It's important not to lose sight of how important differences can be and what they can mean to the world while advocating the best for our loved ones.

Here's to World Down Syndrome Day - may it be a day where we are reminded to be inclusive and kind to those who we see to be the same or different than ourselves.

Ways to Celebrate



1 Invite us to your school

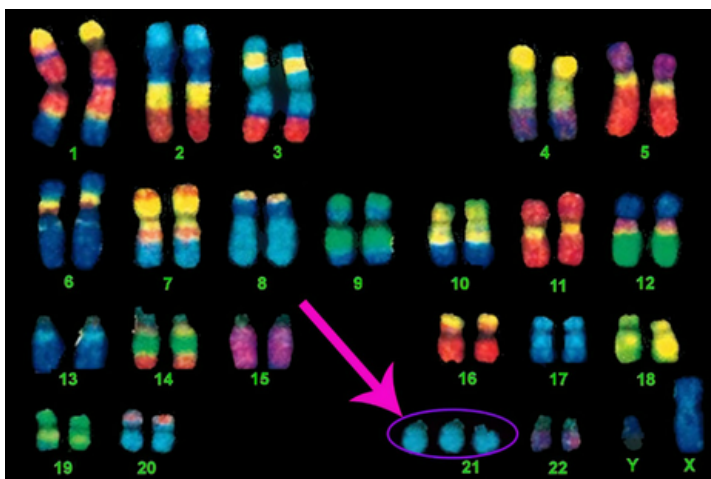
We'd love for you to invite the Down Syndrome Association of Greater Cincinnati to your school! We can provide in class peer presentations to enhance students' and teachers' understanding of Down syndrome. In addition, we can provide staff support for learning strategies, behavioral interventions, and IEPs. We can also observe and problem solve with the parents and staff to aid student success. [Contact us](#)

2 Rock Your Socks

This idea was created because chromosomes are shaped "like socks" and people with Down syndrome have an extra chromosome. People all over the world wear colorful, attractive, mismatched socks on WDSO to get noticed and get conversations going about Down syndrome.

[Rock Your Socks Flyer \(pdf\)](#)

[Rock Your Socks Coloring Sheet \(pdf\)](#)



3 Read Inclusive Books

All books can be found on YouTube with a read aloud. Please preview all books - as you know best what is most appropriate for your students.

A Friend like Anian

by Meeka Caldwell

Different—A Great Thing to Be!

by Heather Avis (free on Audible)

Hannah's Down Syndrome Superpowers

by Lori Yarborough (free on Kindle Unlimited)

My Friend Has Down Syndrome

by Amanda Doering Tourville (free on Kindle Unlimited)

My Friend Isabelle

by Bryan Gough

My Sister, Alicia May

by Nancy Tupper Ling

Teeny Tiny Pieces

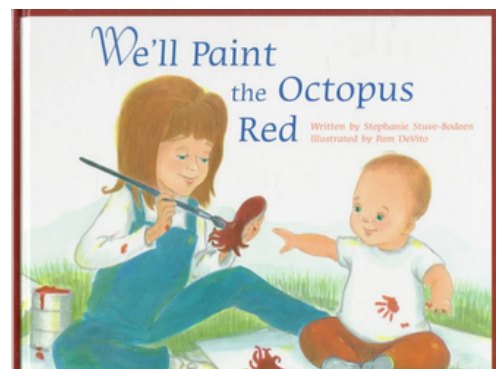
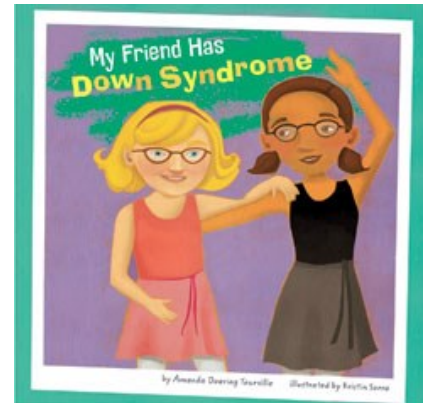
by Maria Dillon

We'll Paint the Octopus Red

by Stephanie Stuve-Bodeen

What's Inside You Is Inside Me, Too: My Chromosomes Make Me Unique

by Deslie Webb Quinby (free on Kindle Unlimited)



4 Other Fun Ideas

- Host a Kid's Fun Run or Walk around the track or playground.
- Create an awareness display(s).
 - [3/21 Awareness Poster](#)
- Wear Buddy Walk shirts or blues and yellows on 3/21.
- Spread kindness for 21 days leading up to 3/21.
- Encouraging notes on lockers and teachers' desks.
- Kindness rocks placed around the playground or entry ways – great idea for a class art project.
- Share Students' successes on your district Social Media to help educate the broader school community about Down syndrome.
- Send home fact sheets or ways your class is celebrating.
 - [Down Syndrome Fact Sheet](#)

