



World Down Syndrome Day
School Activity and Celebration Ideas
World Down Syndrome Day is March 21st

- Involve Student Leadership / Kindness Committee / Diversity Committee in planning
- Schoolwide Banner/Bulletin Board about WSD
- Wear DS awareness colors, blue and yellow, or Down syndrome awareness themed [attire](#)
- Rock your Socks!
 - Have a mismatched socks day, make sock puppets or do a sock drive
 - Can make socks into cupcakes and donate to a local homeless shelter
- Spirit week - Team Up for Down Syndrome (team jersey), Be An Individual (mismatched clothes), Put Bullying To Bed (pajama day), Blend Together For Down Syndrome (tie dye clothes), We All Fit Together (yellow and blue clothes)
- Have an assembly or bring in a guest speaker
- Random acts of kindness
- 3 minute and 21 second movement activity
- [Print / Download handouts from the DS ACT website](#)
 - WSDS flyers
 - WSDS coloring worksheets
 - 21 Facts about Down syndrome
 - Morning announcements: Share facts about Down syndrome. Some schools read 1 fact a day leading up to WSDS over the intercom
 - Book and Video Recommendation list
 - Read books in classrooms or the library or record someone reading and share it.
 - Set up a special reading area in the school library with books that are about Down syndrome or have characters with Down syndrome in them.
- Download and print the '[NDSS Coloring Book](#)' by the National Down Syndrome Society
- [Down Syndrome Awareness Kahoot Game](#)
- [Order Blue and Yellow Ribbon Stickers](#)
- [Middle & High School level activity – Special Olympics and Best Buddies - Make a pledge to inclusion.](#)
 - [Show Video about the pledge](#)
- [For Middle & High School - Best Buddies program](#)
- **Kindness Rocks** - Have students paint kindness rocks. The school community can make a kindness garden or give the rocks to others.
- **Plant Seeds Activity** - Message “We all start off as a seed and blossom into someone individual and unique but when we come together much like a garden we make a beautiful community.”
- Host your own whole school “Step Up for Down Syndrome Walk” around your school building
- High School Career Center- Diversity and Inclusion in the workforce
 - Career spotlight for professions that enhance the lives for individuals with disabilities
 - Occupational Therapy, Speech Therapy, Physical Therapy, Teaching, Social Work, Medical fields, etc.