

Activity Leader Guide

Companion to the Upper Elementary Teacher Guide



Everything you need to lead the six whole-class activities from the Upper Elementary Teacher Guide: prep checklists, materials, scripts, ways to include every student, and all the printables. Many activities are student-led!

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PLAN IT

Planning overview

These activities lean on student leadership. Your students do the teaching, announcing, and designing, and you coach.

MASTER SUPPLY LIST

- ☐ Copies of all printables
- ☐ Poster paper or a large printer for the pledge
- ☐ Colored pencils, markers, and fine-tip pens
- ☐ Tape or display space for a sock gallery
- ☐ A pile of socks + one extra (for Teach a Younger Class)
- ☐ PA system access (for the announcement)
- ☐ Tally sheet + clipboard

TIMELINE

- 1 2–3 weeks before**
Pick your date (March 21, 2027 is a Sunday, so most schools celebrate Friday, March 19). Book a K–2 buddy class and a PA slot.
- 2 1 week before**
Send family notes. Students draft the announcement and practice the Sock Mystery game.
- 3 3.21 week**
Math, pledge, sock gallery, and buddy teaching. The announcement airs early in the week.
- 4 Celebration day**
Rock Your Socks Challenge, tally the results, and share with #Celebrate321.

SAMPLE 3.21 WEEK

Mon

Lesson + announcement airs

Tue

Chromosome Sock Math

Wed

Design-a-Sock Showcase

Thu

Teach a Younger Class

Fri

Rock Your Socks Challenge + Pledge

SAFETY & LOGISTICS

- Preview student scripts and posts for accuracy and person-first language.
- Coordinate buddy-class time with the other teacher.
- Follow your school's photo policy. Feet and artwork photos avoid faces.

THE HEART OF EVERY ACTIVITY

The goal is to move from **awareness to action**.

Close each activity by asking: “What did we DO to make someone feel like they belong?”

ACTIVITY
1

Chromosome Sock Math

Real multiplication and addition problems built around 46, 47, and 3.21, plus students write their own.

20 MIN

INDIVIDUAL + PARTNERS

DESKS

MESS: NONE

GET READY

- ☐ Copy the **Chromosome Sock Math** page for each student.
- ☐ Have a karyotype image (or the Sock Matching Game sock chart) ready to project.
- ☐ Calculators optional for problem 3.

MATERIALS

- Student math page
- Karyotype image
- Scratch paper

MAKE IT WORK FOR EVERYONE

- Offer multiplication charts or calculators for problem 3.
- Challenge: How many chromosomes in our whole school?
- Pair students who prefer talking through math with a “think-aloud” partner.

LEAD IT

1

Warm up

Project the karyotype image.

SAY

How many pairs do you see? If each pair has two, how many in all?

2

Model problem 1

Solve 23×2 together. Then ask what changes for someone with Down syndrome.

3

Work time

Students solve problems 2–5 independently, then check with a partner.

4

Write & trade

Students write their own 3.21 problem (problem 6) and trade with a classmate.

SAY

Best problems get posted on the math wall!

WRAP UP & FOLLOW THROUGH

Post student-written problems as a “3.21 Problem of the Day” all week.



Photo moment: Student-written word problems on the wall.

ACTIVITY

2

Class Inclusion Pledge

Students write the pledge together, sign it, and hang it by the door for 3.21 and all year.

15-20 MIN

WHOLE CLASS

MEETING AREA

MESS: LOW

GET READY

- ☐ Print the **Inclusion Pledge** poster (enlarge to 11x17 or bigger if you can).
- ☐ Have chart paper ready for brainstorming.

MATERIALS

- Pledge poster
- Chart paper + markers
- Fine-tip markers for signing

MAKE IT WORK FOR EVERYONE

- Students can sign with a drawing or symbol.
- Offer sentence frames for students who need them.
- Translate the pledge for multilingual families.

LEAD IT

1

Brainstorm

Review the Included vs. Just There chart.

SAY

What does a truly inclusive class DO? Let's turn our ideas into a pledge.

2

Vote on lines

Students suggest endings for each pledge line. The class votes on the strongest ones.

3

Write it

A student volunteer writes the final lines on the poster.

4

Sign it

Everyone signs, including you.

SAY

Signing means we're promising to DO this, not just say it.

WRAP UP & FOLLOW THROUGH

Hang the pledge by the door. Revisit it monthly: are we living it?



Photo moment: The signed pledge on the door.

ACTIVITY

3

Design-a-Sock Showcase

Each student designs a sock that shows what makes them unique, with an artist statement. Together they become a hallway gallery.

30-40 MIN

INDIVIDUAL

ART TABLES

MESS: MEDIUM

GET READY

- ☐ Copy the **showcase card** on cardstock.
- ☐ Gather colored pencils, markers, and collage supplies.
- ☐ Reserve hallway display space.

MATERIALS

- Showcase cards
- Art supplies
- Tape or push pins

MAKE IT WORK FOR EVERYONE

- Allow digital design or collage.
- Students can dictate artist statements.
- Offer a pre-drawn pattern menu for students who feel stuck.

LEAD IT

1

Inspire

Show 2-3 very different sample socks.

SAY

Your sock should say something about YOU: your hobbies, your family, your favorite colors.

2

Design

Students design their sock (20 minutes).

3

Artist statement

Students fill in the card: what their sock shows, one way they're different, one way they're like everyone.

4

Gallery walk

Display together. Students leave kind sticky-note comments on three socks.

SAY

Look: no two alike, and together they look amazing.

WRAP UP & FOLLOW THROUGH

Title the display "Different Looks Good Here" and invite other classes to visit.



Photo moment: The whole sock gallery in the hallway.

ACTIVITY

4

Student-Led Announcement

A small team writes and reads a 60-second morning announcement about 3.21.

PREP 20 MIN + 1 MIN ON AIR

TEAM OF 3-4

CLASSROOM + PA

MESS: NONE

GET READY

- ☐ Book a morning announcement slot with the office.
- ☐ Copy the **announcement script** page.
- ☐ Pick a team (or hold quick auditions!).

MATERIALS

- Script page
- Timer
- PA access

MAKE IT WORK FOR EVERYONE

- Students who don't want to speak can write, time, or run the mic.
- Record it ahead of time if live is too stressful.
- Consider a daily fact series all week.

LEAD IT

1

Read the sample

Read the sample script aloud to the team.

2

Draft

The team fills in the template in their own words.

3

Check it

Review for accuracy, person-first language, and length.

SAY

Would a first grader understand this? Would a family with a child with Down syndrome feel good hearing it?

4

Rehearse & air

Practice twice with a timer, then go live!

WRAP UP & FOLLOW THROUGH

Post the script in your classroom. Share it with families in your newsletter.



Photo moment: The team at the mic (check permissions), or the script itself.

ACTIVITY
5

Teach a Younger Class

Your students lead the Sock Mystery game with a K-2 buddy class and become the experts.

20-30 MIN

PAIRS OF LEADERS

K-2 CLASSROOM

MESS: LOW

GET READY

- ☐ Schedule with a K-2 teacher.
- ☐ Copy the **student leader cue cards**.
- ☐ Pack sock kits: 5-8 pairs plus one extra sock per group.
- ☐ Practice the game in your class first.

MATERIALS

- Leader cue cards
- Sock kits
- Optional: Kids Activity Pack coloring pages

MAKE IT WORK FOR EVERYONE

- Pair confident speakers with students who prefer to handle the socks.
- Offer the cue card in large print.
- Allow a teacher to co-lead any group that needs it.

LEAD IT

- 1 Practice run**
Leaders practice with each other using the cue card.
- 2 Meet buddies**
Leader pairs sit with 3-4 younger students.
- 3 Play & explain**
Leaders run the game and explain the extra sock.
- 4 Debrief**
Back in class, ask what went well.

SAY

What questions did the little kids ask? How did you answer?

WRAP UP & FOLLOW THROUGH

Students write a two-sentence reflection: "What I taught... What I learned..."



Photo moment: Hands matching socks together (no faces needed).

ACTIVITY
6

Rock Your Socks Challenge

Challenge other classes to see who has the most sock-rockers on celebration day.

CELEBRATION DAY

WHOLE SCHOOL

HALLWAY OR OFFICE

MESS: NONE

GET READY

- ☐ Invite other classes a week ahead (a student team can deliver invitations).
- ☐ Copy the **tracker** and post it by the office.
- ☐ Stock a spare-socks basket.

MATERIALS

- Tracker sheet
- Clipboard
- Spare socks

MAKE IT WORK FOR EVERYONE

- Count percentages so small classes can win too.
- Socks on hands, pets, or stuffed animals count!
- Make sure no one is left out: spares for all.

LEAD IT**1****Announce it**

Include the challenge in the student announcement.

2**Count**

Student counters visit classes in the morning and record numbers.

3**Celebrate**

Announce the total at the end of the day.

SAY

Today, ____ people in our school showed up for 3.21!

4**Share**

Take a school feet photo and share with #Celebrate321 (follow your school's policy).

WRAP UP & FOLLOW THROUGH

Post the final tally and thank everyone who participated.



Photo moment: A hallway full of feet, or the final tally board.

STUDENT PAGE

Chromosome Sock Math

Name: _____

1. Pairs to total

Most people have 23 pairs of chromosomes. How many chromosomes is that in all?

answer

2. One extra

People with Down syndrome have an extra copy of chromosome 21. How many chromosomes do they have?

answer

3. Our class

If there are 24 students in a class and each has 46 chromosomes, how many chromosomes are in the room? (Show your work!)

answer

4. Sock count

21 students each wear 2 mismatched socks on 3.21. How many socks is that?

answer

5. Groups of three

3.21 is about three copies. How many groups of 3 are in 21? In 321?

answer

6. Write your own

Write your own 3.21 word problem for a classmate to solve. Include the answer on the back!

answer

Teacher answer key: 1) $46 \cdot 2$ 2) 47 3) $1,104 \cdot 4$ 4) 42 5) 7 and 107 6) answers vary



CELEBRATE **3.21**



Our Class Inclusion Pledge

Written by the students of _____

In our class, everyone _____

We will always _____

We will never _____

When someone is left out, we _____

We celebrate differences by _____

Sign here:

A large dashed rectangular box for signing.

Different Looks Good Here • #Celebrate321

PRINTABLE

Design-a-Sock showcase card

Students design a sock that represents what makes them unique, then write an artist statement. Display them together as a hallway sock gallery.



Artist

My sock shows...

What colors, patterns, or symbols did you use?
What do they say about YOU?

One way I'm different

One way I'm like everyone else

PRINTABLE • STUDENT LEADERS

Student announcement script

A 60-second morning announcement written and read by students. Use the sample, or fill in the template with your own words.



SAMPLE SCRIPT (ABOUT 60 SECONDS)

“Good morning! This week our school is celebrating **World Down Syndrome Day**, which is on March 21.

Why 3/21? Most people have two copies of every chromosome, but people with Down syndrome have **three copies of chromosome 21**. Three, twenty-one!

People with Down syndrome go to school, play sports, have jobs, and have best friends. They’re a lot like you.

On **[day]**, wear your wildest mismatched socks to show that **different looks good here!** Here’s a challenge: invite someone new to sit with you at lunch this week.

Show up for 3.21! Have a great day!”

YOUR TURN: FILL IN THE TEMPLATE

Greeting + what we’re celebrating

Why March 21?

One fact that surprised us

What we want everyone to do

Closing line

Checklist: ☐ accurate facts ☐ person-first words ☐ under 60 seconds ☐ teacher approved

Student leader cue card

For your students when they teach a K-2 class the Sock Mystery game. Cut in half: one card per leader pair.



You're the teacher! ★



- 1. Say hi.** “Hi! We’re here to play a sock game with you!”
- 3. Match!** “Find the partners! Ready, set, MATCH!”
- 5. Explain.** “Chromosomes come in pairs, like socks. People with Down syndrome have THREE copies of #21. That’s why it’s 3/21!”
- 2. Mix it up.** Dump the sock pile. (The extra sock is hidden inside!)
- 4. The mystery.** “Whoa, THREE socks! Is it still a good sock? YES!”
- 6. Close.** “Different is good! Wear fun socks on 3.21!”

Leader tips: Get down on their level · speak slowly · smile · let every kid help · answer questions kindly

You're the teacher! ★



- 1. Say hi.** “Hi! We’re here to play a sock game with you!”
- 3. Match!** “Find the partners! Ready, set, MATCH!”
- 5. Explain.** “Chromosomes come in pairs, like socks. People with Down syndrome have THREE copies of #21. That’s why it’s 3/21!”
- 2. Mix it up.** Dump the sock pile. (The extra sock is hidden inside!)
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Leader tips: Get down on their level · speak slowly · smile · let every kid help · answer questions kindly

PRINTABLE

Post in the hallway or front office. Classes tally their sock-rockers on celebration day. Everyone who participates wins!

[illegible]

Our school total: _____ sock-rockers!

#Celebrate321

PRINTABLE

Family notes

Copy, cut in half, and send home about one week before your celebration.



SOCK DRIVE

Got socks? We need them!

Our class is celebrating **World Down Syndrome Day** by teaching a younger class our Sock Mystery game. Could you send in a few **clean pairs of socks** you don't need back?

Please send by: _____

Don't have extras? No worries at all. We'll have plenty to share. Thank you for helping our class celebrate!

— _____



SAVE THE DATE

Rock Your Socks Day!

On _____, send your child in their **wildest mismatched socks** for our Rock Your Socks Challenge! We're celebrating people with Down syndrome and showing that **different looks good here.**

Rock your socks at home too, and share a family sock photo with **#Celebrate321.**

