



CELEBRATE 3.21 • FOR FAMILIES

Family Keepsakes

Memories to keep



Keepsake pages to fill in every 3.21 and save year after year: a memory page, family foot prints, a letter to my child, and an All About Me time capsule page.

WHAT'S INSIDE

1 My 3.21 memory page

3 A letter to my child

2 Our family's feet

4 All about me this year

MY 3.21 MEMORY PAGE

World Down Syndrome Day

Year

OUR PHOTO

THIS YEAR WE CELEBRATED BY

OUR FAVORITE MOMENT

MY SOCKS LOOKED LIKE

WHO WE CELEBRATED WITH

AGE THIS YEAR / HEIGHT / FAVORITE THINGS

A NOTE FOR NEXT YEAR

Our Family's Feet

Paint the bottom of each person's foot (or trace it!) and stamp it here. Add names and ages. Do it again every 3.21 to see how everyone grows.

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Different looks good here! · 3.21 · _____

A LETTER TO KEEP

A letter to my child

Write a letter on 3.21 each year, and tuck it away. Someday, give them the whole stack.

Dear _____,

This year, you...

I love the way you...

I'm so proud of you for...

My hope for you is...

With all my love, _____ Date: _____

TIME CAPSULE

All about me this year

Fill this in together every 3.21. Keep them in a folder or envelope and watch how things change.

MY NAME

MY AGE

MY FAVORITE FOOD

MY FAVORITE SONG

MY FAVORITE SHOW OR MOVIE

MY BEST FRIEND

WHAT I LOVE TO DO

WHAT I'M LEARNING

WHEN I GROW UP I WANT TO

MY FAVORITE SOCKS

SOMETHING THAT MAKES ME LAUGH

SOMETHING I'M PROUD OF

DRAW YOURSELF IN YOUR 3.21 SOCKS!