



CELEBRATE 3.21 • FOR FAMILIES

3.21 Party Kit

Let's party!



Everything to host a joyful 3.21 celebration at home, at church, or in a classroom: a plan and checklist, invitations, a HAPPY 3.21! pennant banner, food ideas and tent cards, inclusive party games, and favors.

WHAT'S INSIDE

1 Plan & checklist

3 HAPPY 3.21! banner

5 Inclusive games

2 Invitations

4 Party food & tent cards

6 Favors

PLAN IT

Throw a 3.21 party

A living-room party, a backyard bash, a classroom celebration, or a church fellowship: it all works.

PARTY CHECKLIST

- ☐ Pick a day in 3.21 Week (Sat, March 20 works great!)
- ☐ Send invitations (page 3)
- ☐ Print the HAPPY 3.21 banner
- ☐ Plan snacks (page 5) and 2-3 games (page 6)
- ☐ Set up a photo booth (Photo Booth Props kit)
- ☐ Gather spare fun socks for guests
- ☐ Make a playlist

MAKE IT WELCOMING FOR EVERYONE

- A quiet room or corner for breaks
- Label foods and allergens
- Games everyone can play, sitting or standing
- Visual schedule of the party for kids who like to know what's next
- Let guests with Down syndrome help host, if they'd like

TIME	SAMPLE 2-HOUR PARTY
0:00	Arrivals: sock check and photo booth
0:20	Games: sock match relay and sock toss
0:50	Food: 3.21 cupcakes and snacks
1:20	Sock decorating station (favors!)
1:45	Kindness chain and a group feet photo
2:00	Goodbyes: take home your socks!

PLAYLIST IDEAS

Build a playlist of upbeat, family-friendly songs about friendship, being yourself, and celebrating. Include favorites chosen by the guest of honor, and add a few good freeze-dance songs!

PRINTABLE

Party invitations (4 per page)

Print on cardstock and cut apart.



YOU'RE INVITED TO A 3.21 Party!

Celebrating World Down Syndrome Day

For: _____

When: _____

Where: _____

RSVP: _____

Wear your wildest socks!



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PRINTABLE

HAPPY 3.21! banner

The banner is at the end of this file: 10 pennants, one per page. Print, punch the two holes, and string them together.

**MAKE IT BIGGER**

- Add paper socks between the letters
- Use the Seven Socks clothesline as a second banner
- Kids can color blank socks for the gaps

DECOR IDEAS

- Blue and yellow balloons and streamers
- A “sock line” of real socks with clothespins
- Table confetti made from sock-shaped paper punches
- The “Different Looks Good Here” poster (Universal Kit)

EAT

3.21 party food

Blue, yellow, and a little bit mismatched.

3.21 CUPCAKES

Frost cupcakes blue and yellow; add sock-shaped sprinkles or a paper sock topper.

SOCK COOKIES

Sock-shaped sugar cookies (or cut a gingerbread cutter's legs off!).

MISMATCHED SNACK BOARD

Crackers, cheese, fruit, and veggies. No two alike.

BLUE & YELLOW PUNCH

Lemonade with blueberries, or layered blue and yellow drinks.

CHROMOSOME PRETZELS

Pretzel rods dipped in blue and yellow candy melts.

PIZZA "SOCKS"

Cut flatbread into sock shapes and top with favorites.

FOOD TENT CARDS (CUT, FOLD, AND LABEL)



Snacks

Contains: _____



Sweets

Contains: _____



Drinks

Contains: _____



Treats

Contains: _____



Main dish

Contains: _____



Celebrate 3.21!

Contains: _____

PLAY

Party games

Easy, inclusive, and sock-themed. Everyone can play.

**Sock match relay**

Split into teams. Race to find the pairs in a big pile of socks. Fastest team wins.

**Sock toss**

Roll socks into balls and toss them into a laundry basket from farther and farther away.

**Guess whose socks**

Everyone hides behind a sheet with only their feet showing. Guess who's who!

**3-2-1 freeze dance**

Dance until the music stops at "3...2...1... freeze!"

**Sock decorating station**

Plain white socks + fabric markers = take-home party favors.

**Kindness chain**

Everyone writes one nice thing about someone on a paper strip. Link them into a chain.

ADAPT ANY GAME

- Play seated, or with a partner
- Use bigger targets and closer distances
- Use picture cards to show the rules
- Celebrate trying, not just winning

PARTY FAVORS

Fun socks (decorated at the party), a Celebrate 3.21 sticker, and a Learn One Thing card for grown-ups.



















