



CELEBRATE 3.21 • FOR FAMILIES

3.21 Week at Home

March 15–21, 2027



A simple day-by-day plan for 3.21 Week, with one little moment each day: learning, creating, kindness, Rock Your Socks Friday, and a special World Down Syndrome Day Sunday. It includes fridge cards and a sock tracker.

WHAT'S INSIDE

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THE PLAN

A week of little moments

One small thing each day adds up to a week your family will remember. Pick what fits, and skip what doesn't.

DAY	DO THIS	BONUS	SHARE OR TREAT
Mon 3/15 KICKOFF	Hang your Seven Socks clothesline and put up a window sign.	Sock scavenger hunt: find every sock in the house and sort them!	Learn One Thing fact sheet at dinner
Tue 3/16 LEARN	Read a book with a character who has Down syndrome (see the Book List).	Draw your family as a pair of mismatched socks.	Blue & yellow snack night
Wed 3/17 CREATE	Design your own fun sock (Create Your Own Fun Sock printable).	Make sock puppets from old socks.	Post your sock designs with #Celebrate321
Thu 3/18 KINDNESS	Make a card for a friend, neighbor, or teacher.	Do three kind things before bedtime.	Deliver a card or treat
Fri 3/19 ROCK YOUR SOCKS!	Wear your wildest socks to school and work.	Family feet photo!	Sock dance party after dinner
Sat 3/20 TOGETHER	Go to a community 3.21 event, or host a 3.21 party.	Invite another family over.	Photo booth fun (Photo Booth Props)
Sun 3/21 CELEBRATE!	Happy World Down Syndrome Day! Church, a special meal, and a family blessing.	Fill in your 3.21 Memory Page.	Call or video-chat someone you love

PAIR IT WITH

- The Seven Socks family devotional (10 min a day)
- Family printables (Sock Matching Game, Kids Activity Pack)
- The Book List for a nightly read-aloud

KEEP IT EASY

- Pick 3 days to do the "Do this" items
- Everything uses things you already have
- Busy week? Friday's socks are enough!

PRINTABLE

Daily cards (1 of 2)

Print, cut, and put one on the fridge each morning, or hide them in a sock and pull one out.



MON 3/15
Kickoff



Do: Hang your Seven Socks clothesline and put up a window sign.

Bonus: Sock scavenger hunt: find every sock in the house and sort them!

☐ We did it!

TUE 3/16
Learn



Do: Read a book with a character who has Down syndrome (see the Book List).

Bonus: Draw your family as a pair of mismatched socks.

☐ We did it!

WED 3/17
Create



Do: Design your own fun sock (Create Your Own Fun Sock printable).

Bonus: Make sock puppets from old socks.

☐ We did it!

THU 3/18
Kindness



Do: Make a card for a friend, neighbor, or teacher.

Bonus: Do three kind things before bedtime.

☐ We did it!

PRINTABLE

Daily cards (2 of 2)



FRI 3/19

Rock Your Socks!



Do: Wear your wildest socks to school and work.

Bonus: Family feet photo!

☐

We did it!

SAT 3/20

Together



Do: Go to a community 3.21 event, or host a 3.21 party.

Bonus: Invite another family over.

☐

We did it!

SUN 3/21

Celebrate!



Do: Happy World Down Syndrome Day! Church, a special meal, and a family blessing.

Bonus: Fill in your 3.21 Memory Page.

☐

We did it!

CELEBRATE **3.21**

Our 3.21 Week

Cut apart and stick one on the fridge each day, or pull one from a sock!

TRACK IT

Our 3.21 Week sock tracker

Color a sock for every day you do something. Can you fill all seven?



Mon 3/15



Tue 3/16



Wed 3/17



Thu 3/18



Fri 3/19



Sat 3/20



Sun 3/21

WHAT WE DID

Mon 3/15

Tue 3/16

Wed 3/17

Thu 3/18

Fri 3/19

Sat 3/20

Sun 3/21

OUR FAVORITE MOMENT

NEXT YEAR, LET'S...
