



CELEBRATE 3.21 • FOR YOUTH ORGANIZATIONS

Youth Organization Kit

Learn 3 • Do 2 • Serve 1



For Scouting America packs and troops, Girl Scout troops, 4-H clubs, Boys & Girls Clubs, YMCA programs, studios, and music and theater groups: a 3-2-1 meeting plan, a page for each group, a 3-2-1 routine, stage moments, a fun patch, a patch tracker, a family letter, and a certificate.

WHAT'S INSIDE

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START HERE

Every kid belongs here

Scouts, clubs, studios, and stages are where kids learn to be good friends and good neighbors. Celebrate 3.21 gives your group a fun, simple way to practice it during 3.21 Week (March 15–21, 2027).

THE 3-2-1 FORMULA

1

Learn 3 things

Short facts, a picture book, or a guest who shares their story.

2

Do 2 things

Wear fun socks, play a game, make a craft, or perform.

3

Serve 1 way

A small project that helps your community celebrate.

WHAT'S IN THIS KIT

- Scouting America (Cub Scouts & Scouts BSA)
- Girl Scouts
- 4-H clubs
- Boys & Girls Clubs
- YMCA youth programs
- Dance, cheer, gymnastics & martial arts studios
- Music & theater groups
- Fun patch, patch tracker, family letter, and certificate

GOOD WORDS TO USE

- “A person with Down syndrome” (or ask what they prefer)
- “Down syndrome” (not “Down’s”)
- “Has Down syndrome,” not “suffers from”
- Celebrate friends, not “inspiration”

KEEP IT SAFE & KIND

- Follow your organization’s youth protection rules
- Feet photos are great; faces need a parent’s OK
- Invite, don’t spotlight: let members with Down syndrome choose their role
- Giving is always optional

A NOTE ON PATCHES & AWARDS

Fun patches are keepsakes, **not official awards**. Please don’t use any organization’s logo or name on patches or flyers. If you want an activity to count toward an official award, badge, or service hours, check with your leader or council first: those requirements are set by the national organization and can’t be changed.

ANY GROUP, ANY AGE

The 3-2-1 meeting (45–60 minutes)

Use this plan as-is, or pull pieces into the plan for your group on the next pages.

TIME	PART	WHAT YOU DO
0:00	Sock check	Everyone shows their socks. Mismatched? Perfect. Keep a basket of spare fun socks for anyone who forgot.
0:05	Opening	Ask: “What makes someone a good friend?” Write answers on a big paper sock.
0:10	Learn 3	Share three facts (below), read a picture book from the Celebrate 3.21 Book List, or welcome a guest.
0:25	Do 2	A sock game (sock match relay, sock toss) and a craft (decorate a paper or real sock).
0:40	Serve 1	Make kindness cards, sort a sock drive, or make welcome signs for a 3.21 event.
0:55	3-2-1 closing	Count down together “3...2...1...” and each person names one way they’ll include someone this week.

3 FACTS KIDS CAN SAY

- People with Down syndrome have an extra copy of chromosome 21. That’s why the day is 3/21!
- Down syndrome isn’t contagious, and it’s nobody’s fault.
- People with Down syndrome go to school, play sports, work, and have best friends, just like you.

IF A GUEST SHARES

- Ask first what they’d like to talk about
- Thank them (a gift card or gift is a kind touch)
- Let kids ask questions, and let the guest skip any
- Keep it about friendship and fun, not pity

MAKE IT WORK FOR EVERY MEMBER

Show the plan with pictures, give extra time, pair members as buddies, offer a quiet spot, and let everyone take part in their own way: sitting, standing, helping, or cheering.

CUB SCOUTS · SCOUTS BSA · VENTURING

Scouting America packs, troops & crews

Scouting America is the new name of the Boy Scouts of America. Here's a den, pack, or troop plan for 3.21 Week.

HOW 3.21 FITS YOUR GROUP

The Scout Law already says it: a Scout is helpful, friendly, courteous, and kind. 3.21 is a hands-on way to live it and make sure every Scout feels welcome, including Scouts with Down syndrome and other disabilities.

Helpful

Friendly

Courteous

Kind

SERVICE PROJECT IDEAS

- Collect new socks for a local shelter
- Make welcome signs for a community 3.21 event
- Help set up or clean up at a 3.21 celebration
- Older Scouts: lead the games at a younger den's meeting
- Create a "Sock Your Street" display at your charter organization

TIME	PART	WHAT YOU DO
0:00	Gathering	Sock check at the door. Dens compare the wildest socks.
0:10	Opening	Flag ceremony, then: "Which part of the Scout Law is about including others?"
0:15	Learn	Cub Scouts: read a picture book from the Book List. Older Scouts: three facts plus a guest speaker.
0:30	Do	Sock match relay by den or patrol, then decorate socks for the service project.
0:45	Serve	Sort a new-sock drive for a shelter, or make signs for a school or church 3.21 event.
0:55	Closing	3-2-1 circle: each Scout names one way to be a friend this week.

GO BIGGER

- Join the 3:21 p.m. countdown and feet photo on Sunday, March 21
- Earn the fun patch (page 12) and use the tracker (page 13)
- Send the family letter (page 14)

SHARE IT

Post feet and sock photos (faces only with permission) with **#Celebrate321** **#WorldDownSyndromeDay**, and tell us what your group did at [Celebrate321.org/join](https://celebrate321.org/join).

CHECK FIRST

Talk to your unit leader and council before counting any of this toward an adventure, merit badge, rank, or service hours: Scouting America sets those requirements. Follow Scouting America youth protection policies, including two registered adults at every activity. The fun patch in this kit is not an official Scouting America award.

DAISY THROUGH AMBASSADOR

Girl Scout troops

A troop meeting plan and Take Action ideas for 3.21 Week, for any level.

HOW 3.21 FITS YOUR GROUP

The Girl Scout Law asks girls to be friendly and helpful, considerate and caring, and to make the world a better place. Planning a 3.21 project lets girls lead: they pick a need, make a plan, and take action for friends with Down syndrome in their school or community.

Friendly & helpful

Considerate & caring

Make the world a better place

SERVICE PROJECT IDEAS

- Run a “Be a Buddy” poster campaign at school
- Donate books with characters who have Down syndrome to a school or library
- Host a sock-decorating table at a community event
- Make 3.21 kindness cards for a senior living community
- Older girls: teach a younger troop the 3-2-1 meeting

TIME	PART	WHAT YOU DO
0:00	Start-up	Sock check and a “Would you rather” sock game while everyone arrives.
0:10	Opening	Say the Promise and Law, then talk: “What does it feel like to be left out? To be included?”
0:15	Learn	Daisies and Brownies: a Book List read-aloud. Juniors and up: facts, plus a guest or short video.
0:30	Plan	Girls choose a project from the list, split into jobs, and set a date during 3.21 Week.
0:45	Make	Start the project: posters, kindness cards, or decorated socks.
0:55	Closing	Friendship circle with a 3-2-1 squeeze.

GO BIGGER

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SHARE IT

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CHECK FIRST

Bronze, Silver, and Gold Awards and official badges have their own requirements and approval steps: ask your service unit or council before counting a 3.21 project toward them. Fun patches traditionally go on the back of the vest or sash. The fun patch in this kit is not an official Girl Scouts award.

CLUBS, CLOVERBUDS & TEEN LEADERS

4-H clubs

Fit 3.21 into a regular club meeting, with a member demonstration and a service project.

HOW 3.21 FITS YOUR GROUP

The 4-H pledge covers it all: head, heart, hands, and health. Learn about Down syndrome (head), practice friendship (heart), serve the community (hands), and play active, all-ability games (health).

Head

Heart

Hands

Health

SERVICE PROJECT IDEAS

- Make a 3.21 display for the library, Extension office, or fair booth
- Collect new socks for a shelter
- Cloverbuds: make kindness cards
- Teens: lead games at a school or church 3.21 event
- Plant a blue-and-yellow flower pot for a 3.21 friend

TIME	PART	WHAT YOU DO
0:00	Call to order	Pledges, roll call: "Show us your socks!"
0:05	Business	Vote on a 3.21 service project from the list.
0:15	Head	A member gives a 3-minute talk or demonstration: "What is World Down Syndrome Day?"
0:25	Health	All-ability games: sock toss, sock match relay, freeze dance.
0:40	Hands	Work on the service project together.
0:55	Heart	3-2-1 closing: one way each member will include someone.

GO BIGGER

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- Earn the fun patch (page 12) and use the tracker (page 13)
- Send the family letter (page 14)

SHARE IT

Post feet and sock photos (faces only with permission) with **#Celebrate321** **#WorldDownSyndromeDay**, and tell us what your group did at Celebrate321.org/join.

CHECK FIRST

Check with your county OSU Extension office before counting a project toward records, awards, or project work. Follow 4-H youth protection and photo policies. The fun patch in this kit is not an official 4-H award, and please don't put the 4-H clover on 3.21 materials.

AFTER-SCHOOL & TEEN PROGRAMS

Boys & Girls Clubs

A rotation plan for a busy after-school afternoon, with jobs for teen leaders.

HOW 3.21 FITS YOUR GROUP

Clubs help young people grow into caring, responsible citizens, and they're built on the idea that every kid belongs. 3.21 is an easy, joyful way to celebrate that, with stations kids can drop into.

Every kid belongs

Caring

Responsible

SERVICE PROJECT IDEAS

- Make kindness cards for a senior living community
- Collect new socks for a shelter
- Build a Club sock wall to display all week
- Teens: help at a community 3.21 event
- Invite families to see the sock wall

TIME	PART	WHAT YOU DO
Day 1	Sock Day	Staff and members wear fun socks. Snap a group feet photo.
Station A	Create	Decorate a paper sock for the Club's 3.21 sock wall.
Station B	Move	Sock toss, sock match relay, and 3-2-1 freeze dance.
Station C	Learn	A Book List read-aloud (younger) or a facts quiz game (older).
Teens	Lead	Teen leaders run the stations and plan a Club-wide 3:21 p.m. countdown.
Wrap-up	Share	Hang the sock wall and add a sign: "Different looks good here!"

GO BIGGER

- Join the 3:21 p.m. countdown and feet photo on Sunday, March 21
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SHARE IT

Post feet and sock photos (faces only with permission) with **#Celebrate321** **#WorldDownSyndromeDay**, and tell us what your group did at [Celebrate321.org/join](https://celebrate321.org/join).

CHECK FIRST

Check with your Club director before starting, and follow Club policies for photos, outside materials, and visitors. The fun patch in this kit is not an official Boys & Girls Clubs award, and please don't use the Club logo on 3.21 materials. **Local Club contact, if any.**

CHILD CARE, CAMP, YOUTH SPORTS & FITNESS

YMCA youth programs

Ideas for every corner of the Y, from the front desk to the pool deck.

HOW 3.21 FITS YOUR GROUP

The Y's core values are caring, honesty, respect, and responsibility, and the Y is for everyone. 3.21 Week is a chance to celebrate members with Down syndrome and invite the whole Y to join in.

Caring

Honesty

Respect

Responsibility

SERVICE PROJECT IDEAS

- Collect new socks for a shelter at the front desk
- Teens: lead games at a school or church 3.21 event
- Invite a local Down syndrome group for a family swim or play time
- Share inclusive program info with families
- Host a sock-decorating table in the lobby

TIME	PART	WHAT YOU DO
Front desk	Sock Your Y	A sock wall and a sign inviting members to wear fun socks on Friday, March 19.
Child care	3-2-1 meeting	Use the plan on page 3 during after-school time.
Fitness	3-2-1 workout	3 moves, 2 rounds, 1 big finish, with everyone in fun socks.
Youth sports	Sock game	Teams and coaches wear fun socks for a 3.21 game or practice.
Teen leaders	Lead	Teen leaders run games and the sock wall.
3:21 p.m.	Countdown	Pause for a building-wide "3...2...1..." and a feet photo.

GO BIGGER

- Join the 3:21 p.m. countdown and feet photo on Sunday, March 21
- Earn the fun patch (page 12) and use the tracker (page 13)
- Send the family letter (page 14)

SHARE IT

Post feet and sock photos (faces only with permission) with **#Celebrate321** **#WorldDownSyndromeDay**, and tell us what your group did at [Celebrate321.org/join](https://celebrate321.org/join).

CHECK FIRST

Talk with your branch or program director first, and follow Y policies for photos and outside materials. The fun patch in this kit is not an official YMCA award, and please don't use the Y logo on 3.21 materials. [Local branch contact](#)

DANCE • CHEER • GYMNASTICS • MARTIAL ARTS

The 3-2-1 routine

A short, easy piece every class can learn in one session. Perform it during 3.21 Week, film it (feet or with permission), and share with #Celebrate321.



Dance

- 3** Three eight-counts of simple moves (step-touch, arm waves, a shimmy)
- 2** Two turns or spins (or a sway in place)
- 1** One big finish: everyone points their fun socks to the front



Cheer

- 3** Three motions (high V, low V, clasp)
- 2** Two jumps or claps
- 1** One final pose shouting “3.21!” (no stunts needed)



Gymnastics

- 3** Three skills (roll, cartwheel, or log roll)
- 2** Two balances (arabesque or a one-foot hold)
- 1** One stuck landing, arms up: “3.21!”



Martial arts

- 3** Three strikes
- 2** Two blocks
- 1** One kiai: “3-2-1!” Then break a “barrier board” (see next page)

OUR 3.21 CHEER

Three! Two! One!
Everybody’s in, now let’s have fun!
Socks up high, and we’ll tell you
true:
3.21, we celebrate YOU!

MAKE IT WORK FOR EVERY STUDENT

- Break moves into small steps and show each one
- Use picture cards or a buddy
- Any version counts: seated, standing, or assisted
- Celebrate trying, not perfection

STUDIOS

Sock-themed classes & a recital moment

Turn 3.21 Week into Crazy Sock Week at your studio.

CRAZY SOCK CLASS WEEK (MARCH 15–20)

- Students and teachers wear their wildest socks
- Warm up to a “sock-it-to-me” playlist
- Learn the 3-2-1 routine
- Sock decorating station in the lobby
- Parents vote on the Sock Award for each class

SAFETY FIRST

- Socks on hard floors are slippery: do sock moves on mats or carpet, or use grip socks
- Martial arts and gymnastics: wear socks for warm-up and photos only, then go barefoot as usual
- Keep your normal spotting and safety rules

THE BARRIER BOARD (MARTIAL ARTS)

Students write a barrier on a board or a paper target, like “leaving people out” or “being unkind.” Then everyone counts “3...2...1!” and breaks it together. Use rebreakable boards or paper for younger students.

RECITAL OR SHOWCASE MOMENT

Recital later in the spring? You can still dedicate one number to 3.21, let dancers wear fun socks for the bow, or read the announcement below.

ANNOUNCEMENT (READ BEFORE A NUMBER OR AT THE BOW)

World Down Syndrome Day is March 21, the 21st day of the third month, because people with Down syndrome have three copies of the 21st chromosome. Tonight our dancers are wearing fun socks to celebrate every student in our studio family. Different looks good here! Join us by sharing with #Celebrate321.

INVITE, DON'T SPOTLIGHT

If you have students with Down syndrome, ask them and their families how they'd like to take part: leading the countdown, dancing in the front row, or just dancing with friends. They're performers, not a tribute.

CHOIRS · BANDS · ORCHESTRAS · THEATER

Music & theater groups

Rehearsals, concerts, and shows are full of 3.21 moments.

REHEARSAL IDEAS

- **3-2-1 rhythm circle:** three claps, two stomps, one shout of “3.21!”
- **Sock warm-ups:** everyone wears fun socks to rehearsal on Friday, March 19
- **Happy 3.21:** play or sing it to the tune of “Happy Birthday”
- **Friendship songs:** pick a song about belonging for a sing-along

THEATER GAMES

- **“Yes, and... everyone’s in”:** an improv game where every idea gets added to the scene
- **Every part matters:** write a short scene where the story only works when every character helps
- **Sock puppet theater:** younger groups make puppets and act out a friendship story

CONCERT & SHOW MOMENTS

- Concert black with bright socks!
- Read the announcement below before the show
- Add a 3.21 note to the program (text below)
- Sock wall or photo booth in the lobby

RELAXED PERFORMANCES

- Softer lights and sound
- Audience members can move, talk, or take breaks
- A quiet room nearby
- A picture guide to the show so people know what to expect

PRE-SHOW ANNOUNCEMENT

Welcome! This week we’re celebrating World Down Syndrome Day on March 21. Our performers are wearing fun socks to say that everyone belongs, on stage and off. If you’re wearing fun socks too, show them off! Share with #Celebrate321.

PROGRAM NOTE (COPY & PASTE)

We celebrate 3.21! World Down Syndrome Day is March 21. Today we’re joining Celebrate 3.21, a Continue the Story initiative, to celebrate people with Down syndrome in our community. Learn more at Celebrate321.org. #Celebrate321 #WorldDownSyndromeDay

FOR EVERY GROUP

Earn the Celebrate 3.21 fun patch

Do it the 3-2-1 way: 3 learn, 2 do, 1 serve. Leaders can adapt any item for age or ability.



HOW IT WORKS

- Choose items from each column below
 - Leaders check them off on the patch tracker
 - Order patches from any custom patch vendor using the design file, or **order through Celebrate 3.21**
 - Hand them out at your 3-2-1 closing!
- The patch file is included as Celebrate321_Fun_Patch.png.

3 Learn (pick 3)

- ☐ Learn why 3.21 is on March 21
- ☐ Read a book from the Book List
- ☐ Learn 3 facts and teach them to someone
- ☐ Meet a guest with Down syndrome, or their family
- ☐ Learn how to say “hello” or “friend” in sign language
- ☐ Learn the good words to use

2 Do (pick 2)

- ☐ Wear fun socks on Friday, March 19
- ☐ Learn and perform the 3-2-1 routine or cheer
- ☐ Play an all-ability sock game
- ☐ Decorate a sock for a sock wall
- ☐ Join the 3:21 p.m. countdown and feet photo
- ☐ Go to a community 3.21 event

1 Serve (pick 1)

- ☐ Collect new socks for a shelter
- ☐ Make kindness cards
- ☐ Make signs for a 3.21 event
- ☐ Help at a community 3.21 event
- ☐ Donate a book to a school or library
- ☐ Lead a game for younger kids

REMEMBER

Fun patches are keepsakes, **not official awards**. Please don't use any organization's logo or name on patches or flyers. If you want an activity to count toward an official award, badge, or service hours, check with your leader or council first: those requirements are set by the national organization and can't be changed.

FOR LEADERS

Fun patch tracker

Check off each item as members finish. Patches are ready when every box in a row is checked.



Group name _____

Leader _____

Meeting date(s)

Patches needed

[illegible]

SEND HOME OR EMAIL

Letter to families

Customize the highlighted parts and send it about two weeks before 3.21 Week.

Dear families,

During 3.21 Week (March 15–21, 2027), **[Group name]** is celebrating World Down Syndrome Day with Celebrate 3.21, a Continue the Story initiative. World Down Syndrome Day is March 21 because people with Down syndrome have three copies of the 21st chromosome.

At our meeting on **[date]**, we'll learn a few facts, play games, and do a small service project. Members can earn a Celebrate 3.21 fun patch (a keepsake, not an official award).

Please send your child in their wildest, most mismatched socks! We'll also be collecting **[new socks for a shelter / other project]**. Donations are always optional.

We may take photos of feet and socks to share. We will only share photos of faces with your permission.

Questions? Contact **[leader name, phone or email]**.

Thank you!

[Leader name]

[Group name]

LEADER CHECKLIST

- | | |
|--|--|
| ☐ Get OK from your leader, council, or director | ☐ Pick a meeting date |
| ☐ Send this letter | ☐ Gather spare socks and supplies |
| ☐ Print the patch tracker | ☐ Order patches (if using) |
| ☐ Plan the service project | ☐ Share photos with #Celebrate321 |

TAG US

#Celebrate321 #WorldDownSyndromeDay

Celebrate321.org

Feet photos are always welcome. Faces only with permission.



THIS CERTIFIES THAT

**Celebrated 3.21
the 3-2-1 way!**

Learned 3 things, did 2 things, and served 1 way to celebrate World
Down Syndrome Day and to show that everyone belongs.

Leader

Group

Date

