

TEACHER COMPANION • INDIVIDUAL & TAKE-HOME

Independent & Take-Home Kit

Companion to the High School Teacher Guide



Independent work and at-home pieces for high school: a family letter, a reflective essay organizer with rubric, a generational interview, a design brief for a 3.21 graphic, a service hours log, a photo prop sign, and conversation cards for teens and their families.

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FOR TEACHERS

Building the kit

Assign pieces as homework, independent study, or project work over your 3.21 week. Everything connects to the From Awareness to Action lesson.

COPY FOR EACH STUDENT

- ☐ Family letter
- ☐ Reflective essay organizer + rubric
- ☐ Generational interview
- ☐ Design a 3.21 graphic brief
- ☐ Service hours log (for campaign/outreach students)
- ☐ Photo prop sign + photo guide
- ☐ Conversation cards

ASSEMBLE & ASSIGN

- 1 Assign**
Essay and interview due end of 3.21 week. The design brief works well as a choice assignment.
- 2 Showcase**
Pick the strongest graphics for school channels (with review).
- 3 Track**
Students on the campaign or outreach teams keep the service hours log.

MAKE IT WORK FOR EVERY FAMILY

- Students can interview any trusted adult, including staff, coaches, or neighbors.
- Offer class time and devices for the essay and design brief.
- Allow alternate formats: a podcast instead of an essay, or hand-drawn instead of digital.

USING THE “INCLUSION ACTION PLAN” (FROM THE TEACHER GUIDE) IN CLASS

- 1 Notice**
Teams start with a real problem from the Accessibility Scan or Belonging discussions.

SAY
Pick something you’ve actually seen, not a hypothetical.
- 2 Partner**
Check that every team plans WITH students with disabilities.
- 3 Plan**
Teams set measurable goals and concrete steps with owners and dates.
- 4 Pitch**
Teams pitch to admin, student council, or a community partner.

Tip: the best plans last beyond 3.21. Check back in 30 days and have teams report progress. **Extension:** a team’s plan can become the next year’s School-Wide 3.21 Campaign.

A NOTE FOR FAMILIES

We're observing 3.21



Dear Families,

This week our class is observing **World Down Syndrome Day** (March 21). Students studied the biology of Down syndrome (**trisomy 21**, three copies of chromosome 21, which gives us the date 3/21), the history of disability rights, and how media portrays people with disabilities.

Students are designing **Inclusion Action Plans**, and some may be reaching out to local businesses to help our community **Show Up for 3.21**. Your student may also ask to **interview you** about how inclusion has changed since you were in school.

1. Be interviewed

Share your experience. How has inclusion changed since you were a teen?

2. Talk

Use the conversation cards. They're made for teens and adults.

3. Rock & share

Wear mismatched socks and share a feet photo with **#Celebrate321**.

OUR ROCK YOUR SOCKS DAY

Wear fun, mismatched socks on: _____

ASK YOUR CHILD

"What's your Inclusion Action Plan, and how can we help?"
"What changed your thinking this week?"

Thank you for celebrating with us! — _____

Free family activities are at Celebrate321.org.

STUDENT PAGE • INDEPENDENT

Reflective Essay

Respond to the prompt in about 500 words. Use evidence from the lesson, class discussions, and at least one outside source.

PROMPT

“What would it take for my community to truly show up for people with Down syndrome, and what’s my part?”

Brainstorm

What does “showing up” look like at school, at work, in media, and in town?

Evidence to use

A fact, a law or date, a quote from a self-advocate, and something you observed.

Outline

Hook: _____

Claim: _____

Point 1: _____

Point 2: _____

My part (specific action): _____

RUBRIC	DEVELOPING	PROFICIENT	STRONG
Ideas	General statements	Clear claim with some specifics	Insightful, specific claim
Evidence	Little or no evidence	Relevant evidence	Varied, well-chosen evidence including self-advocate voices
Language	Some outdated terms	Respectful throughout	Precise, respectful, person-centered
Action	Vague (“be nice”)	A clear action	Specific, realistic, ongoing commitment

STUDENT PAGE • TAKE HOME

Generational Interview

Interview an adult (parent, grandparent, coach, neighbor) about how inclusion in schools and workplaces has changed since they were a teenager. Then compare with our timeline.

Interviewer: _____

Interviewee & approx. year they graduated: _____

1. In high school, were students with disabilities in your classes, clubs, or teams?

2. What words did people use about disability back then? What's changed?

3. Have you worked with someone with a disability? What was that like?

4. What laws or events do you remember that changed things (like the ADA in 1990)?

5. What do you think my generation should do differently?

Analyze it

How does their experience compare to the class timeline? What surprised you?

STUDENT PAGE • DESIGN BRIEF

Design a 3.21 Graphic

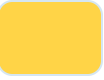
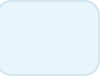
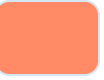
Create a social graphic or poster that explains why we Rock Our Socks. The best designs get used on school channels.

Designer: _____

REQUIREMENTS

- ☐ One accurate fact about Down syndrome or 3/21
- ☐ A clear call to action (Rock your socks! Show up for 3.21!)
- ☐ #Celebrate321 included
- ☐ Person-first, respectful language, no pity framing
- ☐ Readable on a phone screen

BRAND PALETTE & TYPE

				
Navy #17365D	Blue #1976C9	Yellow #FFD447	Sky #E8F5FA	Coral #FF8A65

Headlines: bold, rounded display type. Body: clean sans-serif. Use lots of white space, playful doodles, and coral as an accent only.

SKETCH: SQUARE POST (1:1)

SKETCH: STORY OR POSTER (9:16)

Caption (under 150 characters)

STUDENT PAGE

Service hours log

Track your 3.21 leadership: campaign work, business outreach, unified event planning, and teaching younger students.



DATE	ACTIVITY	HOURS	IMPACT / WHO IT REACHED	SUPERVISOR INITIALS
Total hours				

Reflection

What did you learn about leadership, and about your community, from this work?

Student: _____ Supervising teacher: _____



We Rock Our Socks for 3.21!

Different Looks Good Here

#Celebrate321



FOR FAMILIES

Your family sock photo

Rocking your socks together is a simple way to show your community you're showing up for people with Down syndrome.

TAKE THE PHOTO

- 1 Socks on!**
Everyone picks two socks that don't match. Pets welcome too!
- 2 Feet in**
Sit in a circle with feet in the middle, or line up on the couch.
- 3 Shoot from above**
Stand over the feet and snap. No faces needed!
- 4 Add the sign**
Lay the photo prop sign in the middle, or hold it up.

SHARE IT SAFELY

- Feet photos keep things private and still look great.
- Use first names only (or none). Skip school names and locations.
- Only share photos of other kids with their family's okay.
- Use **#Celebrate321** so everyone can see the celebration!

CAPTION TO COPY

"We rocked our socks for World Down Syndrome Day! 3/21 stands for three copies of chromosome 21, and we're celebrating because different looks good here. #Celebrate321"

THREE EASY PHOTO IDEAS



The feet circle

Everyone's toes in the middle



The couch line-up

Feet up, oldest to youngest



The sock surprise

Socks on a pet or stuffed animal!

✕ OPTIONAL: RETURN TO SCHOOL

Our family's sock story

How we celebrated 3.21:

Student's name: _____

Tape a photo or draw your family's socks here!

CUT APART • FOR TEENS AND GROWN-UPS

Conversation cards



IN THE CAR

Where do you see ableism in everyday life?

Words, assumptions, or design. Share examples both ways.

AT DINNER

Have you worked with someone with a disability? What did you learn?

Grown-ups go first.

SCROLLING TOGETHER

Is this post about the person, or about how others feel?

Talk about "inspiration" framing.

ANYTIME

What would a truly inclusive workplace look like?

Think about your job or a future one.

AT DINNER

Whose voice is missing when decisions get made at school?

"Nothing about us without us."

IN THE CAR

What local businesses could show up for 3.21?

Could you invite one?

ANYTIME

What's one thing you'd change about how our town includes people?

Dream big, then pick one small step.

WEEKEND

How could our family show up for 3.21 this year?

Check 21 Ways to Celebrate for ideas.