

FIND YOUR EXTRA • IDEA GUIDE

21 Acts of Extra Kindness

Invite your group to complete 21 small acts of kindness.

3.21 Week: March 15–21, 2027 • Rock Your Socks Day: Fri, March 19 • WDSD: Sun, March 21 • Register at Celebrate321.org



Everyone

Step it up

Create

Cost: Free

WHY IT MATTERS

Kindness is the easiest way for anyone to show up, and 21 acts is a goal everyone can reach together.

HOW TO DO IT

- 1 Print the 21 Acts tracker on page 2 and hang it where everyone can see it.
- 2 Invite people to do one act and check it off (or add their own).
- 3 Aim to finish all 21 by March 21.
- 4 Celebrate when you hit 21: share a photo of the full tracker.

WHAT YOU NEED

- 21 Acts tracker (page 2)
- Markers or stickers

PAIRS WITH THESE KITS

- 21 Ways to Celebrate
- Kids Activity Pack

READY-TO-POST CAPTION

We did 21 acts of extra kindness for 3.21! Which one would you add? #Celebrate321
#WorldDownSyndromeDay

GOOD TO KNOW

Use person-first language (“a person with Down syndrome”). Celebrate, never pity. Feet photos are great; share faces only with permission.

TRACKER

21 Acts of Extra Kindness

Check off each act as you do it. Can you finish all 21 by March 21?



1 Say hi to someone new	2 Write a kind note	3 Wear fun socks
4 Share a toy or snack	5 Invite someone to play	6 Read a book about belonging
7 Thank a helper	8 Hold the door	9 Learn one fact about Down syndrome
10 Make a card for a neighbor	11 Give a high five	12 Help clean up
13 Ask someone their favorite thing	14 Draw a picture for a friend	15 Sit with someone new
16 Say thank you three times	17 Share why 3.21 matters	18 Donate socks
19 Smile at 21 people	20 Cheer someone on	21 Your own idea!

We finished on: _____

#Celebrate321