

FIND YOUR EXTRA • IDEA GUIDE

3-2-1 Family Kindness



Do three kind things, tell two people why 3.21 matters, and invite one person to join.

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

Families

Step it up

Create

Cost: Free

WHY IT MATTERS

3-2-1 is easy to remember and turns 3.21 into action for the whole family.

HOW TO DO IT

- 1 Print the family tracker on page 2.
- 2 Do 3 kind things.
- 3 Tell 2 people why 3.21 matters.
- 4 Invite 1 person to join you.

WHAT YOU NEED

- Family tracker (page 2)

PAIRS WITH THESE KITS

- Family 321 Week At Home
- 21 Ways to Celebrate

READY-TO-POST CAPTION

We did the 3-2-1 Family Kindness challenge! Your turn. #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.

FAMILY TRACKER

3-2-1 Family Kindness

Hang it on the fridge. Fill it in together during 3.21 Week.



3

kind things we did

2

people we told why 3.21 matters

1

person we invited to join us

SAY IT SIMPLY

“March 21 is World Down Syndrome Day. People with Down syndrome have three copies of chromosome 21, and we celebrate that everyone belongs.”

WE DID IT!

Family name _____

Date _____

Share a photo with **#Celebrate321**