

Activity Leader Guide

Companion to the Lower Elementary Teacher Guide



Everything you need to lead the six whole-class activities from the Lower Elementary Teacher Guide: prep checklists, materials, scripts, ways to include every student, and all the printables.

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PLAN IT

Planning overview

Every activity works on its own. Do one, or put them all together into a full 3.21 week.

MASTER SUPPLY LIST

- ☐ 30+ pairs of socks (ask families, or check a dollar store)
- ☐ 1-2 sets of THREE matching socks
- ☐ Cardstock (sock templates) + colored paper (chain strips)
- ☐ Crayons, markers, stickers, glue sticks
- ☐ Tape, stapler, bulletin board space
- ☐ Counters or cubes (for 3.21 Math)
- ☐ 2 laundry baskets + a timer

TIMELINE

1

2 weeks before

Pick your date (March 21, 2027 is a Sunday, so most schools celebrate Friday, March 19). Talk with any family whose child has Down syndrome.

2

1 week before

Send the family notes home. Copy templates, labels, chain strips, math pages, and bingo cards.

3

Day before

Wash socks, clear bulletin board space, and hide the set of three.

4

Celebration day

Rock Your Socks Day, bingo winners, and a class feet photo. Share with #Celebrate321.

SAMPLE 3.21 WEEK

Mon

Lesson + start
Friendship Chain

Tue

Sock Chromosome
Bulletin Board

Wed

3.21 Math

Thu

Sock Match-Up Race

Fri

Rock Your Socks Day
+ Bingo!

SAFETY & LOGISTICS

- Run races in shoes. Socks on smooth floors are slippery.
- Wash shared socks before use.
- Follow your school's photo policy. Feet photos avoid faces entirely.

THE HEART OF EVERY ACTIVITY

Each activity lands on the same idea: **different is good, and everyone deserves to belong.** Close every activity by asking, "How does this show that different is good?"

ACTIVITY

1

Sock Chromosome Bulletin Board

Every student decorates a paper sock. Together they become 23 pairs, plus one extra on #21, that teach the whole school why we celebrate 3.21.

20-30 MIN

WHOLE CLASS

ART TABLES + BULLETIN BOARD

MESS: MEDIUM

GET READY

- ☐ Copy the **sock template** on cardstock: 47 socks total (add extras if your class is small, or invite another class).
- ☐ Print and cut the **number labels** 1-23.
- ☐ Print and color the **title strips**.
- ☐ Staple the title and numbers to the board first.

MATERIALS

- Sock templates (cardstock)
- Crayons, markers, stickers
- Number labels + title strips
- Stapler or push pins

MAKE IT WORK FOR EVERYONE

- Pre-cut socks for students who find scissors tricky.
- Offer stencils, stamps, or stickers as design options.
- Students who finish early can make the extra socks.

LEAD IT

1

Recall the science

Hold up two matching socks.

SAY

Remember our sock mystery? Chromosomes come in pairs, like socks. Most people have 23 pairs. Today we're making ALL of them!

2

Decorate

Each student decorates one or two socks. Encourage wild, different designs. Partners can agree to make matching pairs.

3

Build the board

Students pin their pair under a number. Save #21 for last and add THREE socks together.

SAY

Why does number 21 get three? ... Yes! That's what Down syndrome means, and why the date is 3/21!

4

Gallery walk

Invite another class to visit. Your students explain the board. They're the teachers!

WRAP UP & FOLLOW THROUGH

Leave the board up through 3.21. Take a picture of it for your school newsletter.



Photo moment: The finished board, especially the #21 trio. No faces needed.

ACTIVITY

2

Rock Your Socks Day

On your celebration day, everyone wears fun or mismatched socks and the class shows the whole school why.

ALL DAY

WHOLE CLASS

CLASSROOM + HALLWAYS

MESS: NONE

GET READY

- ☐ **1 week before:** Send home the Rock Your Socks note.
- ☐ Stock a spare-socks basket so everyone can join.
- ☐ Check photo permissions and plan a feet photo spot.
- ☐ Optional: invite another class to a sock-off.

MATERIALS

- Fun socks (and spares)
- Feet-photo spot
- Optional: music for a sock parade

MAKE IT WORK FOR EVERYONE

- Students with sensory needs can wear socks on their hands, on a stuffed animal, or pinned to their shirt!
- Students using wheelchairs can decorate footrests or wheels.
- No one should feel left out. The spare basket is key.

LEAD IT

1

Morning sock check

Everyone shows their socks in a circle. Anyone who needs socks picks from the spare basket.

SAY

Look at all these socks! Not one pair is the same. That's what we're celebrating today!

2

Explain it

Have students explain to each other why we wear socks on 3.21. They practice their "sock speech."

SAY

Pretend someone asks you, "Why are your socks crazy?" What will you say?

3

Share it

Students tell the office staff, another class, or their bus driver why they're wearing fun socks.

4

Feet photo

Feet in a circle, photo from above. Share with families using #Celebrate321.

WRAP UP & FOLLOW THROUGH

Write a class sentence together: "Today we rocked our socks because..."



Photo moment: Feet-in-the-middle circle from above. Follow your school's photo policy.

ACTIVITY

3

Friendship Chain

Every time a student includes someone or does something kind, they add a link. Can your class reach 21 links by 3.21?

ALL WEEK

WHOLE CLASS

CLASSROOM WALL

MESS: LOW

GET READY

- ☐ Copy the **chain strips** on colored paper and cut them apart.
- ☐ Keep strips, a pencil cup, and a stapler in a “chain station.”
- ☐ Hang the first link yourself to model it.

MATERIALS

- Chain strips
- Stapler or tape
- Pencils

MAKE IT WORK FOR EVERYONE

- Students can draw instead of write.
- Classmates can nominate each other: “I saw Ava include someone!”
- Keep the goal as a class goal, not a competition between students.

LEAD IT

1

Launch it

Show the first link.

SAY

Every time you include someone or do something kind, you get to add a link. Let’s see if we can make 21 links by 3.21!

2

Fill a strip

Students fill in a strip (“I invited Leo to play tag”) and staple it onto the chain. Help with spelling as needed.

3

Count daily

End each day by counting links together. Celebrate milestones at 7, 14, and 21.

4

Celebrate

On 3.21, drape the chain around the room or out the door.

SAY

Look how long our kindness is! Every link is someone who belonged a little more.

WRAP UP & FOLLOW THROUGH

Keep going past 21. Try 321 links by the end of the year!



Photo moment: The chain stretched out the door, or students holding it in a line (check permissions).

ACTIVITY

4

3.21 Math

Skip-counting, grouping, and sock counting that turns the 3.21 idea into real math practice.

15–20 MIN

WHOLE CLASS THEN PARTNERS

TABLES

MESS: LOW

GET READY

- ☐ Copy the **3.21 Sock Math** page for each student.
- ☐ Set out counters, cubes, or real socks.
- ☐ Write 3, 6, 9... on the board with blanks.

MATERIALS

- 3.21 Sock Math page
- Counters or cubes
- Real socks (optional)

MAKE IT WORK FOR EVERYONE

- Kindergarten: focus on counting socks and pairs only.
- Use a number line strip for skip-counting support.
- Challenge: How many socks would our whole class wear? (students $\times$ 2)

LEAD IT

1

Skip-count together

Count by 3s to 21 as a class, clapping on each number.

SAY

3, 6, 9, 12, 15, 18, 21! What did we land on? 21!

2

Build groups

Partners build groups of 3 counters until they reach 21. How many groups? (7)

3

Sock counting

Show pairs of socks. How many socks in 2 pairs? 3 pairs? Then hold up the three matching socks.

SAY

Most pairs have 2 socks. This one has 3, just like chromosome 21 for people with Down syndrome!

4

Independent practice

Students complete the math page. Grade 2 students try the challenge: $46 + 1 = 47$.

WRAP UP & FOLLOW THROUGH

Collect counters. Post finished pages near the bulletin board.



Photo moment: Counters in groups of 3 on a desk.

ACTIVITY

5

Kindness Bingo

A week-long challenge. Students do kind, inclusive acts and color the squares until they get five in a row.

ALL WEEK

INDIVIDUAL, CLASS CELEBRATION

ANYWHERE

MESS: NONE

GET READY

- ☐ Copy the **Kindness Bingo** card for each student.
- ☐ Plan a small celebration for bingo winners (a sock sticker, a special job, or extra recess).

MATERIALS

- Kindness Bingo cards
- Crayons
- Stickers (optional)

MAKE IT WORK FOR EVERYONE

- Read the card aloud with non-readers, or add picture icons.
- Let students choose a blackout challenge if they finish early.
- Make it a class card on chart paper for younger students.

LEAD IT

1

Explain

Read the squares together and act out a few.

SAY

This week, every time you do one of these, color the square. Five in a row is BINGO!

2

Check in daily

Take two minutes each afternoon: "Who colored a square today? What did you do?"

3

Honor system

Trust students. Ask them to share one real example when they color a square.

4

Celebrate

On 3.21, celebrate everyone who got BINGO, and everyone who tried.

SAY

Every square you colored made someone feel like they belong!

WRAP UP & FOLLOW THROUGH

Send cards home on 3.21 so families can see the kindness.



Photo moment: A finished bingo card (no name showing).

ACTIVITY
6

Sock Match-Up Race

Teams race to match a big pile of socks, and someone discovers the sneaky extra sock.

10–15 MIN

2–4 TEAMS

GYM OR OPEN FLOOR

MESS: LOW

GET READY

- ☐ Gather 20–30 pairs of socks plus one extra that matches a pair.
- ☐ Pile them in the middle of the floor.
- ☐ Mark a team zone for each team with tape or cones.

MATERIALS

- 20–30 pairs of socks + 1 extra
- Tape or cones
- Timer

MAKE IT WORK FOR EVERYONE

- Try a class-vs-timer version with no teams.
- Vary movements: skip, hop, walk backwards.
- Pair students who use mobility devices with a “sock runner” partner. They’re the team matcher.

LEAD IT**1****Set it up**

Teams sit in their zones.

SAY

When I say go, one person from each team runs to the pile, grabs ONE sock, and brings it back. Your team finds its partner!

2**Race**

Relay-style until the pile is gone. Teams match pairs in their zone.

3**Count & compare**

Each team counts its pairs. Which team has a set of THREE?

4**Explain it**

The team with the extra sock explains why it’s special.

SAY

Three socks, just like three copies of chromosome 21. Different is good!

WRAP UP & FOLLOW THROUGH

Everyone helps return socks to the basket. Count them together as a cool-down.



Photo moment: The team holding up the three matching socks.

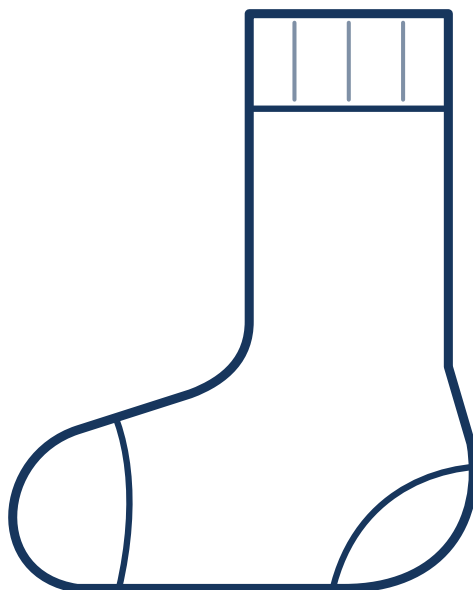
PRINTABLE

Sock template

Print on cardstock. You'll need 47 socks for the bulletin board: 23 pairs plus one extra for #21!



Name: _____



Name: _____

PRINTABLE

Bulletin board title

Print, color, and trim. Tape the two strips side by side above your sock display.



OUR 23 PAIRS

Different Looks
GOOD HERE!

PRINTABLE

Bulletin board number labels

Cut apart and pin one number under each pair of paper socks. Number 21 gets THREE socks!



1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	#21 has THREE!

PRINTABLE

Friendship Chain strips

Copy on colored paper. Each time a student includes someone or does something kind, they fill in a strip and add it to the chain. Goal: 21 links by 3.21!



I included _____



I was kind when I _____



I played with _____



I helped _____



I was patient when _____



I said something kind to _____



I invited _____



I cheered for _____



STUDENT PAGE

3.21 Sock Math

Name: _____

1. Skip-count by 3s to 21!

Fill in the missing numbers.

0	3						21
---	---	--	--	--	--	--	----

2. How many groups of 3 make 21?

Draw groups of 3 socks (or circles) until you reach 21.
Count the groups.

_____ groups of 3 = 21

3. Count the socks



2 pairs = _____ socks



3 pairs = _____ socks



Pair 21 has _____ socks!

4. Sock story problem

3 friends each wear 2 mismatched socks on 3.21. How many socks is that? Draw it!

_____ socks

★ Challenge (Grade 2)

Most people have 23 pairs of chromosomes. 23 pairs = 46. People with Down syndrome have one extra. $46 + 1 =$

Teacher answer key: 3, 6, 9, 12, 15, 18, 21 · 7 groups · 4 socks, 6 socks, 3 socks · 6 socks · 47

STUDENT PAGE

Kindness Bingo

Do a kind thing, then color the square. Five in a row = BINGO!

Name: _____

B	I	N	G	O
Wear fun socks	Say hi to someone new	Learn a classmate's middle name	Give a high-five	Share a crayon
Invite someone to play	Wait 5 seconds for a friend	Give a compliment	Help clean up	Say thank you to a teacher
Tell someone a strength you see	Play WITH someone new	 3.21 FREE	Learn one fact about Down syndrome	Hold the door
Sit with someone new	Ask a kind question	Draw a picture for a friend	Cheer for a friend	Use someone's name
Make someone laugh	Read with a buddy	Tell your family about 3.21	Pick someone else first	Say "You can do it!"

PRINTABLE

Family notes

Copy, cut in half, and send home about one week before your celebration.



SOCK DRIVE

Got socks? We need them!

Our class is celebrating **World Down Syndrome Day** with sock games and a sock bulletin board. Could you send in a few **clean pairs of socks** you don't need back? Any size or style is perfect!

Please send by: _____

Don't have extras? No worries at all. We'll have plenty to share. Thank you for helping our class celebrate!

— _____



SAVE THE DATE

Rock Your Socks Day!

On _____, send your child in their **most fun, mismatched socks**! We're celebrating people with Down syndrome and showing our whole school that **different looks good here**. We'll have spares for anyone who needs them.

Rock your socks at home too, and share a family sock photo with **#Celebrate321**.

