

Take-Home Family Kit

Companion to the Lower Elementary Teacher Guide



Everything to send home so K-2 families can celebrate 3.21 together: a family letter, a sock game your student teaches, a family fact challenge, a kindness tracker, a design page, a photo prop sign, and conversation cards. Includes a teacher page on using My 3.21 Page in class.

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FOR TEACHERS

Building the kit

About 20 minutes of prep for the whole class. Send it home about one week before your celebration so families have time to join in.

PUT IN EACH FOLDER

- ☐ Family letter
- ☐ I'm the Teacher! sock game
- ☐ Family Fact Challenge + a copy of **Learn One Thing**
- ☐ My 3.21 Week tracker
- ☐ Design Your Fun Sock
- ☐ Photo prop sign
- ☐ Photo guide + return slip
- ☐ Conversation cards
- ☐ **Optional:** pages from the Kids Activity Pack

ASSEMBLE & ASSIGN

- 1 Copy**
Copy the kit pages (single-sided) plus the Learn One Thing fact sheet.
- 2 Practice first**
Play the Sock Mystery game in class so students are ready to teach it at home.
- 3 Send**
Send home a week before 3.21. Tracker and fact challenge come back on your celebration day.

MAKE IT WORK FOR EVERY FAMILY

- Everything works without a printer or special supplies.
- Offer copies in families' home languages when you can.
- Returning pages is optional. Celebrate what comes back and never penalize.

USING "MY 3.21 PAGE" (FROM THE TEACHER GUIDE) IN CLASS

- 1 Review first**
Do it right after the lesson, while the sock mystery is fresh.

SAY
Who remembers why the date is 3/21?
- 2 Read together**
Read each question aloud. Point to the word bank (21, three).
- 3 Color the socks**
Students count and color the three chromosome 21 socks. Ask: "Why three?"
- 4 Draw & write**
Students draw a way to include a friend. Offer the sentence starter "I can ____ with ____."

Answer key: March **21** · **three** copies · 3 socks. **Extension:** Early finishers can start the My 3.21 Week tracker or a Kids Activity Pack page.

A NOTE FOR FAMILIES

We're celebrating 3.21!



Dear Families,

This week our class is celebrating **World Down Syndrome Day**, every year on **March 21**. The date stands for **3** copies of chromosome **21**: people with Down syndrome have an extra copy of chromosome 21.

We solved a sock mystery, learned that Down syndrome isn't an illness and can't be caught, and practiced ways to include friends. Our big idea: **different is good, and everyone deserves to belong.**

1. Play

Let your child teach you the **Sock Mystery** game using the I'm the Teacher! page.

2. Learn

Read **Learn One Thing** together and let your child quiz you.

3. Rock & share

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

OUR ROCK YOUR SOCKS DAY

Wear fun, mismatched socks on: _____

ASK YOUR CHILD

"Why is World Down Syndrome Day on March 21?"

"Who did you include this week?"

Thank you for celebrating with us! — _____

Free family activities are at Celebrate321.org.

STUDENT PAGE • TAKE HOME

I'm the Teacher!

Tonight YOU get to teach your family the Sock Mystery game. Follow the steps and say the words in the bubbles!



Step 1: Make a sock pile

Ask a grown-up for 5–10 pairs of socks. Secretly add ONE extra sock that matches a pair.

SAY

Let's play the Sock Mystery game! Mix up all the socks!



Step 2: Find the pairs

Everyone races to match the socks.

SAY

Ready, set, MATCH!



Step 3: Reveal the mystery

Someone will find the set of THREE. Now explain it!

SAY

Chromosomes come in pairs, like socks. People with Down syndrome have THREE copies of chromosome 21. That's why World Down Syndrome Day is on 3/21!



Step 4: Mismatch time

Everyone picks two socks that DON'T match and puts them on.

SAY

Different is good! Let's wear these on 3.21!

GROWN-UP CHECK

My child taught me the Sock Mystery game! ☐ Yes! Grown-up signature:

STUDENT PAGE • TAKE HOME

Family Fact Challenge

Read the Learn One Thing fact sheet together. Then YOU quiz your family! Check the box when someone gets it right.

QUESTION	ANSWER (FOR THE QUIZMASTER!)	GOT IT?
1. What day is World Down Syndrome Day?	March 21 (3/21)	☐ ☐ ☐
2. Why that date?	3 copies of chromosome 21	☐ ☐ ☐
3. Is Down syndrome catching?	No! People are born with it.	☐ ☐ ☐
4. How many chromosomes do most people have?	46 (23 pairs)	☐ ☐ ☐
5. Why do we wear mismatched socks?	To show different is good!	☐ ☐ ☐

The ONE thing my family learned:

Bonus: draw your family in fun socks!

Quizmaster: _____ Grown-up signature: _____

STUDENT PAGE

My 3.21 Week

Each day, write or draw one kind thing you did. Then draw the socks you wore!

Name: _____

Mon SOMETHING KIND I DID _____ _____	 sock of the day
Tue SOMETHING KIND I DID _____ _____	 sock of the day
Wed SOMETHING KIND I DID _____ _____	 sock of the day
Thu SOMETHING KIND I DID _____ _____	 sock of the day
Fri SOMETHING KIND I DID _____ _____	 sock of the day

DRAW IT • WRITE IT • SHARE IT

Design Your Fun Sock

Artist: _____



My sock shows that I am...

Share your sock on social media with the hashtag

#Celebrate321



We Rock Our Socks for 3.21!

Different Looks Good Here

#Celebrate321



FOR FAMILIES

Your family sock photo

One quick photo helps show your whole community is 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 • KEEP IN THE CAR OR ON THE FRIDGE

Conversation cards



IN THE CAR

Why is World Down Syndrome Day on 3/21?

Let your child explain the sock mystery!

AT DINNER

What's something easy for you? What's hard?

Everyone shares. Grown-ups too!

AT BEDTIME

Who did you play WITH today?

Did anyone play alone? What could you do next time?

AT THE PARK

How can we ask someone new to play?

Practice: "Want to play with us?"

GETTING DRESSED

Which socks show off YOU today?

On 3.21, the sillier the better!

ANYTIME

What's a strength you see in a friend?

Strengths can be art, sports, kindness, jokes...

READING TOGETHER

Is anyone in this book different from you?

Different is good! What's the same?

ANYTIME

What's a kind question to ask a new friend?

Try: "What games do you like?"