

Activity Leader Guide

Companion to the **Preschool Teacher Guide**



Everything you need to lead the six whole-class activities from the Preschool Teacher Guide: prep checklists, exact materials, word-for-word scripts, ways to include every child, clean-up tips, and all the printables.

WHAT'S INSIDE

- 1 **Planning overview**
- 2 **Sock Match Relay**
- 3 **Our Class Sock Garland**
- 4 **Rock Your Socks Parade**
- 5 **Sensory Sock Bin**
- 6 **Friendship Circle Song**
- 7 **Same & Different Graph**
- 8 **Printables: templates, banner, graph, song card, family notes**

Planning overview

Every activity works on its own. Do one, or do them all as a 3.21 week. Here's the whole plan at a glance.

MASTER SUPPLY LIST

- ☐ 30+ pairs of socks (ask families, or check a dollar store)
- ☐ 1-2 sets of THREE matching socks
- ☐ Cardstock (for sock templates)
- ☐ Crayons, markers, do-a-dot markers, stickers
- ☐ Yarn or twine + mini clothespins
- ☐ 2 laundry baskets + a sensory bin
- ☐ Masking tape + sticker dots
- ☐ Chart paper

TIMELINE

1

2 weeks before

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

2

1 week before

Send home the sock donation note and the Rock Your Socks reminder. Print templates, banner, graph, and song card.

3

Day before

Wash socks, set up the sensory bin, tape the relay line, and stock the spare-sock basket.

4

Celebration day

Parade, feet photo, and a class "Today we..." sentence. Share with #Celebrate321.

SAMPLE 3.21 WEEK

Mon

Friendship Circle
Song (daily) + Sock
Match Relay

Tue

Sensory Sock Bin
opens at centers

Wed

Class Sock Garland

Thu

Same & Different
Graph

Fri

Rock Your Socks
Parade!

SAFETY & HYGIENE

- Play movement games in shoes. Socks on bare floors are slippery.
- Wash shared socks before use and weekly after that.
- Watch small parts (pom-poms, buttons) with children who mouth objects.

THE HEART OF EVERY ACTIVITY

Each one lands on the same message: **different is good, and everyone belongs.** Say it at the end of every activity. By Friday your class will be saying it with you!

ACTIVITY

1

Sock Match Relay

A giggly movement game: race to bring back socks and find their matches, with one surprise pair of three.

10 MIN

WHOLE CLASS · 2 TEAMS

OPEN FLOOR OR GYM

MESS: LOW

GET READY

- ☐ **1 week before:** Send the sock donation note home (Printables).
- ☐ **Day before:** Wash socks. Set aside one set of **three** matching socks.
- ☐ Tape a start line. Put the sock pile 15–20 ft away.
- ☐ Place one laundry basket per team at the start line.

MATERIALS

- 15–20 pairs of socks + 1 extra matching sock
- 2 laundry baskets
- Masking tape
- Upbeat music (optional)

MAKE IT WORK FOR EVERYONE

- No winners needed: have both teams “beat the timer” together.
- Shorten the distance or offer a “sock buddy” for children using walkers or wheelchairs.
- Let children who prefer not to race be the “sock checkers” at the baskets.

LEAD IT

1

Gather at the line

Show the pile and the baskets.

SAY

We’re going on a sock hunt! Each friend brings back ONE sock, and then our team finds its partner.

2

Show the moves

Demonstrate: walk, tiptoe, hop, bear crawl. Call a new move each round.

SAY

This round we’re... tiptoeing like mice!

3

Go!

One child per team goes at a time and drops their sock in the basket. Next friend goes. Keep it moving.

4

Match & count

When the pile is gone, each team sits and pairs its socks. Count pairs together.

SAY

How many pairs did we find? Let’s count!

5

The surprise

Someone finds the set of three. Hold it up big!

SAY

THREE socks! Is it still a good sock? YES! Some people have a little extra too, like people with Down syndrome. Different is good!

WRAP UP & CLEAN UP

Children toss all socks into one basket for next time.

Safety: play in shoes. Socks on bare floors are slippery!



Photo moment: The big “THREE socks!” reveal, with kids’ hands holding up the socks.

ACTIVITY
2

Our Class Sock Garland

Every child decorates a paper sock. Together they become a colorful classroom garland that says “Different Looks Good Here.”

15–20 MIN

SMALL GROUPS OF 4–6

ART TABLE

MESS: MEDIUM

GET READY

- ☐ Print the **sock template** on cardstock, 1 sock per child plus extras.
- ☐ Pre-cut the socks, or have older buddies or volunteers help.
- ☐ Print and color the **banner pages** (Printables).
- ☐ Hang a string (10–15 ft) where kids can see it.

MATERIALS

- Sock templates (cardstock)
- Crayons, markers, do-a-dot markers
- Stickers, washi tape, pom-poms, glue sticks
- Yarn or twine + mini clothespins

MAKE IT WORK FOR EVERYONE

- Offer do-a-dot markers or chunky crayons for developing grips.
- A sticker-only option works for children who don’t like messy hands.
- Children can dictate a word about their sock for you to write on it.

LEAD IT

1

Show examples

Hold up two very different finished socks.

SAY

Look! These socks don’t match at all. Today everyone makes their very own sock. There’s no wrong way!

2

Decorate

Children decorate freely. Talk about choices: “Tell me about your sock!” Write each child’s name on the back.

3

Clip it up

Each child (with help) clips their sock onto the string.

4

Admire together

Gather under the garland.

SAY

Do any of our socks match? No! And look how beautiful they are all together. That’s our class: different, and better together.

WRAP UP & CLEAN UP

Glue sticks capped, scraps in a bin. Leave the garland up through 3.21, then send socks home in take-home folders.



Photo moment: The whole garland with the banner. No faces needed, so it’s easy to share with #Celebrate321.

ACTIVITY

3

Rock Your Socks Parade

On your celebration day, everyone wears fun or mismatched socks and parades through school to music.

10 MIN

WHOLE CLASS

HALLWAYS

MESS: NONE

GET READY

- ☐ **1 week before:** Send home the Rock Your Socks reminder (Printables).
- ☐ Ask your director or principal to okay the parade route and time.
- ☐ Stock a “spare socks” basket so no one is left out.
- ☐ Check photo permissions on file. Make a kid-friendly playlist.

MATERIALS

- Fun socks (and spares)
- Music + speaker
- Optional: hand-made signs, shakers, streamers

MAKE IT WORK FOR EVERYONE

- Offer noise-reducing headphones and a spot at the front or back for kids who find crowds loud.
- Children using wheelchairs can decorate their wheels or footrests too!
- Have a quiet “sock helper” job for children who’d rather not march.

LEAD IT

1

Sock check!

Sit in a circle, feet in the middle. Anyone who needs socks picks from the spare basket.

SAY

Socks up! Wow, look at ALL these different socks!

2

Why we parade

One sentence is enough.

SAY

Today we’re celebrating World Down Syndrome Day and showing everyone that different looks good here!

3

Line up & go

Start the music and parade the route. Wave at other classes and the office.

4

Cheer

Stop somewhere fun for a class cheer.

SAY

Red sock, blue sock, one, two, three! Everybody’s different, and that’s okay with me!

5

Feet photo

Back in the room, children sit in a circle with feet in the middle. Photograph from above.

WRAP UP & CLEAN UP

Return spare socks to the basket (or let kids keep them). Write a class sentence together: “Today we…”



Photo moment: Feet-in-the-middle circle from above. Share with #Celebrate321 (follow your school’s photo policy).

ACTIVITY
4

Sensory Sock Bin

A hands-on center for sorting, matching, and describing socks of every texture, size, and color.

CENTER TIME

3-4 CHILDREN

SENSORY TABLE OR BIN

MESS: LOW

GET READY

- ☐ Gather 10-15 pairs with lots of textures: fuzzy, knit, fleece, stripy, toe socks, baby and grown-up sizes.
- ☐ Wash socks (new socks are best for hygiene).
- ☐ Hide one set of three inside.
- ☐ String a mini clothesline between two chairs.

MATERIALS

- Bin or sensory table
- 10-15 pairs of varied socks
- Clothespins + short clothesline
- Color sort mats or paper plates

MAKE IT WORK FOR EVERYONE

- For sensory-sensitive children: let them choose which socks to touch. Never force it. Gloves are fine!
- If clothespins are too hard, children can drape socks over the line.
- Word power: **soft, fuzzy, bumpy, smooth, stripy, big, little, same, different.**

LEAD IT

1

Invite and model

Pull out a sock and describe it.

SAY

Ooh, this one is **fuzzy**! What does yours feel like?

2

Sort

Children sort by feel, color, or size onto the mats. Let them choose how.

3

Match & clip

Find the pairs and clip them on the line. Great fine-motor practice!

4

Find the three

Ask: "Did anyone find a sock with THREE?" Talk about how different is good.

WRAP UP & CLEAN UP

Children put socks back in the bin. Count them as you go. Wash socks weekly if the center stays out.



Photo moment: Little hands clipping pairs on the clothesline.

ACTIVITY
5

Friendship Circle Song

A 5-minute daily ritual where every child's name is sung and celebrated.

5 MIN · DAILY

WHOLE CLASS

CIRCLE RUG

MESS: NONE

GET READY

- ☐ Print the **song card** (Printables) and post it by your circle area.
- ☐ Pick a "friendship sock" (a fun sock or sock puppet) to pass.
- ☐ Know the tune: "*The Farmer in the Dell*."

MATERIALS

- Song card
- One friendship sock or sock puppet
- Optional: class name cards or photos

MAKE IT WORK FOR EVERYONE

- Teach the ASL sign for **FRIEND**: hook your index fingers together, then flip and hook again.
- Use a photo card for children who don't want to be looked at. Sing to the photo instead.
- Split into two days if your group is big: half the names today, half tomorrow.

LEAD IT

1

Sit in a circle

Hold up the friendship sock.

SAY

When the sock comes to you, we'll sing YOUR name!

2

Sing each name

Hand the sock to a child and sing their verse. They can wave, stand, dance, or just smile. Their choice!

SAY

"Maya is our friend, Maya is our friend, we're so glad that you are here, Maya is our friend!"

3

Pass it on

Child passes the sock to the next friend. Keep going around the circle.

4

Everybody verse

End with the whole-class verse and a group hug or high-fives.

SAY

"We all belong, we all belong, different is good and we all belong!"

WRAP UP & CLEAN UP

Put the friendship sock in a special spot. Kids love knowing it'll come back tomorrow.



Photo moment: The circle mid-song (check photo permissions), or just the friendship sock on the rug.

ACTIVITY

6

Same & Different Graph

A simple picture graph that shows we like some of the same things and some different things, and every answer belongs.

10 MIN

WHOLE CLASS

CIRCLE + WALL

MESS: LOW

GET READY

- ☐ Print or copy the **graph template** (Printables) poster-size, or draw it on chart paper.
- ☐ Choose a topic: favorite fruit, sock color, or pets.
- ☐ Draw or glue a picture at the bottom of each column.

MATERIALS

- Graph template or chart paper
- Sticker dots or name cards
- Markers

MAKE IT WORK FOR EVERYONE

- Use real objects (an apple, a banana) for children who need something concrete.
- Children can place their name card or photo instead of a sticker.
- Try a new topic each day of your 3.21 week.

LEAD IT

1

Ask the question

Point to each picture.

SAY

Which fruit do YOU like best: apple, banana, grapes, or strawberries?

2

Add your sticker

Each child places a sticker in their column. Help as needed.

3

Count & compare

Count each column together.

SAY

Which has the MOST? The LEAST? Are any the SAME?

4

The big idea

Step back and look.

SAY

Some of us picked the same, and some picked different. Every single answer belongs on our chart, just like every friend belongs in our class!

WRAP UP & CLEAN UP

Hang the graph at kid height. Revisit it: "Who remembers how many picked bananas?"



Photo moment: The finished graph with all the stickers.

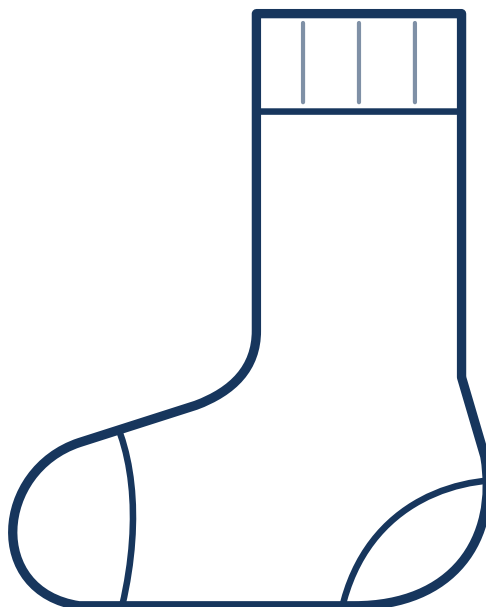
PRINTABLE

Sock template

Print on cardstock. Cut out, decorate, and clip onto your garland. Two socks per page.



Name: _____

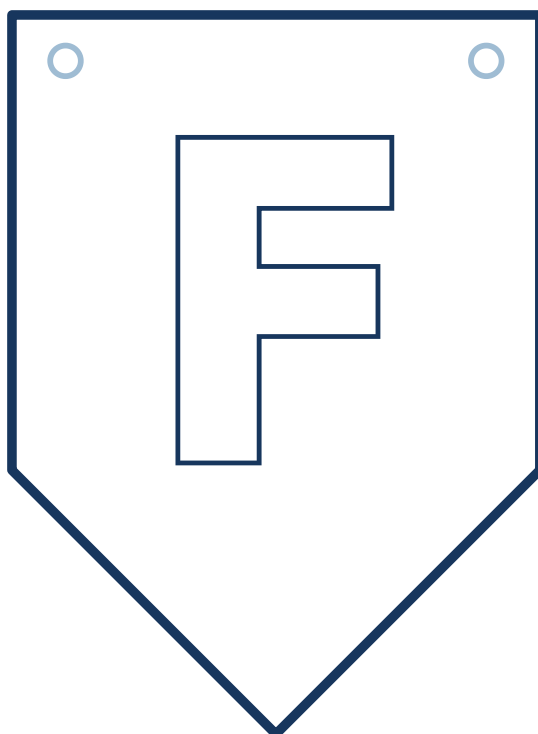
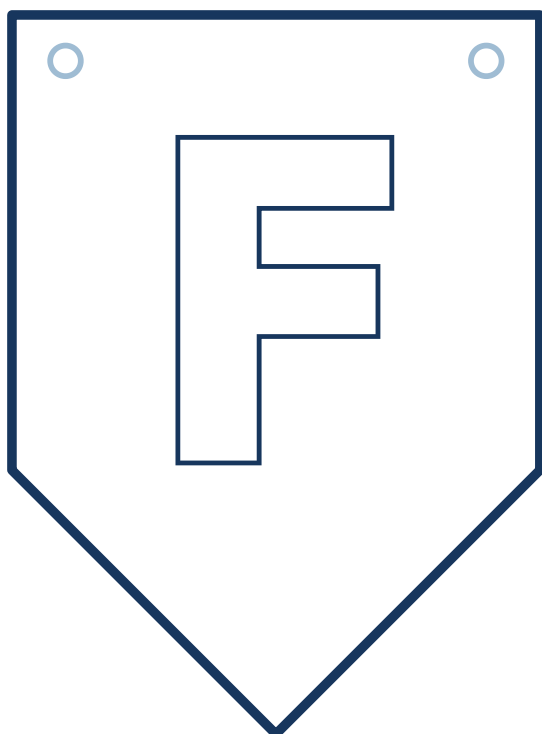
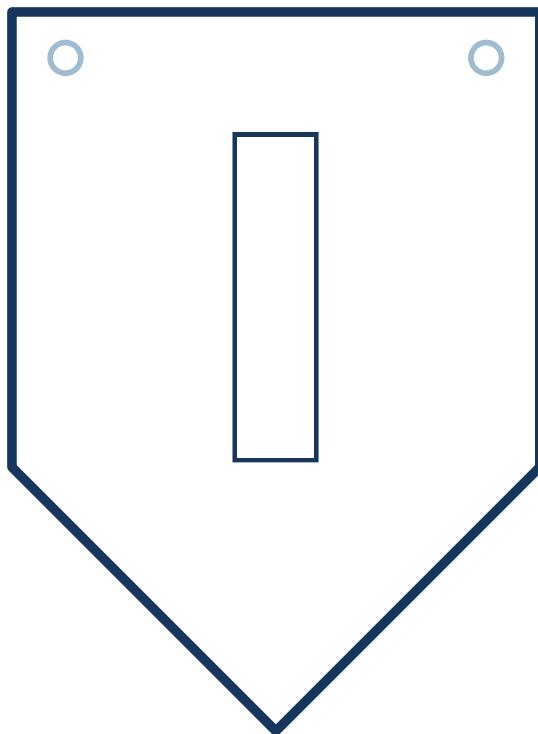
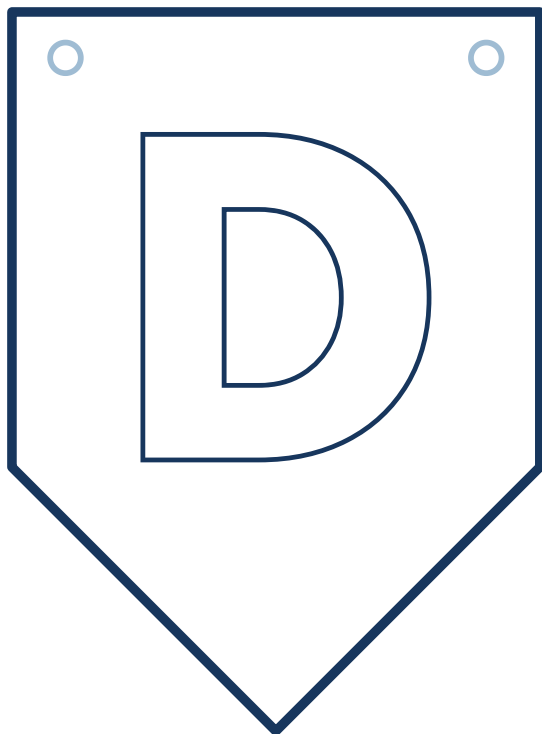


Name: _____

PRINTABLE

Garland banner • page 1 of 7

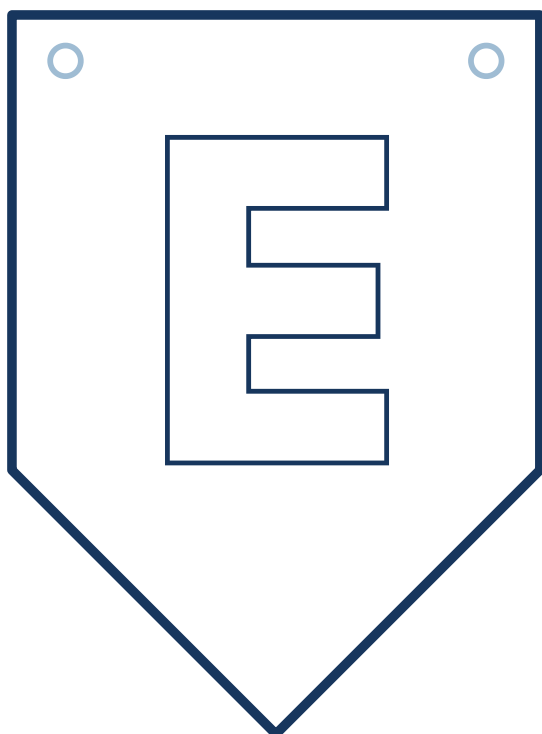
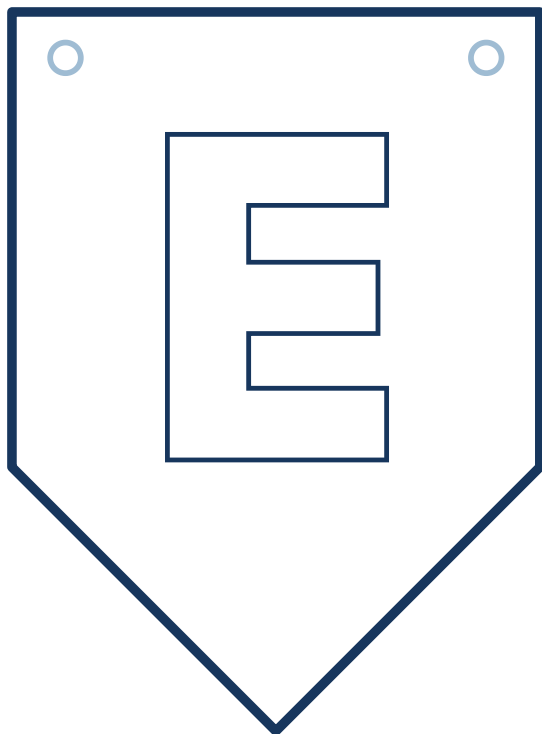
Print on cardstock. Kids color the letters, cut out each flag, punch the holes, and string them in order: DIFFERENT ♡ LOOKS ♡ GOOD ♡ HERE! ✂



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Garland banner • page 2 of 7

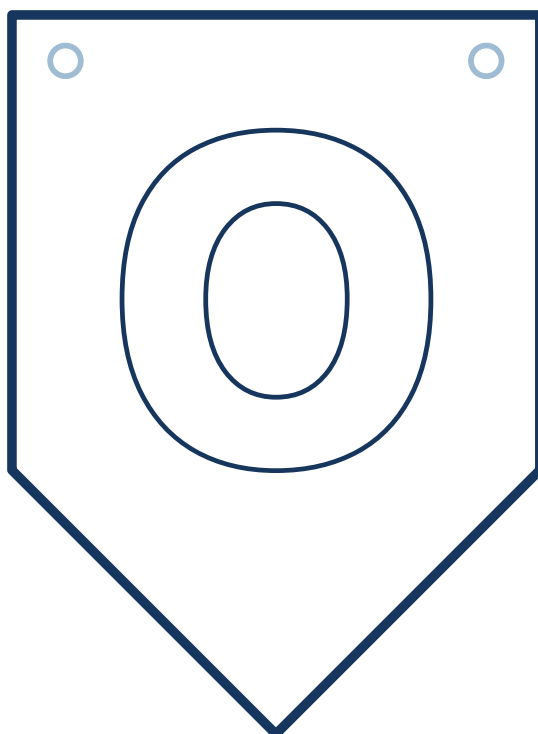
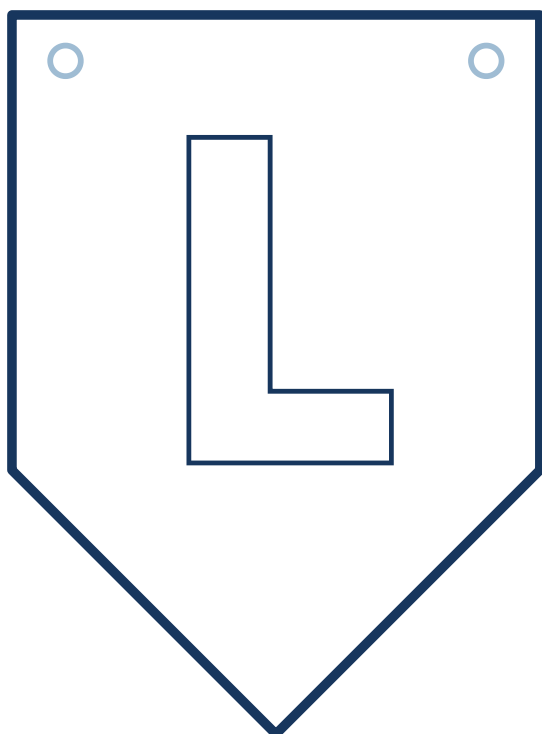
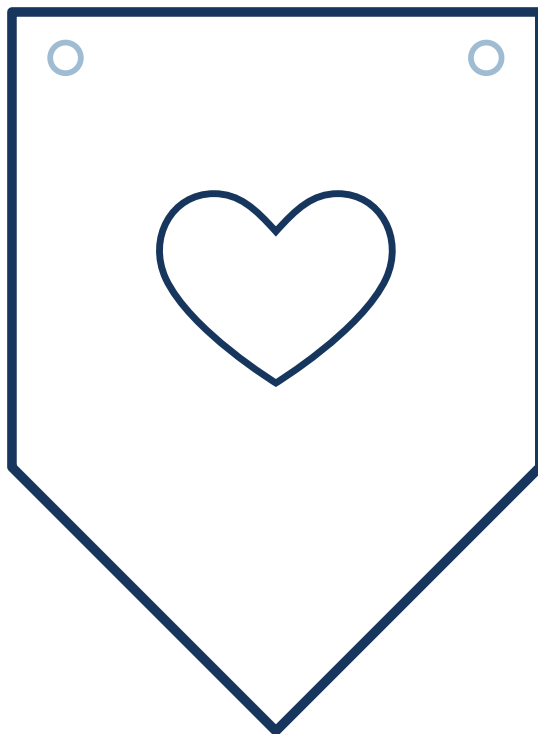
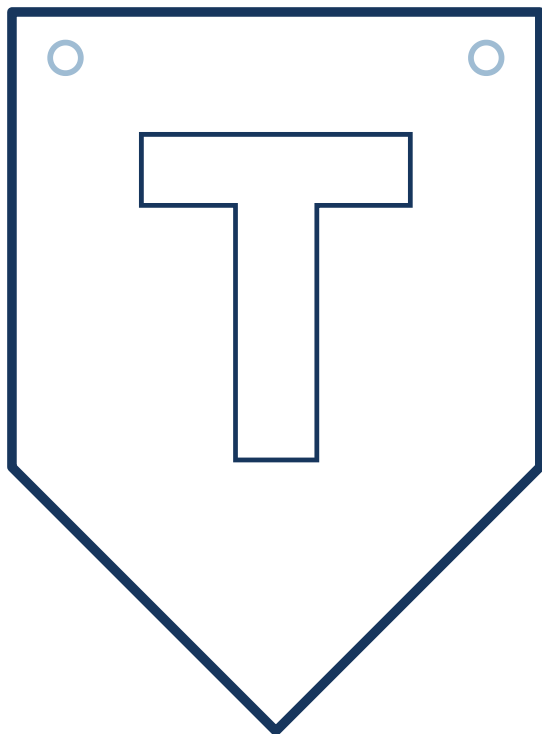
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PRINTABLE

Garland banner • page 3 of 7

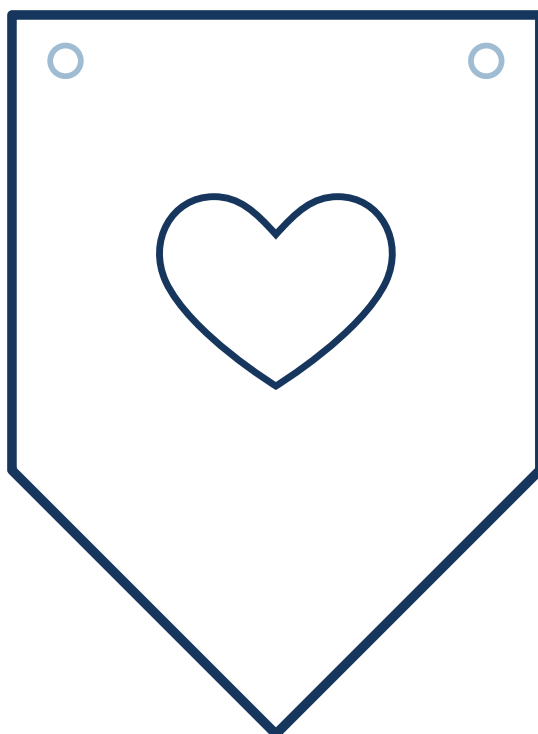
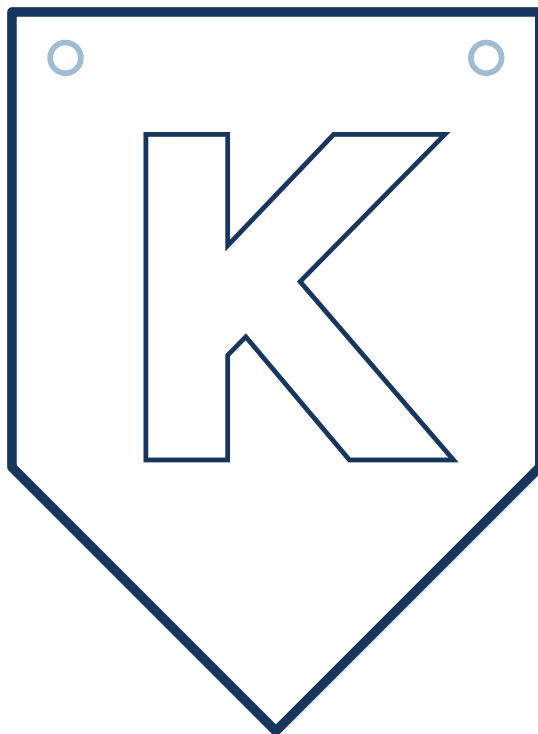
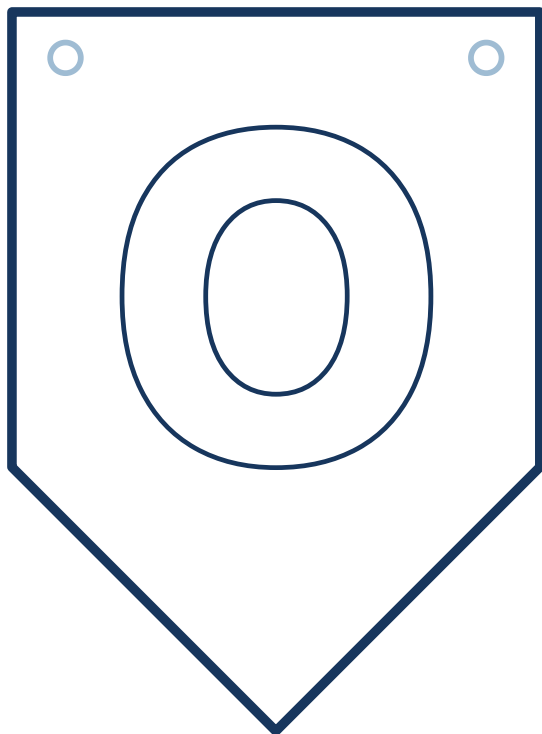
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Garland banner • page 4 of 7

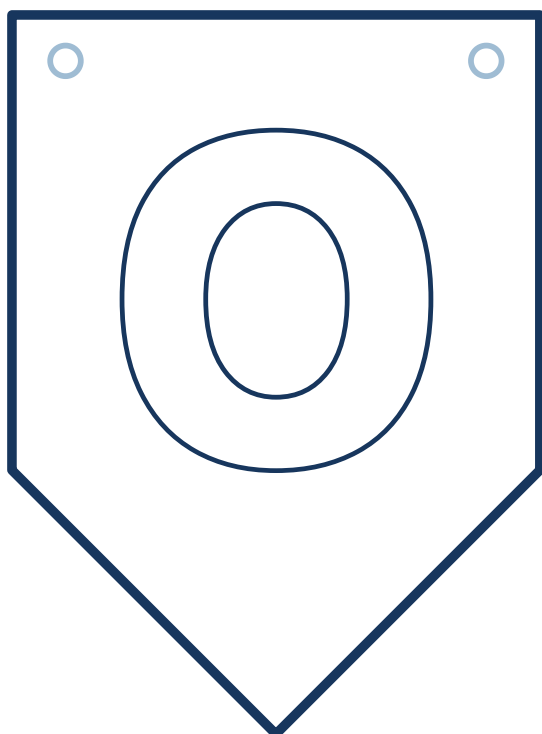
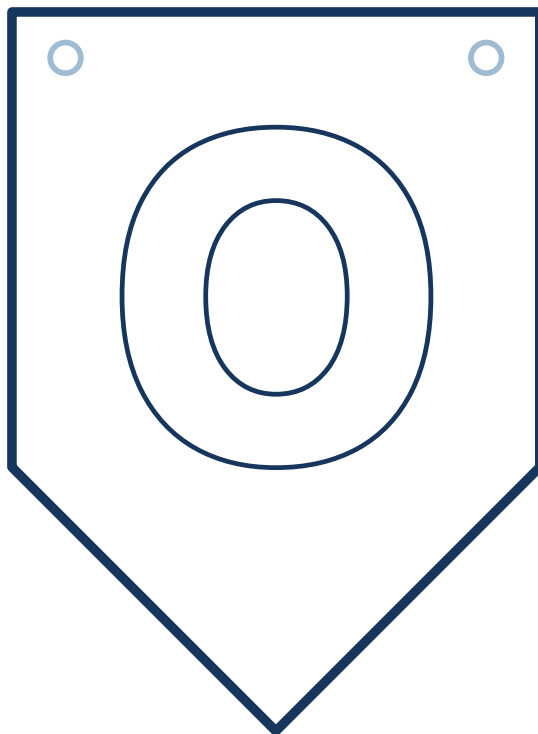
Print on cardstock. Kids color the letters, cut out each flag, punch the holes, and string them in order: DIFFERENT ✂
♥ LOOKS ♥ GOOD ♥ HERE!



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Garland banner • page 5 of 7

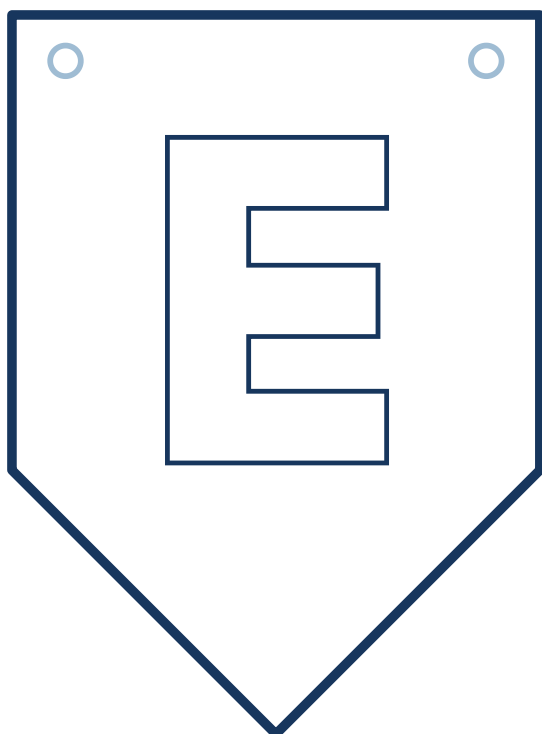
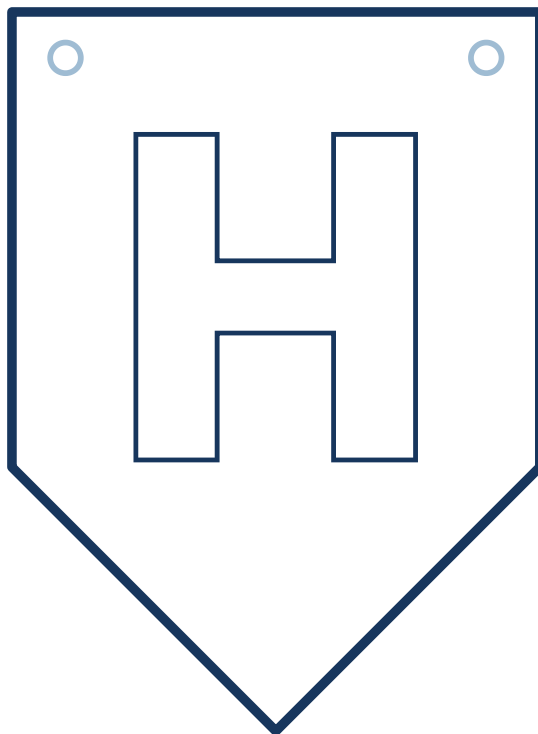
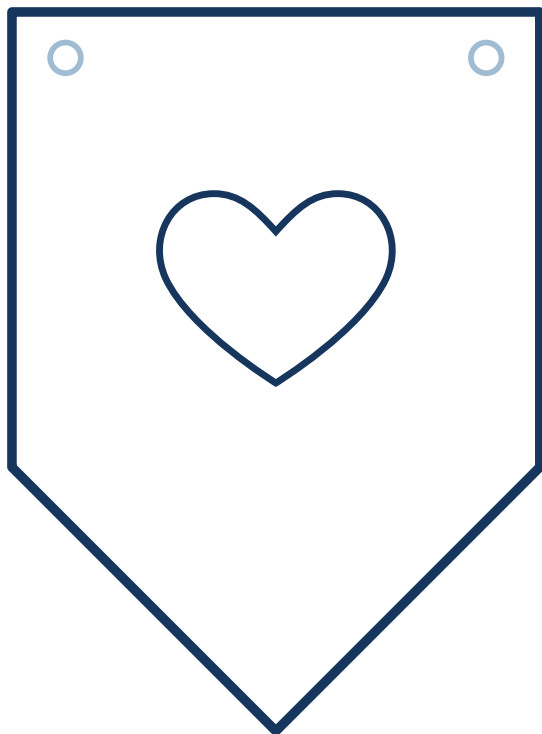
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Garland banner • page 6 of 7

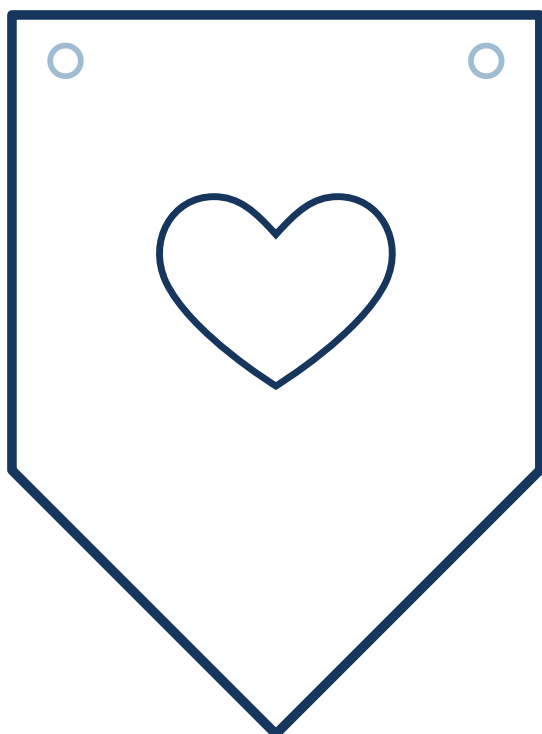
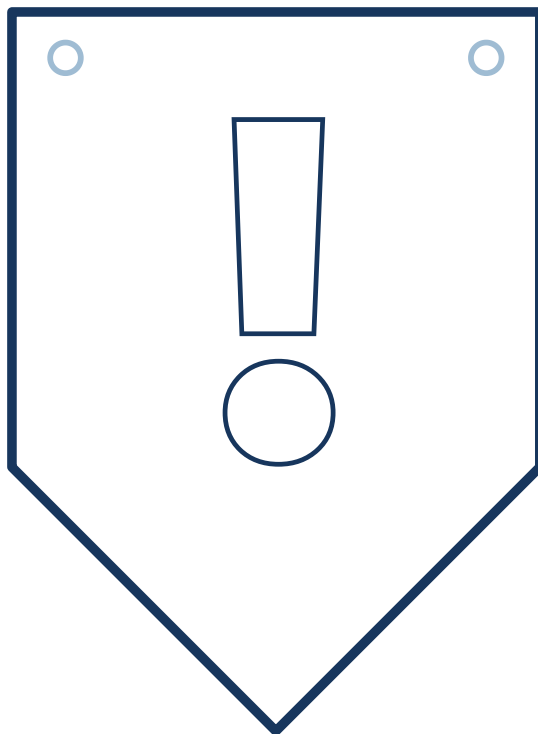
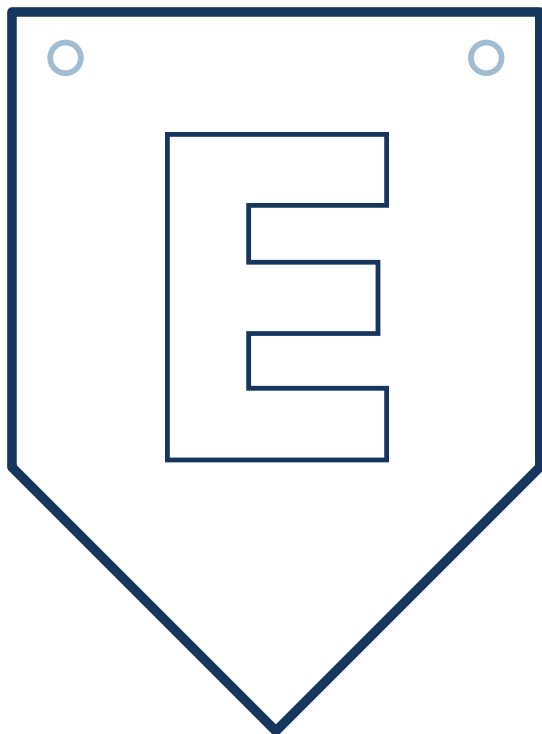
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PRINTABLE

Garland banner • page 7 of 7

Print on cardstock. Kids color the letters, cut out each flag, punch the holes, and string them in order: DIFFERENT ♡ LOOKS ♡ GOOD ♡ HERE! ✂



PRINTABLE

Same & Different graph

Enlarge to poster size, or copy onto chart paper. Children add one sticker per square.



Our question:

[illegible]

Every answer belongs on our chart! ❤️

PRINTABLE

Friendship Song card

Post by your circle area. Print two and send one home!



TUNE: "THE FARMER IN THE DELL"

The Friendship Song

VERSE (SING EACH NAME)

_____ is our friend,
_____ is our friend,
We're so glad that you are
here,
_____ is our friend!

EVERYBODY VERSE

We all belong,
We all belong,
Different is good and
We all belong!

THE SOCK CHANT

**Red sock, blue sock,
one, two, three!
Everybody's different,
and that's okay with me!**

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 sock art. Can you send in a few **clean pairs of socks** you don't need back? Fun, fuzzy, stripy, baby-sized, or grown-up-sized are all perfect!

Please send socks by: _____

Thank you! — _____



SAVE THE DATE

Rock Your Socks Day!

On _____, send your child to school in their **most fun, mismatched socks**. We'll have a sock parade to celebrate people with Down syndrome and show that **different looks good here!**

Don't have fun socks? No problem. We'll have spares! Rock yours at home too and share a family sock photo with **#Celebrate321**.

