



CELEBRATE 3.21 • FAITH-BASED PRESCHOOL

Faith-Based Preschool Kit

3.21 Week • March 15–19, 2027



A faith-based kit for Christian preschools, church child care, and Educare programs: five daily plans with Bible time, a chapel plan, songs and prayers, printables, and everything to send home. Each day matches the Seven Socks family devotional.

WHAT'S INSIDE

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| 1 | Start here & teaching it well | 2 | 5 daily plans with Bible time |
| 3 | Chapel & songs | 4 | Printables for the classroom |
| 5 | Family letter & pickup notes | 6 | Certificates, door sign & more |

FOR DIRECTORS & TEACHERS

Your 3.21 Week at a glance

World Down Syndrome Day is Sunday, March 21, 2027, so preschools celebrate Monday to Friday, March 15–19, with Rock Your Socks Day on Friday. Each day matches a day of the Seven Socks family devotional, so families can do the same theme at home.

DAY	THEME	BOOK	MAKE
Monday March 15	MADE: God made everyone Genesis 1:31	<i>My Friend Isabelle</i> by Eliza Woloson	Color and decorate the My Fun Sock
Tuesday March 16	WONDERFUL: I am wonderfully made Psalm 139:14	<i>I Am a Masterpiece!</i> by Mia Armstrong	All About Me portrait
Wednesday March 17	SEEN: God sees the heart 1 Samuel 16:7	<i>Be Quiet, Marina!</i> by Kirsten DeBear	Heart collage
Thursday March 18	NEEDED: Every friend is needed 1 Corinthians 12:21	<i>Best Buddies</i> by Lynn Plourde & Becky Ronan	Class puzzle mural
Friday March 19	CARRIED: Friends help friends Mark 2:5	<i>You Are Enough</i> by Sofia Sanchez	Name socks

GET READY (CHECK IT OFF)

- ☐ Two weeks before: send the family letter
- ☐ Print the pages you'll use (cardstock for cards and signs)
- ☐ Gather a basket of mismatched socks
- ☐ Get the books (the library can help)
- ☐ One week before: hang the door sign
- ☐ Send the Rock Your Socks reminder on Thursday
- ☐ Friday: feet photos, and faces only with permission
- ☐ After: send the thank-you note and certificates

WHAT'S IN THIS KIT

- Teaching it well: words and answers for little ones
 - 5 daily plans (Monday to Friday), each with Bible time
 - A 15-minute chapel plan
 - Songs, verse cards, and prayers
 - Printables: matching cards, coloring, counting, name socks, friend cards
 - Family letter, pickup notes, certificate, and door sign
- Use one activity a day or all of them. **Ten minutes counts.**

GOOD TO KNOW

Follow your center's allergy, food, and photo policies and Ohio child care licensing rules. Everything here is free to print and share. Pair it with the [Preschool Teacher Guide](#) and the [Down Syndrome Book List](#) from Celebrate 3.21.

BEFORE YOU START

Teaching little ones about belonging

The big idea for this age: **everyone is different, and everyone belongs.** Keep it short, happy, and hands-on.

WORDS THAT WORK (FOR GROWN-UPS)

SAY	INSTEAD OF
A child with Down syndrome, or just their name	A Down syndrome child; a Down's kid
Has Down syndrome	Suffers from, is afflicted with
Typically developing	Normal
Down syndrome	Down's

KEEP IT SIMPLE

- Three- to five-year-olds learn by doing. Use socks, songs, and play.
- Say “Down syndrome” plainly and kindly. It’s not a secret or a sad thing.
- Celebrate what friends CAN do, and what they love.
- Keep it about friendship, never pity or “inspiration.”
- God made every child on purpose. Say it often.

WHEN A CHILD ASKS...

IF A CHILD SAYS...

YOU CAN SAY...

“Why does she talk like that?”

She’s still learning some words, and she understands a lot! Talk to her just like any friend.

“Is he a baby?”

No, he’s four, just like you. Some things take him a little longer, and that’s OK.

“Can I catch Down syndrome?”

No. It isn’t like a cold. You can’t catch it.

“Why does he have a helper?”

Everyone needs help with something. His helper helps him learn, like teachers help all of us.

“She’s different.”

You’re right, everyone is different! What’s something you both like?

IF A CHILD IN YOUR CLASS HAS DOWN SYNDROME

- **Ask the family first.** How would they like to celebrate, and what should be shared?
- Let the family lead on talking about the diagnosis.
- Let the child be a classmate, not the lesson.
- Invite the family to read a book or visit, only if they want to.

INFANTS & TODDLERS

- Wear bright socks and play peekaboo with feet
- Sensory socks: fuzzy, smooth, crinkly
- Sing “same and different” with two socks
- Read the board book *Kids Like Me... Learn ABCs*

DAY 1 · MONDAY, MARCH 15

MADE: God made everyone

Big idea: Different is good.



CIRCLE TIME

SAY

Look in my sock basket! This one has **stripes**. This one has **dots**. Are any two the same? Nope! Socks are different, and people are different too. Some friends have curly hair and some have straight hair. Some friends talk with words, and some use signs or pictures. **Different is good!** And guess who made every one of us? God did!

Ask: What is something different about you?

BIBLE TIME

God makes the world (Genesis 1). Show pictures: sky, animals, people. After each one, say together: "It was very good!"

"God looked upon all that He had made, and indeed, it was very good." Genesis 1:31

Little words: "God made me, and God made you!"

Pray: Thank You, God, for making me and making my friends. You made us all very good. Amen.



READ

My Friend Isabelle by Eliza Woloson. Charlie and Isabelle are different in many ways, and they're best friends. Ask: how are they different? How are they the same?



SING

"God Made Me" (songs page). Add motions and let children lead.



CREATE

Color and decorate the **My Fun Sock** page with stripes, dots, or stickers. No two will match!



MOVE

Sock sort relay: run to the pile, grab a sock, and drop it in the basket that matches its color.



EXPLORE

Sock feely bin: fuzzy, smooth, and bumpy socks. Feel and describe: soft? scratchy?



SNACK (OPTIONAL)

Mix-and-match plates: each child picks two different fruits. Check allergies first.

AT PICKUP, TELL FAMILIES

Today we learned that God made everyone, and it was very good. Ask your child: "What is something different about you?"

ADAPT IT

Toddlers: feel and name socks, then sing "same, different." For every child: chunky crayons, hand-over-hand help, and picture choices.

DAY 2 · TUESDAY, MARCH 16

WONDERFUL: I am wonderfully made



Big idea: There is only one me!

CIRCLE TIME

SAY

Wiggle your fingers! Everybody's body is a little different. Some people are born with **Down syndrome**. That means they have a tiny extra part inside their body. It can make some things take a little longer to learn. You can't catch it, like a cold. It's just part of who they are. **Every one of us is one of a kind!** God made each of us wonderful, just the way we are.

Ask: What is something you are really good at?

BIBLE TIME

David the shepherd boy loved to sing songs to God. He wrote a song that says we are made wonderfully (Psalm 139). Let's sing it back to God!

"I am fearfully and wonderfully made." Psalm 139:14

Little words: "I am wonderful!"

Pray: Dear God, thank You for making me wonderful, just the way I am. Help me see that my friends are wonderful too. Amen.



READ

I Am a Masterpiece! by Mia Armstrong. An actress with Down syndrome tells what makes her who she is. Ask: what makes YOU a masterpiece?



SING

"If You're Wearing Silly Socks" (songs page). Add motions and let children lead.



CREATE

All About Me portrait: look in a mirror and draw yourself, or trace a handprint and add your name.



MOVE

"Can you?" Jump, hop, spin, stretch, freeze! Everyone does it their own way, and every way counts.



EXPLORE

Mirror center: make happy, silly, and surprised faces, and notice eyes, hair, and smiles.



SNACK (OPTIONAL)

Snack faces: build a face on a rice cake or cracker with fruit and veggie pieces. Check allergies first.

AT PICKUP, TELL FAMILIES

Today we learned that God made each of us wonderful. Ask your child: "What are you really good at?"

ADAPT IT

Toddlers: a mirror game with "Where's your nose?" For every child: model the movement, and let children choose seated or standing.

DAY 3 · WEDNESDAY, MARCH 17

SEEN: God sees the heart

Big idea: Look for what's inside.



CIRCLE TIME

SAY

Put your hand on your heart. Can you feel it? Our hearts are where we keep love and kindness. When we meet a friend, we can look for what's inside. Are they happy? Sad? Do they like trucks, or dancing? **Let's be heart-lookers!** God looks at our hearts, too, and He loves what He sees.

Ask: How can you tell if a friend is sad? What could you do?

BIBLE TIME

God sends Samuel to choose a new king (1 Samuel 16). Samuel thinks the tallest brother will be king, but God picks the youngest, David, because God sees his heart.

"Man sees the outward appearance, but the LORD sees the heart." 1 Samuel 16:7

Little words: "God sees my heart."

Pray: Dear God, thank You for seeing my heart. Help me look at my friends' hearts too, and be kind. Amen.



READ

Be Quiet, Marina! by Kirsten DeBear.
Real photos of two friends learning to play together. Ask: how did they figure out how to be friends?



SING

"The Friends Go Round" (songs page).
Add motions and let children lead.



CREATE

Heart collage: tear red and pink paper and glue it inside a big heart. What's inside YOUR heart?



MOVE

Feelings freeze dance: when the music stops, freeze with a happy, sad, or surprised face.



EXPLORE

Friend cards: use the picture cards in this kit to act out ways to be kind: share, help, wave, hug (with a yes!).



SNACK (OPTIONAL)

Heart snack: heart-shaped sandwiches or fruit. Check allergies first.

AT PICKUP, TELL FAMILIES

Today we learned that God sees our hearts. Ask your child: "How can you be kind to a friend tomorrow?"

ADAPT IT

Toddlers: name happy and sad on picture cards. For every child: use signs for happy, sad, and friend.

DAY 4 · THURSDAY, MARCH 18

NEEDED: Every friend is needed

Big idea: Our class needs every friend.**CIRCLE TIME****SAY**

Can a puzzle be finished if one piece is missing?
No! Every piece matters. **Our class is like a puzzle, and every friend is an important piece.** When someone is missing, we miss them! God's family is like that too: He needs every one of us.

Ask: What is a job you can do to help our class?

BIBLE TIME

The Bible says God's family is like a body (1 Corinthians 12). Point to your eyes, hands, and feet. Can the eye say to the hand, "I don't need you"? No! We need every part.

"The eye cannot say to the hand, 'I do not need you.'" 1 Corinthians 12:21

Little words: "Every friend is needed."

Pray: Dear God, thank You for every friend in our class. Help us remember that we need each other. Amen.

**READ**

Best Buddies by Lynn Plourde & Becky Ronan. A boy with Down syndrome and his dog face first-day jitters. Ask: how did they help each other?

**SING**

"Jesus Loves Every Friend" (songs page). Add motions and let children lead.

**CREATE**

Class puzzle mural: each child decorates one big puzzle piece, then we put it together and hang it up.

**MOVE**

Parachute or "pass the ball" circle: it only works when everyone helps.

**EXPLORE**

Build it together: in the block center, everyone adds one block to one tall tower.

**SNACK (OPTIONAL)**

Team snack: each child adds one ingredient to a class snack mix. Check allergies first.

AT PICKUP, TELL FAMILIES

Today we learned that every friend is needed in God's family. Ask your child: "What is your job in your class?"

ADAPT IT

Toddlers: roll a ball back and forth, and pass it to a friend. For every child: give each child a clear, doable job.

DAY 5 · FRIDAY, MARCH 19

CARRIED: Friends help friends

Big idea: Friends help friends.



CIRCLE TIME

SAY

Look at all our silly socks! We're wearing them to celebrate **World Down Syndrome Day** on Sunday, March 21. Why 3.21? Because people with Down syndrome have **3 copies** of the **21st** chromosome. Today we celebrate them, and we celebrate every friend! Ready? **3... 2... 1... ROCK YOUR SOCKS!** In the Bible, friends helped their friend in a BIG way.

Ask: How can you help a friend?

BIBLE TIME

Four friends carry their friend on a mat to see Jesus (Mark 2). The house is too crowded, so they make a hole in the roof and lower him down! Jesus sees how much they care.

"When Jesus saw their faith..." Mark 2:5

Little words: "Friends help friends."

Pray: Dear Jesus, thank You for friends who help. Help me be a friend who helps others and makes room for everyone. Amen.



READ

You Are Enough by Sofia Sanchez. A young model with Down syndrome celebrates being yourself. Ask: what do you love about you?



SING

All our songs, then the 3-2-1 chant (songs page). Add motions and let children lead.



CREATE

Name socks: each child decorates a paper sock with their name for the class **sock wall**.



MOVE

Sock parade through the building, then a sock-ball toss into a laundry basket.



EXPLORE

Sock match game: use the matching cards in this kit to find each pair.



SNACK (OPTIONAL)

Blue & yellow snack (the colors of Down syndrome awareness): blueberries and banana slices. Check allergies first.

AT PICKUP, TELL FAMILIES

Today we rocked our socks and learned that friends help friends, like the friends who carried their friend to Jesus. Ask your child: "Show me your silly socks! Why did we wear them?"

ADAPT IT

Toddlers: a sock show-and-tell and a feet photo. For every child: noise-free celebration options and a quiet corner.

15 MINUTES • ANY DAY OF 3.21 WEEK

Chapel: Jesus welcomes every child

A short chapel for the whole center, built on Mark 10:13–16.

CHAPEL PLAN

1

Welcome song (2 min)

Sing “God Made Me” while children show their socks.

2

The story (4 min)

Parents brought their children to Jesus. His helpers said, “Not now!” But Jesus said, “Let them come!” He picked the children up, hugged them, and blessed them.

3

The sock basket (3 min)

Hold up a basket of mismatched socks: big, small, striped, fuzzy. “Does Jesus want only the matching socks? No! Jesus wants EVERY child. He wants you, and you, and you!”

4

Blessing (4 min)

Walk around and say to each child: “Jesus loves you, [name]. You are wonderfully made.” Teachers can help.

5

Prayer and song (2 min)

Pray together, then sing “Jesus Loves Every Friend.”

CHAPEL VERSE

“Let the little children come to Me, and do not hinder them! For the kingdom of God belongs to such as these.”

Mark 10:14 (BSB)

“And He took the children in His arms, placed His hands on them, and blessed them.” Mark 10:16

CHAPEL PRAYER

Dear Jesus, thank You for loving every child: big and small, quiet and loud, children who talk with words and children who talk with signs. Thank You for our friends with Down syndrome, and for every friend in this room. Help us make room for everyone, just like You do. Amen.

PRAYING WITH LITTLE ONES

- Keep prayers short, with words children can repeat
- Fold hands, or hold hands in a circle
- Let children name a friend to thank God for
- It’s OK to pray with eyes open!

FAITH AT HOME

Send home the **Seven Socks** family devotional. Its Monday to Friday themes (Made, Wonderful, Seen, Needed, Carried) match this kit, so families can hang the same sock at home that night.

SING IT

Songs & chants for 3.21 Week

All new words set to familiar tunes. Add motions and let children lead.

God Made Me

Tune: "Frère Jacques" ("Are You Sleeping?")

God made me, God made me,
Yes, He did! Yes, He did!
Made me very special,
Made you very special,
God loves us! God loves us!

Jesus Loves Every Friend

Tune: "Jesus Loves Me"

Jesus loves my friends and me,
Every friend that I can see.
Big or small or short or tall,
Jesus loves us, one and all.
Yes, Jesus loves us, (3 times)
The Bible tells me so.

Every Sock Is Different

Tune: "Twinkle, Twinkle, Little Star"

Striped socks, dotted socks, red and blue,
Every sock is different, just like you!
Big and small and short and tall,
There's a place for one and all.
Striped socks, dotted socks, red and blue,
I like me, and I like you!

If You're Wearing Silly Socks

Tune: "If You're Happy and You Know It"

If you're wearing silly socks, wiggle your toes!
(wiggle, wiggle)
If you're wearing silly socks, stomp your feet!
(stomp, stomp)
If you're wearing silly socks, show a friend! (Look!
Look!)
If you're wearing silly socks, shout "Hooray!"
(Hooray!)

The Friends Go Round

Tune: "The Farmer in the Dell"

We all can play together,
We all can play together,
Hi-ho, we're friends, you know,
We all can play together!
*More verses: We all can share... We all can help... We
all belong...*

3-2-1 Countdown Chant

Tune: a chant (clap on each number)

Three! (clap) Two! (clap) One! (clap)
Everybody's in, let's have fun!
Socks up high, and socks down low,
Different looks good. Here we go!

PRINTABLE

Sock match cards

Print on cardstock and cut apart. Find the pairs! Play memory face-down with older children.



God made me wonderful!

“I am fearfully and wonderfully made.” Psalm 139:14



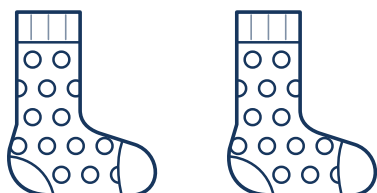
My name: _____

Age: _____

COUNT AND COLOR

3... 2... 1... count the socks!

Count the socks in each row and circle the number. Then color the socks!



WHY 3-2-1?

World Down Syndrome Day is 3/21 because people with Down syndrome have **3** copies of the **21st** chromosome. For preschoolers, the countdown is just fun: “3... 2... 1... ROCK YOUR SOCKS!”

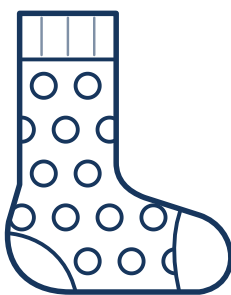
PRINTABLE

Name socks for our sock wall

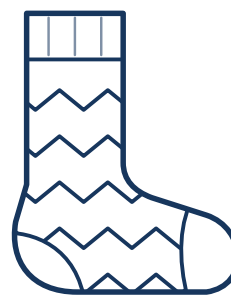
Each child colors a sock and adds their name. Hang them together under the door sign: **Everyone belongs here!**



Name: _____



Name: _____



Name: _____



Name: _____



Name: _____



Name: _____

PRINTABLE

I can be a good friend: picture cards

Cut apart. Act them out at circle time, or pick one each morning as the “friend job” of the day.



Share



Help



Wave hello



Listen



Play together



Be kind



Ask for a hug



Cheer for a friend

PRINTABLE

Verse cards to color

One for each day, plus the chapel verse. Color the sock, then send it home or hang it up. (Berean Standard Bible)



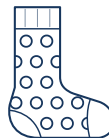
MADE



“God looked upon all that He had made, and indeed, it was very good.”

Genesis 1:31

WONDERFUL



“I am fearfully and wonderfully made.”

Psalms 139:14

SEEN



“Man sees the outward appearance, but the LORD sees the heart.”

1 Samuel 16:7

NEEDED



“The eye cannot say to the hand, ‘I do not need you.’”

1 Corinthians 12:21

CARRIED



“When Jesus saw their faith...”

Mark 2:5

WELCOMED



“Let the little children come to Me.”

Mark 10:14

SEND HOME

Letter to families

Customize the highlighted parts and send it home about two weeks before.

Dear families,

Next week we're celebrating **3.21 Week** (March 15–19) to get ready for **World Down Syndrome Day** on Sunday, March 21. It's on 3/21 because people with Down syndrome have three copies of the 21st chromosome.



Each day, our class will learn one simple truth: God **made** everyone, we are **wonderfully** made, God **sees** our hearts, every friend is **needed**, and friends help **carry** each other. We'll read, sing, pray, play, and make crafts.

Want to join in at home? The **Seven Socks** family devotional follows the same themes, 10 minutes a day. Ask us for a copy or find it at Celebrate321.org.

Friday, March 19 is Rock Your Socks Day! Please send your child in their brightest, silliest, most mismatched socks.

Thank you!

[Teacher or director name]

[Preschool name]

✂ Photo permission (please return by [date])

We'd love to share photos of our 3.21 celebration. We always share feet and sock photos. We only share photos of faces with your OK.

Child's name _____

Parent signature _____

- ☐ Yes, you may share photos that show my child's face
- ☐ Please share only feet and sock photos of my child

WAYS FAMILIES CAN JOIN IN

- Send your child in fun socks on Friday
- Read one of our books together at bedtime
- Offer to read to the class or help with a craft
- Pray together for friends each night

A NOTE ABOUT FAMILIES

If your family has a child with Down syndrome and would like to share, or would rather keep things low-key, please tell us. We'll follow your lead.

PRINTABLE

Pickup notes

Cut apart and send one home each day. The last one is Thursday's reminder for Rock Your Socks Day.



TODAY AT PRESCHOOL • MONDAY

Made!

Today we learned that God made everyone, and it was very good.

Ask me: "What is something different about you?"

TODAY AT PRESCHOOL • TUESDAY

Wonderful!

Today we learned that God made each of us wonderful.

Ask me: "What are you really good at?"

TODAY AT PRESCHOOL • WEDNESDAY

Seen!

Today we learned that God sees our hearts.

Ask me: "How can you be kind to a friend tomorrow?"

TODAY AT PRESCHOOL • THURSDAY

Needed!

Today we learned that every friend is needed in God's family.

Ask me: "What is your job in your class?"

TODAY AT PRESCHOOL • FRIDAY

Carried!

Today we rocked our socks and learned that friends help friends, like the friends who carried their friend to Jesus.

Ask me: "Show me your silly socks! Why did we wear them?"



Tomorrow is Rock Your Socks Day!

Friday, March 19: wear your silliest, most mismatched socks!

PRINTABLE

Certificates (2 per page)

Cut apart and give one to every child on Friday.



I rocked my socks!

name

celebrated 3.21 Week and learned that God made every one of us
wonderful!

World Down Syndrome Day • March 21, 2027



I rocked my socks!

name

celebrated 3.21 Week and learned that God made every one of us
wonderful!

World Down Syndrome Day • March 21, 2027



CELEBRATE
3.21

God made us all wonderful.

**Everyone
belongs
here!**

3.21 Week • March 15–19

#Celebrate321 #WorldDownSyndromeDay



AFTER 3.21

Belonging all year long

One week is a great start. Here's how to keep it going, with an easy idea for the 21st of every month.

EVERY DAY IN YOUR CLASSROOM

- Books with all kinds of kids on the shelf, all year
- Visual schedules and picture choices for everyone
- Simple signs (friend, more, all done, help) used by the whole class
- Buddy jobs, so every child helps and is helped
- Welcome every family: invite, ask, and listen

SOCKS ON THE 21ST

On the 21st of each month, invite everyone to wear fun socks and read one book about friendship. It's a little reminder that belonging is every day, not just one day.

Hashtag: #Every21st

MORE BOOKS FOR LITTLE ONES

- *Kids Like Me... Learn ABCs* by Laura Ronay (board book)
- *I Am Connor* by Connor Rodriguez
- *We'll Paint the Octopus Red* by Stephanie Stuve-Bodeen
- *Just Ask! Be Different, Be Brave, Be You* by Sonia Sotomayor
- See the full **Down Syndrome Book List** by age, and ask the Canal Winchester library to help you borrow them.

A YEAR OF 21STS FOR LITTLE ONES

Apr: sock puppet friends

May: open-door visitor day

Jun: sprinkler party for all

Jul: playground for everyone

Aug: welcome-back buddies

Sep: all-ability field day

Oct: community helpers visit

Nov: class thankful table

Dec: sensory-friendly party

Jan: new friend week

Feb: kindness hearts

Mar: Rock Your Socks again!

IF A FAMILY HAS CONCERNS ABOUT DEVELOPMENT

Share, gently and privately, that free help is available. **Ohio Early Intervention** serves children from birth to age 3 (ohioearlyintervention.org). For ages 3 to 5, families can contact their **local school district** about preschool services.

TELL US HOW IT WENT!

Send photos (feet or with permission), stories, and ideas to [\[Celebrate 3.21 email\]](#) so we can celebrate you.

#Celebrate321

FOR PARENTS

Bring 3.21 to your child's preschool

A short note a parent can hand or email to the director along with this kit.

Dear **[Director name]**,

Our family loves **[Preschool name]**, and I wanted to share something I think our class would enjoy. **World Down Syndrome Day** is Sunday, March 21, 2027, and Celebrate 3.21 has made a free faith-based preschool kit for the week before.

It has five short daily plans with Bible time, a chapel plan, songs, printables, a family letter, and a door sign. Every activity is simple, hands-on, and made for little ones. You can use as much or as little as you like.

The heart of it is simple: God made every child wonderful, and everyone is different, and everyone belongs. Friday, March 19 is Rock Your Socks Day, when everyone wears fun, mismatched socks.

I'd be glad to help: read a book to the class, bring socks, or help print. Thank you for thinking about it!

With thanks,

[Your name]

[Your child's name and class]

PARENT TIPS

- Share it 4 to 6 weeks ahead so teachers can plan
- Offer to help with one thing
- Ask how they'd like to include families

GET THE KIT

All Celebrate 3.21 resources are free at **Celebrate321.org**.
[QR code or link]