



WORLD DOWN SYNDROME DAY • MARCH 21

Different looks good here!

Let's learn about Down syndrome, and why we rock our socks.





WARM-UP

Look down at your socks.

Are they the same as your neighbor's? What makes YOU different? What do you have in common?





WHAT IS IT?

What is Down syndrome?

Our bodies are made of tiny cells. Inside each cell are **chromosomes**, like instruction books. People with Down syndrome have an extra copy of chromosome 21.



WHY 3/21?

3

copies of chromosome

21

So we celebrate on the 21st day of the 3rd month: March 21!



FACTS

A few facts

- About 5,700 babies with Down syndrome are born in the U.S. each year.
- It happens naturally, in every kind of family.
- You can't “catch” it. It's part of who a person is.



JUST LIKE YOU

People with Down syndrome...

- go to school, play sports, and make art
- have friends, families, and favorite foods
- have jobs and grow up, just like you
- have all kinds of feelings



SOME THINGS MAY TAKE MORE TIME

Being a great friend

- Be patient: give time to answer
- Talk to the person, not about them
- Invite them to play
- Learn their favorite things!





WHY SOCKS?

Why do we rock our socks?

Bright, mismatched socks are a fun way to say: **different looks good here**. And they get people asking questions!



WORDS MATTER

Words that are kind

- Say: “a person with Down syndrome”
- Never use the r-word. It hurts.
- If you hear someone use it, you can say: “That word hurts people.”



TALK ABOUT IT

Let's talk

- What does it feel like to be left out?
- How can we make sure everyone belongs in our class?
- What's one thing you'll do this week?





ACTIVITY

Design your fun sock

Decorate a paper sock. On it, write one thing that makes YOU special. We'll put them all together on our board!



**You are valued.
You belong here.
We celebrate you.**

Happy World Down Syndrome Day! #Celebrate321

