CELEBRATE 3.21

FAMILY ACTIVITY

AGES 3+ · 15–30 MIN · WHOLE FAMILY

The Great Sock Match-Up

A silly, speedy, sock-sorting race for the whole family — with a surprise twist that teaches something big about Down syndrome.

You'll need

- A big pile of socks — aim for **21 pairs** (get it? 3.21!)
- A floor, bed, or table to spread out on
- A timer or phone
- **One extra sock** that matches a pair (shh — it's the twist!)

How to play

1. **Unroll & un-pair**
   Pull every pair apart and dump them into one giant pile. Mix, toss, and scramble them up.
2. **Sneak in the extra**
   Grown-up secret: slip one extra sock into the pile so that one pair now has **three**.
3. **Ready, set, match!**
   Start the timer. Everyone races to find matching pairs and lays them side by side.
4. **Count 'em up**
   Stop the clock when the pile is gone. Who matched the most? Write it on the scoreboard.
5. **Wait… three socks?!**
   Someone will spot the set with three. That's your cue — flip the page and read **"Why Socks?"** together.

More ways to play

Little Sorters

Sort the pile by color first, then hunt for the matches.

Mystery Bag

Put the socks in a pillowcase. Reach in and match by feel only — no peeking!

Relay Race

Split into teams. Run one sock at a time to your team's matching zone.

Mismatch Masterpiece

Game over? Everyone builds the silliest *mismatched* pair they can — and wears it on March 21.

Family Scoreboard

PLAYER	PAIRS MATCHED	TIME	FOUND THE THREE?

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FOR GROWN-UPS TO READ ALOUD

YOU FOUND THE THREE SOCKS. HERE'S WHY THAT MATTERS…

Why socks? Let's connect the dots.

Inside every person are tiny instruction packets called **chromosomes**. They tell our bodies how to grow — and they come in pairs. Just like socks!

1

Chromosomes come in pairs

Most people have 23 pairs — 46 in all. Some people even say they look a little like socks!

2

Down syndrome means one extra

People with Down syndrome have **three** copies of chromosome 21 instead of two — just like the set in your pile that had three socks.

3

That's why it's March 21

3/21 stands for **three** copies of chromosome **21**. World Down Syndrome Day is celebrated around the world every March 21.

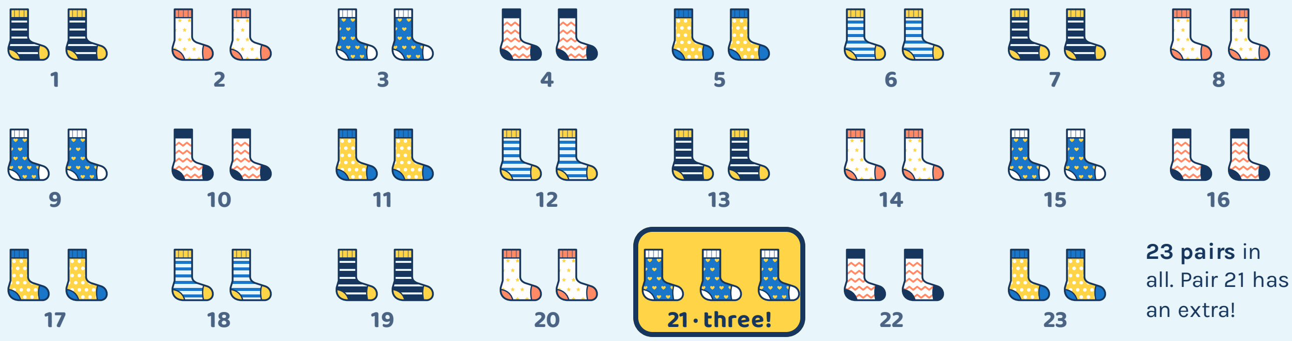
4

So we wear socks that don't match!

Mismatched socks are a fun, colorful way to say: being different is a good thing. **Different looks good here.**

Your 23 pairs — in socks!

A person with Down syndrome has an extra copy of #21.



23 pairs in all. Pair 21 has an extra!

Talk about it

1. When you found the third sock, was it still a good sock? (Yep — a great one!)
2. What's one way you're different from everyone in our family? What's one way we're all the same?
3. What could you do to help someone feel like they belong at school or on the playground?

Rock your socks on 3.21!

Wear your Mismatch Masterpiece, snap a family sock photo, and share it.

#Celebrate321

An extra chromosome doesn't make anyone *less*. People with Down syndrome go to school, have best friends, play sports, work jobs, and love their families — just like you.