



WORLD DOWN SYNDROME DAY • MARCH 21

Kids Activity Pack

8 fun ways to color, solve, play, and learn about
Down syndrome – together.

1 Color: Different Looks
Good Here

3 3.21 Word Search

5 Color the Chromosome
Socks

7 Kindness Bingo

2 Sock Match-Up

4 Sock Maze

6 Secret Code

8 Alike & Different



This pack belongs to: _____

ACTIVITY

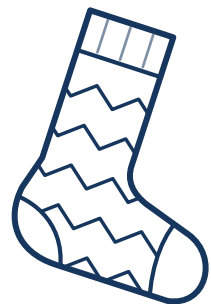
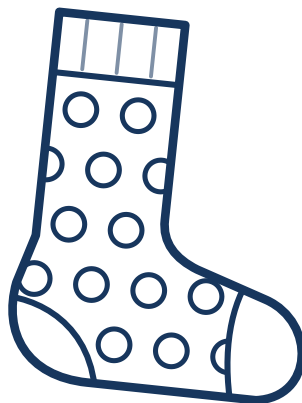
1

Color It Your Way

Grab your crayons and markers. Make every sock different – that's the fun of it!



DIFFERENT LOOKS GOOD HERE!



ACTIVITY
2

Sock Match-Up

Every sock has a partner! Draw a line from each sock on the left to its match on the right.



— draw —

— a line —



Did you know? Our bodies are built from tiny instructions called chromosomes, and they come in pairs — like socks! People with Down syndrome have three of chromosome 21 instead of two.

ACTIVITY
3

3.21 Word Search

Find all 16 words. They go across, down, or diagonal. Circle each one you find!



CELEBRATE

SOCKS

FRIENDS

BELONG

KINDNESS

MARCH

JOY

UNIQUE

TOGETHER

HEART

EXTRA

CHROMOSOME

INCLUDE

COMMUNITY

SMILE

LOVE

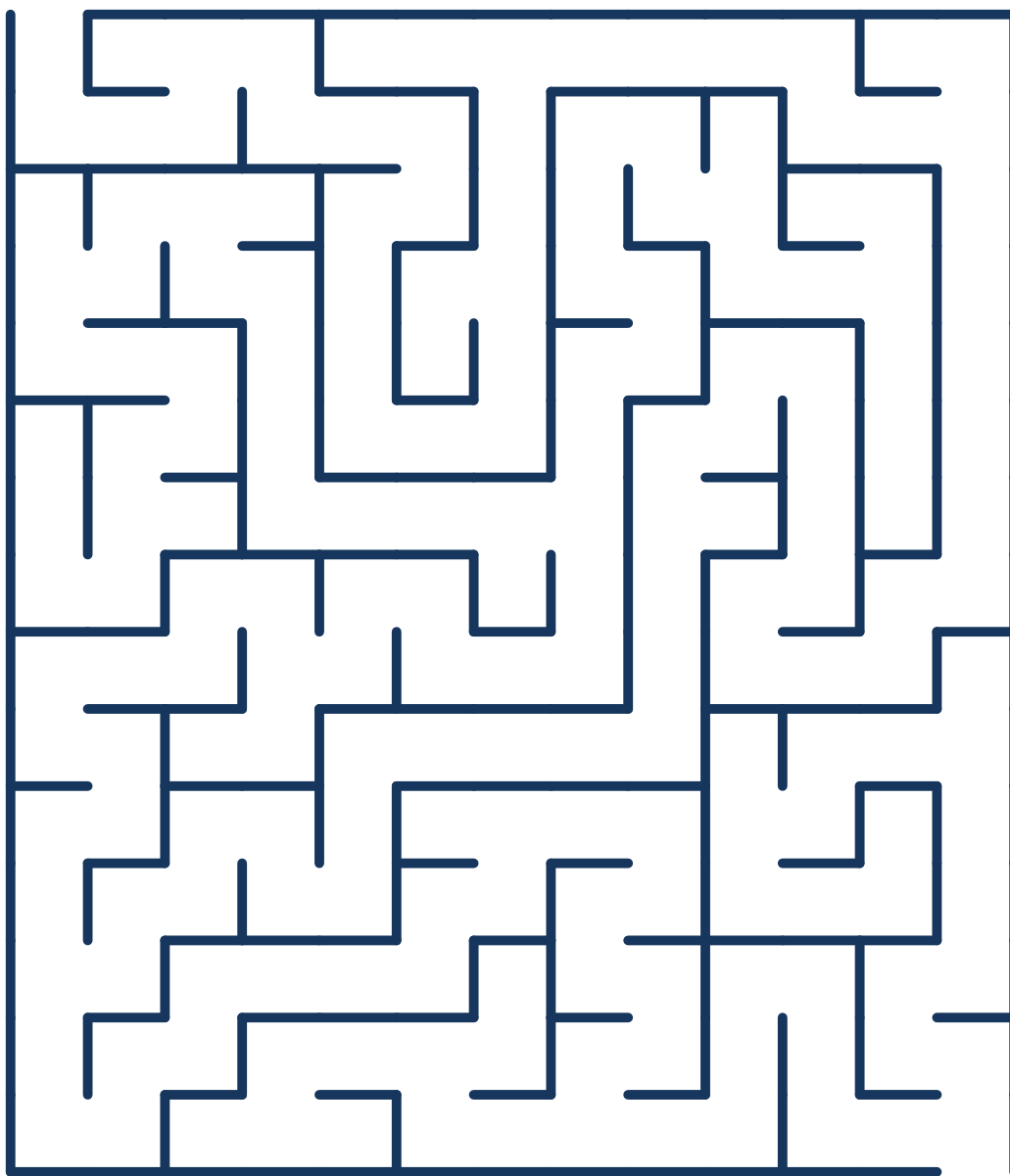


Why "extra"? Down syndrome happens when a person has an extra copy of chromosome 21. That's why World Down Syndrome Day is on 3/21!

ACTIVITY
4

Sock Maze

This sock lost its buddy! Help it find a path through the maze to the big 3.21 party.

**START****3.21
PARTY!**

Everybody belongs at the party. On March 21, people all over the world wear fun socks to celebrate people with Down syndrome.

ACTIVITY
5

Color the Chromosome Socks

Chromosomes come in pairs — like socks! Color each pair the same. Look closely at number 21...



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



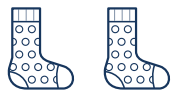
16



17



18



19



20



21



22



23

Count them up!

How many pairs? _____

How many socks in all? _____

Which number has three? _____

The big idea

Most people have 46 chromosomes. People with Down syndrome have 47 — an extra copy of number 21. That's why we celebrate on **3/21**!

ACTIVITY
6

Crack the Secret Code

Each number stands for a letter. Use the code key to find the two secret messages!

A 1	B 2	C 3	D 4	E 5	F 6	G 7	H 8	I 9	J 10	K 11	L 12	M 13
N 14	O 15	P 16	Q 17	R 18	S 19	T 20	U 21	V 22	W 23	X 24	Y 25	Z 26

Secret message #1

25 15 21 2 5 12 15 14 7 8 5 18 5

Secret message #2 (bonus: what word comes next?)

4 9 6 6 5 18 5 14 20 12 15 15 11 19

7 15 15 4

Make your own code for a friend: _____



Psst... These messages are what Celebrate 3.21 wants every person with Down syndrome to hear from their community.



Kindness Bingo

Do a kind thing, then color in the square. Get five in a row — across, down, or diagonal — and shout BINGO!

B	I	N	G	O
Wear mismatched socks	Say hi to someone new	Give a high-five	Draw a picture for a friend	Share a toy or snack
Hold the door open	Learn one fact about Down syndrome	Invite someone to play	Tell a joke to make someone smile	Say thank you to a teacher
Help clean up	Sit with someone new at lunch	 3.21 FREE SPACE	Make a kind card	Give a compliment
Cheer for a friend	Wear blue & yellow	Ask someone about their favorite thing	Help a family member	Take a sock photo with #Celebrate321
Pick someone else first	Read a book together	Dance for 21 seconds	Tell someone why they're awesome	Learn a friend's favorite color



Belonging starts with small things. A smile, a “come sit with us,” or picking someone new to play can make a friend feel like they belong.

ACTIVITY
8

Alike & Different

Pick a friend or family member. Write or draw what makes each of you special – and put what you share in the middle!

ME
WE BOTH
♥
MY FRIEND

Ideas: favorite food, color, animal, or song

Things you love to do after school or on weekends

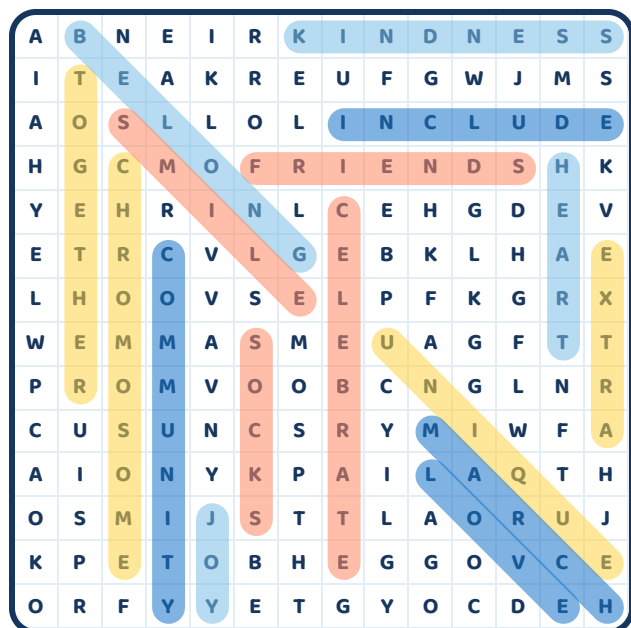
What makes you laugh? What are you really good at?

♥ **Everyone is a mix of alike and different.** People with Down syndrome have favorite songs, best friends, big dreams, and things they're great at – just like you.

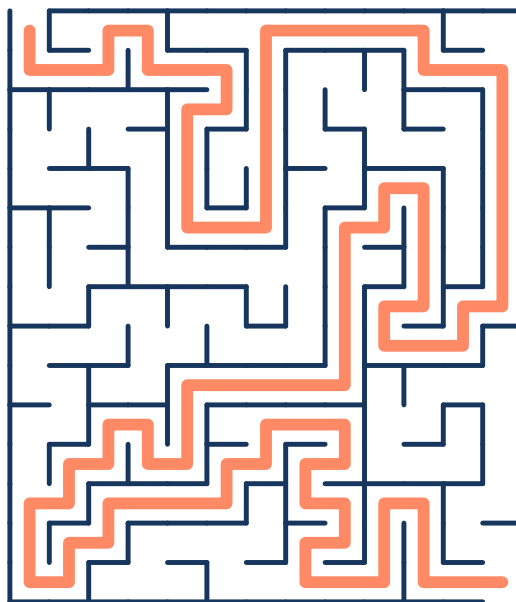
NO PEEKING (UNLESS YOU'RE A GROWN-UP)

Answer Key

3 • Word Search



4 • Sock Maze



2 • Sock Match-Up

Left sock $\rightarrow$ right sock (counting from the top):

$$1 \rightarrow 2 \cdot 2 \rightarrow 4 \cdot 3 \rightarrow 6 \cdot 4 \rightarrow 1 \cdot 5 \rightarrow 5 \cdot 6 \rightarrow 3$$

5 • Chromosome Socks

23 pairs · **47 socks** in all · Number **21** has three.

6 • Secret Code

#1: YOU BELONG HERE · #2: DIFFERENT LOOKS GOOD ... HERE!

Finished the pack? Show it off!

Grown-ups, snap a photo of your kids' favorite page and share it.

#Celebrate321