



READ IT TOGETHER • SHARE ONE THING

Learn One Thing

Read these facts out loud as a family. Then everyone picks the **one thing** that surprised them most and shares it – at dinner, in the car, or online.

3.21

Why March 21? Three copies of chromosome 21.

Most people have two copies of every chromosome. People with Down syndrome have **three** copies of chromosome 21 – so the 21st day of the 3rd month is their day.



WORLD DOWN SYNDROME DAY

2012

The first official World Down Syndrome Day, after the United Nations made it a global day in 2011.

Source: United Nations

Socks!

People all over the world wear mismatched socks on 3.21. Some say chromosomes even look a bit like socks!

Together

The 2026 theme was “Together Against Loneliness” – a reminder that everyone needs to belong.

Source: United Nations

DOWN SYNDROME

47

Most people have 46 chromosomes. People with Down syndrome have 47 – one extra.

~5,700

Babies born with Down syndrome in the U.S. each year. It's the most common chromosomal condition.

Source: CDC

About 60

Average life expectancy today – up from just 25 in 1983. That's a huge change!

Source: NDSS

1866

Dr. John Langdon Down first described it. That's where the name comes from.

Person first

Say “a person with Down syndrome.” They're a person first – with a name, a personality, and a story.

Just like you

People with Down syndrome go to school, work jobs, play sports, have best friends, and fall in love.

CELEBRATE 3.21

Started here

Celebrate 3.21 began in Canal Winchester, Ohio, asking: can an entire community show up for 3.21?

5 ways

Rock your socks. **Share** the message. **Display** a sign. **Give**. **Create** something fun.

Everyone

You don't have to donate to belong. Just show up – that's what makes a community.

The **one thing** we learned today...

Name: _____

Name: _____

Share it with
#Celebrate321