



**March 21
2024**



**World
Down
Syndrome
Day**

WHY DO WE CELEBRATE ON 3/21?

World Down Syndrome Day is celebrated on the 21st day of March to honor and share our love for those living with Down syndrome and to create awareness and acceptance for others. March 21st (3/21) was chosen as the day to signify the uniqueness of the triplication of the 21st chromosome, which is what causes Down syndrome to occur.

HOW DO I USE THESE RESOURCES IN MY CLASSROOM?

You may choose to read books about celebrating people's differences and/or choose a classroom activity from the pdf.

Your students will have questions. Embrace those questions and use them as a teaching opportunity, answering thoughtfully and honestly. Often times, a simple response is all that is needed.

WHAT IF I HAVE QUESTIONS?

We are happy to help!

Please feel free to email us at:
programs@clubtwentyone.org

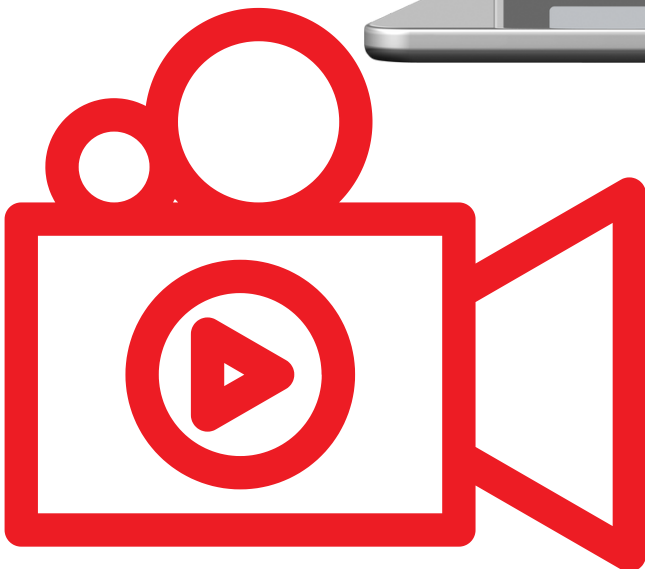


Teaching Plan:

- Have a discussion about what Down syndrome is
- Read a book about the differences in people
- Watch a video about having a friend with Down syndrome
- Write a story about your friend with Down syndrome

Classroom Resources:

- [Teachers Pay Teachers - Kelsey Mango](#)
- [Heather Avis - Different](#)
- [CDSS Teaching Plan - WDSO](#)
- [Twinkl - What Makes Me Unique](#)



Videos:

- [Celebrate World Down Syndrome Day with Club 21:](#)
Highlights the importance of difference!
- [Just Like You:](#)
Narrated by teenagers, some with Down syndrome, these friends talk about what they have in common and what makes them different

Suggested Classroom Books



Just Ask: Be Different, Be Brave, Be You!

by Sonia Sotomayor

In Just Ask, US Supreme Court Justice Sonia Sotomayor celebrates the different abilities kids have. When we come across someone who is different from us but not sure why, all we have to do is Just Ask!



Everyone Belongs by Heather Avis

Inspiring, encouraging and packed with joy, Everyone Belongs reminds us that it's possible to make room for all people and abilities.



You Are Enough by Sofia Sanchez

This inclusive and empowering book reminds readers how important it is to embrace your differences, be confident, and be proud of who you are. You are enough just how you are!

It's OK to be Different by Sharon Purtill

It's OK to be Different encourages kids to be kind and befriend those who are different from themselves, showing young children that they don't have to look alike to be kind to one another.



Hannah's Down Syndrome Superpowers

by Lori Yarborough

Hannah, superhero princess, explains her Down syndrome superpowers, how they affect her, and how she's more like other kids than different.



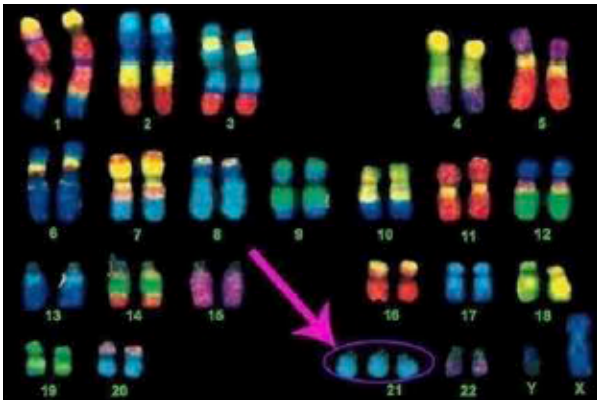
WAYS TO CELEBRATE WORLD DOWN SYNDROME DAY

ROCK YOUR SOCKS WITH CLUB 21

World Down Syndrome Day is coming up on March 21st. People celebrate in a lot of ways, but one fun and easy way to raise Down syndrome awareness is to wear a pair of mismatched socks!



Show us how you celebrate WDSD by rocking your socks!



WHY SOCKS?

When looking at a karyotype (a picture of our chromosomes, stained for viewing under a microscope), the chromosomes look like a paired striped socks

Another reason for wearing mismatched socks is to promote the celebration of differences. Some buddies wear the same set of mismatched socks to also point out that we are more alike than different.

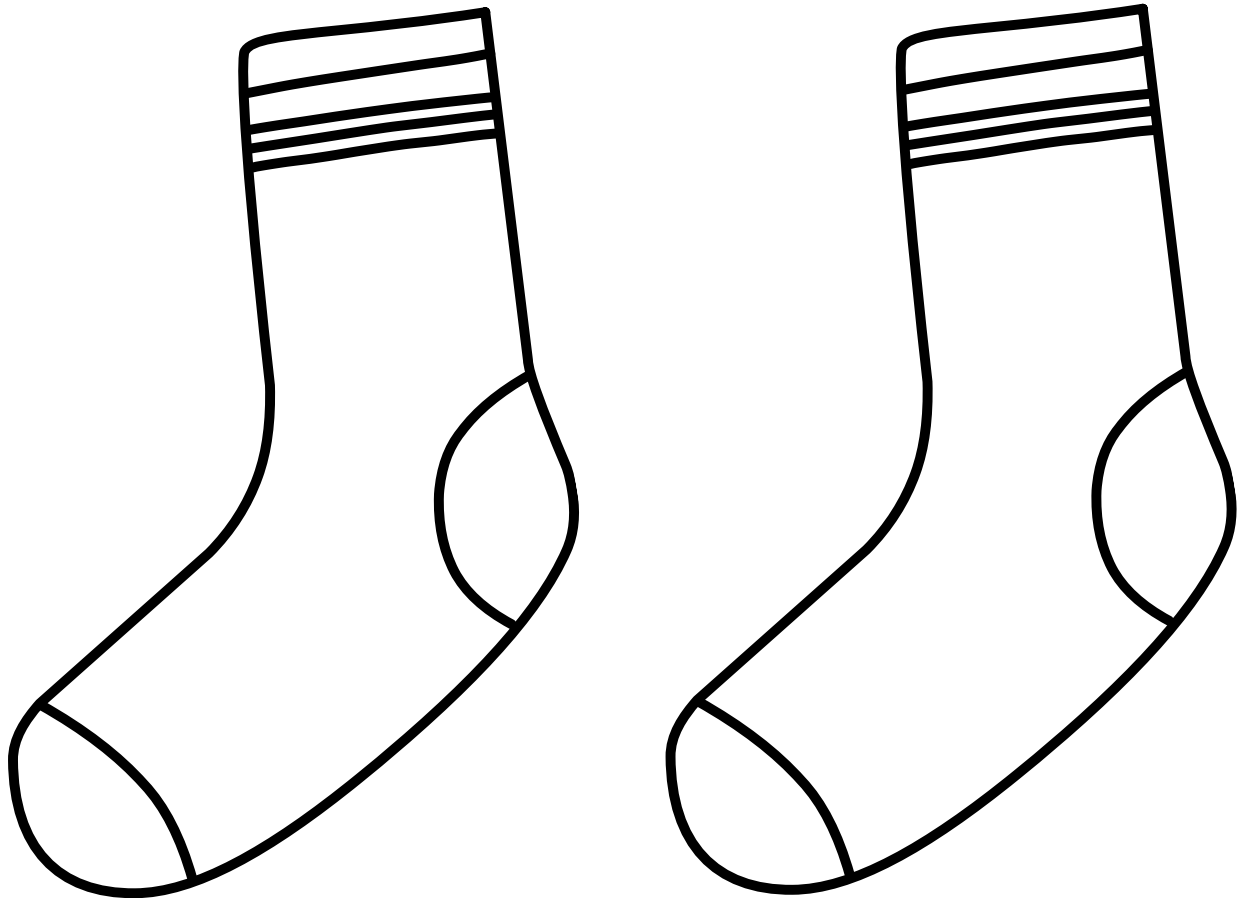
HOW TO PARTICIPATE:

1. Print out and share our packet with your class
2. Have your class wear their craziest mismatched socks
3. Take a photo of your class and share it on social media, tag us @clubtwentyone,
 - club21wdsd or send a photo to info@clubtwentyone.org

Please ensure that consent is received before posting pictures online and tagging

Name: _____

Decorate your own pair of socks



What is an act of kindness that you can do for someone else?

Name: _____

Write a story about or draw a picture with a new friend you made this year

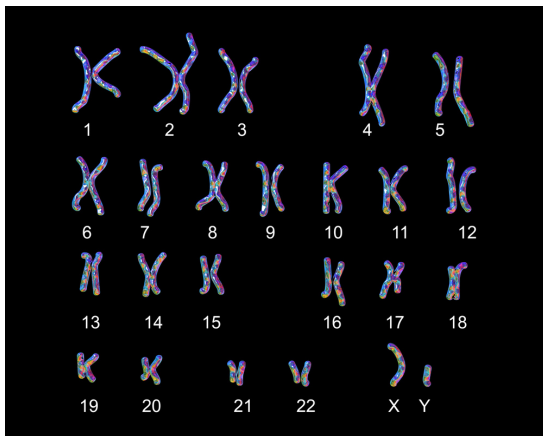
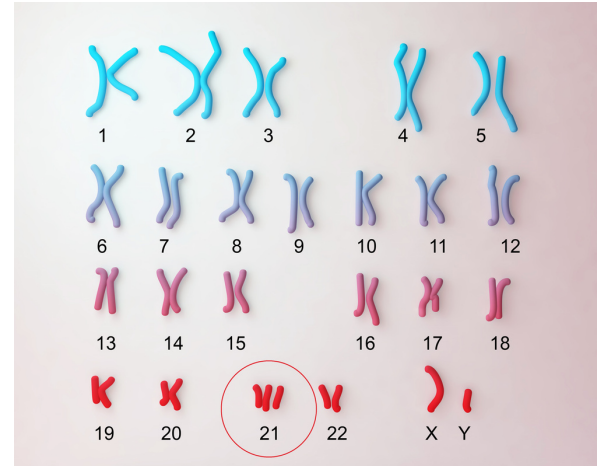


Why are you friends? What do you both like? What matters most in a friendship?

Common Questions:

WHAT IS DOWN SYNDROME?

Down syndrome is a genetic condition caused by the presence of an extra chromosome 21 in the body's cells, it is not a disease. A person with Down syndrome is born with one extra chromosome in each of their cells. Instead of a pair of the 21st chromosome, they have three. That is a total of 47 chromosomes.

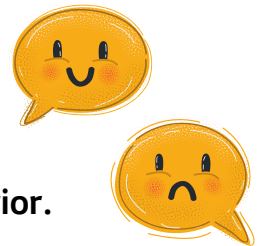


WHAT ARE CHROMOSOMES?

Chromosomes contain information that determines things like what color your eyes will be or how tall you will be. There are billions of tiny cells in our bodies and most people have 23 pairs of chromosomes in each of their cells. That is a total of 46 chromosomes in every cell.

WHAT DO I HAVE IN COMMON WITH SOMEONE THAT HAS DOWN SYNDROME?

Children with Down syndrome are really more like other children than they are different. They often participate in regular classrooms and are fully integrated into their community. People with Down syndrome have feelings just like anyone else. They experience the full range of emotions. They respond to positive expressions of friendship and are hurt and upset by inconsiderate behavior.



CAN DOWN SYNDROME BE TREATED?

Down syndrome is not a disease. Although it cannot be cured, medical professionals know more about it now than ever. Getting the best care early on can make a big difference for individuals with Down syndrome and improves the likelihood of a full and meaningful life.