

WORLD DOWN SYNDROME DAY TOOLKIT!



MARCH 21ST

We are bummed we can't celebrate with you in person, but know that we are still here for you as a resource and a support to you and your family. Now let's show the world how we celebrate Down syndrome! We can't wait to see what you share!

Tag us!

Facebook - @omahadownsyndrome

Instagram - @DSAMidlands

Twitter - @DSAMidlands

1. Down Syndrome ROCKS!
2. "A little something extra" Random Acts of Kindness
3. Different is Good Coloring Sheet
4. Rock Your Socks

WORLD DOWN SYNDROME DAY - 3/21!

Let's unite in CELEBRATING World Down Syndrome
Day by showing our community that DOWN
SYNDROME ROCKS!

3 PAINT your rocks with whatever
message or image you choose

2 PLACE your rocks throughout
your neighborhood

1 POST pictures of your rocks! Tag
@omahadownsyndrome: Down
Syndrome Alliance of the Midlands!



CHOOSE **Kindness**

*World Down
Syndrome Day
3.21*

21 RANDOM ACTS OF KINDNESS

1. Call or FaceTime someone you haven't talked to lately
2. Bake cookies for a neighbor
3. Drop off supplies at an animal rescue
4. Pick up litter in your neighborhood
5. Let someone go in front of you in line
6. Give a stranger a compliment
7. Make dinner for a family in need
8. Buy flowers for someone
9. Send a card to someone not expecting it
10. Write letters to soldiers
11. Donate toys to a homeless shelter
12. Leave a book in a medical office or hospital waiting room
13. Use your allowance to donate to a charity
14. Give blood
15. Give or send your teacher a thank you card or gift
16. Write a kind or encouraging message on a napkin
17. Pay for the car behind you in the drive thru
18. Make a homemade gift for someone
19. Help a neighbor with a chore
20. Offer compliments to strangers and friends and family
21. Read a story to a sibling or family member



www.dsamidlands.org

**March 21st is
World Down Syndrome Day!
#WDSD**

Learn more about Down syndrome and DSA by visiting our website!



www.dsamidlands.org

In honor of the amazing people with Down syndrome in our world, we are doing something a little extra through random acts of kindness!

YOU have been chosen as the recipient of this random act of kindness! Enjoy!

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Different
is all good



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World Down Syndrome Day
3.21

ROCK YOUR SOCKS FOR

WORLD DOWN SYNDROME DAY

MARCH 21



World Down Syndrome Day is celebrated on March 21st to symbolize a 3rd copy of the 21st chromosome in people with Down syndrome.

Promote the value, acceptance, and inclusion of people with Down syndrome on March 21st by rockin' your wildest, loudest, or even mismatched socks!

Take pictures wearing your wild socks, share them on social media, and tag DSA using -
Facebook @omahadownsyndrome
Instagram/Twitter @DSAMidlands