## WORLD SYNDROME DOWN SYNDROME Www.dsamidlands.org 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!

- PAINT your rocks with whatever message or image you choose
- PLACE your rocks throughout your neighborhood
- POST pictures of your rocks! Tag
  @omahadownsyndrome: Down
  Syndrome Alliance of the Midlands!







# World Down Syndrome Day 7.21 ZIRAMP

- 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



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### 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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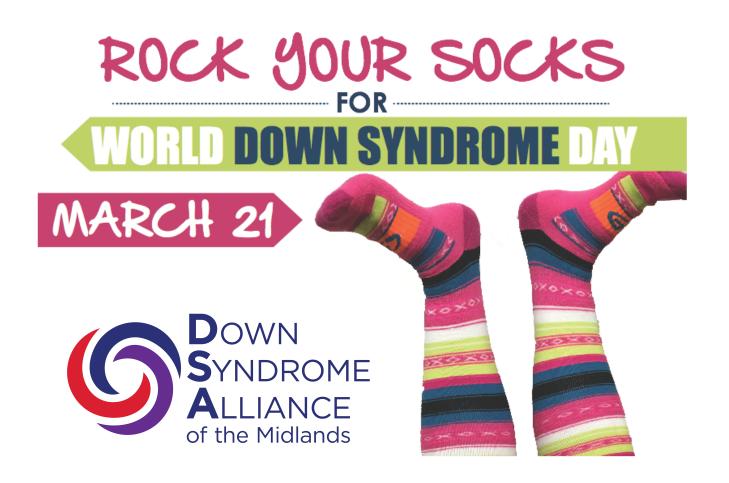
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World Down Syndrome Day 3.21



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