



World Down Syndrome Day Information

This Saturday, March 21st, is World Down Syndrome Day!

- Watch our video about Down syndrome at https://youtu.be/i_sPQGuSxBo !
- Color the coloring pages (page 2 and 3)!

Ways to celebrate World Down Syndrome Day at home:

1. Tune in to Down Syndrome Indiana's Day of Giving on Facebook to learn more about DSI and our families! Then share to spread awareness – <https://www.facebook.com/DownSyndromeIndiana/>
2. Visit the Indianapolis Power & Light Building on Monument Circle after dark to see the lights go BLUE & YELLOW for WSD
3. Rock Your Socks for WSD and share on social media – <https://dsindiana.org/wp-content/uploads/2020/03/Rock-Your-Socks.pdf>
4. Have a Flash Mob in your living room or yard and share with the hashtag #DSIWSD2020. Learn the dance at: <https://www.youtube.com/watch?v=clsAEB2Wvuw&feature=youtu.be>
5. Do Random Acts of Kindness to show the world how amazing people with Down Syndrome are! Be sure to include these Random Acts of Kindness Cards with your deed - <https://dsindiana.org/wp-content/uploads/2020/02/RAK-Cards-2020.pdf>!

Learn more about local ways to celebrate World Down Syndrome Day at <https://dsindiana.org/calendar-of-events/world-down-syndrome-day/>

World Down Syndrome Day



These butterflies represent chromosomes and their antennae represent the number of each chromosome. People typically have 2 of each chromosome but individuals with Down syndrome have 1 extra on chromosome 21. Can you find the extra antenna?

Friday March 21st is...

FUNKY

SOCK DAY!



**Show your spirit and support for
World Down syndrome Day
by wearing your fun and funky socks!**

Poster coloured by: _____