

What is World Down Syndrome Day?

- World Down Syndrome Day (WDSD), celebrated annually on March 21, is a global awareness day which has been officially observed by the United Nations since 2012.

Why is World Down Syndrome Day Celebrated on March 21?

- The date for WDSD being held on the 21st day of the 3rd month of the year was selected to signify the triplication (trisomy) of the 21st chromosome which causes Down syndrome.

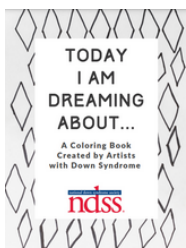
How Can You Celebrate World Down Syndrome Day?

- Spreading awareness about Down syndrome and promoting inclusion is the best way to celebrate! There are several ways to celebrate and educate on WDSD at home and in the community. Need some inspiration on where to start? Take a look at our list below!

Rock Some Socks

For many years, people have been wearing mismatched or “crazy” socks to celebrate World Down Syndrome Day. The socks represent the shape of a chromosome when seen from a karyotype, while the fun and bright colors grab attention and make it easy to spread the word. NDSS has partnered with John’s Crazy Socks and Down Syndrome International for an official pair of 2024 WDSD Socks!

[You can buy yours here.](#)



Share Educational Resources

There are many wonderful books to help teach kids about Down syndrome, as well as classroom kits that provide thoughtful activities to promote inclusion in schools and communities. NDSS recommends [You Are Enough](#) by Sofia Sanchez, and the book and classroom kit [Everyone Belongs](#) by Heather Avis and the Lucky Few. NDSS also has [21 Facts](#) you can share with your students, common [Q&As for Kids](#), and our [NDSS Coloring Pages](#).

Host a World Down Syndrome Event

Help your community celebrate this momentous day by hosting an event they can participate in on March 21! Many organizations around the world will host walks of 3.21 mile distances, similar to our [Racing For 3.21 event](#), as well as host awareness parties and celebrations!



Here at NDSS, we strive to ensure all individuals with Down syndrome are assured their human rights and valued by a more inclusive society. You can support our work by [making a donation today.](#)