

## 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 workplace. 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. Blue and yellow are the Down syndrome awareness colors, so many people will rock a fun blue and yellow outfit to work as well! 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](#) to proudly rock them around the office!



### Host a Conversation on Inclusion in the Workforce

Here at NDSS, several of the members on our team, including at least one staff member with Down syndrome, meet regularly with businesses and employers across the country to discuss the important progress of inclusion in the workplace and best practices on hiring, retaining, and supporting employees with disabilities. [Contact our team](#) to schedule a call today!

### Participate with Your Colleagues in Racing For 3.21

Every year on World Down Syndrome Day, we host our virtual Racing For 3.21 event! Walk, run, bike, hike, or move however you'd like for 3.21 miles on March 21st! Register your colleagues as a team and ask your friends, families, and other co-workers to support your efforts! You can learn more about Racing For 3.21 [here](#).



**Check out our other World Down Syndrome Day resources by scanning the QR Code!**

