

Celebrate World Down Syndrome Day in the Classroom

What is World Down Syndrome Day?

World Down Syndrome Day, celebrated annually on March 21, is a global awareness day officially observed by the United Nations. It is celebrated on the 21st day of the 3rd month of the year and was selected to signify the triplication (trisomy) of the 21st chromosome, which causes Down syndrome.

Celebrate the Day by Racing for 3.21



For almost a decade, NDSS has hosted one of the premiere World Down Syndrome Day awareness events, Racing For 3.21! While it sounds like a running event, it doesn't have to be! You can move however you'd like for 3.21 miles, or minutes, on March 21st or do another activity that incorporates 3.21. Register your classroom as a team and ask your friends, family, and co-workers to support your efforts. The awareness and funds you raise support NDSS in our mission to empower individuals with Down syndrome and their families. Learn more and register [here](#).

For other resources and ideas on how to celebrate in your classroom, visit ndss.org/world-down-syndrome-day.

Email our Education Team: education@ndss.org.