

# World Down Syndrome Day Activities

## Infants (Birth–12 months)

### Activity: “Belonging Handprint Heart”

**Focus:** connection, positive language, inclusion

**Materials:** large paper heart (or circle), baby-safe paint/ink pad (per policy), wipes, marker

#### Directions:

1. Place the big heart on a protected surface.
  2. Help the baby make **one handprint** (or footprint) on the heart.
  3. Say simple, warm words: “You are safe. You are loved. You belong.”
  4. Write the baby’s name and the date. Hang it at baby eye level for a few days.
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## Young Toddlers (1–2 years)

### Activity: “Kindness Pass” (My Turn/Your Turn)

**Focus:** inclusion, turn-taking, social language

**Materials:** soft ball or plush toy, optional “my turn/your turn” picture cards

#### Directions:

1. Sit in a small circle. Show the object and say: “We share with kind hands.”
2. Gently roll/pass the object to a child: “My turn... your turn.”
3. Help the child pass to the next friend with the same words.
4. Celebrate effort: “You shared! Thank you for being a kind friend.”



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**Extension:** Add one simple phrase: “Play?” or “Thank you.”

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## Older Toddlers (2–3 years)

### Activity: “Friends Help” Picture Choice Board

**Focus:** communication support + friendship

**Materials:** 4 simple picture cards (Help, More, All done, Break) OR hand-drawn icons; tape/lamination optional

**Directions:**

1. Show the cards and say: “We can use pictures to help us tell what we need.”
2. Practice together:
  - Hold up “More” and say “More, please.”
  - Hold up “All done” and say “All done.”
3. During centers, prompt children to use a card when needed (or point).
4. Praise: “Great asking! You told me what you needed.”

**Tip:** This is inclusive because it supports **all** communicators (words, gestures, pictures).

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## Preschool (3–5 years)

### Activity: “Everyone Belongs” Class Puzzle Poster

**Focus:** community + noticing strengths

**Materials:** paper puzzle pieces (pre-cut) or paper people cutouts, crayons/markers, glue, large poster paper

**Directions:**



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1. Give each child one piece.
2. Prompt: "Draw something that makes you YOU" (favorite activity, strength, interest).
3. Adults write dictated words if needed ("I like music," "I'm a helper").
4. Glue all pieces onto a poster titled: "**Everyone Belongs Here.**"
5. Circle time share (optional): children show their piece or the teacher reads it.

**Closing message:** "We are different and we fit together."

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## School Age (6+)

### Activity: "Inclusion in Action" Classroom Challenge (1 Week)

**Focus:** real inclusion skills kids can practice

**Materials:** chart paper, marker, optional stickers

**Directions:**

1. Introduction: "Inclusion means making sure everyone can join and feel respected."
2. As a class, choose **3 actions** to practice all week:
  - Invite someone to play/partner
  - Wait patiently while someone communicates
  - Offer choices ("Do you want A or B?")
  - Ask before helping ("Do you want help?")
  - Use kind words and respectful tone
3. Make a class tracker and add a tally/sticker each time the class completes an action.



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4. End-of-week reflection: “Which action helped our classroom most?”

**Optional simple fact:** “World Down Syndrome Day is 3/21 because Down syndrome is connected to chromosome 21.”



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