

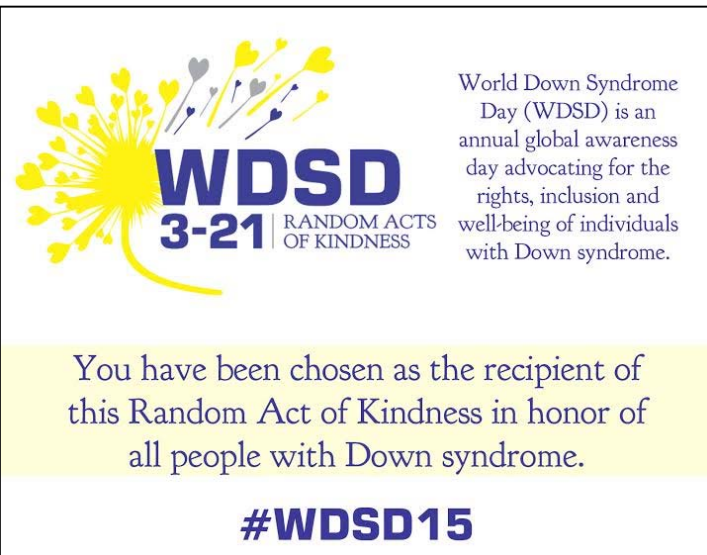


F.R.I.E.N.D.S.

Family Resource, Information and Education
Network for Down Syndrome

World Down Syndrome Day

10th Anniversary - **March 21, 2015**



In honor of World Down Syndrome Day, the National Down Syndrome Congress and six other national Down syndrome organizations are promoting "**Random Acts of Kindness**" in the United States.

In collaboration with Down Syndrome Affiliates in Action, Global Down Syndrome Foundation, International Down Syndrome Coalition, International Mosaic Down Syndrome Association, Lumind Foundation, National Down Syndrome Society, we have created a toolkit for WSDS 2015 that you can use to share information about Down syndrome with your community, celebrate people with Down syndrome, and spread a little love and kindness in the name of Down syndrome!

It's as easy as 1-2-3-4!

1. On **March 21st**, wear a t-shirt that says something about Down syndrome (your NDSC Convention t-shirt is a great option!)
2. Choose an act of kindness, like taking cookies to a fire station, or checking in on an elderly neighbor (we have a list of suggestions to help get you started!)
3. Print a WSDS postcard (like the one above) and give it out or place it with your Random Act.
4. Take pictures of the random act and post on your social media pages with the hashtag **#WSDS15**. We'll have people on the receiving end of our kindness, and the whole world watching on Facebook and Twitter.

Let's make this the biggest, best World Down Syndrome Day yet!

Random Acts of Kindness Ideas – Babysit for free for a friend's kids • Do odd jobs for an elderly person • Leave a bag of microwave popcorn on a Redbox • Leave quarters at a laundromat • Prepare a meal for a homeless person / neighbor / friend • Buy some extra canned goods for the local food bank • Leave a book in a hospital waiting room • Write a letter of appreciation to someone • Donate blood • Leave a couple of dollars at a dollar store • Donate gently used clothing to a shelter • Tape change to a vending machine • Donate a book to your library or hospital • Take supplies to an animal shelter • Leave quarters on the riding toys at the mall • Leave bus fare at a bus stop • Leave bubbles or sidewalk chalk at the park • Leave ice water for construction workers • Make a thank you poster and hang it at your child's school • Take balloons to the park and hand them out • Pick up litter in your neighborhood, park, etc. (www.ndss.org)