

# World Down Syndrome Day, March 21st

March 21,  
Is World Down Syndrome Day  
#dsaawdsd

In honor of all the amazing people in the world with Trisomy 21 (also known as Down syndrome), we are doing random acts of kindness!

Today, YOU have been chosen as the recipient of this random act of kindness! Enjoy!

## Down Syndrome



## Advocates in *Action*

We can help you  
advocate with:  
Peer Presentations,  
Support at your child's  
IEP, Parent Mentor  
Support, & New Parent  
and Grandparent  
Resources  
You've got this!  
We are here to help!

Connect with DSAA Nebraska! [www.dsaane.org](http://www.dsaane.org) \* [dsaafne@gmail.com](mailto:dsaafne@gmail.com) \* 402-413-0199

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## WANT TO PAY IT FORWARD?

Spread awareness and share a random act of kindness to create a more tolerant and inclusive community for all people.

Down Syndrome



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*Action*

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Here are some ideas:



Smile at 5 people, Donate blood, Leave a book in a waiting room, Babysit for free, Leave quarters at the vending machine. Leave a bag of popcorn at Redbox, Help an elderly neighbor with a task, Donate extra canned goods to a food bank, Leave bubbles or chalk at a park, Pick up litter in your neighborhood, Drop off snacks to a local first responder. Anything else you can think of!  
Scan for even more ideas →

