21 Healthy Ways to Celebrate WDSD!

Promote your physical, mental, and social health on World Down Syndrome Day by completing one or more of the activities on our list.

Wash your hands.



Scrub for 21 seconds instead of 20 @



Make a list of 21 things for which you are grateful.

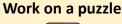
Practice a new skill. Cooking, drawing,

> YouTube can help!



Review our handout on

"Ways to Be Active." Choose one activity to do today. Most can be done while still maintaining social distance!





jigsaw, crossword, sudoku, etc.



Write a letter to yourself & put it in an envelope. Wait until 3/21/2021 to open it!





Check out our "Tips for Dealing with Stress" video. Choose one strategy to practice today.

Declutter

Clean out a drawer or closet.



Plav a game!



Do a 3/21 workout!

Do 3 sets of 21 repetitions of an exercise such as jumping jacks, crunches, squats, push ups, and/or arm punches.

Eat a healthy snack.

Check out our handout for ideas.



Read a book, listen to an audiobook, or watch a documentary.



Call a friend or family member.







Review our "Ways to **Get Good Sleep**" handout & make a plan for a healthy bedtime routine.

DANCE!

Turn on your favorite song and show off your best dance moves!

Drink an extra cup of water instead of soda or juice.



Write or draw 21 things you like about a friend or family member with DS.

Bonus: Do this for 3 people to really get in the WDSD spirit!

Continue the celebration throughout 2020! Check out our 2020 calendar for

more activities & tips.

