

# 21 Healthy Ways to Celebrate WDS!

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 😊

**Learn about the food groups.**

Watch our [videos!](#)



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



**Practice a new skill.**

Cooking, drawing, having conversations, etc.

YouTube can help!



**Be active!** Review our handout on "[Ways to Be Active](#)." Choose at least activity to do today.



**Work on a puzzle**



*jigsaw, crossword, sudoku, etc.*

**Do a craft or art project.**



Write a letter to yourself & put it in an envelope. Wait until next year to open it!



**Wear wacky socks!**



**De-stress.** Check out our "[Tips for Dealing with Stress](#)" video. Choose one strategy to practice today.

**Declutter**

Clean out a drawer or closet.



**Play 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 WDS spirit!*

**Continue the celebration throughout the year!**

Check out our [Activities You Can Do at Home](#) resource for more activities.