

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 1 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 [Coping with Stress](#) article and make a stress management plan.

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 more [resources for people with Down syndrome](#) in our Resource Library.