

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 mismatched socks!



Listen to music. Create a playlist with 21 songs you like.



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.



Get good sleep.

Create your own [visuals](#) for healthy morning & bedtime routines.



DANCE!

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



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



De-stress. Check out our [Coping with Stress](#) article and make a stress management plan.

Continue the celebration throughout the year!

Check out the [Fun Activities for Promoting Health](#) list in our online library.