

March 21st is
World Down Syndrome Day
#WDSD



To learn more about Down syndrome and the DSG, visit www.kcdsg.org

In honor of all the amazing people with Down syndrome in our world we are doing random acts of kindness!

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

Need Ideas? Scan This →



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

- Smile at 5 people
- Donate blood
- Leave a book in a hospital waiting room
- Leave quarters at the vending machine
- Leave a bag of popcorn at Redbox
- Donate extra canned goods to a food bank
- Babysit for free
- Help an elderly neighbor with a task
- 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!

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