





[www.worlddownsyndromeday.org](http://www.worlddownsyndromeday.org)



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Every year World Down Syndrome Day\* is celebrated on **Sunday 21 March**

*World Down Syndrome Day is a global awareness event...and we need you to help spread the word in your part of the world.*

***How can you help? By wearing #LotsOfSocks!***

*But not just any socks...*

*...wear our official #LotsOfSocks socks or other brightly coloured, mis-matched socks.*

*Wear them at home, nursery, school, college, university, work, play, travel, on holiday...wherever you are and whatever you're doing on 21 March!*

*Make sure to take pictures and videos and post them on Facebook, Twitter and Instagram using the hashtags #LotsOfSocks, #WorldDownSyndromeDay and #WDSD20...we love seeing and sharing everyone's #LotsOfSocks pictures! If you would like to order the official #LotsOfSocks for 2020 you can order them from our website now.*



**Information sessions for parents about the Local  
SEND System**

***22<sup>nd</sup> March 2021***  
***12:00 – 13:30***

We are interested in hearing about your experiences of the Local Area SEND system and how it is working for you. There will also be an opportunity to ask questions of the LA Head of SEND John O'Shea and SEND IASS Manager Jenny Miller.

The session will be held over Zoom. To get the link please email [towerhamlets&city.sendiass@towerhamlets.gov.uk](mailto:towerhamlets&city.sendiass@towerhamlets.gov.uk) or call Family Information Service on 020 7364 6495



# Family Fun

Ideas to support learning, play and well-being

## Keep hydrated

Can you guess how much of our bodies are made up of water?

25% 70% 95% (answer at bottom of page)

Try and drink at least 8 glasses of water a day. Cut up favourite fruit and vegetables to make a jug of healthy flavoured water



- |  |  |  |   |
|--|--|--|---|
| <b>A</b> Jump up and sit down 10 times       | <b>H</b> Hop like a frog 8 times                       | <b>N</b> Pick up a ball without using your hands | <b>U</b> Roll a ball using only your head           |
| <b>B</b> Spin around in a circle 5 times     | <b>I</b> Balance on your left foot for the count of 10 | <b>O</b> Walk backwards 50 steps and skip back   | <b>V</b> Flap your arms like a bird 25 times        |
| <b>C</b> Hop on one foot 5 times             | <b>J</b> Balance on your right foot for a count of 10  | <b>P</b> Walk sideways 20 steps and hop back     | <b>W</b> Pretend to ride a horse for a count of 15  |
| <b>D</b> Run to the nearest door and back    | <b>K</b> March like a toy soldier for the count of 12  | <b>Q</b> Crawl like a crab for a count of 10     | <b>X</b> Try and touch the clouds for a count of 15 |
| <b>E</b> Walk like a bear for the count of 5 | <b>L</b> Pretend to jump rope for a count of 20        | <b>R</b> Walk like a bear for a count of 5       | <b>Y</b> Walk on your knees for a count of 10       |
| <b>F</b> Do 3 cartwheels                     | <b>M</b> Pretend to swim around the room 3 times       | <b>S</b> Bend down and touch your toes 20 times  | <b>Z</b> Walk on your tip toes for a count of 10    |
| <b>G</b> Do 10 jumping jacks                 |  | <b>T</b> Pretend to pedal a bike with your hands |   |

## Keep active keep healthy

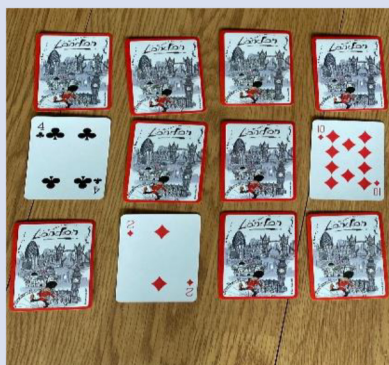
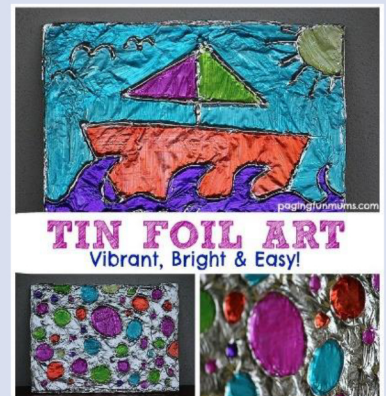
Exercise for a minimum of 60 minutes per day to keep fit and healthy. Running, skipping, bike riding, brisk walking are all good for you and easy to achieve. Make it a family activity ☺

Get active with your name!

Spell out your name and complete the activity listed for each letter

## Foil art

Making art with household items like tin foil develops children's creativity and imagination. Make foil sculptures and pictures, decorate with felt tips or leave plain. There's an artist in everyone



## Playing card maths

Studies show that playing card games develop children's cognitive abilities and teach new strategies for using mathematical information. Playing card games, improves memory, develops quick thinking, encourages number talk and number fluency. Look online to get ideas for card maths games to play with your children

# World Autism Awareness Week 2021

29 March  
- 4 April



National  
Autistic  
Society



## World Autism Awareness Week

29 March - 4 April 2021

World Autism Awareness Week is back from 29 March to 4 April 2021. Here you'll find everything you need to help raise awareness and funds with family and friends. All our ideas - from workouts to gameathons - are perfect for home-based fundraising. So join the fun and help create a society that works for autistic people.

### Why your help is more important than ever

The coronavirus pandemic has been particularly tough for many autistic people and their families. Services have closed and many people have been left stranded. The ever-changing guidelines and restrictions can be confusing to understand and extremely difficult to implement for autistic people with high support needs.

Thanks to our supporters, we've been able to campaign to ensure autistic people's needs are taken into account by governments across the UK in these challenging times. Autistic people have been included in mask exemptions and have been given more opportunities to exercise.

We've developed online resources for autistic people and increased the number of online social groups we run. There is still so much to do and we desperately need your help to continue this vital work.