**John’s Crazy Socks**

**in conjunction with the National Down Syndrome Society is sponsoring a World Down Syndrome Day Celebration on March 19.**

We are inviting self-advocates with Down syndrome to submit a video that will be part of a larger video we will present called “I am Down Syndrome.” We want short videos from self-advocates with Down syndrome. We think you are wonderful and we want the world to meet you.

**The World Down Syndrome Day Online Celebration**

[John’s Crazy Socks](https://johnscrazysocks.com/) and the [National Down Syndrome Society (NDSS)](https://www.ndss.org/) are presenting an online celebration of World Down Syndrome Day on Friday, March 19 from 2 p.m. to 4 p.m. EST. The Party will be simulcast on [Facebook Live at the John’s Crazy Socks page](https://www.facebook.com/johnscrazysocks/) and the [John’s Crazy Socks YouTube channel](https://www.youtube.com/channel/UChQzvQju2SQiW9rIf5JNsVQ). The celebration will have four parts:

* **What is Down Syndrome?** (2 p.m. EST) Leaders from the [National Down Syndrome Society](https://www.ndss.org/) (NDSS) will present an educational session explaining what Down syndrome is, how many people have Down syndrome and what is happening in the world of Down syndrome. There will be a question and answer period for the audience to ask questions.

* **I am Down Syndrome:** (2:30 p.m. EST) We will present a video where self-advocates with Down syndrome introduce themselves and share a glimpse into their lives and the achievements of people with Down syndrome. There will be a question and answer period for the audience to ask questions. **We want you to be part of this video.**

* **A Special Spreading Happiness Show with John and Mark from John’s Crazy Socks:** (3 p.m. EST) The boys share some of their experiences, tell stories, tell jokes, and share with the audience the mission of John’s Crazy Socks to spread happiness. This will be a live, interactive session so join the audience.

* **An Online Dance Party with John from John’s Crazy Socks:** (3:30 p.m. EST) John loves dancing as much as he loves socks. He will hold a special online dance party to celebrate Down Syndrome Day where everyone can join the fun. The Dance Party will be held on Zoom.

**Your Video**

If you would like to participate, we would like you to submit a short video with just you looking at the camera and speaking. The video should run one to two minutes. **The deadline to submit a video is midnight, Friday, March 12**. We want you to follow this script:

* Tell us your name
* Tell us your age
* Tell us where you live (town and state)
* Tell us something about yourself

Here are some technical notes:

* Please Shoot in MP4 or Movie File
* Shoot Video Style: Horizontal
* Try to shoot the video in one take

When you are ready to submit your video, please send it to us using [We Transfer](https://wetransfer.com/).  Video files are too large to send via email. When you go to <https://wetransfer.com>, you can upload your file to send to us. Please send it to [contact@johnscrazysocks.com](mailto:contact@johnscrazysocks.com). We Transfer is free and you do not have to sign up for anything.

We also ask that you send us a photo of yourself and you can send that via email to [contact@johnscrazysocks.com](mailto:contact@johnscrazysocks.com)

We hope you will join us in making this video and for the World Down Syndrome Day celebration.

**If you have questions, email us at** [**contact@johnscrazysocks.com**](mailto:contact@johnscrazysocks.com) **or call us at 631-760-5625 and ask to speak with Carol.**

Thank you,

John and Mark

John’s Crazy Socks: “We’re spreading happiness.”   
Paumonok Innovations Inc.  
[mxcronin@JohnsCrazySocks.com](mailto:mxcronin@JohnsCrazySocks.com)  
O 631-760-5625  
[JohnsCrazySocks.com](https://nam06.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjohnscrazysocks.com%2F&data=02%7C01%7Cnbarnett%40microsoft.com%7C782d74098a954099893f08d8192db0f2%7C72f988bf86f141af91ab2d7cd011db47%7C1%7C0%7C637287032485699892&sdata=ChTFs0tSdEKEMbHwOyw7rJWbwlDYlO5pHg%2F%2FvhRQTWA%3D&reserved=0)   
[Facebook Icon](https://nam06.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fjohnscrazysocks%2F&data=02%7C01%7Cnbarnett%40microsoft.com%7C782d74098a954099893f08d8192db0f2%7C72f988bf86f141af91ab2d7cd011db47%7C1%7C0%7C637287032485709885&sdata=HjH3C0VMmMxhlD5juUT70qelduUH9rFwuF3I9U0fZrA%3D&reserved=0)  [Instagram](https://nam06.safelinks.protection.outlook.com/?url=http%3A%2F%2Finstagram.com%2Fjohnscrazysocks&data=02%7C01%7Cnbarnett%40microsoft.com%7C782d74098a954099893f08d8192db0f2%7C72f988bf86f141af91ab2d7cd011db47%7C1%7C0%7C637287032485709885&sdata=yUzf52mUHO6OIosrSCob53a7O2Nre9B9PPs56rZNllQ%3D&reserved=0)  [Twitter](https://nam06.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftwitter.com%2FJohnsCrazySocks&data=02%7C01%7Cnbarnett%40microsoft.com%7C782d74098a954099893f08d8192db0f2%7C72f988bf86f141af91ab2d7cd011db47%7C1%7C0%7C637287032485719881&sdata=fwQ9Bs2b4fPJFCduYlTXDk487Pn04yviKk7c0yDr2mQ%3D&reserved=0)[cid:image004.png@01D71108.568E83F0](https://www.youtube.com/c/Johnscrazysocks)  
