

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](#) and the [National Down Syndrome Society \(NDSS\)](#) 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](#) and the [John's Crazy Socks YouTube channel](#). The celebration will have four parts:

- **What is Down Syndrome?** (2 p.m. EST) Leaders from the [National Down Syndrome Society](#) (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](#). 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. 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

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 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."

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