



21 MARCH 2026

CELEBRATE

World Down Syndrome Day

**THE
SUNFLOWER
CHALLENGE**

Girl Guiding Pack

Introduction

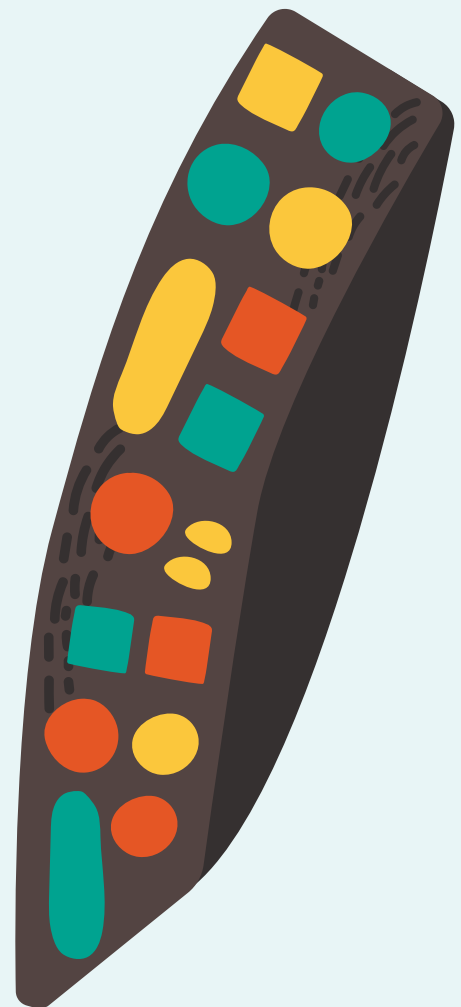
Join us in celebrating World Down Syndrome Day on March 21st by taking part in the Sunflower Challenge! This hands-on activity is a wonderful way for Rainbows, Brownies, and Girl Guides to learn about growth, nurture responsibility, and celebrate individuality. By planting sunflower seeds and watching them grow, your unit will symbolise the beauty of diversity and the importance of inclusion. Together, let's spread the message that every journey is unique and deserves to be celebrated.

Activity links to Girl Guiding badges

The Sunflower Challenge aligns with key Girl Guiding badges and skills, making it a perfect addition to your unit's program:

- ★ **Rainbows:** Nature badge – Learn how plants grow and explore the wonders of nature.
- ★ **Brownies:** Grow Your Own badge – Develop responsibility by caring for plants and understanding their lifecycle.
- ★ **Girl Guides:** Take Action badge – Explore how small actions, like nurturing a sunflower, can create a big impact in understanding and promoting inclusivity.

By participating, your unit can also work towards the "Make a Difference" skills builder, which focuses on kindness, community, and inclusion.



How to participate

★ Step 1: Choose your pack

Sunflower Challenge Pack:

Includes sunflower seeds, posters, stickers & instructions.

Step 2: Plant your sunflowers

Begin planting on or around March 1st.
Each child will plant their own sunflower seed and care for it.

Step 3: Celebrate World Down Syndrome Day

On March 21st, mark the day with your unit.
Encourage the children to take their sunflowers home and share their growth stories.

Order your pack here:

downsyndromeuk.co.uk/product/sunflower-challenge-pack/



Resources

We've prepared a range of resources to make the Sunflower Challenge both fun and educational for your unit:

- ★ **Sunflower Challenge Poster:** Bright and colourful to inspire participation.
- ★ **Instructions:** Clear steps for planting and nurturing sunflowers.
- ★ **Stickers:** Fun and engaging for Rainbows, Brownies, and Girl Guides.

Celebration Ideas

Make World Down Syndrome Day a memorable event for your unit:

- ★ **Sunflower Showcase:** Create a display of the unit's sunflowers and reflect on the growth journey.
- ★ **Story Sharing:** Encourage the children to share what they've learned about growth and inclusion.
- ★ **Themed Meeting:** Incorporate Down syndrome awareness activities into your March 21st meeting, using our educational sheets.
- ★ **Social Media Engagement:** Share photos and stories of your unit's Sunflower Challenge on social media using **#DSUKSunflowerChallenge**.

Don't forget to tag us to spread the word!

