



21 MARCH

CELEBRATE

World Down Syndrome Day

THE
SUNFLOWER 
CHALLENGE

Scouting Pack



Introduction

We are excited to invite all Scout groups to join the Sunflower Challenge in celebration of World Down Syndrome Day on March 21st. This hands-on activity is an excellent way for Scouts to explore nature, nurture responsibility, and promote inclusion. By planting sunflower seeds and caring for them, your Scouts will learn valuable life skills while supporting a meaningful cause. Let's grow together and create a brighter, more inclusive future.

Activity links to Scout badges

The Sunflower Challenge fits seamlessly into the Scouting program, helping Scouts work towards key badges and awards:

- ★ **Beavers:** My Outdoors Challenge Award – Learn how to plant and care for a sunflower while exploring the natural world.
- ★ **Cubs:** Gardener Activity Badge – Develop skills in nurturing plants and understanding their growth cycle.
- ★ **Scouts:** Community Impact Staged Activity Badge – Take part in an activity that raises awareness and promotes inclusivity.
- ★ **Explorers:** Environmental Conservation Badge – Engage in a project that connects Scouts to nature and highlights the importance of growth and diversity.



How to participate

★ Step 1: Choose your pack

Sunflower Challenge Pack:

Includes sunflower seeds, posters, stickers, instructions, and more.

★ Step 2: Start Planting on or around March 1st

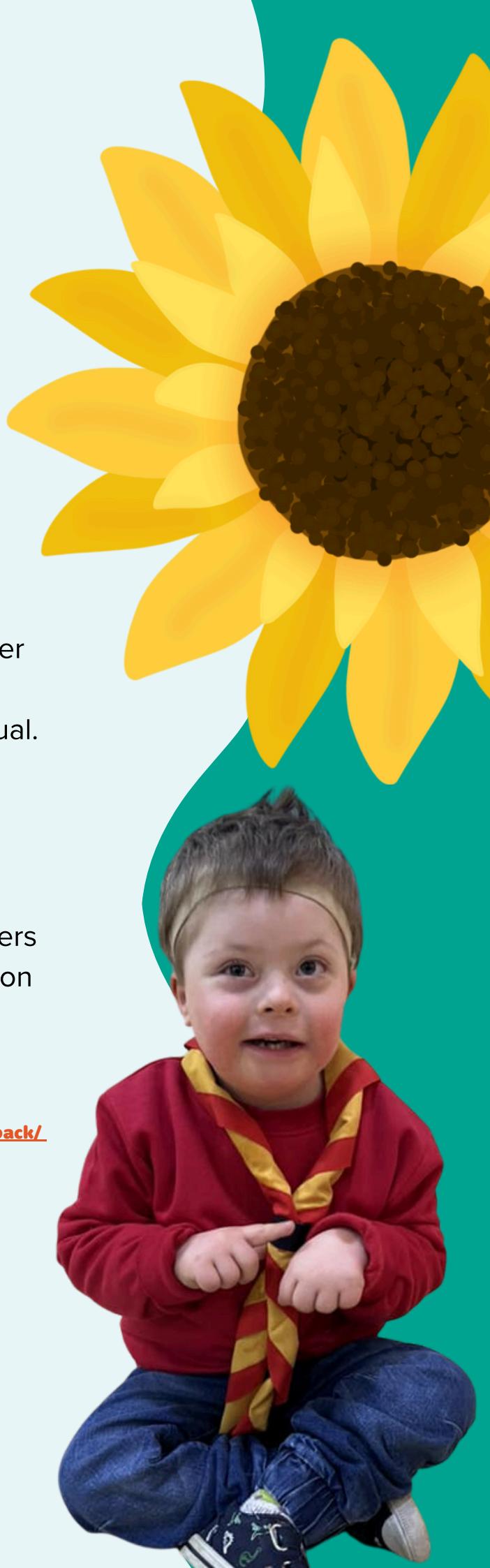
Each Scout will plant their own sunflower seed and care for it, symbolising the unique growth journey of every individual.

★ Step 3: Celebrate World Down Syndrome Day

On March 21st, showcase your sunflowers and reflect on the importance of inclusion and diversity within your community.

Order your pack here:

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



Resources

We've prepared everything you need to make the Sunflower Challenge a success for your Scout group:

- ★ **Sunflower Showcase:** Host a display of your group's sunflowers, celebrating their growth and diversity.
- ★ **Community Engagement:** Share the story of your sunflower challenge with local communities to spread awareness.
- ★ **Social Media Sharing:** Post photos and updates of your Sunflower Challenge on social media using #DSUKSunflowerChallenge, and tag us to share your journey.

Celebration Ideas

Mark World Down Syndrome Day with activities that highlight the growth journey of your sunflowers and promote inclusivity:

- ★ **Sunflower Showcase:** Host a display of your group's sunflowers, celebrating their growth and diversity.
- ★ **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!



Thank you for your support!

Thank you for taking part in The Sunflower Challenge and for making a difference in our community. Your efforts help raise awareness, spread kindness, and support individuals with Down syndrome.

Contact Us

If you have any questions or need additional resources, please don't hesitate to reach out to us at fundraising@downsyndromeuk.co.uk



Down Syndrome UK. Registered charity 1184564
www.downsyndromeuk.co.uk