



## MIDDLE SCHOOL EVENTS & ACTIVITIES

### Class activities

- [Watch "10 Things You May Not Know About Rare Diseases" video.](#)
- Invite a patient or caregiver speaker to come to your classroom and share their story.
- Complete the Rare Disease Day® crossword puzzle, trivia or word search. Activity sheets and answer keys are located [here](#).

### Social media

- Ask the students to change their Facebook, Instagram or Twitter profile picture to show support for Rare Disease Day. Visit our website for more social media resources at [rarediseaseday.us](https://rarediseaseday.us).

### Show Your Stripes®

- The zebra is the official symbol of rare diseases in the United States and is noted for its black and white stripes, which are central to its uniqueness. Everyone has his/her own stripes, those characteristics that make each individual distinct. While each of the more than 10,000 rare diseases is unique, there are many commonalities that unite patients, families, caregivers and supporters. In the spirit of raising the profile of the rare disease community at large and celebrating Rare Disease Day, this year NORD is promoting a variety of ways in which individuals, organizations and groups can "[show their stripes](#)."

### Bullying and acceptance

There are more than 30 million Americans affected by rare diseases and children represent half of that population. Many children with a rare disease face bullying and lack of peer acceptance. Take this opportunity to teach your students about bullying, acceptance and breaking down social barriers.

- [Watch](#) "Good Morning Peyton," a short documentary about 11-year-old Peyton, who is allergic to sunlight. See how the National Organization for Rare Disorders (NORD) partnered with his town to turn one special night into day!
- [Watch](#) "A Brave Heart: The Lizzie Velasquez Story," a documentary on a woman with rare congenital disease who overcame bullying to become a motivational speaker.
- [Read](#) how Jono Lancaster battles his rare disease and bullying with a positive attitude.

### Join these programs

- [No One Eats Alone](#)
- [Wingman League](#)

Questions? Write to NORD at [education@rarediseases.org](mailto:education@rarediseases.org).