

2023 • MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1. Mother goose day so act out your favorite rhyme	2 National Teacher appreciation day so call or text someone you appreciate	3 Go to your garden for a quiet meditation to listen to nature	4 Go bird watching! Search what you see to identify	5 Cinco De Mayo dance party	6 Fitness day- challenge to a step contest
7 Lemonade day- make your own at home with fresh lemons	8 Mental health- make a list of things you are grateful for	9 relay race outside	10 blow bubbles outside and pop them	11 play kickball or soccer	12 Fly swatter painting 	13 Frog hop across the yard in the sunshine
14 Dance like a chicken day- listen to the chicken dance!	15 bean bag target toss	16 Enjoy outside time under a tree- read books, play games or have a picnic	17Mental health- bunny breathing! Moose Tube - Bunny Breath - YouTube	18 mAKE AN INDOOR OBSTACLE COURSE	19 Make a car track for big or small cars to race around	20 Make strawberry smoothies. Fruit and Yogurt Smoothie Recipe (allrecipes.com)
21 National Take your parents to the playground day	22 have a marching band inside or outside (use music if no instruments!)	23- Mental health- cloud watching (make a story about them)	24 sidewalk chalk hopscotch	25 Tap dance day! Check out DIY below (2) Pinterest	26 make paper airplanes	27 Make a sensory walk 
28 bat balloons with pool noodles	29 Mental health- start your day with claming background music	30 Water flowers day! Find flowers who look thirsty	31 paintbrushes and bucket of water to "wash" the school			