

# MAY 2026

Cultivating Calm,  
Confidence,  
and Connection

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Let us remember: One book, one pen, one child, and one teacher can change the world.

~ Malala Yousafzai



1 MAY DAY



2



PLAY OUTSIDE DAY

3



Looking for more?

4

What do you call a potato that has turned to the dark side?



Darth Tater



6

Write a card or bring flowers to a special teacher.

7

"Make each day your masterpiece."  
- John Wooden



8



[Make May Mindful](#)

9

May is named after *Maia*, the Greek Goddess of Fertility.



10 MOTHER'S DAY



11 Bike to School Day

Cultivate [healthy habits](#) and ride your bike to school.

12 International NURSE DAY

Thank a Nurse today – also Florence Nightingale's birthday

13



[FREEBIE!](#)

14

Feeling out of sync? Try one of [these activities](#).



15

Write a card or bring flowers to a special teacher.



16

May's birthstone, the emerald, is a symbol of rebirth and good fortune.

17 IDAHO Day

[Fun Fact:](#) The Snake River flows through Idaho's Hells Canyon – the deepest river gorge in America.

18



[Brainy Boom Cards!](#)

19

FUN FACT: Messages from your brain travel along your nerves at up to 268 MPH (431 km/h)



20

RESCUE DOG DAY



21

How well do you know the U.S.? Test your knowledge with this [quiz](#) about the states.

22

[Nature spurs positive feelings](#). Get outside today!



23

"Do what you can with all you have, wherever you are."  
-Theodore Roosevelt

24



31

25 MEMORIAL DAY



26 PAPER AIRPLANE DAY

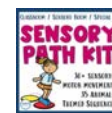
[Build a paper airplane](#) and have a fun competition with a friend.

27

May's birth flowers are the Lily of the Valley and the Hawthorn.

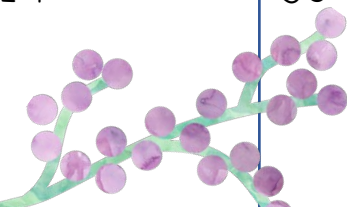


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[Sense it up!](#)

29



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