


MAY 2023

ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Fruit of the Month: Mangoes & Limes Vegetable of the Month: Potatoes Flower of the Month: Lily of the Valley</p>	<p>1 Asian American and Pacific Islander Heritage Month</p>	<p>2 Brothers and Sisters Day -read a book</p>	<p>3 National Two Different Colored Shoes Day - wear two different shoes</p>	<p>4 National Orange Juice Day - enjoy a glass with breakfast</p>	<p>5 Cinco De Mayo National Astronaut Day - Draw a picture of what you think Space would look like</p>	<p>6 National Laughter Day - learn about emotions today</p>
<p>7 Find items around the house that rhyme with "Lime"</p>	<p>8 World Red Cross Day / World Red Crescent Day - Find all objects red in your home today</p>	<p>9 National Lost Sock Day - Where do you think your lost socks go? Create a story about it</p>	<p>10 Clean up Your Room Day - help clean your room, you never know what you may find!</p>	<p>11 Time to read! Pick a book and read for 15 minutes</p>	<p>12 Make a Mother's Day card for someone you care about</p>	<p>13 National Frog Jumping Day - hop around like a frog, talk about how many leg muscles a frog must have</p>
<p>14 Mother's Day - Celebrate all the important ones to you who may be mothers</p>	<p>15 National Chocolate Chip Day - make chocolate chip pancakes today for a snack</p>	<p>16 Love a Tree Day- take time to read a book under a tree today</p>	<p>17 Mango is the Fruit of the Month - have a mango for a snack</p>	<p>18 No Dirty Dishes Day - wash and put away dishes after every meal today</p>	<p>19 World Plant a Vegetable Garden Day- Draw and color a garden with all your favorite vegetables in it</p>	<p>20 World Bee Day - learn why bees are important to have</p>
<p>21 World Baking Day - help bake with an adult then draw a picture about it</p>	<p>22 Sherlock Holmes Day - do a word search today or find items in your home that start with "S"</p>	<p>23 World Turtle Day- Color a turtle shell on a paper plate. Make the body out of construction paper</p>	<p>24 National Scavenger Hunt Day - have an adult create a hunt and find all the items - Good Luck!</p>	<p>25 Africa Day - try balancing a book or empty basket on your head</p>	<p>26 National Paper Airplane Day - make paper airplanes and see whose can go the farthest</p>	<p>27 National Grape Popsicle Day - enjoy a tasty treat</p>
<p>28 World Hunger Day - use only 4 ingredients to come up with 3 meals today</p>	<p>29 Memorial Day Learn About Composting Day</p>	<p>30 National Hole In My Bucket Day - draw a picture on how you could use a bucket with holes</p>	<p>31 World Otter Day - read our book "Good Night, Little Sea Otter" for bed.</p>	 <p>Book of the Month Roaring Rockets by Tony Mitton</p> <p>Visit www.booksbythebushel.com for more!</p>		



National Laughter Day

How to make your child laugh on May 6th, National Laughter Day!

- Play peek-a-boo!
- Tickle, tickle, tickle!
- Ahh,Ahh,Ahh-Choo! Children love big sneezes!
- Make silly faces! Stick your tongue out whenever possible!
- Sing funny songs! Here's one where you use their name (for this example I'm going to use the name Pam):

“Pam, Pam, oh mo Pam,
Banana, fana, oh fi fam
Me, my, mo, fo, fam,
Pam!”

Put in any name to use with the silly words and your child will laugh until they cry!

- Play freeze dance and make sure to freeze in funny positions!



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National Lost Sock Day

Did you know that May 9th is National Lost Sock Day? Well, it is, and I bet you have quite a few socks without their matches! You may have heard that children have trouble focusing when they have something to fidget with their fingers. Children can also feel comforted when something that is weighted, like a blanket, is laid on their legs, back, or tummy. You can use mismatched socks to make these items for your child. Purchase or look in your pantry for uncooked rice, beans, and elbow noodles. Let your child put a small funnel in the opening of a sock and fill the entire sock with one of these items. While you sew the open end of the sock shut with a few easy stitches, have your child fill another sock with a different food item. If the sock is larger, it can be used to lay over your child's legs, tummy, or back when they are trying to get comfortable to take a nap or listen to a story. Smaller socks can be filled and used as a sensory ball or fidget toy for your children to squeeze and run their fingers over when they are nervous or afraid. You have put your mismatched socks to good use!

