



MAY 2026

It's Mindful May! This month take the time to pause, breathe, and really take in what's all around you. Look within yourself, and get in touch with your feelings!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MENTAL Health MATTERS</p>	<p>Mindful Mondays Why is mindfulness important?</p>			<p>1 It's Gonna Be May! Be N'SYNC with your feelings.</p>	<p>2 Choose Love today and everyday.</p>	
<p>3 What are you are grateful for in May?</p>	<p>4 May the 4th be with you!</p>	<p>5 Happy TEACHER'S DAY</p>	<p>6 Give your teacher a break with 5 minutes of quiet time.</p>	<p>7 Give your teacher a break with 5 minutes of quiet time.</p>	<p>8 Make a Paper Flower for Mom or special person.</p>	<p>9 Try a new sport or outdoor activity.</p>
<p>10 MOTHER'S DAY</p>	<p>11 Tap Tap Tap away your to a Mindful May.</p>	<p>12 What is your micro-moment of joy today?</p>	<p>13 Don't Worry. Be Happy!</p>	<p>14 Take a Mindful Minute.</p>	<p>15 How can you be kind to yourself?</p>	<p>16 Coloring is a calming activity that can teach you to focus.</p>
<p>17 Be mindful of your self-talk. Say nice things about yourself.</p>	<p>18 Havening is like a hug you give yourself.</p>	<p>19 Forgiving yourself is self-compassion.</p>	<p>20 Draw a picture of your happy place.</p>	<p>21 Take a compassion breath.</p>	<p>22 How do you show self-compassion?</p>	<p>23 Smile</p>
<p>24 Have a Lot of Fun!</p>	<p>25 MEMORIAL DAY</p>	<p>26 Today's a great day to Choose Love!</p>	<p>27 Make a Compassion flower.</p>	<p>28 "I am calm, I am safe, I am loved."</p>	<p>29 Happiness is...</p>	<p>30 Watch the clouds pass by.</p>
<p>31 Keep on Choosing Love!</p>				<p>"In a world where you can be anything, be kind."</p>	<p>HAVE A GOOD DAY</p>	