May’s Themes, Awareness, and Observances

Asian American & Pacific Islander Heritage
Better Hearing and Speech
Better Sleep
Bikes
Civility Awareness
Clean Air
Creative Beginnings
Date Your Mate
Eco Driving
Electrical Safety
Family
Foster Care
Get Caught Reading
Gifts From the Garden
Good Car Keeping
Haitian Heritage
Heal the Children
Healthy Vision
Inventors
Jewish-American Heritage
Military Appreciation
Older Americans
Photograph
Physical Fitness and Sports
Preservation
Recommitment
Revise Your Work Schedule
Smile
Teen CEO
Tennis
Ultra-violet Awareness
Victorious Woman
Wetlands
Youth Traffic Safety

Mays Food Themes

Asparagus
Barbecue
Beef
Cauliflower
Carrots
Celiac Awareness
Egg
Grapefruit
Hamburger
Kiwi
Mediterranean Diet
Salad
Salsa
Strawberry
Vidalia Onions
Vinegar

Special Days With Specific Week Day

Be Kind to Animals week begins (1st full week)
Postcard Week begins * (1st full week)
Update Your References Week begins * (1st full week)
Kids Win Week * (Mon. of 1st full week)
Teacher Appreciation Week begins *
(Mon. of 1st full week)
Principal’s Day (Mon.)
Teacher Appreciation Day (Tues.)
School Nurse Day (Wed.)
Wildflower Week begins * (Mon. of 1st full week)

Infertility Survival Day * (1st Sun.)
Lemonade Day * (1st Sun.)
Children’s Book Week begins * (1st Mon.)
Public Service Recognition Week * (1st Mon.)
Walking Week begins * (1st Mon.)
World Laughter Day * (1st Mon.)
Asthma Day * (1st Tues.)
Great American Grump Out * (1st Wed.)
National Day of Prayer * (1st Thurs.)
National Day of Reason * (1st Thurs.)
No Pants Day * (1st Fri.)
Special Days With Specific Week Day
(cont.)
Space Day * (1st Fri.)
Tuba Day * (1st Fri.)
Join Hands Day * (1st Sat.)
Kentucky Derby * (1st Sat.)
Scrapbooking Day * (1st Sat.)
Child Care Provider Day * (Fri. before
Mother’s Day)
Military Spouses Day * (Fri. before
Mother’s Day)
Babysitter’s Day * (Sat. before Mother’s
Day)
Birth Mother’s Day * (Sat. before Mother’s
Day)
Mother’s Day (US) * (2nd Sun.)
Salute to Moms 35+ Week begins * (on
Mother’s Day)
Stepmother’s Day * (Sun. after Mother’s
Day)
Reading is Fun Week begins * (2nd full
week)
Etiquette Week begins * (2nd Mon.)
Donate A Day’s Wages to Charity * (2nd
Wed.)
Archery Day * (2nd Sat.)
Belly Dance Day * (2nd Sat.)
Fair Trade Day * (2nd Sat.)
Migratory Bird Day * (2nd Sat.)
Miniature Golf Day * (2nd Sat.)
Windmill Day * (2nd Sat.)

Backyard Games Week begins * (3rd week)
Bike Week begins * (3rd week)
International Pickle Week begins * (3rd week)
New Friends, Old Friends Week begins * (3rd week)
World Trade Week begins * (3rd full week)
Transportation Week begins * (week with 3rd Fri.)
Take Your Parents to the Playground Day
* (3rd. Sun.)
Bike to Work Day * (3rd Fri.)
Defense Transportation Day * (3rd Fri.)
Endangered Species Day * (3rd Fri.)
NASCAR Day * (3rd Fri.)
Pizza Party Day * (3rd Fri.)
Armed Forces Day * (3rd Sat.)
Doo Dah Day * (3rd Sat.)
Learn to Swim Day * (3rd Sat.)
Victoria Day * (Mon. before May 25)
Wig Out Day * (Fri. before Memorial Day)
Don’t Fry Day * (Friday before Memorial Day)
Memorial Day * (last Mon.)
Heat Awareness Day * (last Fri.)

Special Days With Various Dates
Ascension Day * (40 days after Easter)
Pentecost *
Ramadan begins *
Shavuot *
Food Allergy Week begins *
**Special Days With Set Dates**

**May 1**
- Batman Day
- Beltane
- Cartoon Appreciation Week begins
- Cheerios Cereal introduced 1941
- Chocolate Parfait Day
- Choose Privacy Week begins
- Empire State Building dedicated 1931
- Activist Mary Harris Jones born 1830
- Hawaiian Lei Day
- Herb Week begins
- Law Day
- Loyalty Day
- May Day
- Mother Goose Day
- Pen-Friends Week begins
- Save the Rhino Day
- Smithsonian Institute dedicated 1847

**May 2**
- Baby Day
- Brothers and Sisters Days
- Magician Doug Henning born 1947
- Loch Ness Monster Day
- Louisiana Purchase 1803
- Inventor Elijah McCoy (“the real McCoy”) born 1844
- Play Your Ukulele Day
- Truffle Day

**May 3**
- 1st Comic Book (Famous Funnies) published 1934
- Garden Meditation Day
- Lumpy Rug Day
- Paranormal Day
- Textiles Day
- Two Different Colored Shoes Day
- World Press Freedom Day

**May 4**
- Bird Day
- 1st Colony (Rhode Island) to declare independence from Great Britain 1776
- Columbus reached Jamaica 1494
- Greenpeace launched 1971
- Intergalactic Star Wars Day (May the Fourth Be With You)
- Kent State University Vietnam War Protest 1970
- Latvia Independence (from Soviet Union) 1990
- Educator Horace Mann born 1796
- Orange Juice Day
- Renewable Energy Day
- Respect for Chickens Day
- Sears Tower Completion 1973
- Weather Observers Day
- World Password Day

**May 5**
- Astronaut Day
- Cartoonist Day
- Children’s Day (Japan)
- Cinco de Mayo
- Hoagie Day
- International Midwives’ Day
- Netherlands Independence 1945
- Oyster Day
- Totally Chipotle Day
- Office Fax introduced 1964

**May 6**
- Beverage Day
- English Channel Tunnel opened 1994
- Fire Escape patented 1878
- Psychiatrist Sigmund Freud born 1856
- Hindenburg exploded 1937
- No Diet Day
- No Homework Day
- Nurses Day
- Tourist Appreciation Day
May 7
Composer Johannes Brahms born 1833
Lusitania anniversary 1915
Composer Tchaikovsky born 1840
Tourism Day

May 8
Coconut Cream Pie Day
Have a Coke Day
Iris Day
No Socks Day
President Harry Truman born 1884
VE Day 1945
World Red Cross Day

May 9
Author Eleanor Estes born 1906
Lost Sock Memorial Day
Lemuria
Missionary Andrew Murray born 1828
Romania Independence (from Ottoman Empire) 1877

May 10
Clean Up Your Room Day
Lipid Day
London Blitz 1941
Lupus Day
Shrimp Day

May 11
Songwriter Irving Berlin born 1888
Missionary Andy van der Bijl born 1928
Bike to Work Week begins
Artist Salvador Dali born 1909
Eat What You Want Day
Poet Edward Lear born 1812
Minnesota Statehood 1858
Twilight Zone Day

May 12
Limerick Day
Florence Nightingale born 1820
International Nurses Day
Nutty Fudge Day
Odometer Day

May 13
Apple Pie Day
1st Settlers arrived at Jamestown 1607
Fair Trade Day * (2nd Sat.)
Frog Jumping Day
Leprechaun Day

May 14
Buttermilk Biscuit Day
Chicken Dance Day
Scientist Gabriel Daniel Fahrenheit born 1686
Artist Thomas Gainsborough born 1727
Israel became an independent state 1948
Lewis and Clark's Expedition began 1804
Skylab Space Station launched 1973
Underground America Day
1st Webster's Dictionary Published 1847

May 15
Author L.F. Baum born 1856
Chocolate Chip Day
Day of Families
Kangaroo Care Awareness Day
Mercuralia
Paraguay Independence 1811
Peace Officer Memorial Day
Straw Hat Day

May 16
1st Academy Awards 1929
Biographer's Day
Drawing Day
Love a Tree Day
Pencil Day
Sea Monkey Day
Wear Purple for Peace Day
May 17
Cherry Cobbler Day
Hypertension Day
Physician Edward Jenner born 1749
New York Stock Exchange begins 1792
Pack Rat Day
Walnut Day
World Telecommunications Day

May 18
Mt. St. Helen Eruption Anniversary 1980
Museum Day
No Dirty Dishes Day
Notebook Day
Visit Your Relatives Day

May 19
Boy's Club Day
Devil's Food Cake Day
Activist Malcolm X born 1925
May Ray Day
Queen Anne beheaded 1536

May 20
Be a Millionaire Day
Cuba Independence 1902
Eliza Doolittle Day
Dolly Madison born 1768
Pick Strawberries Day
Quiche Lorraine Day
Timor-Leste Independence 2002
Weights and Measures Day

May 21
Fossil Hunter Mary Anning born 1799
American Red Cross Founders Day
End of the World/Rapture Party Day
Lindbergh Flight 1927
Montenegro Independence 2006
Artist, Henri Rousseau born 1844
Strawberries and Cream Day
Missionary James Hudson Taylor born 1832
Vejovis
Waiters and Waitresses Day
World Day for Cultural Diversity for Dialogue and Development

May 22
1st Atlas published 1570
Biological Diversity Day
Buy a Musical Instrument Day
Artist Mary Cassatt born 1844
Maritime Day
Sherlock Holmes Day
Toothpaste Tube invented 1892
Vanilla Pudding Day

May 23
Crohn's and Colitis day
Feminist Margaret Fuller born 1810
Lucky Penny Day
Rosalia
South Carolina Statehood 1788
Taffy Day
World Turtle Day
May 24
Brother's Day
Brooklyn Bridge opened 1883
Ecuador Independence 1822
Empire Day/Commonwealth Day (UK)
Eritrea Independence 1993
Home Rule Act (Ireland) 1914
Hurricane Preparedness Week begins
Indianapolis 500
1st Morse Code Message Sent 1844
Puppeteer Frank Oz born 1944
Scavenger Hunt Day
Tiara Day

May 25
Brown Bag It Day
Poet Ralph Waldo Emerson born 1803
Jordan Independence 1946
Missing Children's Day
Nerd Pride Day or Geek Pride Day
Dancer Bill "Bojangles" Robinson born 1878
Star Wars premiered 1977
Tap Dance Day
Towel Day

May 26
Blueberry Cheesecake Day
Georgia Independence 1918
Guyana Independence 1966
Indian Removal Act signed into law 1830
Astronaut Sally Ride born 1951
Tiananmen Square Protest 1989
Actor John Wayne born 1907

May 27
Activist Amelia Jenks Bloomer born 1818
Conservationist Rachel Carson born 1907
Cellophane Tape introduced 1930
Golden Gate Bridge opened 1937
Grape Popsicle Day
Sunscreen Day

May 28
Amnesty International Day
Big Ben arrived in Westminster 1859
Brisket Day
Author Ian Fleming born 1908
Hamburger Day
Poet May Swenson born 1913
Whooping Crane Day

May 29
Patriot Patrick Henry born 1736
International Day of United Nations Peacekeepers
President John Kennedy born 1917
Learn About Composting Day
Oak Aple Day (Pinch-Bum Day)
Paperclip patented 1867
Pink Flamingo Day
Rhode Island Statehood 1790
Wisconsin Statehood 1848

May 30
Compact Disc introduced 1981
Hole in My Bucket Day
Hug Your Cat Day
International Jazz Day
Joan of Arc died 1431
Lincoln Memorial dedicated 1922
Civil Rights Leader Clara Luper born 1923
Mariner launched 1971
Queen of England Jane Seymour born 1508
Water a Flower Day
Wireless Telegraph patented 1872

May 31
Autonomous Vehicle Day
Macaroon Day
Save Your Hearing Day
Speak in Sentences Day
Poet Walt Whitman born 1819
What You Think Upon Grows Day
World No Tobacco Day