



## MAY DAY ACTIVITIES

May Day on May 1 is a traditional spring holiday in many cultures.

**Maia and Flora** Learn more about [Maia](#), the Roman goddess the month of May was named after, and [Flora](#), the Roman goddess of flowers.



**Maypole** A maypole is a tall wooden pole erected as a part of various European folk festivals, around which a maypole dance often takes place. Work together with your residents to make a [full size maypole](#) that can be used outdoors with invited children. Have your residents help their guests with the [maypole dance](#).



**May Baskets** May baskets are small baskets usually filled with flowers or treats and left at someone's doorstep. Traditionally the giver rings the bell and runs away. The person receiving the basket tries to catch the fleeing giver; if caught, a kiss is exchanged. Have your residents create [May baskets](#) to share with each other.



**Lei Day** In Hawaii, May Day is also known as Lei Day, and it is normally set aside as a day to celebrate island culture. If you have flowers available, have your residents try their hand at stringing [fresh flower leis](#). If not, [craft leis](#) or [ribbon leis](#) are another option.



**Daisy Chain** Many of your residents probably remember making daisy chains during lazy summer days. Follow these simple [daisy chain](#) instructions to make fresh flower crowns and necklaces.



**May Day Parade** A large part of traditional May Day celebrations is the parade. Host a May Day parade around your community, complete with flowers, bells, ribbons, and led by a newly crowned May Queen.



**Preserve Flowers** Spring flowers are abundant and beautiful, but they don't last forever. Use one or all of the following techniques to preserve flowers, herbs and leaves. [Dry flowers](#). [Press flowers](#). [Glycerin flowers](#)



**Flower Arranging** Hold flower arranging classes at your community. Invite residents and guests to take part. Display the finished arrangements throughout your community.

**Edible Flowers** Most people don't know that many flowers are edible and make beautiful additions to recipes. [Edible flower recipes](#)

**Fairy Garden** Decorate your community indoors and out with whimsical [fairy gardens](#). All it takes is some garden supplies and plenty of creativity. Anything goes! Residents and guests will delight in these magical pockets of nature.



**May Bush** Add a May Bush to your outside (or indoor) area. The May bush - a branch or bough of a tree - is set up outside the house in the yard to guard against bad luck. The May bush is usually decorated with flowers, ribbons, streamers, and colored eggshells saved from Easter eggs.



**Plant a Garden** Springtime is the perfect time to plant an outdoor garden. Get input from your residents and staff about what to include in the garden. Residents and staff should also be involved in planning, planting, and maintaining the garden.

