Maternal Mental Health Awareness Week

(a) TIME tocallon

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| EOrld Bee Day May 20 |  |  | 1 <br> National Gardening Week Begin an indoor garden | $2$ <br> Mark your calendar for next week's DFT General Membership meeting | $3$ <br> Print a copy of this calendar to put on your school union bulletin board | $4$ <br> Jewish American Heritage Month. Visit AFT Share My Lesson for lesson ideas |
| 5 <br> Soulful Sunday Encourage a mom today. Maternal mental health matters | $6$ <br> Kick off Teacher Appreciation Week and commit a random act of kindness for a teacher | $7$ <br> Mark your calendar for the School Board meeting next Tuesday | 8 <br> Share pictures with your mentor/mentee teacher Send it to the DFT \#TeachersThankingTeachers | $9$ <br> Attend the DFT General Membership meeting | $10$ <br> Do something kind and thank a nurse today | $\qquad$ |
| $12$ <br> Soulful Sunday Happy Mother's Day Honor a mother today | 13 <br> Read the DFT Weekly Update | 14 <br> Attend the School Board meeting @ Finney in person or online | Wear red or your DFT T-shirt | 16 <br> Asian American and Pacific Islander Month. Visit AFT Share My Lesson for lesson ideas | $17$ <br> Wear comfy shoes and commit to walking more today | 18 <br> Prevent stroke Choose more foods low in cholesterol. |
| 19 <br> Soulful Sunday Take a walk and clear your mind | $\begin{gathered} 20 \\ \text { World Bee Day } \\ \text { Visit AFT Share My Lesson } \\ \text { for lesson ideas } \end{gathered}$ | 21 <br> Protect your mental health Cut back on social media | $22$ <br> Decompress and take a walk after staff meeting | $23$ <br> Share a picture of your union bulletin board | $24$ <br> Shop Union for your Memorial Day Needs | 25 <br> Enjoy the weekend Take a walk today |
| $26$ <br> Soulful Sunday Do something nice for yourself today | $27$ <br> Memorial Day Thank and honor our veterans today | $28$ <br> Count the days remaining in the school year and SMILE! | Wear red or your DFT T-shirt | 30 <br> There is one more Thursday this school year. Do a dance, the end is almost here | $31$ <br> Prevent stroke start a fitness club for accountability |  |


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| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |  |  |

