

10 May Activities for Catholic Families



- 1. **Fill a small basket of goodies for friends and neighbors** for May Day (May 1st). This free Easter basket craft would work as a perfect basket: <https://www.reallifeathome.com/free-printable-easter-basket-cutout-craft/>
- 2. **Make a small floral crown, if you have a statue of Mary at your home, to do a May Crowning.** If you don't have a statue of Mary, you can either decide to add one to your home or yard or you can do this sweet free Mary crowning printable. (Another idea would be to plant Marigolds in honor of Mary.) <https://www.reallifeathome.com/mary-queen-of-heaven-printable-activity/>
- 3. **Take a special lunch to a working family member** to thank them for the work they do to help your family. (May 1st is the feast day of St. Joseph the Worker. Here is a Saint Joseph activity packet: <https://www.reallifeathome.com/saint-joseph-printables-and-worksheet-packet/>)
- 4. **Make Mother's Day Cards for elderly parish members, shut-ins, or neighbors who have family that live far away** that they may not see on Mother's Day.
- 5. **Pick a project to do that will benefit someone who is sick or has a medical need.** It might be visiting someone in the hospital, raising money for kids with cancer, making dinner for someone who is not feeling well, making an extra effort to include someone with a special need like autism in an activity where they might have a hard time feeling included normally, or anything else you can come up with. You can do this in honor of Saint Damien of Molokai whose feast day is May 10th.
- 6. **Pray the Rosary (or a decade with younger children) for world peace.** Our Lady of Fatima's Feast Day is May 13th.
- 7. **Do a craft to celebrate the Ascension of Jesus.** <http://www.catholicicing.com/ascension-of-jesus-crafts-for-kids/>
- 8. **Plan a trip to a farm or a local greenhouse** in honor of the feast day of St. Isidore the Farmer (May 15).
- 9. **Write out the fruits of the Holy Spirit onto plastic fruit.** Keep these out where you can discuss them with your children. Ask them to give examples of how to show them in their lives. For older children, you might use this free packet to talk about the Gifts of the Holy Spirit: <https://www.reallifeathome.com/gifts-holy-spirit-worksheet-printables/>
- 10. **Invite family members to have a time of quiet** to close their eyes, relax, and listen for guidance from the Holy Spirit.