

Calendar References and Resources

[May Holidays and Observances in 2025: Daily, Weekly, Monthly](#)

[May Holidays and Observances 2025 Calendar](#)

[May Holidays and Observances 2025 Calendar](#)

[May Diversity Calendar 2025, Multicultural Holidays & Events](#)

[May 2025 Health Awareness Days | Baldwin Publishing](#)

[The Month of May 2025: Holidays, Fun Facts, History, and More | The Old Farmer's Almanac](#)

Monthly May observances

- ALS Awareness Month
- American Wetlands Month
- Arthritis Awareness Month
- [Asian American and Pacific Islander](#) Heritage Month
- Better Sleep Month
- Bladder Cancer Awareness Month
- Borderline Personality Disorder Awareness Month
- Brain Cancer Awareness Month
- Building Safety Month
- Celiac Awareness Month
- Chip Your Pet Month
- Clean Air Month
- Family Wellness Month
- Fibromyalgia Education and Awareness Month
- Gardening for Wildlife Month
- Homeschool Awareness Month
- International Drum Month
- Jewish American Heritage Month
- Latino Books Month
- Lupus Awareness Month
- Melanoma and Skin Cancer Awareness Month
- Mental Health Awareness Month
- Motorcycle Safety Awareness Month
- National Allergy and Asthma Awareness Month
- National Bicycle Safety Month
- National Blood Pressure Month
- National Cancer Research Month
- National Cystic Fibrosis Awareness Month
- National Foster Care Month
- National Inventors Month
- National Lyme Disease Awareness Month
- National Meditation Month
- National Pet Month
- National Physical Fitness and Sports Month
- National Salad Month
- National Tennis Month
- National Walking Month

- National Wildfire Awareness Month
- Older Americans Month
- Pet Sitter Safety Month
- Skin Cancer Awareness Month
- [Small Business](#) Month
- Tourette Syndrome Awareness Month (May 15–June 15)

Weekly May holidays

- Be Kind to Animals Week (May 5–11)
- Bike to Work Week (May 13–19)
- Children's Book Week (May 6–12)
- Hurricane Preparedness Week (May 5–11)
- National EMS Week (May 19–25)
- National Nurses Week (May 6–12)
- National Pet Week (May 5–11)
- National Public Works Week (May 19–25)
- National [Small Business](#) Week (April 28–May 4)
- National Stuttering Awareness Week (May 13–19)
- National Travel and Tourism Week (May 19–25)
- National Vegetarian Week (May 15–21)
- National Wildflower Week (May 5–11)
- Teacher Appreciation Week (May 6–10)
- Women in Construction Week (May 5–11)

May 1

- Law Day
- Learn to Ride a Bike Day
- [May Day](#)
- National Anxiety Disorders Screening Day
- National Interpreter Appreciation Day
- National Loyalty Day
- National Skilled Trades Day
- School Principals' Day
- World Lyme Day

May 2

- National Brothers and Sisters Day
- National Life Insurance Day
- National Play Your Ukulele Day

May 3

- National Anxiety Disorders Screening Day
- National Garden Meditation Day
- National Public Radio Day
- National Space Day
- National Scrapbook Day
- National Fitness Day
- National Pilates Day

May 4

- Bird Day

- International Firefighters Day
- National Play Outside Day
- National Renewal Day
- National Weather Observers Day
- National Wildfire Community Preparedness Day

May 5

- Cinco de Mayo
- Museum Lover's Day
- Sleep Apnea Awareness Day
- World Laughter Day

May 6

- Melanoma Monday
- Great Lakes Awareness Day
- National Herb Day
- National Meeting Planners Appreciation Day
- National Nurses Day
- National Foster Care Day

May 7

- National Asthma Day
- National Barrier Awareness Day
- National Foster Care Day
- National [Teacher Appreciation](#) Day
- National Tourism Day

May 8

- National Receptionists Day
- National Student Nurse Day
- World Ovarian Cancer Day
- World Red Cross and Red Crescent Day

May 9

- National Children's Mental Health Awareness Day
- National Sleepover Day
- Military Spouse Appreciation Day

May 10

- Child Care Provider Day
- National Clean Your Room Day
- National Golf Day
- National School Nurse Day
- National Small Business Day
- Public Gardens Day
- World Lupus Day

May 11

- [Mother's Day](#)
- National Archery Day
- National Babysitter's Day
- National Dog Mom's Day
- World Fair Trade Day

- World Migratory Bird Day

May 12

- International Nurses Day
- Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) International Awareness Day
- National Fibromyalgia Awareness Day
- National Hospital Day
- National Mental Health Provider Appreciation Day

May 13

- International Hummus Day
- National Frog Jumping Day

May 14

- Bond With Your Dog Day
- International Chihuahua Appreciation Day
- National Decency Day

May 15

- Bring [Flowers](#) to Someone Day
- International Day of Families
- Peace Officers Memorial Day

May 16

- National Do Something Good for Your Neighbor Day
- National Love a Tree Day
- Ride a Unicycle Day

May 17

- International Day Against Homophobia, Transphobia and Biphobia
- Malcolm X Day
- National Bike to School and Work Day
- National Endangered Species Day
- National Mushroom Hunting Day
- World Hypertension Day
- Armed Forces Day
- World Mental Health Day

May 18

- Global Accessibility Awareness Day
- National Learn to Swim Day
- National No Dirty Dishes Day
- National River Cleanup Day
- National Visit Your Relatives Day
- Plant a Lemon Tree Day
- HIV Vaccine Awareness Day

May 19

- Plant Something Day
- Stepmother's Day
- World Family Doctor Day
- World Inflammatory Bowel Disease (IBD) Day

- Barber Mental Health Awareness Day

May 20

- National Be a Millionaire Day
- National Pick Strawberries Day
- National Rescue Dog Day
- National Women in Aerospace Day
- World Bee Day

May 21

- Eat More Fruits and Vegetables Day
- World Meditation Day
- National American Red Cross Founder's Day

May 22

- Buy a Musical Instrument Day
- Emergency Medical Services for Children Day
- Harvey Milk Day
- National Maritime Day

May 23

- World Turtle Day
- National Road Trip Day

May 24

- Brother's Day
- National Asparagus Day
- National Road Trip Day
- National Scavenger Hunt Day
- World Schizophrenia Awareness Day

May 25

- Geek Pride Day
- National Missing Children's Day
- National Tap Dance Day
- World Thyroid Day

May 26

- National Family Fun Day
- Memorial Day

May 27

- National Grape Day
- National Sunscreen Day

May 28

- Amnesty International Day
- Whooping Crane Day
- World Blood Cancer Day
- World Hunger Day

May 29

- National Senior Health and Fitness Day
- National Snail Day
- World Otter Day
- Learn About Composting Day

May 30

- International Hug Your Cat Day
- National Creativity Day
- National Water a Flower Day
- World Multiple Sclerosis Day
- National Heat Awareness Day

May 31

- National Save Your Hearing Day
- National Smile Day
- World Parrot Day