



# MAY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>Wellness From Within: Harvesting Gut Health For Mental Balance Talk</b> ★ Sign up here! 1	<b>Practice Gratitude!</b> Use this prompt 2	<b>Take a mindful walk at Assabet River National Wildlife Refuge</b> Trail info here! 3
<b>Maypole Dancing 11:30am-12:30pm</b> Sudbury Town Common More info! 4	<b>Breathing Practice: Box Breathing</b> How-to and benefits! 5	<b>Suicide Prevention Talk by Samaritans at Goodnow Library</b> ★ More info! 6	<b>Mindful Crafting: Create Origami Lucky Stars</b> How-to! 7	<b>Create a spring meal!</b> Try a new recipe! 8	<b>Host a family/friend movie night!</b> 9	<b>Forest Bathe at Nobscott Reservation</b> Trail info here! Benefits of forest bathing here! 10
<b>Mother's Day!</b> 11	<b>Spread positivity! Help out a neighbor or do something nice for a friend!</b> 12	<b>Breathing Practice: Alternate Nostril Breathing</b> How-to and benefits! 13	<b>Visit Therapy Dogs at the Senior Center!</b> 2-3pm ★ More info! 14	<b>Start a Journaling Practice</b> Journal prompts here! 15	<b>Aim for at least 8 hours of sleep tonight!</b> The importance of sleep! 16	<b>Unplug from your screens and have a family game night!</b> 17
<b>Visit Goodnow Library and checkout a new book</b> Goodnow Library info! 18	<b>Breathing Practice for the whole family: Belly Breathing</b> How-to! 19	<b>Sit down for a family dinner</b> Find conversation starters here! 20	<b>Progressive Muscle Relaxation</b> Video walk-through! 21	<b>Sit out in the sun for 5-10 minutes</b> Benefits of sun exposure! 22	<b>Mindful Craft: Color in a Mandala</b> Printable Mandala's here! Benefits of Adult coloring here! 23	<b>Grounding exercise: take off your shoes and walk around barefoot</b> More info and safety precautions! 24
<b>Try a positive affirmation meditation</b> Choose a meditation here! 25	<b>Memorial Day Thank a Veteran for their service!</b> 26	<b>Breathing Practice: 4-7-8 Breathing</b> How-to and benefits! 27	<b>Mindful Craft: Paint Mindfulness Stones at Goodnow Library</b> 4-5pm ★ 28	<b>Spend time outside and create a Fairy House</b> Fairy House how-to! 29	<b>Try an at-home yoga practice</b> Free video here! 30	<b>Join us at The Town of Sudbury's Locally Grown Fair 10am-2pm</b> More info! 31

★ Event led by Sudbury Social Work Department