May Baskets
This month you have learned how important water is to the human body and about more creative ways to increase your water intake. This month’s community activity allows you and your club to be creative, physically active and can help you see how water affects other aspects of our environment.

May Day is an old-fashioned holiday observed on May 1. The holiday celebrates spring and is usually accompanied by May Baskets. The tradition is for children to make the baskets and to fill them with flowers, popcorn, and other small treats. The baskets are then supposed to be delivered to people’s homes, but the recipients are not supposed to know who has given them the baskets.

Your club might want to make your own baskets to deliver to people in your neighborhood. When you fill your baskets, try to include flowers. You may notice that the flowers you put in your baskets need water to live, just as humans need water! If you cannot get fresh flowers, you can make your own flowers out of tissue paper and pipe cleaners. If you are interested in learning how to make paper flowers, you might want to visit www.kekpl.lib.ks.us. You can search under Craft Activities for Kids. You might also want to include a nice note or card in your basket, wishing the recipient a happy spring. Remember that the time you spend delivering the baskets counts toward your monthly physical activity minutes. Remember to record those minutes on your May calendars!