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May Day

May 1—May Day—is one of our oldest festival days. Although we are not certain of its origin, it is believed to have come from ancient Rome. The Romans honored Flora, the goddess of flowers and springtime, and their festival was called Floralia. Festivities lasted three days and were held at the Temple of Flora. Ropes of flowers were woven around the marble columns of the temple. Young girls dressed in white robes, and their hair was adorned with sprays of flowers. They scattered blossoms inside the temple and on the temple grounds. This holiday welcomed the beginning of spring.

During the Middle Ages in England and in other European countries, May Day was considered to be the happiest day of the year. People were tired of the cold, dreary winter and they rejoiced that spring had arrived. It was a day for merrymaking! Early in the morning of May Day, the girls of the villages rose early and bathed their faces in the fresh morning dew. They believed this would give them beautiful, clear skin throughout the year. Milkmaids decorated their cows with flowers and colorful ribbons. One of the prettiest girls of the village was chosen to be the May queen and rule over the festivities. May Day festivities began with an early morning May Day parade. Morris dancers in bright, colorful costumes sang and danced through the streets. Everyone joined in.

Young children took bouquets of freshly picked flowers to all of the houses of the neighborhood. The residents showed their appreciation by giving them a few pennies in return. People went in groups to the woods, returning with an abundance of boughs and blossoms.

To prepare for the fresh beginning of spring, good housekeepers would complete their spring cleaning before May Day. Having the chimney and fireplaces swept clean was part of that cleaning, so even young chimney sweep boys were part of the May Day celebration. The sweeps danced and collected pennies along their cleaning routes. When they had finished their work, they were given a roast beef dinner with plum pudding for dessert.

The selection of the Maypole was the most important part of the May Day celebration. Sometimes it required several yoke of oxen to bring it to the village. Garlands of flowers and colorful ribbons were suspended from the pole. After it was set upright in the ground, dancers, dressed in spring colors, danced around it. At the end of the dance, the ribbons These May Day festivities took place for hundreds of years until the Puritans gained power in England. The Puritans, a strict Christian group, thought the festivities of May Day were foolish. They forbade the celebration. Although we celebrate May Day today, it has never regained the joyousness of old England.

Because many Puritans settled in America, few people celebrated May Day here like it was celebrated in early England. However, some Europeans who came to America did bring their May Day traditions with them. This explains why in many parts of our country today, we can see Maypoles and the May dance being celebrated in parks.

For over 75 years, the children of New York City have had separate festivals in each of the five boroughs of the city. Each borough celebrates on a different day in May. Thousands of children celebrate these activities. Folk dances representing various cultures of America are performed, and the traditional Maypole dance is the grand finale.

In other areas of the United States, children prepare for May Day many weeks in advance. They make small, gaily decorated baskets for their friends. They fill these with fresh flowers, candy, and popcorn, and hang them on their friends' doorknobs with a cheery greeting of "May basket!" The caller must then hurry away. If he or she is caught, the friend gives a kiss!

Although today May Day seems to be for children, everyone who loves spring and the beginning of a new season will want to keep this ancient holiday a special day for merrymaking!

