

# May 2025

## Activities for Early Learning Staff

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>During May, celebrate Children's Mental Health Awareness Month and spread awareness about the importance of children's mental health and the need for services that support recovery, resilience, and success for youth.</p> <p><a href="#">Access these resources for families.</a></p>				<p><b>1</b> Share May's <b>Learning is Everywhere</b> newsletter with families*</p>	<p><b>2</b> Explore the <b>What We See Iceberg</b>.</p>	<p><b>3</b></p>
<p><b>4</b></p>	<p><b>5</b> Encourage open dialogue about feelings and emotions.</p>	<p><b>6</b> Share the <b>three reasons good infant mental health matters</b>.</p>	<p><b>7</b> Teach children about mental health in an age-appropriate manner.</p>	<p><b>8</b> Learn how to help staff, families &amp; children experiencing trauma.</p>	<p><b>9</b> Learn <b>how our senses work &amp; what happens when they're out-of-sync</b>.</p>	<p><b>10</b></p>
<p><b>11</b></p>	<p><b>12</b> Learn about May's <b>Full Flower Moon</b>.</p>	<p><b>13</b> Listen to children without judgment and validate their feelings.</p>	<p><b>14</b> Demonstrate healthy coping mechanisms for stress and emotions.</p>	<p><b>15</b> Learn about and share <b>eight tips to help children with self-regulation</b>.</p>	<p><b>16</b> Let children know it's okay to talk about what's on their minds.</p>	<p><b>17</b></p>
<p><b>18</b></p>	<p><b>19</b> Read the 2025 PA One Book, <b>Arlo Draws an Octopus</b> and talk about emotions.</p>	<p><b>20</b> Highlight and celebrate children's strengths and achievements.*</p>	<p><b>21</b> <b>Tips for identifying causes of stress and ways to address stress</b>.*</p>	<p><b>22</b> Promote activities that support mental well-being.</p>	<p><b>23</b> <b>Why biting is so common, and what can you do about it</b>.</p>	<p><b>24</b></p>
<p><b>25</b></p>  <p>THE PENNSYLVANIA KEY</p>	<p><b>26</b> Consider <b>alternative approaches to the Stoplight System</b>.</p>	<p><b>27</b> Encourage play for <b>healthy development</b>.</p>	<p><b>28</b> Learn how to help children handle losses and changes.</p>	<p><b>29</b> Explore the connection between <b>naps &amp; children's ability to self-regulate</b>.</p>	<p><b>30</b> Create consistent routines &amp; share with families.*</p>	<p><b>31</b></p>

\*Recommendations from the Pennsylvania Family Engagement Framework