

**MINDFULNESS
AND CALM
(MAY DAY)**

SOME ACTIVITIES TO DO AS A FAMILY

LOOK AT THESE PICTURES. WHAT DO YOU THINK MAY DAY CELEBRATES?



What do you think May Day celebrates?

What clues are there that help you to make that decision?

Who celebrates May Day?

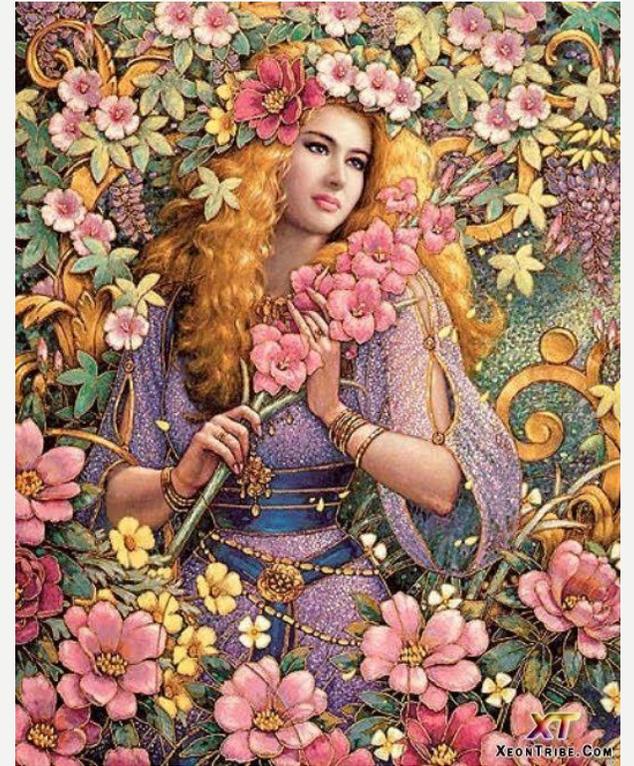
What do people do on May Day?

Lets find out more!

May Day is celebrated on 1st May each year.

MAY DAY

May Day began over 2500 years ago, with the Romans. The Romans (an ancient group of people who invaded and ruled many parts of Europe) believed in many Gods and Goddesses. They worshipped a Goddess called Flora, the protector of fruit, flowers, nature and Spring. The Romans celebrated Flora with a festival called 'Floralia', where they sang, danced, played games and feasted on delicious foods that had been grown.



MAY DAY

In 1871, around 250 years ago, May Day also became a day where all workers, particularly farmers, could have a day off from their job.

The warmer weather and the fact that they could have a three day weekend (Saturday, Sunday and Monday), meant that workers could have a short holiday. Most people would go to the seaside for the weekend with their families. Everyone would get dressed up in their best clothes and go and have fun!



Watch a seaside video from May Day in 1904.

<https://www.youtube.com/watch?v=vo7eMiAGO5k>

MAY DAY

In more modern times, the Catholic Church (part of the Christian Church) celebrate Mary, the mother of Jesus on May Day. The whole of May is called 'The Month of Mary'.

Statues of Mary are often surrounded by flowers and a crown of blossoming flowers are placed on her head. This is called the May Crowning.

Watch videos of May Crowning here.

<https://www.youtube.com/watch?v=W6l6LXgBvzo>

https://www.youtube.com/watch?v=NimeSDUt_dk



MAY DAY

In England, there have been many traditions that have been passed down through the years.

Many cities, towns and villages in England have May Day parades with people walking and dancing through the streets in traditional costume and bands playing music. Usually, a girl is chosen to be the May Queen. She walks at the front of the parade and her job is to start the celebrations. She wears a white dress and wears a beautiful tiara.

There may be a fair with stalls, rides and food.

Watch a May Day Parade in Guildford, England.

<https://www.youtube.com/watch?v=AvlAenzddrQ>



MAY DAY

There are two traditional dances that are important to the celebrations.

The first is a folk dance, danced by Morris Dancers. Morris Dancers wear white and have ribbons and bells attached to their clothes, so that jingle when they move. They sometimes dance with sticks and scarves too.

The second dance, is a special dance around a very tall pole with beautifully coloured ribbons attached to it, called a Maypole. Each person hold a ribbons and, during the dance, the ribbons create a stunning pattern. Have a look!

<https://www.youtube.com/watch?v=ykAsRFHq3g8>

<https://www.youtube.com/watch?v=nclAdeQGxoo>

<https://www.youtube.com/watch?v=JJIEGoRewDs>



MAY DAY

Task 1 - Draw a Spring picture that celebrates things that grow.

Task 2 - Design, label and describe your own May Day Fair.

Task 3 - Design and make your own fairground game.