MAY 2027

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1 Grow something green and practice nurturing something over time.
2 Get creative and give yourself permission to experiment.	3 Spend 15 minutes outside and notice what's growing, changing, or alive around you.	4 Share something you've learned that could help someone else grow.	5 Try a new-to-you fruit or vegetable.	6 Watch a nature documentary and learn something new about the world we share.	7 Touch grass (literally). Take a moment to reconnect with the natural world.	8 Encourage someone who's learning something new. Growth takes practice.
9 Cook a meal with a food item you don't usually buy.	10 Spend a little time stretching and appreciate what your body can do.	11 Listen to an audiobook that introduces you to a new idea or perspective.	12 Take an after-dinner walk with someone and enjoy time together.	13 Offer to help someone with a project, skill, or goal they're working toward.	14 Dedicate some time to journaling about how you've grown over the past year.	15 Share a favorite healthy recipe with someone.
16 Spend an evening stargazing and enjoy the wonder of the world around you.	17 Take a break from screens and make time for an offline hobby.	18 Ask someone to teach you something they enjoy doing.	19 Notice what you appreciate about the season you're in.	20 Have a spontaneous dance party. Invite someone to join the fun!	21 Find a new podcast about something you'd like to learn.	22 Celebrate someone's progress, even if they haven't reached their goal yet.
143 Day! Three little 23 numbers, one big message: I love you! Remind someone they matter with a kind word, note, or hug (if they want one!).	24 Read outside for 15 minutes.	25 Share a plant cutting, seed, or gardening tip with someone who'd enjoy it.	26 Take a few minutes to move your body in a way that feels good to you.	27 Explore nature and notice how living things depend on one another.	28 Give yourself permission to grow at your own pace. What's one thing you're learning about yourself?	29 Invite someone to try a creative activity with you. See what you can make together.
30 Thank someone who has helped you learn, grow, or become who you are.	31 Look back at something you've nurtured this month. Celebrate how far it's come, even if it's still growing.	1	2	3		

APRIL

S	M	T	W	Th	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

JUNE

S	M	T	W	Th	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

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