



MON

TUE

WED

THU

FRI

SAT

SUN

1

#IntWorkersDay  
 #NationalLoyaltyDay  
 #MyPrincipal  
 #MayDay  
 #LaughterDay  
 #WorldLaughterDay  
 #MyChoice  
 OnInfertility

2

#MelanomaMonday  
 #BestInsurancePlans

3

#ThankATeacher  
 #WPF2022  
 #PressFreedom  
 #EidAlFitr  
 #WorldAsthmaDay  
 #NationalParanormalDay

4

#Maythe4thBeWithYou  
 #InternationalFirefightersDay  
 #InterpreterAppreciationDay  
 #NationalOrangeJuiceday  
 #WeatherObserversDay

5

#CincoDeMayo  
 #WorldPasswordDay  
 #DayOfReason

6

#SpaceDay  
 #MilitaryAppreciationMonth  
 #NationalBeverageDay  
 #CrepeSuzetteDay

7

8

#MothersDay

9

#EuropeDay

10

#WorldLupusDay

11

#NationalReceptionistDay  
 #YouTooWant  
 #NationalTwilightZoneDay

12

#NationalLimerickDay  
 #NursesDay  
 #MECFSAwareness

13

#WorldCocktailDay  
 #Drinkaware

14

15

#FamilyDay  
 #PeaceOfficersMemorialDay  
 #NationalChocolateChipCookieDay

MON

TUE

WED

THU

FRI

SAT

SUN

16

#LoveATreeDay  
#DoSomething  
GoodForYour  
NeighborDay  
#LGBTQ  
EldersDay

17

#IDAHOT2022  
#World  
BakingDay

18

#IMD2022

19

20

#BTWD  
#BeeDay  
#Endangered  
SpeciesDay

21

#National  
MemoDay  
#BTWD2022  
#Armed  
ForcesDay

22

23

#VictoriaDay

24

#National  
Scavenger  
HuntDay

25

#Drink  
WineDay  
#Missing  
ChildrenDay

26

27

#NoFryDay

28

#National  
Hamburger  
Day

29

#Paperclip  
Day  
#National  
BiscuitDay

30

#World  
MSDay  
#National  
CreativityDay  
#Memorial  
Day  
#MDW

31

#SmileDay  
#NoTobacco  
#National  
SaveYour  
HearingDay



# THE WHOLE MONTH

MAY 01

International Workers Day  
#IntWorkersDay

National Loyalty Day  
#NationalLoyaltyDay

School Principals' Day  
#MyPrincipal

May Day  
#MayDay

World Laughter Day  
#LaughterDay  
#WorldLaughterDay

National Infertility Survival Day  
#MyChoiceOnInfertility

MAY 02

Melanoma Monday  
#MelanomaMonday

National Life Insurance Day  
#BestInsurancePlans

MAY 03

National Teacher Appreciation Day  
#ThankATeacher

World Press Freedom Day  
#WPF2022  
#PressFreedom

Eid al-Fitr  
#EidAlFitr

World Asthma Day  
#WorldAsthmaDay

National Paranormal Day  
#NationalParanormalDay

MAY 04

Star Wars Day  
#StarWarsDay  
#Maythe4thBeWithYou

International Firefighters Day  
#InternationalFirefightersDay

National Interpreter Appreciation Day  
#InterpreterAppreciationDay

National Orange Juice Day  
#NationalOrangeJuiceday

National Weather Observers Day  
#WeatherObserversDay

MAY 05

Cinco de Mayo  
#CincoDeMayo

World Password Day  
#WorldPasswordDay

National Day of Reason  
#DayOfReason

MAY 06

National Space Day (First Friday in May)  
#SpaceDay

National Military Spouse Appreciation Day  
#MilitaryAppreciationMonth

National Beverage Day  
#NationalBeverageDay

National Crepe Suzette Day  
#CrepeSuzetteDay

MAY 08

Mother's Day  
#MothersDay

MAY 09

Europe Day  
#EuropeDay

MAY 10

World Lupus Day  
#WorldLupusDay

MAY 11

National Receptionist Day (Second Wednesday in May)  
#NationalReceptionistDay

National Eat What You Want Day  
#YouTooWant

National Twilight Zone Day  
#NationalTwilightZoneDay

MAY 12

National Limerick Day  
#NationalLimerickDay

International Nurses Day  
#NursesDay

National Fibromyalgia Awareness Day  
#MECFSAwareness

# THE WHOLE MONTH

MAY 13

World Cocktail Day  
#WorldCocktailDay  
#Drinkaware

MAY 15

International Day of Families  
#FamilyDay

Peace Officers Memorial Day  
#PeaceOfficersMemorialDay

National Chocolate Chip Day  
#NationalChocolateChipCookieDay

MAY 16

Love a Tree Day  
#LoveATreeDay

National Do Something Good for Your Neighbor Day  
#DoSomethingGoodForYourNeighborDay

Honor Our LGBTQ Elders Day  
#LGBTQEldersDay

MAY 17

International Day Against Homophobia and Transphobia  
#IDAHOT2022

World Baking Day  
#WorldBakingDay

MAY 18

International Museums Day  
#IMD2022

MAY 20

National Bike to Work Day  
#BTWD

World Bee Day  
#BeeDay

Endangered Species Day  
#EndangeredSpeciesDay

MAY 21

National Memo Day  
#NationalMemoDay

US National Bike to Work Day  
#BTWD2022

National Armed Forces Day  
#ArmedForcesDay

MAY 23

Victoria Day  
#VictoriaDay

MAY 24

National Scavenger Hunt Day  
#NationalScavengerHuntDay

MAY 25

National Wine Day  
#DrinkWineDay

National Missing Children's Day  
#MissingChildrenDay

MAY 27

May 27 - Heat Awareness Day  
#NoFryDay

MAY 28

National Hamburger Day  
#NationalHamburgerDay

MAY 29

National Paperclip Day  
#PaperclipDay

National Biscuit Day  
#NationalBiscuitDay

MAY 30

World Multiple Sclerosis Day  
#WorldMSDay

National Creativity Day  
#NationalCreativityDay

Memorial Day  
#MemorialDay  
#MDW

National Smile Day  
#SmileDay

MAY 31

National Smile Day  
#SmileDay

World No Tobacco Day  
#NoTobacco

National Save Your Hearing Day  
#NationalSaveYourHearingDay