

# 31 SPRING ACTIVITIES FOR INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



## MAY 2026

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Read Your Favorite Book	2 Go on a Hike	3 Diamond Painting
4 Volunteer	5 Create a Sensory Garden	6 Drive-In Movies	7 Have a Picnic	8 Go to a Farmer's Market	9 Go out for Ice Cream	10 Music Therapy
11 Sign Up for a Sport	12 Join a Fitness Class	13 Spend Time at a Museum	14 Do a Science Experiment	15 Write a Song	16 Visit Family	17 Paint a Birdhouse
18 Make a Scrapbook	19 Visit a Zoo	20 Have a Dance Party	21 Press Flowers	22 Take a Dance Class	23 Go to Your Local Library	24 Make Homemade Fruit Smoothies
25 Spend Time Gardening	26 Art Classes/ Workshops	27 Pick Your Own Fresh Fruit	28 Go See a Musical	29 Visit a Playground	30 Pick Flowers	31 Go on a Nature Walk