## 31 ways children and families can be

## Active this August













**SATURDAY** 

































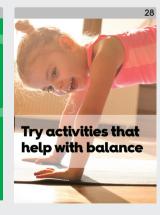


















31 evidence informed ways to be active mentally, physically, socially, spiritually and culturally... Some of these you may already do, but why not try something new this month to support your mental health and wellbeing.



Search for local activities using the new Activity Finder on our website actbelongcommit.com.au/ActivityFinder