

31 ways children and families can be Active this August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 Ride or walk to school	02 Play a musical instrument	03 Connect to country	04 Be active in the sunshine	05 Play a game with family or friends	06 Find out what clubs, youth groups, sports or school holiday programs are in your area.	07 Try a team activity or sport
08 Try a word-search puzzle	09 Go out bush or go for a walk	10 Play a game where you need to take turns	11 Do some puzzles and challenge yourself	12 Write down 3 things you are grateful for	13 Do something with a mate like bike riding, skating or kicking a footy around.	14 Play a boardgame
15 Volunteering can be a great way to be socially active	16 Do an online kids workout	17 Look at famous art online	18 Get creative - draw, paint or colour in	19 Visit your local park	20 Choose a new book to read by an Australian author	21 Try your local Parkrun
22 Ask the librarian for a good book	23 Do some creative writing	24 Connect to culture	25 Relax with deep breathing techniques	26 Go for a walk with a friend (it can be a furry one)	27 Doing small things, like holding a door open for someone, can boost your mood.	28 Try activities that help with balance
29 Bring nature to you	30 Check in with family and see how they are going.	31 Combine nature with creativity	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.			