

Active AUGUST



There are many ways to be active!
Use the themed days as inspiration to try something new.

Mentally active

Just as our body performs better when we are physically fit, so does our mind when we are mentally fit.



Physically active

Keeping our bodies active is not only good for our physical health but our mental health too.



Culturally active

Keep connected to your culture through learning more, practising traditions and educating others.



Socially active

Connecting with others is not only enjoyable but also provides us with a support base when we need it.



Spiritually active

The term spirituality means different things to different people. Engaging in a form of spirituality contributes to mental wellbeing.



Mentally active
MONDAY

Try something
TUESDAY

Walk it out
WEDNESDAY

Think culturally
THURSDAY

Physical
FRIDAY

Social
SATURDAY

Spiritual
SUNDAY



1
DIY a [craft activity](#)

2
If you have kids walk them to school

3
Learn more about your own culture

4
Join an exercise class

5
[Volunteer](#) for a cause close to your heart

6
Find ways to regularly practise [mindfulness](#)

7
Play a board game

8
Enjoy listening or playing some music

9
Walk up stairs instead of taking the lift

10
Learn a greeting in another language

11
Put some music on and clean the house

12
Organise an outing with friends

13
Do something creative (e.g. draw, paint, photograph)

14
Do a [brain puzzle](#)

15
Challenge yourself to a new activity

16
Go for a nature walk

17
Cook a [meal from another culture](#)

18
Try an online workout

19
Ask someone to join you to engage in the arts

20
Take some quiet time to [reflect in nature](#)

21
Start a new book this Book Week

22
Try a new recipe

23
Walk or cycle with a friend to catch up

24
View some Indigenous art (in-person or [online](#))

25
Find a [Parkrun](#) near you

26
Chat to your [neighbour](#)

27
[Write down](#) things you're grateful for

28
Challenge your brain and [learn a complex skill](#)

29
Attend a class of something you're interested in

30
Find a [local walk trail](#)

31
Go on an Indigenous tour

