

# Active AUGUST



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

## 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**  
Walk to school if possible

**3**  
Talk about your family's culture at dinner

**4**  
Get the family to do 10 star jumps

**5**  
Volunteer together as a family

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

**7**  
Play a board game together

**8**  
Check out local activities in your area

**9**  
Walk up stairs instead of taking the lift

**10**  
Learn a greeting in another language

**11**  
Put some music on and clean together

**12**  
Visit a museum or art gallery

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

**14**  
Try and solve a riddle together as a family

**15**  
Plant something new in the garden

**16**  
Go for a nature walk

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

**18**  
Try a family friendly online workout

**19**  
Attend a community event

**20**  
Go on a nature scavenger hunt

**21**  
Start a new book this Book Week

**22**  
Try a new recipe

**23**  
Walk around the block and greet neighbours

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

**25**  
Find a [Parkrun](#) near you

**26**  
Organise a picnic at your local park

**27**  
Discuss 3 things you're grateful for

**28**  
Learn a new skill together

**29**  
Put on a new song and have a dance party

**30**  
Find a [local walk trail](#)

**31**  
Go on an Indigenous tour