

# Active AUGUST



There are many ways to be active!  
Use this calendar to plan out the different ways your classroom will be active this month.

## Culturally active examples:

- Learn to say hello in a new language
- Read stories about different cultures



## Mentally active examples:

- Do brain puzzles
- Set up a sensory or colouring corner



## Physically active examples:

- Quick classroom energisers
- Fitness brain breaks (e.g. stretching)



## Socially active examples:

- Role-play social interactions
- Sit next to someone new in class



## Spiritually active examples:

- Do gratitude activities
- Do a lesson outside in nature



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	