

# Active AUGUST



Thank you for using Act Belong Commit's 2023 Active August calendar. The calendar is a great way of encouraging students and staff to try new ways of being active this August.

## How to use the Active August calendar

The Active August calendar has been designed to allow students and school staff the flexibility to fill in the calendar with activities that suit them.

Print the calendar and use alongside the Active August factsheets, which include suggestions on ways to be physically, mentally, socially, culturally and spiritually active.

## Ways to complete the calendar:

- Students can fill it in during Week 1 of Term 3
- Students can fill it in each Monday in August for the upcoming week
- Group activity: Students can write ideas on sticky notes and vote as a class for which activities to write on the calendar
- Provide the calendar and factsheets for students to complete in their own time
- School staff can complete it together at a staff meeting, this leads to the whole school trying new activities together
- School staff can complete a staff version together and complete some of the activities together as a team bonding exercise



## New Active August factsheets

There are 5 factsheets describing activities and ideas for school communities on being physically, mentally, socially, culturally and spiritually active.

Each factsheet provides ideas for the classroom, for break times and for a whole school approach.



## Reflection

Try a weekly reflection on the activities your school, students or staff commit to trying.

Consider asking the following questions:

- What activities did you try?
- What activities did you enjoy?
- What activities did you find challenging?
- Will you continue trying new activities?
- Will you continue doing any of the activities you tried?

To help with the development of future Active August resources, we would love for you to share your completed calendars and activities with us.

If you share Active August activities on your school's social media page, please tag @actbelongcommit on Facebook and Instagram!

If you're happy to, please email them to [Rearna.Morgan@curtin.edu.au](mailto:Rearna.Morgan@curtin.edu.au) and include the year group it was used for.

