

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

**2**  
Get the family to do 10 star jumps

**3**  
Volunteer together as a family

**4**  
Find ways to regularly practise mindfulness

**5**  
Play a board game together

**6**  
Check out local activities in your area

**7**  
Walk up stairs instead of taking the lift

**8**  
Learn a greeting in another language

**9**  
Put some music on and clean together

**10**  
Visit a museum or art gallery

**11**  
Do something creative (e.g. draw, paint, colour)

**12**  
Try and solve a riddle together as a family

**13**  
Plant something new in the garden

**14**  
Go for a nature walk

**15**  
Cook a meal from another culture

**16**  
Try a family friendly online workout

**17**  
Attend a community event

**18**  
Go on a nature scavenger hunt

**19**  
Start a new book

**20**  
Try a new recipe

**21**  
Walk around the block and greet neighbours

**22**  
View some Indigenous art (in-person or online)

**23**  
Find a parkrun near you

**24**  
Organise a picnic at your local park

**25**  
Discuss 3 things you're grateful for

**26**  
Learn a new skill together

**27**  
Put on a new song and have a dance party

**28**  
Find a local walk trail

**29**  
Go on an Indigenous tour

**30**  
Walk to school if possible

**31**  
Check the Activity Finder for groups to try

