

# 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.



We're a **Mentally Healthy** School



Mentally active  
MONDAY



Try something  
TUESDAY



Walk it out  
WEDNESDAY



Think culturally  
THURSDAY



Physical  
FRIDAY



Social  
SATURDAY



Spiritual  
SUNDAY

