

# 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
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30