

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

