

ACTIVE AUGUST 2021

Get active for your mental health: mentally, physically, socially, spiritually, culturally...

#ActiveAugust #ActBelongCommit #MentallyHealthySchools

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Check out the Act Belong Commit Activity Finder for ways you can get active this August!	2 Get active with an online yoga, stretching or dance session in the comfort of your lounge room.	3 Flex your creative muscles. Get crafty, paint, draw, take arty photos or colour-in.	4 Head outdoors to spend time in nature for good mental health.	5 Turn up the music, sing and dance like no one's watching.	6 At the end of the day, reflect on 3 things you're grateful for today.	7 Get out in the garden and connect with nature – plant new life or clean up.
8 Head to the park to kick the ball with your friends or family.	9 Learn about your own cultural / family background.	10 Try something new or do something you have never done before!	11 Get spiritually active. Meditate, pray, do some yoga or tai chi – whatever works for you!	12 Learn something new about Aboriginal culture, language or seasons.	13 Get your game on! Find a card or board game you can master with family or friends.	14 Celebrate National Science Week with activities, experiments, crafts, quizzes or baking.
15 Make time for self-care. It's a priority, not a luxury!	16 Mindful Monday. Practice being present while doing something relaxing like listening to music.	17 Plan an active outing with friends or family, like a bush walk or bike ride.	18 Follow your passion. Join a club or try a new hobby.	19 Share your knowledge with someone by teaching them something new.	20 Make time to catch up with a new or old friend.	21 It's Book Week! Reading is a fantastic way to keep mentally active.
22 Try a recipe from a different culture. Look online for inspiration!	23 Soak up some culture. Plan an outing to somewhere like WA Museum Boola Bardip.	24 Act green! Recycle, reuse or repurpose something.	25 Volunteer or do something meaningful – help someone in need.	26 Keep mentally active. Read a new book or listen to an audiobook.	27 Stop and say hi to your neighbour.	28 Grab a bucket and gloves. Head to a beach, lake or parkland with friends to pick up rubbish.
29 Whatever the weather, get outdoors and mindfully breathe in the fresh air.	30 Bake something to share with your family or friends.	31 Reflect on how you can keep active throughout the rest of the year and set some goals.	Keeping mentally healthy is as simple as Act Belong Commit.			

Want more active ideas?
Check out actbelongcommit.org.au

