

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.



Mentally active
MONDAY



Try something
TUESDAY



Walk it out
WEDNESDAY



Think culturally
THURSDAY



Physical
FRIDAY



Social
SATURDAY



Spiritual
SUNDAY

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