

Healthy and Active Reflective Calendar



MONTH

How did we get moving?

E.g. favourite games, dancing, bush walks, yoga.

How did we explore healthy choices?

E.g. growing veggies, cooking, taste testing, games.

How did we extend on children's interests and learning of fundamental movement skills?

E.g. international teaching obstacle course, games, songs, risky play.

How did we learn the benefits of reducing screen time?

E.g. Jack's FUNtastic Day.

How did we share information about healthy eating , physical activity and reduced screen time with families?

E.g. involving families in review of policies and planned physical activity or cooking experiences, health information inserted in newsletters, referring families to resources.

How did we connect with our community and/or the natural environment?

E.g. nature play and exploration experiences, building a fort or obstacle course from natural materials, visiting the local park or fruit and veg shop.

How will we plan? What are your goals for next month?

Did your reflections lead to ideas for improvement? Were actions recorded in your service QIP?

To access the full 2026 reflective calendar scan the QR code

