

Getting Active in April

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Welcome, April! As the temperatures begin to rise and we enjoy more hours of sunshine, there is more opportunity to be outdoors, enjoying fresh air, tinkering around your outdoor spaces and perhaps planning a garden or a 'summer' project. There may even be a few of you out there counting down the days until summer vacation and all that it will bring. In this month's edition of *The Well Teacher*, let's talk about how getting active in April can help give you energy you need both during and outside of the work day.

This month's calendar from *Action for Happiness* that I enjoy sharing with members during our workshops has a prompt/challenge/idea for each day of the month. Although we are already more than halfway there, let's take a look. Remember, these calendars are available in multiple languages at actionforhappiness.org. They can be downloaded, printed and even added to your email calendar! *Action for Happiness* is also available through different social media channels. Heads up, the calendar doesn't start on Sunday-it starts on Monday 😊

The April 14th prompt is to relax the body and mind with tai chi, yoga and/or meditation. There are numerous apps and podcasts that you can use. Whether you're a rookie or an avid yogi/tai chi master or meditation guru, this challenge invites you to intentionally set aside time for whatever practice gives you pause. If you have a particular resource that is a favourite, why not share it with a few of your colleagues? You never know how a simple sharing of a new outlet can help someone on their road to wellness.

As you move through the last weeks and days in April, I hope you are able to make time to try the activity for each day. If you are so inclined, you might also choose one or two of the activities from earlier in the month as well.

As you come to the end of the month, know that each month brings a new calendar with its own theme and daily ideas. I hope that this resource will be useful/helpful to you in some way. Enjoy singing and exploring what is new about your neighbourhood.

Until next time, take care of yourselves and one another.

