

Getting Active in April

By Amanda O'Regan-Marchand,
Executive Staff Officer Professional Learning

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.

Active April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 3 Listen to your body and be grateful for what it can do	 4 Eat healthy and natural food today and drink lots of water	 5 Turn a regular activity into a playful game today	 6 Do a body-scan meditation and really notice how your body feels	 7 Get natural light early in the day. Dim the lights in the evening	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today
10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things
17 Be active outside. Dig up weeds or plant some seeds	18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour
24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today

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