

# Active Schools

## Active Classrooms Week ► Social Media Guidelines and Sample Posts

### For Schools

Share photos, videos, testimonials, ideas and best practices that show the impact movement has on students in a classroom setting using the hashtag #ThisIsYourBrainOnMovement

We encourage teachers to post in their own voice to reflect the experience any time before, during and after Active Classrooms Week. Be yourself!

We want you to share the fun in photos! But **please be sure to adhere to your school's guidelines regarding photo sharing.** If you don't know those guidelines, we encourage you to ask or stick to only posting photos that don't clearly show student faces.

#### Sample Posts:

- It's Active Classrooms Week from @ActiveSchoolsUS and I'm excited to share how I keep my students active and ready to learn while also staying on track with my academic curriculum. #ThisIsYourBrainOnMovement
- I see firsthand that movement increases brain function, and as a result, active kids learn better. That's why I'm thrilled to shine a light on how I incorporate physical activity into my classroom during Active Classrooms Week from @ActiveSchoolsUS #ThisIsYourBrainOnMovement
- Try kicking off class with a stretch or taking a movement break during a lesson. That's how I keep my kids focused and ready to learn! #ThisIsYourBrainOnMovement I'll be sharing more ideas during Active Classrooms Week from @ActiveSchoolsUS
- Adding movement breaks into my lessons seemed overwhelming and distracting, but it's Active Classrooms Week from @ActiveSchoolsUS so I gave it a try. And I'm so glad I did! My students loved it and seemed reenergized and ready to learn! #ThisIsYourBrainOnMovement
- My school is participating in Active Classrooms Week! I got great ideas for incorporating movement into my classroom from @ActiveSchoolsUS, but please share any ideas you use in your classrooms! #ThisIsYourBrainOnMovement
- Turns out classroom teachers can contribute to their students' need for physical activity while simultaneously teaching and reinforcing academic concepts. And it helps kids learn and stay focused! I learned a lot during Active Classrooms Week, thanks @ActiveSchoolsUS #ThisIsYourBrainOnMovement

### For Parents

If your child's teacher integrates physical activity into the classroom, we encourage you to talk to them about it and share photos, videos, or their feedback that demonstrate the impact movement has on students during Active Classroom Week using the hashtag #ThisIsYourBrainOnMovement

We want you to share your fun experience in photos! **But please be sensitive to photographing and posting images of children other than your own.** If another child's face is clearly and prominently shown in your photo, be sure to ask their parents if its ok to post on your personal channels.

#### Sample Posts:

- I asked my kid how movement breaks during class makes them feel and he/she said XXX #ThisIsYourBrainOnMovement Thanks @ActiveSchoolsUS

- Check out this happy face after his teachers took part in Active Classrooms Week! Thanks @ActiveSchoolsUS for shining a light on the fact that movement should be incorporated into classroom learning! #ThisIsYourBrainOnMovement
- I believe that Active Kids Learn Better and my child agrees! Rave reviews from @ActiveSchoolsUS Active Classrooms Week about how movement breaks help **him/her/them** learn and feel better! #ThisIsYourBrainOnMovement
- It's Active Classrooms Week from @ActiveSchoolsUS! I'm so happy my child's school prioritizes classroom physical activity. I can see how much it helps **him/her/them** feel better, work together with classmates, reduce anxiety and maintain focus. #ThisIsYourBrainOnMovement

### For Partners

We encourage partners, particularly those who work in the space of classroom physical activity, to post in their own voice about the importance of active classrooms any time before, during and after Active Classrooms Week using the hashtag #ThisIsYourBrainOnMovement

The goal of these posts is to encourage participation from both schools and parents and help keep the conversation active.

#### Sample Posts:

- Our partners at @ActiveSchoolsUS are shining a light on the importance of classroom physical activity with Active Classrooms Week Dec 9-13! We work year-round to encourage and support schools across the country in creating active classroom environments and we can't wait to see the proof that Active Kids Learn Better! #ThisIsYourBrainOnMovement Check out their resources at [www.activeschoolsus.org/active-classrooms-week](http://www.activeschoolsus.org/active-classrooms-week)
- Active Classrooms Week is Dec. 9-13 and we're so excited to work with our partners @ActiveSchoolsUS to shine a spotlight on teachers and schools who incorporate physical activity into student learning. Learn more at [www.activeschoolsus.org/active-classrooms-week](http://www.activeschoolsus.org/active-classrooms-week) and join the fun! #ThisIsYourBrainOnMovement
- It's Active Classrooms Week from our partners at @ActiveSchoolsUS and we're so excited to be bringing attention to the fact that active kids learn better! Follow the fun with #ThisIsYourBrainOnMovement and check out resources at [www.activeschoolsus.org/active-classrooms-week](http://www.activeschoolsus.org/active-classrooms-week)