

# Active Schools

## Active Classrooms Month ► Social Media Guidelines and Samples

February is [Active Classrooms Month](#) from [@ActiveSchoolsUS](#)

We cannot wait to hear your stories about kids being active, connected, and ready to learn because of classroom physical activity. This February, we encourage you to help keep the conversation active and fun by sharing photos, videos, testimonials, ideas, and best practices that show the impact movement while learning has on students.

When sharing photos or videos on social media, consider the following **guidelines**:

- Include the Active Classrooms Month logo with your post. You can request it from [info@activeschoolsus.org](mailto:info@activeschoolsus.org) with the subject line: Request for Active Classrooms Month logo
- Use the hashtag **#ActiveClassrooms22**
- Tag [@ActiveSchoolsUS](#)
- Link to the website for Active Classrooms Month: [www.activeschoolsus.org/active-classrooms-month/](http://www.activeschoolsus.org/active-classrooms-month/)
- Be sure to adhere to your school's guidelines regarding photo sharing. If you aren't sure, we encourage you to ask or stick to only posting photos that don't clearly show student faces or be sure to ask a child's caregiver(s) for permission before posting.

We encourage you to share your experiences with classroom physical activity in your own voice. Here are some **prompts** to consider as you are writing your post:

- How do you/your students/child feel after doing a physical activity boost?
- When do you like to integrate movement into your classroom or virtual learning?
- What differences do you notice in your students'/child's behavior after doing a physical activity boost?
- What is your favorite/go-to physical activity boost or method of adding movement to an academic lesson?
- What tips & tricks do you have for other teachers and caregivers who want to integrate movement into learning?

If you need some help coming up with a post, check out the **sample social media posts** below:

We're celebrating Active Classrooms Month from [@ActiveSchoolsUS](#) by spotlighting our favorite energizers. What's your go-to activity? [#ActiveClassrooms22](#)

February is Active Classrooms Month from [@ActiveSchoolsUS](#)! I'm excited to share how I keep [my students/my child](#) active, connected, and ready to learn through classroom physical activity. [#ActiveClassrooms22](#)

I'm getting [my students/my child](#) moving during [#ActiveClassrooms22](#) Month! You can get great ideas for combining moving and learning from [@ActiveSchoolsUS](#) at [www.activeschoolsus.org](http://www.activeschoolsus.org)

I'm so glad that my child's teacher combines moving and learning because Active Kids Learn Better! [#ActiveClassrooms22 @ActiveSchoolsUS](#)

My [students/my child love/love](#) physical activity boosts; here's one in action. [\[post a photo\]](#) [#ActiveClassrooms22 @ActiveSchoolsUS](#)

I asked my kid how movement breaks during class makes them feel and [he/she/they said XXX.](#) [#ActiveClassrooms22](#)