






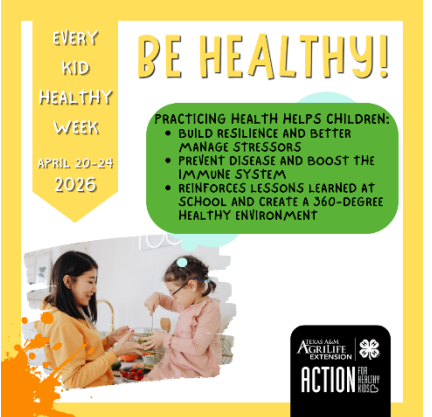







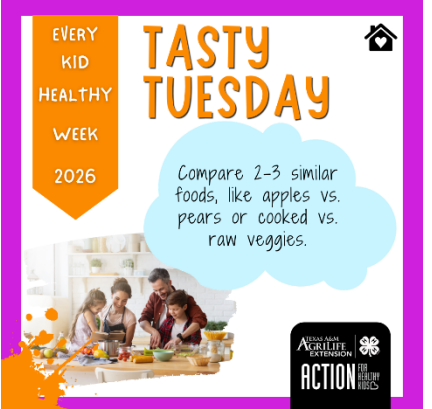




**EVERY KID HEALTHY WEEK SOCIAL MEDIA
PACKET-
HOME EDITION
2026**

Date	Instagram Post	Facebook Post	Graphic
<p>Thursday, April 16:</p> <p> WEEK AHEAD PROMO</p> <p>Optimal Post Times: Facebook: 7:30 AM Instagram: 9:00 AM</p>	<p>Every Kid Healthy Week is April 20–24 </p> <p>We're celebrating strong minds, active bodies, smart choices, and healthy families all week long.</p> <p>Are you joining us? Drop a  below! Tag @act4healthykids and use #EKHW26 so we can see and share how you're celebrating! #EKHW26 #EveryKidHealthyWeek</p>	<p>Every Kid Healthy Week is April 20–24! </p> <p>We're celebrating strong minds, active bodies, smart choices, and healthy families all week long.</p> <p>Are you joining us? Drop a  in the comments if you're celebrating! Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 so we can see and share how you are celebrating! #EKHW26</p>	<p>Pick one from choices or make a post for each day.</p> <div data-bbox="1570 266 1990 688">  <p>EVERY KID HEALTHY WEEK APRIL 20-24 2026</p> <p>BE MINDFUL!</p> <p>PRACTICING MINDFULNESS CAN HELP CHILDREN:</p> <ul style="list-style-type: none"> • BUILD UP SOCIAL AND EMOTIONAL WELL BEING • IMPROVE SOCIAL SKILLS • REGULATE THEIR EMOTIONS <p>ACTION FOR HEALTHY KIDS</p> </div> <div data-bbox="1570 727 1990 1149">  <p>EVERY KID HEALTHY WEEK APRIL 20-24 2026</p> <p>BE ACTIVE!</p> <p>REGULAR PHYSICAL ACTIVITY CAN HELP CHILDREN:</p> <ul style="list-style-type: none"> • BUILD STRONG BONES • REDUCE SYMPTOMS OF ANXIETY AND DEPRESSION • REDUCE THE RISK OF DEVELOPING CHRONIC DISEASES. <p>ACTION FOR HEALTHY KIDS</p> </div>

			
<p>Monday, April 20:</p> <p> Mindfulness Monday</p> <p>Optimal Post Times: Facebook Post Time: 7:30 AM Instagram Post Time: 10:00 AM</p>	<p>Pause. Breathe. Reset. </p> <p>Try a 5-minute mindfulness break with your child today. What's your family's favorite calm-down strategy? Tag @act4healthykids and use #EKHW26 #EKHW26 #MindfulnessMonday #EveryKidHealthyWeek</p>	<p>Pause. Breathe. Reset. </p> <p>Try a 5-minute mindfulness break with your child today. What's your family's favorite calm-down strategy? Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26</p> <p>#EKHW26</p>	
<p>Tuesday, April 21:</p> <p> Tasty Tuesday</p> <p>Optimal Post Times: Facebook Post Time: 9:00 AM Instagram Post Time: 11:00 AM</p>	<p>New food challenge tonight? </p> <p>Let kids help cook or try something new. What healthy food did your child discover recently? Tag @act4healthykids and use #EKHW26 #EKHW26 #TastyTuesday #EveryKidHealthyWeek</p>	<p>New food challenge tonight? </p> <p>Let kids help cook or try something new together. What's one healthy food your child recently discovered they love? Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26</p> <p>#EKHW26</p>	

<p>Wednesday, April 22:</p> <p> Wellness Wednesday</p> <p>Optimal Post Times: Facebook Post Time: 7:30 AM Instagram Post Time: 5:30 PM</p>	<p>Family walk or dance break? </p> <p>Let's get moving together. Which one are you choosing tonight? Tag @act4healthykids and use #EKHW26 #EKHW26 #WellnessWednesday #EveryKidHealthyWeek</p>	<p>Family walk or dance break? </p> <p>Let's get moving together today. Which one are you choosing tonight? Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #EKHW26</p>	 <p>EVERY KID HEALTHY WEEK 2026</p> <p>WELLNESS WEDNESDAY</p> <p>Create a family self-care plan to boost physical and emotional health.</p> <p><small>MISSISSAUGA AGRILIFE EXTENSION</small> ACTION FOR HEALTHY KIDS</p>
<p>Thursday, April 23:</p> <p> Thoughtful Thursday</p> <p>Optimal Post Times: Facebook Post Time: 8:00 AM Instagram Post Time: 10:30 AM</p>	<p>Conversations matter. </p> <p>Take time to talk about nicotine, vaping risks, and peer pressure. Honest discussions help kids make informed choices. What value guides your family's decision-making? Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #EKHW26</p>	<p>Talk early. Talk often. </p> <p>Open conversations about vaping and peer pressure build confident decision-makers. What value leads your family's choices? Tag @act4healthykids and use #EKHW26 #EKHW26 #ThoughtfulThursday #EveryKidHealthyWeek</p>	 <p>EVERY KID HEALTHY WEEK 2026</p> <p>THOUGHTFUL THURSDAY</p> <p>Compare labels on cleaners, bug spray, and nail polish remover with chemicals in vapes and nicotine products.</p> <p><small>MISSISSAUGA AGRILIFE EXTENSION</small> ACTION FOR HEALTHY KIDS</p>
<p>Friday, April 24:</p> <p> Family Friday</p> <p>Optimal Post Times: Facebook Post Time: 12:00 PM Instagram Post Time: 6:00 PM</p>	<p>Healthy habits grow at home. </p> <p>Cook together. Move together. Thrive together. What's one healthy habit your family does regularly? Tag @act4healthykids and use #EKHW26 #EKHW26 #FamilyFriday #EveryKidHealthyWeek</p>	<p>Healthy habits grow at home. </p> <p>Cook together. Move together. Thrive together. What's one healthy habit your family does regularly? Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #EKHW26</p>	 <p>EVERY KID HEALTHY WEEK 2026</p> <p>FAMILY FRIDAY</p> <p>Prepare a family meal together.</p> <p><small>MISSISSAUGA AGRILIFE EXTENSION</small> ACTION FOR HEALTHY KIDS</p>

