












**EVERY KID HEALTHY WEEK SOCIAL MEDIA
PACKET-
ELEMENTARY SCHOOL 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 724 1990 1146">  <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>Calm minds. Bright futures. ☀️</p> <p>Today our students are practicing breathing, gratitude, and positive self-talk.</p> <p>What's one word your class is focusing on today?</p> <p>Tag @act4healthykids and use #EKHW26 #MindfulnessMonday #EveryKidHealthyWeek</p>	<p>Calm minds. Bright futures. ☀️</p> <p>Today our students are practicing breathing, gratitude, and positive self-talk.</p> <p>What's one word your students are focusing on today?</p> <p>Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #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>Crunch. Taste. Explore. 🥕</p> <p>We're trying new healthy foods today. What new fruit or veggie did your students try?</p> <p>Tag @act4healthykids and use #EKHW26 #EKHW26 #TastyTuesday #EveryKidHealthyWeek</p>	<p>Crunch, taste, explore! 🥕</p> <p>We're trying new healthy foods and learning that fuel can be fun. What new fruit or veggie did your students try today?</p> <p>Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #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>Move it to improve it! 🎉 Stretch breaks and recess games in action today. What was your class's favorite activity? Tag @act4healthykids and use #EKHW26 #EKHW26 #WellnessWednesday #EveryKidHealthyWeek</p>	<p>Move it to improve it! 🎉 Stretch breaks, recess games, and active learning in action today. What was today's favorite movement activity? Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #EKHW26</p>	 <p>EVERY KID HEALTHY WEEK 2026</p> <p>WELLNESS WEDNESDAY</p> <p>Fitness Stations: Set up 6-8 fun moves like jumping, balancing, and tossing. 🎯</p> <p><small>MISSOURI 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>Healthy choices start early. 💡 Today we're teaching students that growing brains and bodies deserve protection. We're building awareness about nicotine and reinforcing smart decision-making skills. What positive choice are your students practicing this week? Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #EKHW26</p>	<p>Healthy bodies. Smart choices. 💡 We're teaching that growing brains need protection and that nicotine can be harmful. What positive choice are your students practicing today? Tag @act4healthykids and use #EKHW26 #EKHW26 #ThoughtfulThursday #EveryKidHealthyWeek</p>	 <p>EVERY KID HEALTHY WEEK 2026</p> <p>THOUGHTFUL THURSDAY</p> <p>"No Way, Not Today!" Practice saying no to vaping: "No thanks." "That's not healthy." "I don't want that." 🚫</p> <p><small>MISSOURI 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>Team up for health! ❤️ School + family = student success. Shout out a family member who supports wellness! Tag @act4healthykids and use #EKHW26 #EKHW26 #FamilyFriday #EveryKidHealthyWeek</p>	<p>Team up for health! ❤️ School + family = student success. Give a shoutout to a family member who supports wellness! Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #EKHW26</p>	 <p>EVERY KID HEALTHY WEEK 2026</p> <p>FAMILY FRIDAY</p> <p>Family Recipe Share: Students bring a favorite healthy recipe to share. 🍴</p> <p><small>MISSOURI AGRILIFE EXTENSION</small> ACTION FOR HEALTHY KIDS</p>