












**EVERY KID HEALTHY WEEK SOCIAL MEDIA
PACKET-
SECONDARY 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 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>Strong mindset. Strong success. We're building resilience and stress-management skills that support academics and life.</p> <p>What helps your students reset during a busy day? Tag @act4healthykids and use #EKHW26 #MindfulnessMonday #EveryKidHealthyWeek</p>	<p>Strong mindset. Strong success. We're building resilience and stress-management skills that support academics and life.</p> <p>What helps your students reset during a busy day? 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>Fuel your focus. Smart nutrition supports strong performance.</p> <p>What healthy snack keeps your students energized? Tag @act4healthykids and use #EKHW26 #TastyTuesday #EveryKidHealthyWeek</p>	<p>Fuel your focus. Smart nutrition supports strong performance in class and beyond.</p> <p>What healthy snack keeps your students energized? 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>Movement fuels the mind. From PE to practice to brain breaks, it all counts. How are your students staying active today? Tag @act4healthykids and use #EKHW26 #EKHW26 #WellnessWednesday #EveryKidHealthyWeek</p>	<p>Movement fuels the mind. From PE to practice to quick brain breaks, it all counts. How are your students staying active today? Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #EKHW26</p>	 <p>EVERY KID HEALTHY WEEK 2026</p> <p>WELLNESS WEDNESDAY</p> <p>2-Minute Challenge: Do as many rounds as you can of squats, push-ups, and jumping jacks.</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>Know the facts. Make the choice. We're highlighting the risks of nicotine and vaping and strengthening decision-making skills. What healthy message are you reinforcing? Tag @act4healthykids and use #EKHW26 #EKHW26 #ThoughtfulThursday #EveryKidHealthyWeek</p>	<p>Know the facts. Make the choice. Today we're focusing on the risks of nicotine and vaping, including addiction and impacts on developing brains. Education builds confidence and leadership. What healthy message are you reinforcing today? Tag @act4healthykids on Instagram and @ActionforHealthyKids on Facebook. Use #EKHW26 #EKHW26</p>	 <p>EVERY KID HEALTHY WEEK 2026</p> <p>THOUGHTFUL THURSDAY</p> <p>Vape Research: Compare chemicals to household items and create a "Would you breathe this?" poster.</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>Wellness works best together. Strong support systems build strong students. How do families and schools partner in your community? Tag @act4healthykids and use #EKHW26 #EKHW26 #FamilyFriday #EveryKidHealthyWeek</p>	<p>Wellness works best together. Strong support systems build strong students. How do families and schools partner for success in your community? 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 Art Night: Families come to school to paint, draw, and create together.</p> <p><small>MISSOURI AGRILIFE EXTENSION</small> ACTION FOR HEALTHY KIDS</p>