

Suggestions for Use: Use our sample Spring into Spring messages to help promote active school travel in your community. The messages have been designed for Twitter but can be adapted to other platforms such as Facebook, Instagram, and LinkedIn.

Share on social media in just 5 simple steps:

Step 1: Choose a message.

Step 2: Copy and paste it into the 'new post' section.

Step 3: Customize the message, e.g., by adding emojis and filling in the date(s) that you will be celebrating. Note that some messages already include emojis and have been designed to be posted as a thread in consideration of Twitter's 280- character limit.

Step 4: Download the matching graphic of your choice by saving it onto your computer and upload it along with your message. Include Alt Text for accessibility. The graphic files are available on our Spring into Spring page.

Step 5: Post your message!

Celebrate Spring into Spring:

1) The snow is melting, and the sun is shining. It's time to #SpringintoSpring! Join thousands of students across Ontario by walking or wheeling to school throughout the month of April. #JourneyOutside <https://ontarioactiveschooltravel.ca/spring-into-spring/>

2) Smell fresh flowers, jump in puddles, or play hopscotch. There are so many ways to enjoy the new season during your walk to school! Celebrate #SpringintoSpring throughout the month of April. <https://ontarioactiveschooltravel.ca/spring-into-spring/>

3) Goodbye winter! Hello spring! Hop, leap, jump, skip, or spring into the new season! Learn more about #SpringIntoSpring here <https://ontarioactiveschooltravel.ca/spring-into-spring/>



Drive to 5/Walk a Block:

1) Keep the air clean and the school zone idle free. Park 5 minutes away and walk the rest together. #SpringintoSpring #DriveTo5
<https://ontarioactiveschooltravel.ca/spring-into-spring/>

2) Do you live too far away to walk to school? Park 5 minutes away and walk the rest together – skip the school zone traffic and enjoy the sunshine! #DriveTo5 #SpringintoSpring
<https://ontarioactiveschooltravel.ca/spring-into-spring/>



Mental/Physical Health Benefits:

1) Sunshine is proven to boost our moods, health, and more. Soak up some sun by walking to school or playing outside this April! #JourneyOutside #SpringintoSpring
<https://ontarioactiveschooltravel.ca/spring-into-spring/>

2) Walking and wheeling to school is great for your health, community, and planet! Get outside to celebrate #SpringintoSpring.
<https://ontarioactiveschooltravel.ca/spring-into-spring/>

3) Physical activity is essential! It improves our moods, health, and focus in class. Get active by walking or wheeling to school this #SpringintoSpring!
<https://ontarioactiveschooltravel.ca/spring-into-spring/>

4) Time outside is important for mental health, exercise, and social well-being – in every season! Gather your family and friends to #JourneyOutside this spring. #SpringintoSpring
<https://ontarioactiveschooltravel.ca/spring-into-spring/>



Environmental Benefits/Earth Day:

1) Choosing active school travel helps to reduce greenhouse gas emissions and air pollution. Celebrate #EarthDay by walking or wheeling to school on April 22nd! #JourneyOutside <https://ontarioactiveschooltravel.ca/spring-into-spring/>

2) A great way to celebrate #EarthDay is choosing #ActiveSchoolTravel! Let's get kids walking and wheeling to school on April 22nd. #SpringintoSpring <https://ontarioactiveschooltravel.ca/spring-into-spring/>

3) #EarthDay is happening on April 22nd! Join thousands of Ontario students in caring for the planet by walking or wheeling to school that day. #SpringintoSpring <https://ontarioactiveschooltravel.ca/spring-into-spring/>

4) Small changes can make a big difference! Bike to school throughout the month of April to reduce air pollution in your community. #SpringintoSpring <https://ontarioactiveschooltravel.ca/spring-into-spring/>



Resource Highlights:

1) What can you spot on your journey to school? I-Spy activity sheets are a great resource for kids to #SpringIntoSpring this April! Download more resources to help you celebrate: <https://ontarioactiveschooltravel.ca/spring-into-spring/>

2) What signs of spring do you see as you walk or wheel to school? Use I-Spy activity sheets to keep track of your interesting sights! #SpringIntoSpring <https://ontarioactiveschooltravel.ca/spring-into-spring/>

3) Make your active journey to school extra fun with some good tunes! Check out the Spotify playlist of 'Songs to Walk n' Roll to' for all the best kid-friendly songs. #SpringintoSpring #JourneyOutside <https://ontarioactiveschooltravel.ca/spring-into-spring/>

Messaging for schools, school boards, and promotional partners - newsletter:

1) Spring into Spring is taking place throughout April in schools across Ontario!

Students are encouraged to walk and wheel to school on any day (or every day!) during the month of April. The aim is to celebrate active school travel and to spend time outside in all seasons – especially now that the snow has melted, and the sun is shining! We are participating at ***(Insert School/Board Name)*** by ***(Insert Activities)***.

Learn more about Spring into Spring and download resources at <https://ontarioactiveschooltravel.ca/spring-into-spring/>.

We hope you will join us in celebrating this new season. Let's get walking and wheeling, ***(Insert School/Board Name or Mascot)***!

2) Join us in celebrating Spring into Spring with hundreds of schools across Ontario!

(Insert School/Board Name) is set to participate in this seasonal celebration throughout the month of April. We are encouraging students and families to walk or wheel to school this month and participate in the school activities happening at ***(Insert Date, Time of Day and Relevant Location)***. We will be going outside to ***(Insert Relevant Activity Details)***. Make sure you come prepared with the proper outdoor gear for this journey outside!

Learn more about Spring into Spring and download the available materials and resources at <https://ontarioactiveschooltravel.ca/spring-into-spring/>.

We hope to see you ***(Insert School/Board Name or Mascot)*** outside!