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| **Post** | **Facebook** | **Instagram** |
| 1 | Whether it’s your child or your grandparent, ANYONE and EVERYONE benefits from positive relationships … especially during times like these. For some simple ways to make more positive connections, visit ConnectionsMatter.org  #connectionsmatter #coronavirus #covid19 #covid #whatsyourconnection  IMAGE:  A picture containing clock, room  Description automatically generated | Whether it’s your child or your grandparent, ANYONE and EVERYONE benefits from positive relationships … especially during times like these. For some simple ways to make more positive connections, click the link in our bio  #connectionsmatter #coronavirus #covid19 #covid #positivevibes #positivity #whatsyourconnection  IMAGE:  A picture containing clock, room  Description automatically generated |
| 2 | Social distancing doesn’t mean we can’t be distantly social. So check in on an old friend. Share a meal with a neighbor. Honk outside the home of someone you love. Positive relationships are proven to make us healthier and happier. Now go ahead – make someone’s day!  #socialdistancing #distantlysocial #connectionsmatter #coronavirus #covid19 #covid #whatsyourconnection  IMAGE:  A screenshot of a cell phone  Description automatically generated | Social distancing doesn’t mean we can’t be distantly social. So check in on an old friend. Share a meal with a neighbor. Honk outside the home of someone you love. Positive relationships are proven to make us healthier and happier. Now go ahead – make someone’s day!  #socialdistancing #distantlysocial #connectionsmatter #coronavirus #covid19 #covid #positivevibes #positivity #whatsyourconnection  IMAGE:  A screenshot of a cell phone  Description automatically generated |
| 3 | In times like these, we could all use a positive connection. Tag the friend(s) who always brings a ray of sunshine. ☀️ 😊  #connectionsmatter #coronavirus #covid19 #covid #whatsyourconnection    IMAGE: | In times like these, we could all use a positive connection. Tag the friend(s) who always brings a ray of sunshine. ☀️ 😊  #connectionsmatter #coronavirus #covid19 #covid #positivevibes #positivity #whatsyourconnection  IMAGE: |
| 4 | Is social distancing making you feel disconnected from the world? Here are 5 ways to reconnect with the people in your circle:   1. Grab a virtual coffee with a friend. 2. Bring a meal to a neighbor. 3. Identify 3 “cheerleaders” to a) lean on when you’re stressed and b) celebrate good times with. 4. Talk to a teen about … anything! 5. Take a tech break from your phone and do a driveway hangout with a friend … 6 feet apart, of course 😉.   For more ideas, visit ConnectionsMatter.org  #connectionsmatter #coronavirus #covid19 #covid #whatsyourconnection  IMAGE: | Is social distancing making you feel disconnected from the world? Here are 5 ways to reconnect with the people in your circle:   1. Grab a virtual coffee with a friend. 2. Bring a meal to a neighbor. 3. Identify 3 “cheerleaders” to a) lean on when you’re stressed and b) celebrate good times with. 4. Talk to a teen about … anything! 5. Take a tech break from your phone and do a driveway hangout with a friend … 6 feet apart, of course 😉.   For more ideas, click the link in our bio  #connectionsmatter #coronavirus #covid19 #covid #positivevibes #positivity #whatsyourconnection  IMAGE: |
| 5 | Don’t underestimate the power of positive connections. They help children’s brains develop. They make all of us happier and more resilient. And happy, healthy people create a stronger community! So while it’s ok to feel down, make time for some positivity. For help, visit ConnectionsMatter.org  #connectionsmatter #coronavirus #covid19 #covid #whatsyourconnection  IMAGE: | Don’t underestimate the power of positive connections. They help children’s brains develop. They make all of us happier and more resilient. And happy, healthy people create a stronger community! So while it’s ok to feel down, make time for some positivity. For help, click the link in our bio.  #connectionsmatter #coronavirus #covid19 #covid #positivevibes #positivity #whatsyourconnection  IMAGE: |
| 6 | Less crime, violence and drug abuse. Fewer people with mental health issues. More success in school. If it all sounds like a dream, know this – the more positive connections we make throughout our community, the more likely that dream becomes our reality. To see how little things can make a big difference, visit ConnectionsMatter.org.  #connectionsmatter #whatsyourconnection  IMAGE: | Less crime, violence and drug abuse. Fewer people with mental health issues. More success in school. If it all sounds like a dream, know this – the more positive connections we make throughout our community, the more likely that dream becomes our reality. To see how little things can make a big difference, click the link in our bio.  #connectionsmatter #positivevibes #positivity #whatsyourconnection  IMAGE: |
| 7  Post on a Monday | It’s simple really.  #connectionsmatter #Mondaymotivation #whatsyourconnection  IMAGE: | It’s simple really.  #connectionsmatter #Mondaymotivation #positivevibes #positivity #whatsyourconnection  IMAGE: |
| 8 | “Every child is one caring adult away from being a success story.” - @Josh Shipp  You have the power to make a positive difference in a child’s life. Invest time with them. Get to know them. Let them know you see their potential.  #powerofpositivity #connectionsmatter #whatsyourconnection  IMAGE: | “Every child is one caring adult away from being a success story.” - @JoshShipp  You have the power to make a positive difference in a child’s life. Invest time with them. Get to know them. Let them know you see their potential.  #connectionsmatter #positivevibes #positivity #whatsyourconnection  IMAGE: |
| 9 | Spending quality time with children is important for their development. The following simple activities can provide support and strengthen children’s brains:   * Sing songs * Give hugs and affection * Read stories * Play games   #connectionsmatter #coronavirus #covid19 #covid #whatsyourconnection  IMAGE: | Spending quality time with children is important for their development. The following simple activities can provide support and strengthen children’s brains:   * Sing songs * Give hugs and affection * Read stories * Play games   #connectionsmatter #coronavirus #covid19 #covid #positivevibes #positivity #whatsyourconnection  IMAGE: |
| 10 | QUIZ: Which of the following are proven benefits of having positive relationships?   1. Less likely to be depressed. 2. Feeling rich. 3. Lower blood pressure. 4. Less likely to get sick.   The answer: All of the above. So go on – make a positive connection today!  #connectionsmatter #whatsyourconnection  IMAGE:  A red stop sign sitting on the grass  Description automatically generated | QUIZ: Which of the following are proven benefits of having positive relationships?   1. Less likely to be depressed. 2. Feeling rich. 3. Lower blood pressure. 4. Less likely to get sick.   The answer: All of the above. So go on – make a positive connection today!  #connectionsmatter #positivevibes #positivity #whatsyourconnection  IMAGE:  A red stop sign sitting on the grass  Description automatically generated |
| 11 | Need to talk with someone, but not sure where to turn? Call 2-1-1. It’s a service staffed by caring professionals who help millions of people in need across the country every year.  #connectionsmatter #coronavirus #covid19 #covid #whatsyourconnection  IMAGE: | Need to talk with someone, but not sure where to turn? Call 2-1-1. It’s a service staffed by caring professionals who help millions of people in need across the country every year.  #connectionsmatter #coronavirus #covid19 #covid #whatsyourconnection  IMAGE: |
| 12 | Where do you turn when you need a pick-me-up? Get active? Grab a cup of coffee? Go to a trusted friend? All are good choices. Here’s another: ConnectionsMatter.org. There you’ll find ideas on starting and maintaining positive connections in your life.  #connectionsmatter #whatsyourconnection  IMAGE: | Where do you turn when you need a pick-me-up? Get active? Grab a cup of coffee? Go to a trusted friend? All are good choices. Here’s another: ConnectionsMatter.org. There you’ll find ideas on starting and maintaining positive connections in your life.  #connectionsmatter #positivevibes #positivity #whatsyourconnection  IMAGE: |

**Important Note about Instagram Bios & Links**

* For posts that direct visitors to your Instagram bio page for a link to more information, please update your bio to include a link to [www.ConnectionsMatter.org](http://www.ConnectionsMatter.org)