**Social Media**

**Spring into Action: Monday 3 March to Sunday 9 March 2025.**

To support the Spring into Action 2025 Toolkit, Hampshire’s Travel Planning Team will be posting on My Journey social media daily throughout the event.

You are welcome to re-share our posts (this saves you work writing your own)!

Just ‘like’ and ‘follow’ us and you will see our posts. Use the share buttons to share the post with your school community.

Our social addresses are:

 Facebook - @myjourneyhants

 X - @MyJourneyHants

 Instagram - @myjourneyhampshire

Alternatively, listed below is the wording that we will post on My Journey socials and the dates of the post. You are welcome to use this content to create your own posts if you prefer.

We will also supply you with our logos for the Spring into Action event for your use.

**Promotion prior to event:**

Date of planned posts – Tuesday 25 February 2025 at 7am.

Content 1 – Promotion of event.

FB and Instagram –

Coming soon! The Spring into Action Toolkit 2025 from My Journey Hampshire! 👏

Between 3 March – 9 March we will be providing families with a toolkit of activities to enjoy throughout the week while they walk, wheel, scoot or cycle on their journey to/from school or during leisure time.🚶‍♀️👨‍🦽🚲🛴

Each day you can use any suggested activity - mix them up to suit you and your family and the weather for that day.

This year, each suggested activity is based on the weather, because it is important to stay active, whatever the weather!

The toolkit provides a fantastic opportunity for families to spend time talking and having fun together 😁

For the toolkit see: <https://myjourneyhampshire.com/springintoaction>

X –

Coming soon! Spring into Action Toolkit from My Journey Hampshire

3–9 March

Fun activities to enjoy on your active school journey or during leisure time! 🚶‍♀️👨‍🦽🚲🛴

This year is based on the weather, because it’s important to be active, whatever the weather! See: <https://bit.ly/3Iymntc>

@MyJourneyHants

**Promotion prior to event:**

Date of planned posts – Friday 28 February 2025 at 7am.

Content 2 – Reminder of Spring into Action event.

FB and Instagram –

Reminder! Spring into Action 2025 event: 3 – 9 March❗

The Spring into Action toolkit is a collection of fun activities all about the weather, to enjoy throughout the week while you walk, wheel, scoot or cycle on your journey to/from school or during leisure time. 🚶‍♀️👨‍🦽🚲🛴

For the toolkit see: <https://myjourneyhampshire.com/springintoaction>

X –

Reminder! Spring into Action 2025, 3 – 9 March ❗

A collection of fun activities all about the weather, to enjoy on your active school journey or during leisure time! 🚶‍♀️👨‍🦽🚲🛴

See: <https://bit.ly/3Iymntc>

@MyJourneyHants

**Day 1 – Weather Forecast:**

Date of planned posts – Monday 3 March 2025 at 7am.

Content 3 – Day 1.

FB and Instagram –

Spring into Action 2025 – Day 1: Which activity will you chose today? How about the Weather Forecast activity?

Before you venture outside find out the weather forecast for the day. Check the radio, the news or a weather app.

What have they predicted for the

🌡️ Temperature,

💨 Wind speed and direction,

🌦️ Cloud cover and chance of rain?

Is it warmer or colder than yesterday? 🧥🧣😎

Is it windier or calmer than yesterday? 🎐🍃

For more….see the full list of activity cards

<https://myjourneyhampshire.com/springintoaction>

X –

Choose your activity. How about the Weather Forecast activity?

Before you go out, check the forecast on the radio, news or weather app.

What is the🌡️Temperature, 💨 Wind speed, direction, 🌦️ Cloud cover, chance of rain?

For full details of the activities see: <https://bit.ly/3Iymntc>

@MyJourneyHants

**Day 2 – The Rain:**

Date of planned posts – Tuesday 4 March 2025 at 7am.

Content 4 – Day 2.

FB and Instagram –

Spring into Action 2025 – Day 2: Which activity will you chose today? How about the Rain activity?

Pull on your wellies, button up your coat and find a puddle 💦

👂While you are out, think about the sound of the rain on different surfaces? Does it sound different when it hits the pavement or splashes on to a leaf?

👃Think about the smell of the rain? How would you describe the smell of the air when it is raining? Fresh? Damp? Earthy? Did you know that the smell of rain is called Petrichor

🖐🏽 How does the rain change the feel of the grass verges, the pavements and the leaves on plants?

Is your journey different in the rain? 🌧️☔🌦️🌂🌥️

For more….see the full list of activities:

<https://myjourneyhampshire.com/springintoaction>

X –

Choose your activity. How about the Rain activity?

Think about the sound of rain? Think about the smell of rain? How does it change the way grass verge or the pavement feels? 🌧️☔🌦️🌂🌥️

For full details of all the activities see: <https://bit.ly/3Iymntc> @MyJourneyHants

**Day 3 –Cloud Spotting:**

Date of planned posts – Wednesday 5 March 2025 at 7am

Content 5 – Day 3

FB and Instagram –

Spring into Action 2025 – Day 3: Which activity will you chose today? How about the Cloud Spotting activity? 👀

On your active journey, look up and look at the clouds. Do they change as you look at them? Are they moving through the sky? 🌥️

Can you spot any funny shapes in the clouds? 😶‍🌫️ Perhaps a face or an animal? 🌬️

What colours are the clouds? Are they white and puffy like cotton wool ⛅or are they stretched across the sky in greys, pinks and purples 🌩️?

For more….see the full list of activities:

<https://myjourneyhampshire.com/springintoaction>

X –

Choose your activity. How about the Cloud Spotting activity? 👀

On your active journey, look up and look at the clouds. Do they change as you look at them? 🌦️🌧️🌥️ Can you spot any funny shapes in the clouds? 😶‍🌫️🌬️

For full details of all the activities see: <https://bit.ly/3Iymntc>

@MyJourneyHants

**Day 4 – The Wind:**

Date of planned posts – Thursday 6 March 2025 at 7am

Content 6 – Day 4

FB and Instagram –

Spring into Action 2025 – Day 4: Which activity will you chose today? How about the Wind activity?

Next time you are out walking, wheeling, scooting or cycling think about the wind.

What direction is the wind coming from? How can you tell? 🍃🌳🌻

Is the wind always moving in the same direction? How can you tell?

What effect is the wind having on the trees, and birds? How does it make you feel?

For more….see the full list of activities:

<https://myjourneyhampshire.com/springintoaction>

X –

Choose your activity. How about the Wind activity?

What direction is the wind coming from? How can you tell? 🍃🌳🌻 What effect is the wind having on the trees and the birds? How does it make you feel?

For full details of all the activities see: <https://bit.ly/3Iymntc>

@MyJourneyHants

**Day 5 –Rainbows**

Date of planned posts – Friday 7 March 2025 at 7am

Content 7 – Day 5

FB and Instagram –

Spring into Action 2025 – Day 5: Which activity will you chose today? How about the Rainbows activity? 🌈🌈🌈

Do you know what weather conditions you need to see a rainbow? 🌤️🌦️🌧️

What’s the weather like today? Will you see one?

A rainbow has seven colours. Can you name them in order?

For more….see the full list of activities:

<https://myjourneyhampshire.com/springintoaction>

X –

Choose your activity. How about the Rainbows activity? **🌈🌈🌈**

Do you know what weather conditions you need to see a rainbow? 🌤️🌦️🌧️

A rainbow has seven colours. Can you name them in order?

For full details of all the activities see: <https://bit.ly/3Iymntc>

@MyJourneyHants

**Day 6 – Weather Hunt**

Date of planned posts – Saturday 8 March 2025 at 8am

Content 8 – Day 6

FB and Instagram –

Spring into Action 2025 – Day 6 could be a lovely day to go on a Weather Hunt!

What’s the weather doing today? Make sure you dress appropriately before you go outside for your Weather Hunt. You’ll need a pen and the Weather Hunt Activity Card!

Is it raining? Can you spot the following: An umbrella? ☔ Wellington boots? 🥾 A puddle? 💦 A muddy puddle?

Is it sunny? ☀️ Can you spot the following: A person wearing sunglasses? 😎 A solar panel in a field or on a roof? Your shadow?

Is it windy? Can you spot the following: A tree moving in the wind? A wind vane moving in the wind? 🎐The sound of the wind whistling?

You could also try our Weather Crafts. Paint a picture and watch the rain splash on it to create unique patterns or use chalk to draw around interesting shadows on the path.

For your Weather Hunt and Weather Craft activity cards see:

<https://myjourneyhampshire.com/springintoaction>

X – Post 1: (thread 1 of 2)

Choose your activity. How about the Weather Hunt activity?
Today you will need a pen and your Weather Hunt Activity Card. Can you spot an umbrella? A solar panel in a field or on a roof? A weather vane? ☔💦🥾☀️😎

For full details of the activities see: <https://bit.ly/3Iymntc>

@MyJourneyHants

X – Post 2: (thread 2 of 2)

You could also try our Weather Crafts activity. Paint a picture and watch the rain splash on it to create unique patterns or use chalk to draw around interesting shadows on the path.

For full details of all the activities see: <https://bit.ly/3Iymntc>

@MyJourneyHants

**Day 7 –The Sun:**

Date of planned posts – Sunday 9 March 2025 at 8am

Content 9 – Day 7

FB and Instagram –

Spring into Action 2025 – Day 7: Which activity will you chose today? How about the Sun activity?☀️🌤️🌦️

Next time you are out walking, scooting or cycling and the sun is shining, find some shade. What is creating the shade? 🌳 Is the shade always there?

When you come out of the shade can you see your shadow? Why does the length and direction of your shadow change?

Can you make some shadow shapes? Try making letters with your arms, legs and body

For more….see the full list of daily activities & your fun facts:

<https://myjourneyhampshire.com/springintoaction>

X –

Choose your activity. How about the Sun activity?☀️🌤️🌦️

Next time you are out, and the sun is shining, can you see your shadow?

Can you make some shadow shapes? Try making letters with your arms, legs and body.

For full details of all the activities see: <https://bit.ly/3Iymntc>

@MyJourneyHants