

Kids Help Phone 

**Dance + More**  
**For Tomorrow**

Powered by **BMO** 

Join us on May 16

Register. Fundraise. Dance. Donate.  
DanceForTomorrow.ca

## Social Media Toolkit for Individuals and Teams

This year's **Dance + More for Tomorrow** takes place on Sunday, May 16, 2021, and we have created this social media toolkit for you to help build awareness and excitement for the event, raise funds and recruit participants to dance with you! Additional resources are available at [www.DanceForTomorrow.ca](http://www.DanceForTomorrow.ca)

### What does “+ More” Mean?

Not sure you want to dance? No problem! It's all about doing something fun! For example, hopping can mean jumping rope and swaying can be done in a chair, or perhaps you'd like to show off your jazz hands!

Here's a few different ways you can participate:

- Twist (a type of dance, and inspiration for yoga)
- Hop (a type of dance, and inspiration for skipping rope, parkour etc)
- Sway (a type of dance movement, can be done in a chair, or you can simply rock a baby/child)
- Swing (a type of dance, and can be done at a playground)

### Spread the message on social media

Below you will find some suggested messaging that you can adapt and share on social media to show your support of Kids Help Phone and encourage your network to **register, fundraise, dance and donate** to the **Dance + More for Tomorrow** and Kids Help Phone!

#### REGISTER: Encourage others to register and dance!

I'm proud to be supporting @KidsHelpPhone's #Dance4Tomorrow powered by @BMO! Dance with us on Sunday, May 16 so that we can give young people across Canada a brighter tomorrow [DanceForTomorrow.ca](http://DanceForTomorrow.ca)

For over 30 years @KidsHelpPhone has been there for young people whenever they need to talk. That's why I am supporting and dancing @KidsHelpPhone's #Dance4Tomorrow powered by @BMO on Sunday, May 16 [DanceForTomorrow.ca](http://DanceForTomorrow.ca)

Support the #Dance4Tomorrow presented by @BMO on Sunday, May 16 and help ensure @KidsHelpPhone continues to always be there for young people [DanceForTomorrow.ca](http://DanceForTomorrow.ca)

## FUNDRAISE: Rally support from your social network!

I'm dancing to support youth mental health and well-being with @KidsHelpPhone at the #Dance4Tomorrow powered by @BMO! Help me reach my fundraising goal: **(insert link to fundraising page)**

Help me beat my fundraising goal for the #Dance4Tomorrow powered by @BMO! Support me today so we can dance together: **(insert link to fundraising page)**

I'm almost at the finish line! Help me hit my **\$(insert amount)** goal for the #Dance4Tomorrow powered by @BMO: **(insert link to fundraising page)**

## GET INVOLVED: Call on your supporters to register, fundraise, or donate!

Hey friends and family! You can support @KidsHelpPhone too! DANCE with us or donate to the #Dance4Tomorrow powered by @BMO on Sunday May 16: [DanceForTomorrow.ca](https://DanceForTomorrow.ca)

For over 30 years, @KidsHelpPhone has been supporting youth mental health and well-being. This year DANCE + More or donate to the #Dance4Tomorrow powered by @BMO on Sunday, May 16 to support young people.

## Helpful Tips:

- Follow Kids Help Phone on Facebook, Twitter, LinkedIn and Instagram and share or retweet social media posts about the **Dance + More for Tomorrow** and the important work we do;
- Include lots of photos and videos to go along with the above suggested messaging that showcase you—and your team—getting ready for the **Dance + More for Tomorrow**.
- Lead the way in your fundraising efforts by making the first donation to your fundraising page;
- Share the reasons why you are supporting Kids Help Phone on your social media platforms and use the following tags, hashtags so we can help further amplify your message:
  - #Dance4Tomorrow
  - @KidsHelpPhone
  - @BMO
- Thank everyone who supported you along the way as you worked towards your fundraising goals.

**Thank you for your support!**



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