

# Miss Texas

Scholarship Organization, Inc

## CHANDLER FOREMAN

Miss Texas CLASS OF 2020!

First off, thanks for being so positive and encouraging. Everyone is having a hard time in different ways and you all continue to bring the joy even when it isn't easy. I know I'm not the only one who has been worried about people I love, felt lonely during self-quarantine, nervous about the future, and unsure of what is ahead or how long we will live like this. Don't get me wrong, I am BLESSED in a lot of ways that some people aren't right now, but this is still hard!

I realized that I can either fill my head with worry and complain about the situation we're in OR I can regroup and get creative about how to use the opportunity I was given as Miss Texas to spread some positivity and encourage others to take care of themselves. SO... I'm here to share more about my social media plans. I'll send an email every Sunday until Spring Seminar with topics and templates to use on your social media. You don't HAVE to do anything, but I'm inviting you to join me.

See below for this week's social media calendar focusing on mental health, physical health and fighting COVID-19. And for those of you who like to be *extra*... I'm adding another optional idea if you want to do more outside of stories. If you have ideas for upcoming social media topics between now and Spring Seminar (or even after!), **drop them to me here!**

Stay safe. Stay healthy. STAY HOME!

- Chandler

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### SUNDAY, March 29

#### Quarantine Queen Goals ([Instagram/Facebook stories template](#))

Click here for the Instagram/Facebook stories template

1. Fill in the template with a few goals you're setting while we #stayhome and be a #quarantinequeen
2. Tag @missamericatx
3. Post to your story
4. Post the blank template after your original post

*If you want to be extra... Share a goal you're working to achieve on Facebook/Instagram*

### MONDAY, March 30

#### Color Therapy ([Instagram/Facebook stories template](#))

Quick backstory: Coloring can be helpful to stop your mind from worrying and color therapy is used to improve mental health by associating memories or thoughts with color. (Thanks @tanyataylor for the inspiration!)

1. Post the 3 part template
2. Color in the template based on the instructions (tag @missamericatx before coloring it in!) and post it as your 4th image

*If you want to be extra... Share one way you are taking care of your mental health on Facebook/Instagram*

### TUESDAY, March 31

#### Great day to be GRATEFUL ([Instagram/Facebook stories template](#))

1. Fill in the template with what you are grateful for while quarantined
2. Tag @missamericatx
3. Post to your story
4. Post the blank template after your original post

*If you want to be extra... Share something you are grateful for on Facebook/Instagram*

### WEDNESDAY, April 1

FREE SPACE / CANDIDATE CHOICE

Take a social media break, celebrate April Fool's Day or share something of your choice!

#### THURSDAY, April 2

##### Self-care Bingo ([Instagram/Facebook stories template](#))

1. Circle all the ways you have taken care of yourself as a #quarantinequeen today
2. Tag @missamericatx
3. Post to your story
4. Post the blank template after your original post

*If you want to be extra... Share a self-care tip on Facebook/Instagram*

#### FRIDAY, April 3

##### Commit to be FIT ([Instagram/Facebook stories template](#))

1. Select which workout-related item you prefer (circle, underline, your choice!)
2. Tag 2-3 people you're challenging to complete the template
3. Tag @missamericatx
4. Post to your story
5. Post the blank template after your original post

*If you want to be extra... Share one way you're focusing on fitness on Facebook/Instagram*

#### SATURDAY, April 4

##### Slow the Spread / Thank a Healthcare Worker ([Instagram/Facebook stories template](#))

1. Complete the template with 3 ways you are helping to slow the spread of COVID-19
2. Tag and thank someone you know who works in the healthcare sector
3. Tag @missamericatx
4. Post to your story

*If you want to be extra... Share one way you're slowing the spread today on Facebook/Instagram*

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## PRO TIPS

### Tagging

For templates that encourage others to join in, consider how you could expand our circle by thinking outside of other candidates... maybe tag a local director, family member or friend BUT aim to tag people who will participate.

### Timing

Aim to post early in the day (10 AM), but don't beat yourself up if you're late to the game!

### Hashtags

Choose your own, but consider using #misstexas2020 #covid19 #stayhome #quarantinequeen or #quaranqueen. Have ideas or recommendations? Let me know in the form linked above.

