

Season Facebook Page

Note: Seasoning your Facebook Page means putting content on it showing Facebook that it is a real page and you are real. It is **recommended to create 21 posts on this Facebook Page and schedule them 3 per day for 7 days.**

1. Types of Content

- a. Posts should be a mix of
 - i. Quotes,
 - ii. Pictures,
 - iii. Links to articles,
 - iv. Infographics,
 - v. Videos,
 - vi. Social Proof, etc.

2. Content Resources

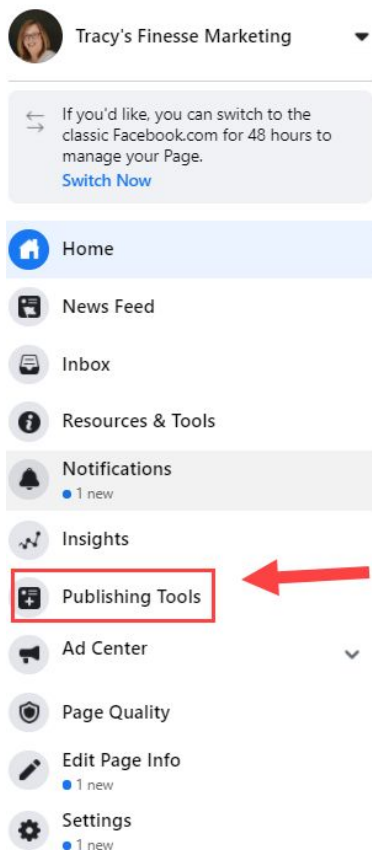
- a. Free Stock Image Resources
 - i. Unsplash - www.unsplash.com
 - ii. Stocksnap - <https://stocksnap.io/>
 - iii. Pexels - <https://www.pexels.com/>
 - iv. Pixabay - <https://pixabay.com/>
- b. Websites for Quotes
 - i. Google - www.google.com
 - ii. Google Images - www.google.com/imghp
 - iii. Brainy Quote - www.brainyquote.com
 - iv. Everyday Power - www.everydaypower.com
 - v. Istock Photo - <https://www.istockphoto.com/photos/inspirational-quotes>

- vi. Shutterstock -
<https://www.shutterstock.com/search/inspirational+quote>
- c. Videos and Audio
 - i. Youtube
 - ii. Podcasts

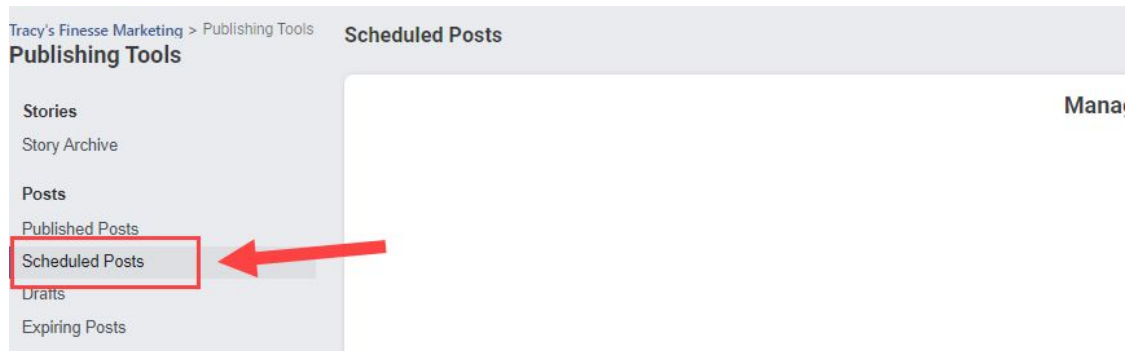
3. How to Post Content on Facebook Page

- a. Click on Publishing Tools from the menu on the left hand side of the screen.

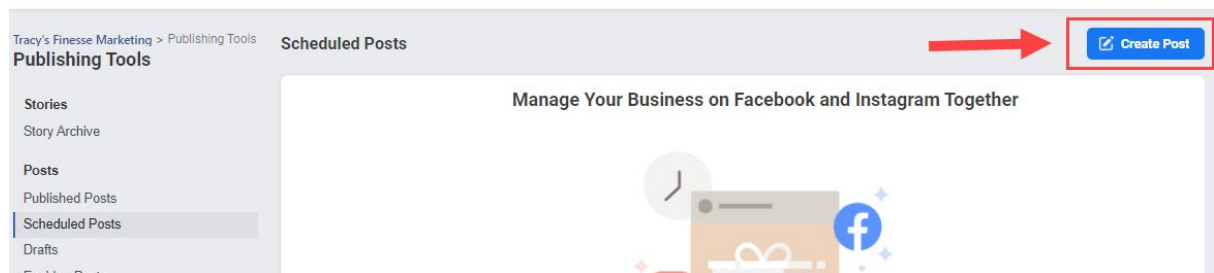
Manage Page



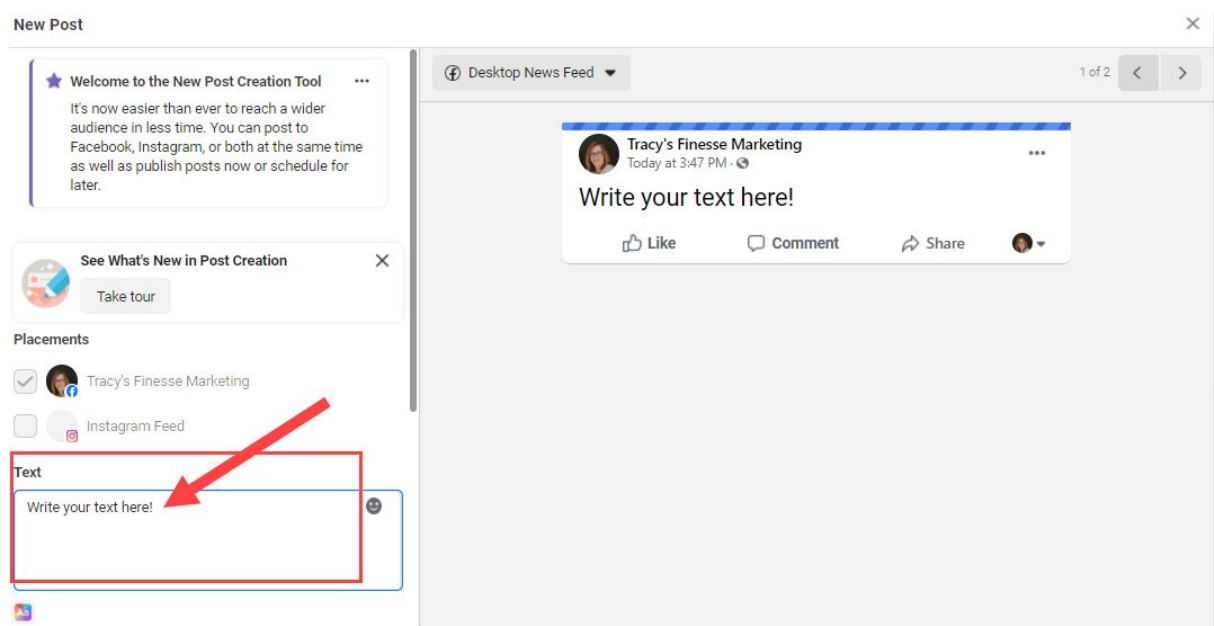
- i. A new tab opens and the menu defaults to Published Posts. Select **Scheduled Posts**.



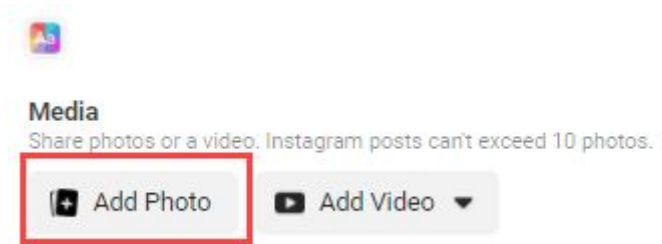
- ii. In the top right hand corner, click on **Create Post**.



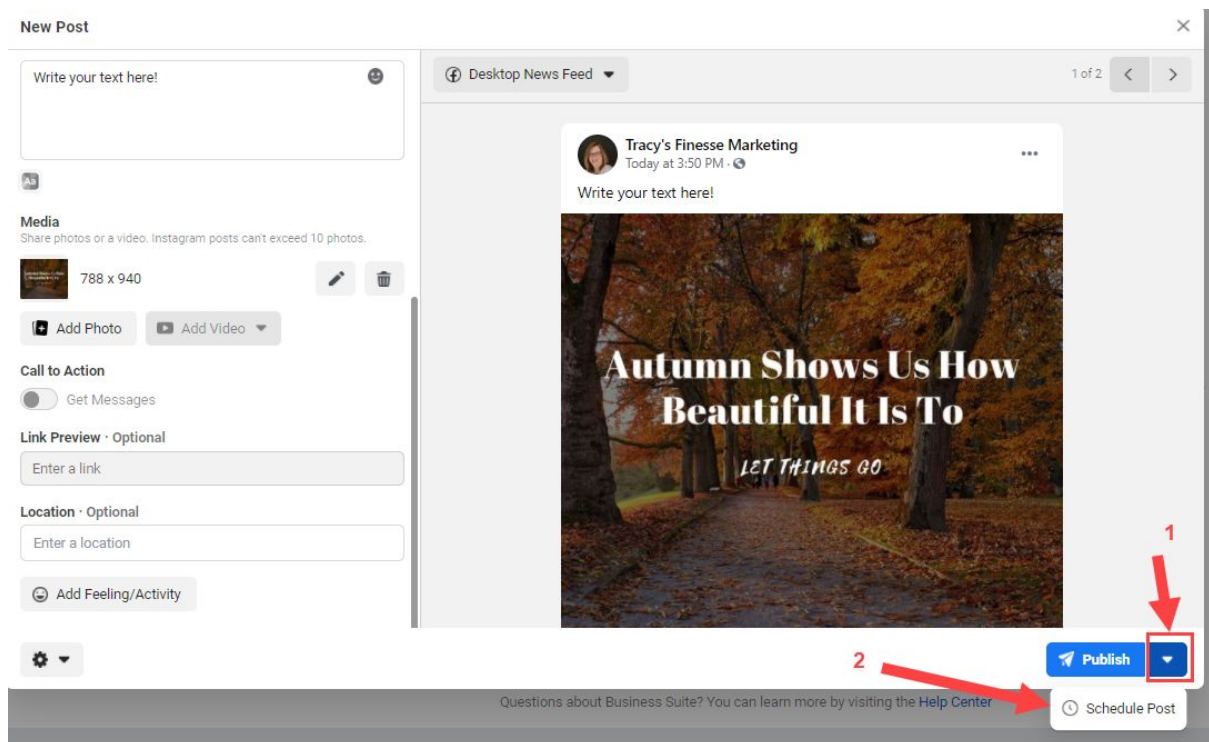
- iii. A New Post box opens up. On the left hand side of the the box, enter the Text for your post. If no text, move on to next step.



- iv. Scroll down the menu on the left hand side of the New Post box. If this post has a Photo (image from Canva), click on **Add Photo**.

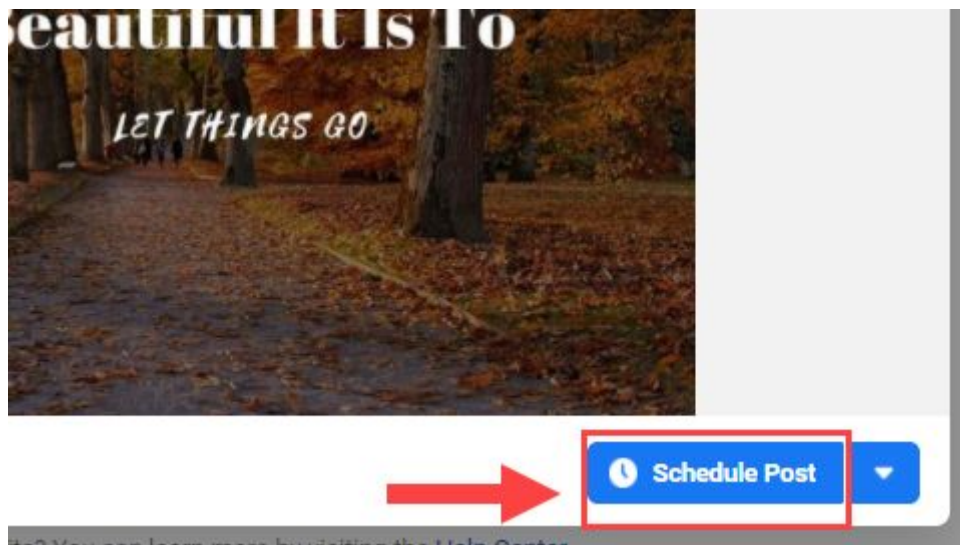


- v. Find and select the image from your computer.
vi. The rest of the options can remain blank.
vii. To publish, click the down arrow next to the Publish button to schedule the post.
- Click on **Schedule Post**.



- viii. Select the date and time for this post.
- As it is recommended to schedule 3 posts daily, you may want to schedule spread out posts. For example, schedule them at 9am, 2pm and 7pm.
 - Once you have selected the date and time, click the blue **Schedule** button.

- Click on **Schedule Post**.



Congratulations, you have completed your first scheduled post. Continue scheduling your posts so you have all 21 completed and scheduled over 7 days.

Be creative and feel free to utilize your group members for additional support.