

CHIRO KIDS DAY

**THURSDAY,
OCTOBER 27, 2022**

 Chiropractic Society
OF WISCONSIN



JOIN THE CKD INSTAGRAM REEL!

Reel Song: The Good Part by AJR

Theme: This reel song plays off the phrase "Can we skip to the good part?" making it the perfect song to show your Chiro Kids coming into the office grumpy/sad/in pain/etc and leaving your office feeling happy, dancing, and in their superhero capes. Let's show off the amazing powers of chiropractic!

Tag @chiropracticsocietywi

Add #chirokidsday, #wichirokidsday, #mnchirokidsday

FOLLOW THESE INSTRUCTIONS TO MAKE AN INSTAGRAM REEL!

1. Open Instagram, and click on your profile
2. On the top right next to your username, click the + button
3. Select "Reel"
4. From here, you have two recording options.
 - a. Hold down the white circle, and record in as many increments as needed. Must be done in real-time.
 - b. Record the content using your phone camera. This option allows you to tape as many tries or videos as you would like.
 - i. To do this, instead of holding down the white circle to record, click the image icon on the bottom left with the + sign and upload your video clips in the order you'd like them displayed
5. Once all clips / videos are taken, select "next"
6. Use the features on the top of the screen to add music, turn down external audio, add stickers, add text, etc.
7. Once you have finished editing, select "next", add your caption and post!

Scan for
directions ↘



Scan for
examples ↘

