



365 days of
SOCIAL MEDIA
for businesses
2026

Welcome



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Thinking of content to post every day of the year may sound easy, but every so often you might hit a roadblock. Which is why we've created this ebook of content ideas for social media to help those of you struggling, and for people that are looking for inspiration.

Use our ebook to keep content on your social media platforms up to date with key dates, events and trends as well as to increase engagement with your audience and improve your online visibility.



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Social post ideas for January

Day	Title	Idea	Hashtags	Format
1 Jan	New Year's Day	Share your business goals for 2026.	#HappyNewYear #BusinessGoals	Carousel 📄, Reel 🎥
2 Jan	Scotland Bank Holiday	Seasonal greeting.	#BankHoliday #RelaxAndRecharge	Story 📄
3 Jan	Festival of Sleep Day	Encourage followers to share relaxation tips.	#FestivalOfSleep #SelfCare	Story 📄, Poll 🗳️
4 Jan	World Braille Day	Highlight accessibility in your industry.	#WorldBrailleDay #InclusiveDesign	Carousel 📄
5 Jan	Twelfth Night	Share a fun fact about this tradition.	#TwelfthNight #Culture	Story 📄
6 Jan	National Technology Day	Showcase a tech tool that helps your business.	#TechnologyDay #Innovation	Carousel 📄
7 Jan	Inspirational Quote	Kick off the year with motivation.	#MotivationMonday #PositiveVibes	Story 📄
8 Jan	World Typing Day	Share a productivity tip.	#WorldTypingDay #WorkSmart	Carousel 📄
9 Jan	Sneak Peek	Tease an upcoming project or product.	#ComingSoon #BusinessUpdate	Reel 🎥
10 Jan	Houseplant Appreciation Day	Post a photo of office plants and link to growth.	#HouseplantDay #GrowYourBusiness	Reel 🎥
11 Jan	Spotlight on Your Services	Highlight a key service and its benefits.	#BusinessServices #WhatWeDo	Carousel 📄
12 Jan	National Hot Tea Day	Share your team's favourite tea ritual.	#HotTeaDay #TeaTime	Story 📄
13 Jan	Answer a FAQ	Address a common customer question.	#FAQ #CustomerCare	Carousel 📄
14 Jan	Share Your Business Goals	Inspire your audience.	#BusinessGoals #Vision2026	Reel 🎥
15 Jan	National Hat Day	Fun team photo wearing hats.	#NationalHatDay #TeamCulture	Story 📄

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Social post ideas for January

Day	Title	Idea	Hashtags	Format
16 Jan	Create a How-To Video	Educate your audience.	#HowTo #BusinessTips	Reel 🎥
17 Jan	Feature an Employee	Showcase your team.	#TeamSpotlight #MeetTheTeam	Story 📖
18 Jan	Interact with Followers	Respond to comments or run a poll.	#EngageWithUs #Community	Story 📖, Poll 🗳️
19 Jan	Popcorn Day	Share a fun fact or run a movie-themed poll.	#PopcornDay #FunPost	Story 📖
20 Jan	National Cheese Lovers Day	Post something quirky about cheese.	#CheeseLoversDay #FoodieFun	Reel 🎥
21 Jan	Give Advice on Overcoming a Business Challenge	Share a tip or story.	#BusinessAdvice #GrowthMindset	Carousel 📄
22 Jan	Celebration of Life Day	Post something uplifting.	#CelebrationOfLife #PositiveVibes	Story 📖
23 Jan	National Handwriting Day	Share a handwritten note.	#HandwritingDay #PersonalTouch	Story 📖
24 Jan	International Day of Education	Share a learning resource.	#EducationDay #LearnAndGrow	Carousel 📄
25 Jan	Burns Night	Celebrate Scottish heritage.	#BurnsNight #ScottishCulture	Story 📖
26 Jan	Australia Day	Share a global perspective.	#AustraliaDay #GlobalBusiness	Story 📖
27 Jan	Run a Giveaway	Offer a prize to boost engagement.	#Giveaway #WinWithUs	Carousel 📄, Story 📖
28 Jan	Data Privacy Day	Share a tip on protecting data.	#DataPrivacy #CyberSecurity	Carousel 📄
29 Jan	Puzzle Day	Post a fun puzzle or riddle.	#PuzzleDay #BrainTeaser	Story 📖
30 Jan	Run a Poll	Give your audience two options.	#PollTime #EngageWithUs	Story 📖, Poll 🗳️
31 Jan	Hot Chocolate Day	Share a cosy photo.	#HotChocolateDay #WinterVibes	Reel 🎥

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Social post ideas for February

Day	Title	Idea	Hashtags	Format
01-Feb	Start of February	Share monthly goals.	#FebruaryGoals #SmartCow	Carousel 📄
02-Feb	Groundhog Day	Fun prediction post.	#GroundhogDay #FunPost	Story 📖
03-Feb	National Carrot Cake Day	Share a fun recipe or photo.	#CarrotCakeDay #FoodieFun	Story 📖
04-Feb	World Cancer Day	Raise awareness and share resources.	#WorldCancerDay #HealthAwareness	Carousel 📄
05-Feb	National Weatherperson's Day	Post a weather-related tip.	#WeatherDay #SmartCow	Story 📖
06-Feb	Pay a Compliment Day	Encourage followers to compliment someone.	#ComplimentDay #PositiveVibes	Story 📖, Poll 🗳️
07-Feb	Send a Card to a Friend Day	Encourage followers to connect.	#Friendship #Connect	Story 📖
08-Feb	Safer Internet Day	Share online safety tips.	#SaferInternetDay #CyberSecurity	Carousel 📄
09-Feb	Pizza Day	Fun team pizza photo.	#PizzaDay #TeamCulture	Story 📖
10-Feb	Umbrella Day	Post something creative with umbrellas.	#UmbrellaDay #FunPost	Story 📖
11-Feb	Make a Friend Day	Engage with audience through comments.	#MakeAFriendDay #Community	Story 📖, Poll 🗳️
12-Feb	Darwin Day	Share an interesting science fact.	#DarwinDay #Science	Carousel 📄
13-Feb	Galentine's Day	Celebrate friendships.	#GalentinesDay #SmartCowLove	Story 📖
14-Feb	Valentine's Day	Show customer love.	#ValentinesDay #SmartCowLove	Carousel 📄, Reel 🎥

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Social post ideas for February

Day	Title	Idea	Hashtags	Format
15-Feb	Singles Awareness Day	Celebrate individuality.	#SinglesDay #PositiveVibes	Story 📖
16-Feb	Innovation Day	Showcase a creative idea.	#InnovationDay #SmartCow	Carousel 🖼️
17-Feb	Random Acts of Kindness Day	Share a kindness story.	#KindnessDay #PositiveVibes	Story 📖
18-Feb	Drink Wine Day	Fun wine-related post.	#DrinkWineDay #Cheers	Story 📖
19-Feb	Chocolate Mint Day	Share a sweet treat photo.	#ChocolateMintDay #FoodieFun	Story 📖
20-Feb	Love Your Pet Day	Share team pet photos.	#LoveYourPetDay #SmartCowPets	Story 📖
21-Feb	International Mother Language Day	Celebrate language diversity.	#MotherLanguageDay #Culture	Carousel 🖼️
22-Feb	Be Humble Day	Share a humility quote.	#BeHumbleDay #PositiveVibes	Story 📖
23-Feb	Play Tennis Day	Fun sports-related post.	#PlayTennisDay #ActiveLife	Story 📖
24-Feb	World Bartender Day	Fun cocktail recipe.	#BartenderDay #Cheers	Story 📖
25-Feb	Clam Chowder Day	Share a food photo.	#ClamChowderDay #FoodieFun	Story 📖
26-Feb	Tell a Fairy Tale Day	Share a creative story.	#FairyTaleDay #Creativity	Story 📖
27-Feb	Polar Bear Day	Share a fun fact about polar bears.	#PolarBearDay #Wildlife	Story 📖
28-Feb	Public Sleeping Day	Post something humorous.	#PublicSleepingDay #FunPost	Story 📖

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Social media post ideas for March

Day	Title	Idea	Hashtags	Format
01-Mar	St David's Day	Celebrate Welsh culture.	#StDavidsDay #Culture	Story 📖
02-Mar	Old Stuff Day	Share a nostalgic post.	#OldStuffDay #Throwback	Story 📖
03-Mar	World Wildlife Day	Share a wildlife fact.	#WildlifeDay #Nature	Carousel 📱
04-Mar	Employee Appreciation Day	Highlight your team.	#EmployeeAppreciation #TeamCulture	Story 📖
05-Mar	Cheese Doodle Day	Fun snack post.	#CheeseDoodleDay #FoodieFun	Story 📖
06-Mar	National Dress Day	Showcase stylish outfits.	#DressDay #Fashion	Story 📖
07-Mar	Be Heard Day	Encourage followers to share opinions.	#BeHeardDay #EngageWithUs	Story 📖, Poll 📊
08-Mar	International Women's Day	Highlight women in your industry.	#IWD2026 #WomenInBusiness	Carousel 📱, Reel 🎥
09-Mar	Get Over It Day	Share a motivational quote.	#GetOverItDay #PositiveVibes	Story 📖
10-Mar	Mario Day	Fun gaming-themed post.	#MarioDay #FunPost	Story 📖
11-Mar	World Plumbing Day	Share a quirky fact.	#PlumbingDay #SmartCow	Story 📖
12-Mar	Plant a Flower Day	Post a photo of flowers.	#PlantAFlowerDay #Nature	Story 📖
13-Mar	National Good Samaritan Day	Share a kindness story.	#GoodSamaritanDay #PositiveVibes	Story 📖
14-Mar	Pi Day	Share a math or pie pun.	#PiDay #MathFun	Story 📖

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Social post ideas for March

Day	Title	Idea	Hashtags	Format
15-Mar	World Consumer Rights Day	Educate followers on rights.	#ConsumerRightsDay #SmartCow	Carousel 
16-Mar	Everything You Do Is Right Day	Post something uplifting.	#PositiveDay #Motivation	Story 
17-Mar	St Patrick's Day	Celebrate Irish heritage.	#StPatricksDay #Lucky	Carousel  , Story 
18-Mar	Awkward Moments Day	Share a funny story.	#AwkwardMomentsDay #Laugh	Story 
19-Mar	Let's Laugh Day	Post a joke or meme.	#LetsLaughDay #FunPost	Story 
20-Mar	International Day of Happiness	Post something uplifting.	#DayOfHappiness #PositiveVibes	Story  , Poll 
21-Mar	World Poetry Day	Share a creative poem.	#PoetryDay #Creativity	Carousel 
22-Mar	World Water Day	Raise awareness about water conservation.	#WorldWaterDay #Sustainability	Carousel 
23-Mar	Puppy Day	Share cute puppy photos.	#PuppyDay #SmartCowPets	Story 
24-Mar	Chocolate Covered Raisins Day	Fun snack post.	#ChocolateRaisinsDay #FoodieFun	Story 
25-Mar	Tolkien Reading Day	Share a quote from Tolkien.	#TolkienDay #Books	Story 
26-Mar	Make Up Your Own Holiday Day	Create a fun holiday.	#CreateHolidayDay #FunPost	Story 
27-Mar	World Theatre Day	Celebrate performing arts.	#WorldTheatreDay #Arts	Story 
28-Mar	Respect Your Cat Day	Share cat photos.	#RespectYourCatDay #SmartCowPets	Story 
29-Mar	Smoke and Mirrors Day	Post something mysterious.	#SmokeAndMirrorsDay #FunPost	Story 
30-Mar	Take a Walk in the Park Day	Encourage outdoor activity.	#WalkInTheParkDay #Wellness	Story 
31-Mar	International Transgender Day of Visibility	Show support and share resources.	#TDOV #Inclusion	Carousel 

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Social post ideas for April

Day	Title	Idea	Hashtags	Format
1 Apr	April Fool's Day	Share a light-hearted prank or joke.	#AprilFools #FunPost	Story 📖
2 Apr	World Autism Awareness Day	Raise awareness and share resources.	#AutismAwareness #Inclusion	Carousel 📱
3 Apr	Find a Rainbow Day	Post a colorful image.	#RainbowDay #PositiveVibes	Story 📖
4 Apr	Tell a Lie Day	Fun engagement post.	#TellALieDay #FunPost	Story 📖, Poll 📊
5 Apr	National Deep Dish Pizza Day	Share a pizza photo.	#PizzaDay #FoodieFun	Story 📖
6 Apr	Plan Your Own Holiday Day	Create a unique holiday.	#CreateHoliday #FunPost	Story 📖
7 Apr	World Health Day	Share health tips for your audience.	#WorldHealthDay #Wellness	Carousel 📱, Story 📖
8 Apr	Zoo Lovers Day	Post animal photos.	#ZooLoversDay #Wildlife	Story 📖
9 Apr	Cherish an Antique Day	Showcase something vintage.	#AntiqueDay #Throwback	Story 📖
10 Apr	Encourage Engagement	Ask followers to share their weekend plans.	#WeekendVibes #Community	Story 📖, Poll 📊
11 Apr	National Pet Day	Share team pet photos.	#PetDay #SmartCowPets	Story 📖
12 Apr	Grilled Cheese Day	Post a fun food photo.	#GrilledCheeseDay #FoodieFun	Story 📖
13 Apr	Scrabble Day	Share a word puzzle.	#ScrabbleDay #BrainTeaser	Story 📖
14 Apr	Gardening Day	Post a photo of plants or greenery.	#GardeningDay #Nature	Story 📖
15 Apr	World Art Day	Celebrate creativity.	#WorldArtDay #Creativity	Carousel 📱

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Social post ideas for April

Day	Title	Idea	Hashtags	Format
16 Apr	Wear Pajamas to Work Day	Fun team photo.	#PajamaDay #TeamCulture	Story 📖
17 Apr	Haiku Poetry Day	Share a creative haiku.	#HaikuDay #Poetry	Story 📖
18 Apr	International Day for Monuments and Sites	Share a historical fact.	#HeritageDay #Culture	Carousel 🖼️
19 Apr	Garlic Day	Fun food post.	#GarlicDay #FoodieFun	Story 📖
20 Apr	Volunteer Recognition Day	Highlight volunteer efforts.	#VolunteerDay #Community	Story 📖
21 Apr	Kindergarten Day	Share a childhood memory.	#KindergartenDay #Throwback	Story 📖
22 Apr	Earth Day	Share sustainability tips.	#EarthDay #GoGreen	Carousel 🖼️, Reel 🎥
23 Apr	World Book Day	Share a favorite book or quote.	#WorldBookDay #ReadMore	Story 📖
24 Apr	Pig in a Blanket Day	Fun food post.	#PigInABlanketDay #FoodieFun	Story 📖
25 Apr	DNA Day	Share a science fact.	#DNADay #Science	Carousel 🖼️
26 Apr	Pretzel Day	Post a pretzel photo.	#PretzelDay #FoodieFun	Story 📖
27 Apr	Tell a Story Day	Share a behind-the-scenes story.	#StoryDay #BusinessJourney	Story 📖
28 Apr	Superhero Day	Celebrate heroes.	#SuperheroDay #FunPost	Story 📖
29 Apr	International Dance Day	Share a dance video.	#DanceDay #Creativity	Reel 🎥
30 Apr	International Jazz Day	Celebrate music and creativity.	#JazzDay #MusicLovers	Reel 🎥

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Social post ideas for May

Day	Title	Idea	Hashtags	Format
1 May	May Day	Celebrate spring and workers.	#MayDay #SpringVibes	Story 📖
2 May	Brothers and Sisters Day	Celebrate sibling relationships.	#SiblingDay #Family	Story 📖
3 May	Garden Meditation Day	Share a calming garden photo.	#GardenMeditation #Relax	Story 📖
4 May	Star Wars Day	Fun themed post.	#StarWarsDay #MayThe4thBeWithYou	Story 📖
5 May	Cinco de Mayo	Celebrate Mexican culture.	#CincoDeMayo #Culture	Carousel 📱
6 May	National Nurses Day	Show appreciation for nurses.	#NursesDay #HealthcareHeroes	Story 📖
7 May	Thank a Teacher Day	Celebrate educators.	#TeacherAppreciation #Education	Story 📖
8 May	World Red Cross Day	Highlight humanitarian efforts.	#RedCrossDay #Community	Carousel 📱
9 May	Europe Day	Celebrate European unity.	#EuropeDay #Culture	Story 📖
10 May	Mother's Day	Celebrate mothers.	#MothersDay #Love	Carousel 📱, Reel 🎥
11 May	Eat What You Want Day	Fun food post.	#EatWhatYouWantDay #FoodieFun	Story 📖
12 May	International Nurses Day	Show appreciation for nurses globally.	#InternationalNursesDay #HealthcareHeroes	Story 📖
13 May	Frog Jumping Day	Fun quirky post.	#FrogJumpingDay #FunPost	Story 📖
14 May	Dance Like a Chicken Day	Share a funny dance video.	#ChickenDanceDay #FunPost	Reel 🎥
15 May	International Day of Families	Celebrate family values.	#FamilyDay #Together	Carousel 📱

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Social post ideas for May

Day	Title	Idea	Hashtags	Format
15 May	International Day of Families	Celebrate family values.	#FamilyDay #Together	Carousel 
16 May	Love a Tree Day	Post a nature photo.	#LoveATreeDay #Nature	Story 
17 May	World Baking Day	Share a baking recipe.	#WorldBakingDay #FoodieFun	Story 
18 May	Visit Your Relatives Day	Encourage family visits.	#VisitRelativesDay #Family	Story 
19 May	World Plant a Vegetable Garden Day	Share gardening tips.	#GardenDay #GrowYourOwn	Carousel 
20 May	World Bee Day	Raise awareness about bees.	#WorldBeeDay #SaveTheBees	Story 
21 May	Memo Day	Share a business tip.	#MemoDay #SmartCowTips	Story 
22 May	International Day for Biological Diversity	Highlight biodiversity.	#BiodiversityDay #Nature	Carousel 
23 May	Lucky Penny Day	Share a fun luck-related post.	#LuckyPennyDay #PositiveVibes	Story 
24 May	Scavenger Hunt Day	Create an interactive challenge.	#ScavengerHuntDay #EngageWithUs	Story  , Poll 
25 May	Towel Day	Celebrate Hitchhiker's Guide.	#TowelDay #GeekCulture	Story 
26 May	Paper Airplane Day	Fun creative post.	#PaperAirplaneDay #FunPost	Story 
27 May	Cellophane Tape Day	Share a quirky fact.	#TapeDay #FunFact	Story 
28 May	Hamburger Day	Post a burger photo.	#HamburgerDay #FoodieFun	Story 
29 May	Paperclip Day	Share an office hack.	#PaperclipDay #WorkSmart	Story 
30 May	Water a Flower Day	Post a flower photo.	#WaterAFlowerDay #Nature	Story 
31 May	World No Tobacco Day	Raise awareness about health.	#NoTobaccoDay #HealthAwareness	Carousel 

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Social post ideas for June

Day	Title	Idea	Hashtags	Format
1 Jun	Global Day of Parents	Celebrate parents worldwide.	#GlobalParentsDay #Family	Story 📖
2 Jun	Leave the Office Early Day	Encourage work-life balance.	#LeaveEarlyDay #WorkLifeBalance	Story 📖
3 Jun	Repeat Day	Share a repeated tip or quote.	#RepeatDay #Motivation	Story 📖
4 Jun	National Cheese Day	Fun cheese-related post.	#CheeseDay #FoodieFun	Story 📖
5 Jun	World Environment Day	Share eco-friendly tips.	#EnvironmentDay #GoGreen	Carousel 🖼️
6 Jun	National Yo-Yo Day	Fun nostalgic post.	#YoYoDay #FunPost	Story 📖
7 Jun	Chocolate Ice Cream Day	Share a sweet treat photo.	#ChocolateIceCreamDay #FoodieFun	Story 📖
8 Jun	World Oceans Day	Raise awareness about ocean conservation.	#WorldOceansDay #SaveOurSeas	Carousel 🖼️
9 Jun	Donald Duck Day	Fun cartoon-themed post.	#DonaldDuckDay #FunPost	Story 📖
10 Jun	Iced Tea Day	Share a refreshing drink photo.	#IcedTeaDay #SummerVibes	Story 📖
11 Jun	Make Life Beautiful Day	Post something uplifting.	#MakeLifeBeautifulDay #PositiveVibes	Story 📖
12 Jun	Red Rose Day	Share a rose photo.	#RedRoseDay #Nature	Story 📖
13 Jun	Sewing Machine Day	Share a creative sewing tip.	#SewingMachineDay #Creativity	Story 📖
14 Jun	World Blood Donor Day	Raise awareness about blood donation.	#BloodDonorDay #HealthAwareness	Carousel 🖼️
15 Jun	Smile Power Day	Encourage followers to share smiles.	#SmilePowerDay #PositiveVibes	Story 📖

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Social post ideas for June

Day	Title	Idea	Hashtags	Format
16 Jun	Fresh Veggies Day	Share a healthy eating tip.	#FreshVeggiesDay #HealthyLiving	Story 📖
17 Jun	Eat Your Vegetables Day	Promote healthy habits.	#EatYourVeggiesDay #Wellness	Story 📖
18 Jun	International Picnic Day	Share picnic ideas.	#PicnicDay #SummerFun	Story 📖
19 Jun	Juneteenth	Celebrate freedom and equality.	#Juneteenth #Inclusion	Carousel 🗨️
20 Jun	Ice Cream Soda Day	Fun summer treat post.	#IceCreamSodaDay #FoodieFun	Story 📖
21 Jun	International Yoga Day	Share yoga tips.	#YogaDay #Wellness	Carousel 🗨️, Reel 🎥
22 Jun	Chocolate Eclair Day	Share a dessert photo.	#ChocolateEclairDay #FoodieFun	Story 📖
23 Jun	Pink Day	Celebrate the color pink.	#PinkDay #FunPost	Story 📖
24 Jun	Fairy Day	Share a whimsical post.	#FairyDay #Creativity	Story 📖
25 Jun	Global Beatles Day	Celebrate music history.	#BeatlesDay #MusicLovers	Story 📖
26 Jun	Chocolate Pudding Day	Post a dessert photo.	#ChocolatePuddingDay #FoodieFun	Story 📖
27 Jun	Sunglasses Day	Share a stylish photo.	#SunglassesDay #SummerStyle	Story 📖
28 Jun	International Body Piercing Day	Celebrate body art.	#BodyPiercingDay #Style	Story 📖
29 Jun	Camera Day	Share photography tips.	#CameraDay #Photography	Story 📖
30 Jun	Social Media Day	Celebrate social media and engagement.	#SocialMediaDay #EngageWithUs	Carousel 🗨️

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Social post ideas for July

Day	Title	Idea	Hashtags	Format
1 Jul	Canada Day	Celebrate Canadian culture.	#CanadaDay #Culture	Story 📖
2 Jul	World UFO Day	Share a fun UFO fact.	#WorldUFODay #FunPost	Story 📖
3 Jul	Compliment Your Mirror Day	Encourage self-love.	#SelfLove #PositiveVibes	Story 📖
4 Jul	Independence Day (USA)	Celebrate freedom.	#IndependenceDay #USA	Carousel 📖
5 Jul	Workaholics Day	Share productivity tips.	#WorkaholicsDay #SmartCowTips	Story 📖
6 Jul	International Kissing Day	Fun engagement post.	#KissingDay #FunPost	Story 📖
7 Jul	World Chocolate Day	Share a chocolate treat photo.	#WorldChocolateDay #FoodieFun	Story 📖
8 Jul	Video Game Day	Celebrate gaming culture.	#VideoGameDay #FunPost	Story 📖
9 Jul	Sugar Cookie Day	Share a sweet treat.	#SugarCookieDay #FoodieFun	Story 📖
10 Jul	Don't Step on a Bee Day	Raise awareness about bees.	#BeeDay #SaveTheBees	Carousel 📖
11 Jul	Cheer Up the Lonely Day	Post something uplifting.	#CheerUpDay #PositiveVibes	Story 📖
12 Jul	Simplicity Day	Share a minimalist tip.	#SimplicityDay #Minimalism	Story 📖
13 Jul	French Fries Day	Fun food post.	#FrenchFriesDay #FoodieFun	Story 📖
14 Jul	Bastille Day	Celebrate French culture.	#BastilleDay #Culture	Story 📖
15 Jul	Give Something Away Day	Run a giveaway.	#GiveawayDay #WinWithUs	Carousel 📖, Story 📖

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Social post ideas for July

Day	Title	Idea	Hashtags	Format
16 Jul	World Snake Day	Share a fun snake fact.	#SnakeDay #Wildlife	Story 📖
17 Jul	World Emoji Day	Create an emoji-themed post.	#WorldEmojiDay #FunPost	Story 📖
18 Jul	Nelson Mandela International Day	Share an inspirational quote.	#MandelaDay #Inspiration	Carousel 📱
19 Jul	Stick Out Your Tongue Day	Fun quirky post.	#TongueDay #FunPost	Story 📖
20 Jul	Moon Day	Celebrate space exploration.	#MoonDay #Space	Story 📖
21 Jul	Junk Food Day	Share a fun snack photo.	#JunkFoodDay #FoodieFun	Story 📖
22 Jul	Hammock Day	Post a relaxing photo.	#HammockDay #Relax	Story 📖
23 Jul	Gorgeous Grandma Day	Celebrate grandmothers.	#GrandmaDay #Family	Story 📖
24 Jul	Cousins Day	Celebrate family ties.	#CousinsDay #Family	Story 📖
25 Jul	Thread the Needle Day	Share a creative sewing tip.	#ThreadTheNeedle Day #Creativity	Story 📖
26 Jul	Aunt and Uncle Day	Celebrate extended family.	#AuntUncleDay #Family	Story 📖
27 Jul	Take Your Pants for a Walk Day	Encourage outdoor activity.	#WalkDay #Wellness	Story 📖
28 Jul	World Nature Conservation Day	Share eco-friendly tips.	#NatureConservationDay #GoGreen	Carousel 📱
29 Jul	International Tiger Day	Raise awareness about tiger conservation.	#TigerDay #Wildlife	Story 📖
30 Jul	International Friendship Day	Celebrate friendships.	#FriendshipDay #Community	Carousel 📱, Reel 🎥
31 Jul	National Avocado Day	Share a fun avocado recipe.	#AvocadoDay #FoodieFun	Story 📖

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Social post ideas for August

Day	Title	Idea	Hashtags	Format
1 Aug	Respect for Parents Day	Celebrate parents and family values.	#RespectParentsDay #Family	Story 
2 Aug	Ice Cream Sandwich Day	Share a fun dessert photo.	#IceCreamSandwichDay #FoodieFun	Story 
3 Aug	Watermelon Day	Post a refreshing summer photo.	#WatermelonDay #SummerVibes	Story 
4 Aug	Chocolate Chip Cookie Day	Share a sweet treat.	#CookieDay #FoodieFun	Story 
5 Aug	Work Like a Dog Day	Share productivity tips.	#WorkLikeADogDay #SmartCowTips	Story 
6 Aug	Fresh Breath Day	Fun quirky post.	#FreshBreathDay #FunPost	Story 
7 Aug	Lighthouse Day	Share a scenic photo.	#LighthouseDay #Nature	Story 
8 Aug	International Cat Day	Celebrate cats with cute photos.	#CatDay #SmartCowPets	Story 
9 Aug	Book Lovers Day	Share a favorite book or quote.	#BookLoversDay #ReadMore	Carousel 
10 Aug	Lazy Day	Encourage relaxation.	#LazyDay #Relax	Story 
11 Aug	Son and Daughter Day	Celebrate family.	#SonAndDaughterDay #Family	Story 
12 Aug	World Elephant Day	Raise awareness about elephants.	#ElephantDay #Wildlife	Carousel 
13 Aug	Left-Handers Day	Fun fact about left-handed people.	#LeftHandersDay #FunFact	Story 
14 Aug	Creamsicle Day	Share a summer treat.	#CreamsicleDay #FoodieFun	Story 
15 Aug	Relaxation Day	Encourage followers to relax.	#RelaxationDay #Wellness	Story 

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Social post ideas for August

Day	Title	Idea	Hashtags	Format
16 Aug	Tell a Joke Day	Share a funny joke.	#TellAJokeDay #FunPost	Story 📖
17 Aug	Thrift Shop Day	Promote sustainable shopping.	#ThriftShopDay #Sustainability	Story 📖
18 Aug	Bad Poetry Day	Share a humorous poem.	#BadPoetryDay #Creativity	Story 📖
19 Aug	World Photography Day	Share photography tips.	#PhotographyDay #Creativity	Carousel 📷
20 Aug	World Mosquito Day	Raise awareness about mosquito-borne diseases.	#MosquitoDay #HealthAwareness	Story 📖
21 Aug	Senior Citizens Day	Celebrate seniors.	#SeniorCitizensDay #Community	Story 📖
22 Aug	Be an Angel Day	Encourage acts of kindness.	#BeAnAngelDay #PositiveVibes	Story 📖
23 Aug	Ride the Wind Day	Share an outdoor activity.	#RideTheWindDay #Adventure	Story 📖
24 Aug	Peach Pie Day	Share a dessert photo.	#PeachPieDay #FoodieFun	Story 📖
25 Aug	Kiss and Make Up Day	Promote reconciliation.	#KissAndMakeUpDay #PositiveVibes	Story 📖
26 Aug	Dog Day	Celebrate dogs with cute photos.	#DogDay #SmartCowPets	Story 📖
27 Aug	Just Because Day	Encourage spontaneous acts.	#JustBecauseDay #FunPost	Story 📖
28 Aug	Bow Tie Day	Share a stylish photo.	#BowTieDay #Fashion	Story 📖
29 Aug	More Herbs, Less Salt Day	Promote healthy eating.	#HealthyEating #Wellness	Story 📖
30 Aug	Beach Day	Share a beach photo.	#BeachDay #SummerVibes	Story 📖
31 Aug	Eat Outside Day	Encourage outdoor dining.	#EatOutsideDay #SummerFun	Story 📖

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Your digital marketing expert

Social post ideas for September

Day	Title	Idea	Hashtags	Format
1 Sep	World Letter Writing Day	Encourage handwritten notes.	#LetterWritingDay #PersonalTouch	Story 📖
2 Sep	V-J Day	Share a historical fact.	#VJDay #History	Story 📖
3 Sep	Skyscraper Day	Post a cityscape photo.	#SkyscraperDay #Architecture	Story 📖
4 Sep	Wildlife Day	Raise awareness about wildlife.	#WildlifeDay #Nature	Carousel 🖼️
5 Sep	Cheese Pizza Day	Share a pizza photo.	#CheesePizzaDay #FoodieFun	Story 📖
6 Sep	Read a Book Day	Share a favorite book.	#ReadABookDay #BookLovers	Carousel 🖼️
7 Sep	Labor Day	Celebrate workers.	#LaborDay #Community	Story 📖
8 Sep	International Literacy Day	Promote reading and education.	#LiteracyDay #Education	Carousel 🖼️
9 Sep	Teddy Bear Day	Share a cute teddy photo.	#TeddyBearDay #FunPost	Story 📖
10 Sep	Swap Ideas Day	Encourage idea sharing.	#SwapIdeasDay #EngageWithUs	Story 📖, Poll 🗳️
11 Sep	Patriot Day	Honor and remember.	#PatriotDay #Remembrance	Story 📖
12 Sep	National Video Games Day	Celebrate gaming culture.	#VideoGamesDay #FunPost	Story 📖
13 Sep	Positive Thinking Day	Share a motivational quote.	#PositiveThinkingDay #Motivation	Story 📖
14 Sep	Eat a Hoagie Day	Fun food post.	#HoagieDay #FoodieFun	Story 📖
15 Sep	International Day of Democracy	Promote democratic values.	#DemocracyDay #Community	Carousel 🖼️

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Your digital marketing expert

Social post ideas for September

Day	Title	Idea	Hashtags	Format
16 Sep	Guacamole Day	Share a guacamole recipe.	#GuacamoleDay #FoodieFun	Story 📖
17 Sep	Constitution Day	Share a historical fact.	#ConstitutionDay #History	Story 📖
18 Sep	Cheeseburger Day	Post a burger photo.	#CheeseburgerDay #FoodieFun	Story 📖
19 Sep	Talk Like a Pirate Day	Create a fun themed post.	#PirateDay #FunPost	Story 📖
20 Sep	Punch Day	Share a drink recipe.	#PunchDay #FoodieFun	Story 📖
21 Sep	International Day of Peace	Promote peace and harmony.	#PeaceDay #PositiveVibes	Carousel 📄
22 Sep	Hobbit Day	Share a Tolkien quote.	#HobbitDay #Books	Story 📖
23 Sep	First Day of Autumn	Celebrate seasonal change.	#AutumnDay #Seasonal	Story 📖
24 Sep	Punctuation Day	Share a grammar tip.	#PunctuationDay #WritingTips	Story 📖
25 Sep	Comic Book Day	Celebrate comics.	#ComicBookDay #FunPost	Story 📖
26 Sep	Love Note Day	Encourage handwritten notes.	#LoveNoteDay #PersonalTouch	Story 📖
27 Sep	World Tourism Day	Share a travel tip.	#TourismDay #Travel	Carousel 📄
28 Sep	Ask a Stupid Question Day	Create a fun engagement post.	#AskAQuestionDay #FunPost	Story 📖, Poll 📊
29 Sep	Coffee Day	Share a coffee photo.	#CoffeeDay #MorningVibes	Story 📖
30 Sep	International Podcast Day	Promote your podcast or recommend one.	#PodcastDay #SmartCowTips	Carousel 📄

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Social post ideas for October

Day	Title	Idea	Hashtags	Format
1 Oct	International Coffee Day	Share a coffee photo.	#CoffeeDay #MorningVibes	Story 📖
2 Oct	Name Your Car Day	Fun engagement post.	#NameYourCarDay #FunPost	Story 📖
3 Oct	Techies Day	Celebrate technology professionals.	#TechiesDay #Innovation	Carousel 📱
4 Oct	World Animal Day	Raise awareness about animal welfare.	#WorldAnimalDay #Wildlife	Carousel 📱
5 Oct	World Teachers' Day	Celebrate educators.	#TeachersDay #Education	Story 📖
6 Oct	Mad Hatter Day	Share a quirky photo.	#MadHatterDay #FunPost	Story 📖
7 Oct	World Smile Day	Encourage followers to share smiles.	#WorldSmileDay #PositiveVibes	Story 📖
8 Oct	World Octopus Day	Share a fun octopus fact.	#OctopusDay #Wildlife	Story 📖
9 Oct	World Post Day	Celebrate postal services.	#WorldPostDay #Community	Story 📖
10 Oct	World Mental Health Day	Promote mental well-being.	#MentalHealthDay #Wellness	Carousel 📱
11 Oct	International Day of the Girl	Empower girls worldwide.	#DayOfTheGirl #Equality	Carousel 📱
12 Oct	National Savings Day	Share financial tips.	#SavingsDay #SmartMoney	Story 📖
13 Oct	Train Your Brain Day	Share a brain teaser.	#TrainYourBrainDay #BrainTeaser	Story 📖
14 Oct	Dessert Day	Post a dessert photo.	#DessertDay #FoodieFun	Story 📖
15 Oct	Global Handwashing Day	Promote hygiene.	#HandwashingDay #HealthAwareness	Carousel 📱

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Social post ideas for October

Day	Title	Idea	Hashtags	Format
16 Oct	World Food Day	Raise awareness about food security.	#WorldFoodDay #Sustainability	Carousel 📄
17 Oct	Wear Something Gaudy Day	Share a fun outfit.	#GaudyDay #Fashion	Story 📖
18 Oct	Chocolate Cupcake Day	Post a sweet treat.	#CupcakeDay #FoodieFun	Story 📖
19 Oct	Evaluate Your Life Day	Encourage reflection.	#EvaluateLifeDay #PositiveVibes	Story 📖
20 Oct	International Sloth Day	Share a fun sloth fact.	#SlothDay #Wildlife	Story 📖
21 Oct	Reptile Awareness Day	Raise awareness about reptiles.	#ReptileDay #Wildlife	Story 📖
22 Oct	Caps Lock Day	Create a fun engagement post.	#CapsLockDay #FunPost	Story 📖
23 Oct	iPod Day	Celebrate music history.	#iPodDay #MusicLovers	Story 📖
24 Oct	United Nations Day	Promote global unity.	#UNDay #Peace	Carousel 📄
25 Oct	World Pasta Day	Share a pasta recipe.	#PastaDay #FoodieFun	Story 📖
26 Oct	Pumpkin Day	Post a pumpkin photo.	#PumpkinDay #AutumnVibes	Story 📖
27 Oct	Black Cat Day	Celebrate cats.	#BlackCatDay #SmartCowPets	Story 📖
28 Oct	Chocolate Day	Share a chocolate treat.	#ChocolateDay #FoodieFun	Story 📖
29 Oct	Internet Day	Celebrate the power of the internet.	#InternetDay #Tech	Carousel 📄
30 Oct	Checklist Day	Share a productivity tip.	#ChecklistDay #WorkSmart	Story 📖
31 Oct	Halloween	Share a spooky photo.	#Halloween #SpookySeason	Carousel 📄, Reel 🎬

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Social post ideas for November

Day	Title	Idea	Hashtags	Format
1 Nov	Movember Begins	Share awareness content for men's health	#Movember #MensHealth	Story 📖
2 Nov	Share a Story That Inspired You	Build connection	#Inspiration #BusinessJourney	Story 📖
3 Nov	Announce a Recent Achievement	Showcase success	#BusinessMilestone #Growth	Carousel 📄
4 Nov	Ask Followers How They Discovered You	Boost engagement	#EngageWithUs #CustomerJourney	Story 📖 + Poll 🗳️
5 Nov	Bonfire Night (UK)	Share a seasonal post or safety tip	#BonfireNight #Fireworks	Reel 🎥
6 Nov	Ask Followers for Time Management Tips	Encourage interaction	#TimeManagement #WorkSmart	Story 📖
7 Nov	Create a Poll	Increase engagement with a fun question	#PollTime #EngageWithUs	Story 📖 + Poll 🗳️
8 Nov	Top 5 Trends for the Year Ahead	Share insights	#BusinessTrends #FutureReady	Carousel 📄
9 Nov	British Pudding Day	Fun foodie post	#BritishPuddingDay #FoodieFun	Story 📖
10 Nov	International Accounting Day	Share finance tips	#AccountingDay #FinanceTips	Carousel 📄
11 Nov	Discuss a Current Event in Your Sector	Stay relevant	#IndustryNews #TrendingNow	Story 📖
12 Nov	List Some Products/Services You Provide	Showcase offerings	#OurServices #BusinessUpdate	Carousel 📄
13 Nov	World Kindness Day	Encourage kindness and positivity	#WorldKindnessDay #SpreadLove	Story 📖
14 Nov	World Diabetes Day	Share health awareness content	#WorldDiabetesDay #HealthMatters	Story 📖
15 Nov	Share an Article	Offer value with curated content	#ReadThis #BusinessTips	Carousel 📄

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Social post ideas for November

Day	Title	Idea	Hashtags	Format
16 Nov	Share a Good Habit You Admire	Inspire followers	#GoodHabits #PositiveVibes	Story 📖
17 Nov	Share Tips for Staying Positive	Encourage optimism	#PositiveVibes #MindsetMatters	Story 📖
18 Nov	Inspire Your Followers	Motivational post	#MotivationMonday #PositiveVibes	Story 📖
19 Nov	International Men's Day	Share supportive content	#InternationalMensDay #MensHealth	Story 📖
20 Nov	World Children's Day	Celebrate youth and education	#WorldChildrensDay #FutureLeaders	Story 📖
21 Nov	World Television Day	Share a fun TV-related post	#WorldTVDay #Entertainment	Story 📖
22 Nov	Share Tips on Solving Issues	Offer practical advice	#ProblemSolving #BusinessTips	Carousel 📄
23 Nov	Espresso Day	Coffee-themed content	#EspressoDay #CoffeeLovers	Story 📖
24 Nov	Celebrate Your Unique Talent Day	Showcase creativity	#TalentDay #SkillsMatter	Story 📖
25 Nov	Best Practice Tip	Share actionable advice	#BestPractice #BusinessTips	Carousel 📄
26 Nov	Offer Productivity Tips	Help your audience work smarter	#ProductivityTips #WorkSmart	Carousel 📄
27 Nov	Share a Product You Find Helpful	Build trust	#ProductSpotlight #BusinessTools	Story 📖
28 Nov	Black Friday	Promote special offers	#BlackFriday #ShopSmart	Carousel 📄
29 Nov	Answer a FAQ	Educate your audience	#FAQ #CustomerCare	Carousel 📄
30 Nov	Share Festive Planning Tips	Seasonal advice	#FestivePlanning #HolidaySeason	Story 📖

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Social post ideas for December

Day	Title	Idea	Hashtags	Format
1 Dec	World AIDS Day	Raise awareness about HIV/AIDS	#WorldAIDSDay #HealthAwareness	Story 📖
2 Dec	Cyber Monday	Promote online deals	#CyberMonday #ShopSmart	Carousel 📄
3 Dec	International Day of Persons with Disabilities	Highlight inclusivity	#DisabilityDay #InclusiveDesign	Story 📖
4 Dec	National Cookie Day	Share a cookie recipe	#CookieDay #FoodieFun	Story 📖
5 Dec	International Volunteer Day	Celebrate volunteers	#VolunteerDay #Community	Carousel 📄
6 Dec	St. Nicholas Day	Share festive traditions	#StNicholasDay #HolidaySeason	Story 📖
7 Dec	Pearl Harbor Remembrance Day	Honor history	#PearlHarborDay #HistoryMatters	Story 📖
8 Dec	Pretend to Be a Time Traveler Day	Fun engagement post	#TimeTravelerDay #FunPost	Story 📖
9 Dec	Christmas Card Day	Share a holiday card design	#ChristmasCardDay #FestiveSeason	Story 📖
10 Dec	Human Rights Day	Promote equality	#HumanRightsDay #Equality	Carousel 📄
11 Dec	International Mountain Day	Celebrate nature	#MountainDay #NatureLovers	Story 📖
12 Dec	Gingerbread House Day	Post a gingerbread creation	#GingerbreadDay #HolidayFun	Story 📖
13 Dec	National Cocoa Day	Share a cozy cocoa photo	#CocoaDay #WinterVibes	Story 📖
14 Dec	Monkey Day	Share a fun monkey fact	#MonkeyDay #Wildlife	Story 📖
15 Dec	Bill of Rights Day	Educate about rights	#BillOfRightsDay #HistoryMatters	Carousel 📄

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Social post ideas for December

Day	Title	Idea	Hashtags	Format
16 Dec	Chocolate Covered Anything Day	Post a chocolate treat	#ChocolateDay #FoodieFun	Story 📖
17 Dec	Wright Brothers Day	Celebrate aviation history	#WrightBrothersDay #Innovation	Story 📖
18 Dec	Bake Cookies Day	Share baking tips	#BakeCookiesDay #HolidaySeason	Story 📖
19 Dec	Look for an Evergreen Day	Share festive greenery	#EvergreenDay #HolidayDecor	Story 📖
20 Dec	Go Caroling Day	Share caroling fun	#CarolingDay #FestiveSeason	Story 📖
21 Dec	Winter Solstice	Celebrate the shortest day	#WinterSolstice #Seasonal	Carousel 🖼️
22 Dec	National Cookie Exchange Day	Share cookie exchange ideas	#CookieExchangeDay #HolidayFun	Story 📖
23 Dec	Festivus	Share a humorous post	#Festivus #FunPost	Story 📖
24 Dec	Christmas Eve	Share festive wishes	#ChristmasEve #HolidaySeason	Story 📖
25 Dec	Christmas Day	Celebrate Christmas	#ChristmasDay #FestiveSeason	Carousel 🖼️, Reel 🎥
26 Dec	Boxing Day	Promote post-holiday deals	#BoxingDay #ShopSmart	Carousel 🖼️
27 Dec	Visit the Zoo Day	Share wildlife content	#ZooDay #Wildlife	Story 📖
28 Dec	Card Playing Day	Share a fun card game	#CardPlayingDay #HolidayFun	Story 📖
29 Dec	Tick Tock Day	Encourage goal setting	#TickTockDay #NewYearGoals	Story 📖
30 Dec	Bacon Day	Post a bacon recipe	#BaconDay #FoodieFun	Story 📖
31 Dec	New Year's Eve	Celebrate the year end	#NewYearsEve #Countdown	Carousel 🖼️, Reel 🎥

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About Us

Smart Cow Marketing is a digital marketing agency based in Croydon, London providing marketing services for small to medium sized businesses in the area.

As your trusted Digital Marketing Experts, Smart Cow uses its expertise to gain you more qualified leads.

Smart Cow works as your digital marketing department, building cost effective online marketing strategies to provide you with a good return on investment. We have a flexible approach that allows us to focus on each of the different parts of a digital campaign where and when appropriate.

Smart Cow Marketing has over 25 years of IT and marketing experience. We provide targeted campaigns to improve your online presence and provide solutions for areas of improvement. We have a team of marketers with experience in construction; architecture & design; food & drink; and accountancy to create effective campaigns and quality content. We are Google AdWords and email marketing certified, to name a few, as well as many years' experience in web development and design.

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Our tailored digital marketing campaigns will get your business noticed online and bring new enquiries to your website. We are experts in many areas that build up the digital marketing suite including: Website design and development, SEO, Social Media Marketing, Email Marketing and Pay Per Click.



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