

PLANN

May's Interactive Content Calendar

with free templates, captions + hashtag sets!

Ready to supercharge your success on socials? Don't go it alone, we've got your back! We've planned out daily post prompts, caption starters, click-worthy graphics, and targeted hashtags for every day of the week (zero guesswork required). Plus, discover how to repurpose each post for every single social platform (from TikTok to Pinterest and beyond).

1.



Repurposing Tip:



Reword caption for LinkedIn to focus on business goals

Click me for the entire May template pack!

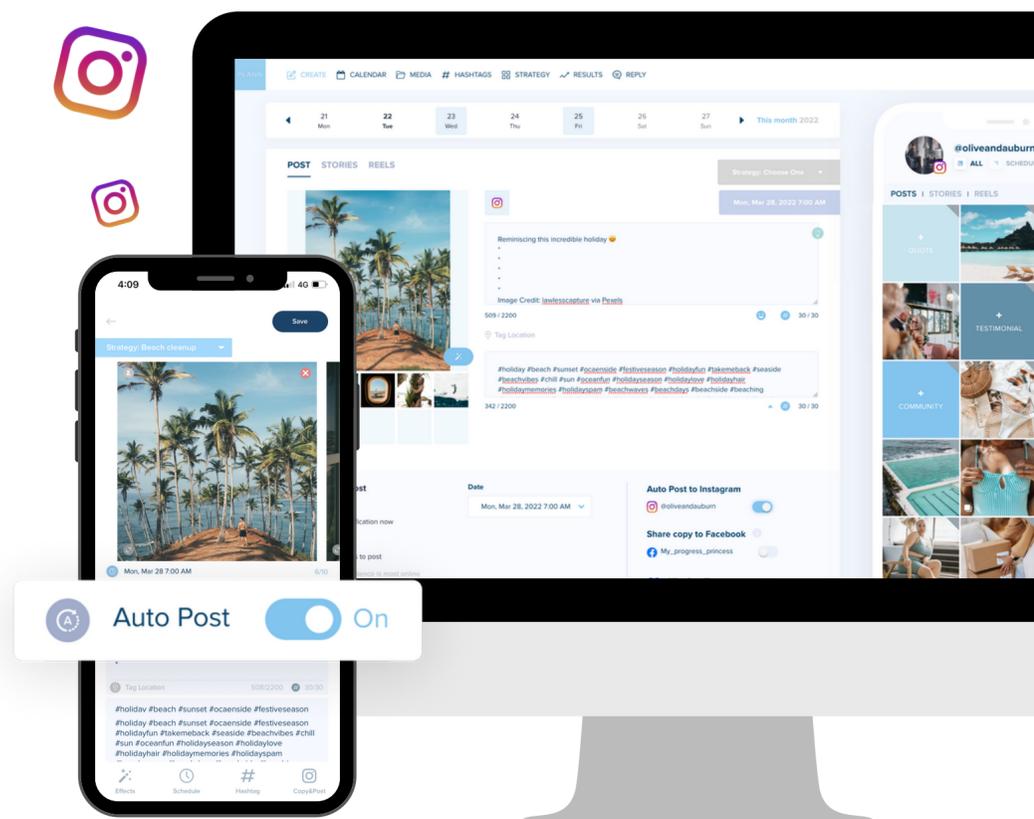
Or any of the individual dates on the next page of this PDF for their specific template.

New! You Can Now Auto Post Your Instagram Carousels.

Carousels are one of Instagram's best post types to encourage higher saves and increased engagement from your audience; and now, you can auto post them using Plann!

Schedule ALL of your Instagram grid content and let Plann auto post them for you, so you get more time back in your day.

Log in to your Plann Plus account or upgrade to design, create and auto post your carousels to Instagram from anywhere!



MAY

May

Spend less time planning your socials and more time growing your business with your entire month of social content planned out for you! Dive into our May content calendar, packed with all the content ideas, caption starters and hashtag sets you need to nail your social content this month.

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- 1.**  **May Day**

Repurposing Tip:  Ask your followers how they're celebrating May Day with an IG Stories Question sticker.
- 2.**  **Share an Inspiring Quote**

Repurposing Tip:  Create a custom branded graphic using this quote for Pinterest.
- 3.**  **World Press Freedom Day**

Repurposing Tip:  Tag a few of your favorite media outlets in your IG caption.
- 4.**  **Star Wars Day**

Repurposing Tip:  Create a TikTok ranking your fave Star Wars episodes.
- 5.**  **Throwback Thursday**

Repurposing Tip:  Create a photo album on Facebook to accompany this memory.
- 6.**  **Tip of The Week**

Repurposing Tip:  Repurpose this Carousel into a 1-page infographic on Pinterest.
- 7.**  **Product/Service Spotlight**

Repurposing Tip:  Add a Link Sticker on Instagram Stories to inspire action.
- 8.**  **Mother's Day**

Repurposing Tip:  Create a Pinterest Board curating the best Mother's Day presents.
- 9.**  **Share your Monday Morning Routine**

Repurposing Tip:  Film a Reel showcasing your Monday morning routine on Instagram.
- 10.**  **Reveal a Lesson You've Learnt in Business**

Repurposing Tip:  Write a thought leadership article on LinkedIn elaborating on this business lesson.
- 11.**  **Share a Blog Post**

Repurposing Tip:  Share a direct link to this blog in your Facebook caption.
- 12.**  **Curate an Office Playlist**

Repurposing Tip:  Share a direct link to this playlist on Facebook.
- 13.**  **Recommendation Of The Month**

Repurposing Tip:  Add a direct link to access this recommendation on Facebook.
- 14.**  **Leadership Tip**

Repurposing Tip:  Create a Carousel sharing your leadership tips on Instagram.
- 15.**  **Mailing List Promo**

Repurposing Tip:  Use the Link Sticker on Instagram Stories to boost sign ups.
- 16.**  **Love a Tree Day**

Repurposing Tip:  Share a few fun facts about trees as an infographic on Pinterest.
- 17.**  **Teach Your Audience Something New**

Repurposing Tip:  Film a punchy Reel showing the steps of this tip on Instagram.
- 18.**  **Win Of The Week**

Repurposing Tip:  Use the Question sticker to engage your audience on Instagram Stories.
- 19.**  **Office Tour**

Repurposing Tip:  Film a TikTok showing the BTS of your office or desk.
- 20.**  **Host an 'Ask Me Anything'**

Repurposing Tip:  Call out for questions on Facebook.
- 21.**  **Share a Review Or Testimonial**

Repurposing Tip:  Create a custom graphic Pin sharing this quote on Pinterest.
- 22.**  **Goal Setting For The Week Ahead**

Repurposing Tip:  Change the focus to business-related goals for LinkedIn.
- 23.**  **Interesting Statistic**

Repurposing Tip:  Poll your audience on Instagram Stories about this stat.
- 24.**  **National Scavenger Hunt Day**

Repurposing Tip:  Create a TikTok sharing a few Scavenger Hunt ideas.
- 25.**  **Relatable Meme**

Repurposing Tip:  Use the Emoji Reaction Slider sticker to boost engagement on Instagram Stories.
- 26.**  **Collab With Another Brand**

Repurposing Tip:  Cross-promote this Live broadcast with a countdown post on Facebook.
- 27.**  **Define a Piece of Industry Jargon**

Repurposing Tip:  Repurpose this Carousel into an infographic for Pinterest.
- 28.**  **National Hamburger Day**

Repurposing Tip:  Create a recipe card for your fave burger on Pinterest.
- 29.**  **National Paperclip Day**

Repurposing Tip:  Film a Reel showing how you decorate or pimp your paperclips.
- 30.**  **Memorial Day**

Repurposing Tip:  Share a Memorial Day graphic or quote to Facebook.
- 31.**  **Share Your Reflections From May**

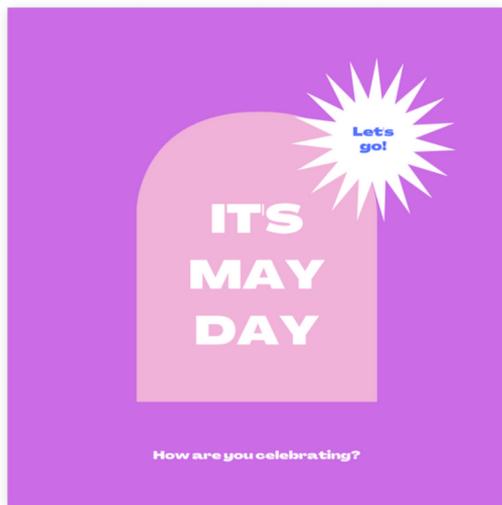
Repurposing Tip:  Create a Reel mini-vlog sharing your month gone by.

 POSTS  CROSS-PLATFORM TIPS

May's Caption Prompts + Hashtags

now with bonus tips for repurposing!

You can now download your own copy of the entire months caption prompts + accompanying hashtags sets [here](#). Follow the instructions on [page 1 of the google doc](#), and start planning your content today!



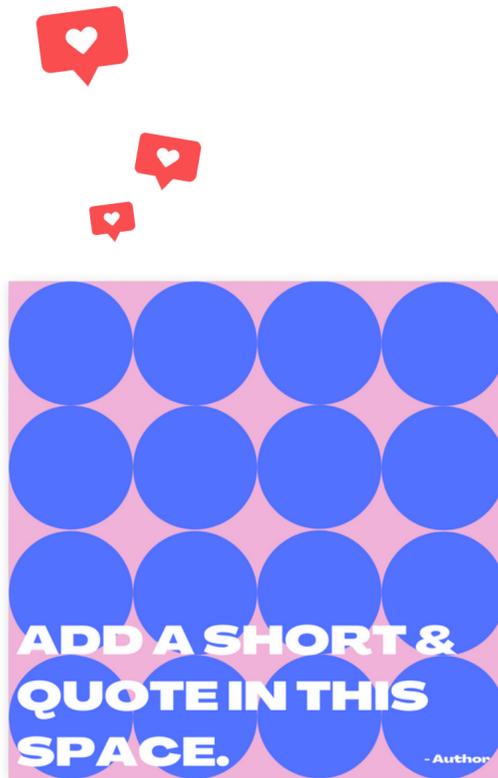
@may1 Are you celebrating May Day today? If you've never heard of this holiday before, let me give you a quick rundown!

May Day is an ancient festival that many cultures across Europe celebrate on May 1st.

As the official start of Spring, this festival usually involves lots of singing, dancing and feasting (my fave things!).

So get outdoors, get moving and eat something fresh and delicious to get in the Spring mood.

#MayDay #MayDay2022 #firstdayofspring #springmood #springvibes

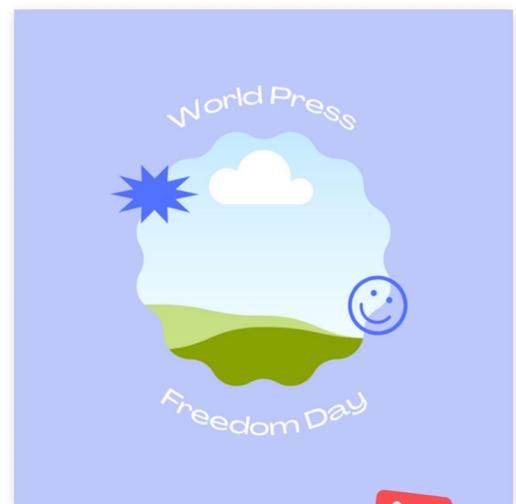


@may2 Welcome to a brand new week! To get you into the zone for a new month, I wanted to hop into your feed with a dose of inspiration.

I've been resonating with this quote from [name of quote source] because [explain the significance of this quote for you].

What goals are you working towards this week? Let me know in the comments.

#MondayMotivation #QuoteOfTheDay #InspiringQuote #WorkMotivation

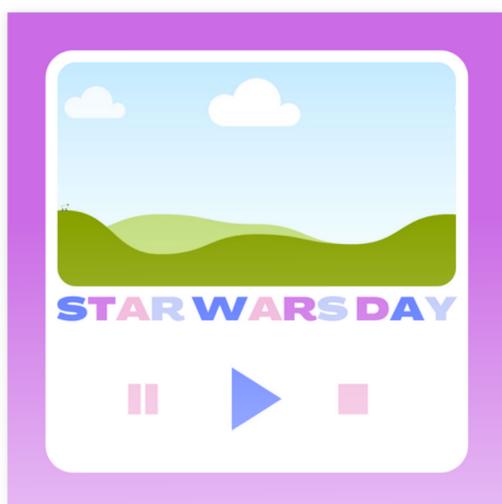


@may3 Having access to free, fair news is so important.

That's why I'm taking some time to celebrate World Press Freedom Day, a day created by the UN General Assembly to acknowledge the importance of press freedom.

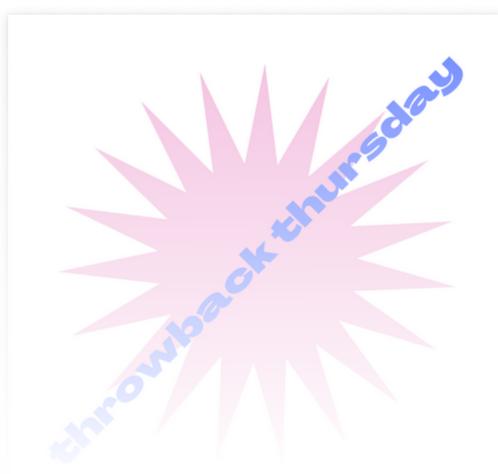
Remember: knowledge is power.

#PressFreedom #PressFreedomDay #independentpress



@may4

Who else is ready for a new week? I certainly am.



Click me for the entire list of caption prompts + hashtag sets!