



SOCIAL SQUARES

Canva Templates and Caption Prompts

THE BLACK FRIDAY FREEBIE!

WWW.SOCIALSQUARES.COM



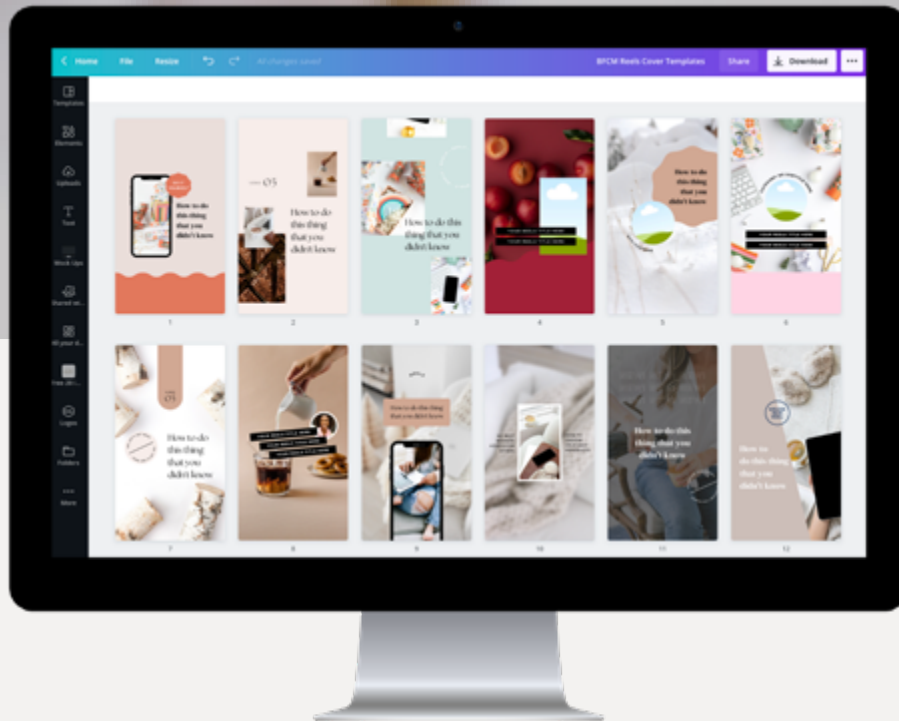
Caption Prompts

[ACCESS THE CAPTIONS HERE](#)

[LEARN HOW TO USE THE CAPTION PROMPTS HERE](#)

Accessing the swipe files will open up a Google Spreadsheet where we've created 50 done-for-you captions. We've separated each caption into content buckets, each on their own sheet. Toggle through them using the tabs at the bottom of the Google Sheet.

Just save the spreadsheet to your Google Drive (or download a CSV), copy and paste each caption into your Instagram scheduling tool, find a corresponding image in the Social Squares catalog, and you've got 50 Instagram posts done and ready!



Canva Templates

[ACCESS THE TEMPLATES HERE](#)

[LEARN HOW TO USE THE TEMPLATES HERE](#)

Accessing the templates will open up a Canva template where we've created 15 templates for Instagram Reels. Save the template to your Canva account by going and customize by adding your reels titles, screenshots from your Reel, and images from the Social Squares catalog.