Programa principal (thingspeak-twitter.py):

```python
import urllib.request
import threading
import tweepy
import autenticacao as aut
import random


auth = tweepy.OAuthHandler(aut.API_key, aut.API_key_secret)
auth.set_access_token(aut.access_token, aut.access_token_secret)
api = tweepy.API(auth)


def idSensor():
    ids = [0, 1, 2, 3]
    id_monitorado = random.choice(ids)
    return id_monitorado


def thingspeak_post():
    threading.Timer(10, thingspeak_post).start()
    id_sensor = idSensor()
    if id_sensor == 0:
        print('Valor do field: ', id_sensor)
    else:
        tweet_string = 'Alarme da região {} acionado'.format(id_sensor)
        URl = 'https://api.thingspeak.com/update?api_key='
        KEY = 'QIFF3RFAYVKZXT16'
        HEADER = '&field1={}'.format(id_sensor)
        NEW_URL = URl+KEY+HEADER
        data = urllib.request.urlopen(NEW_URL)
        print(data)
        try:
            print('Valor do field: ', id_sensor)
            api.update_status(tweet_string)
            print('Tweet enviado!')
        except tweepy.TweepError as e:
            print(e.reason)


if __name__ == '__main__':
    thingspeak_post()
```
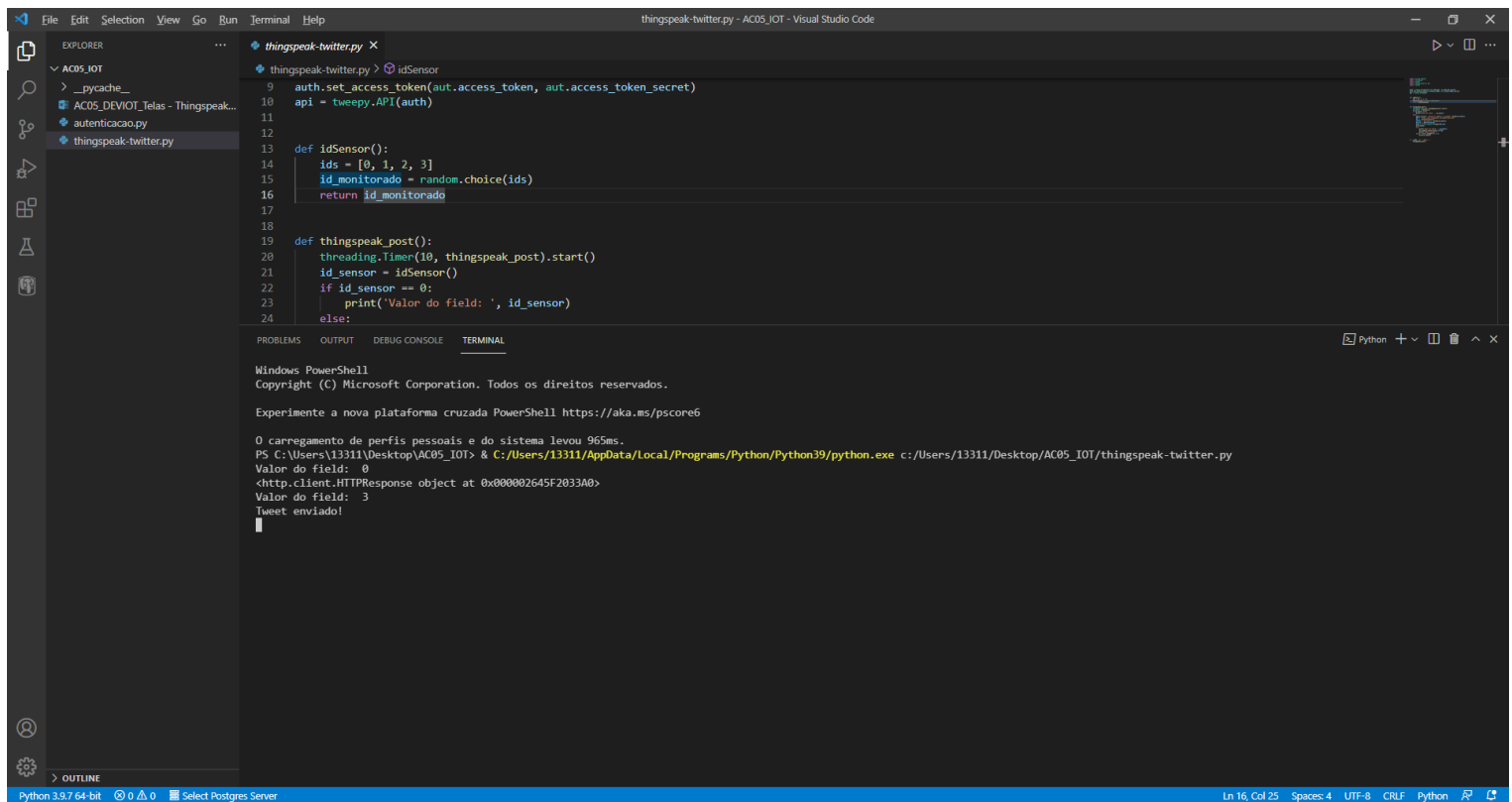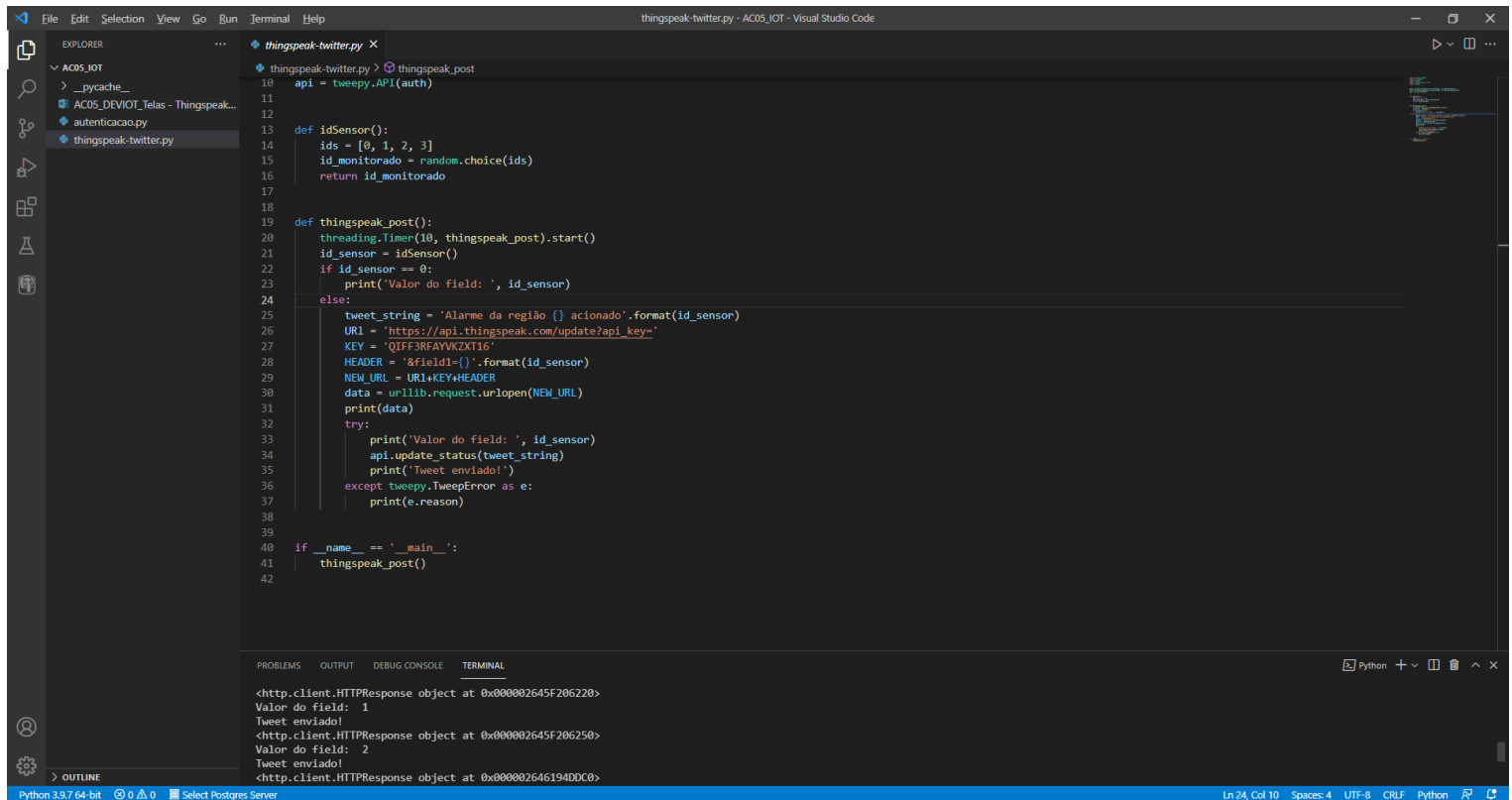
Autenticação (autenticacao.py):

```python
# Autenticação Tweepy
# OAuthHandler

API_key = 'eXIjB3Qwbna0efBfGSiDpQEjJ'
API_key_secret = 'xDf1YE2cZOCeUPILbNU5t1uoYFSLSqUsAOJuHje1NNTFTCcXt9'

# set_acess_token

access_token = '1452777056635400195-DFycOlZ2vGZVTFiWOiwOMfpUZTnKRu'
access_token_secret = 'KgRHglpQuwVsKJsK7LnPud79fXSl58gRkDQPEcc8juFon'
```

Terminal (telas após execução do programa):

ThingSpeak (pontos criados de acordo com o alarme acionado por região):
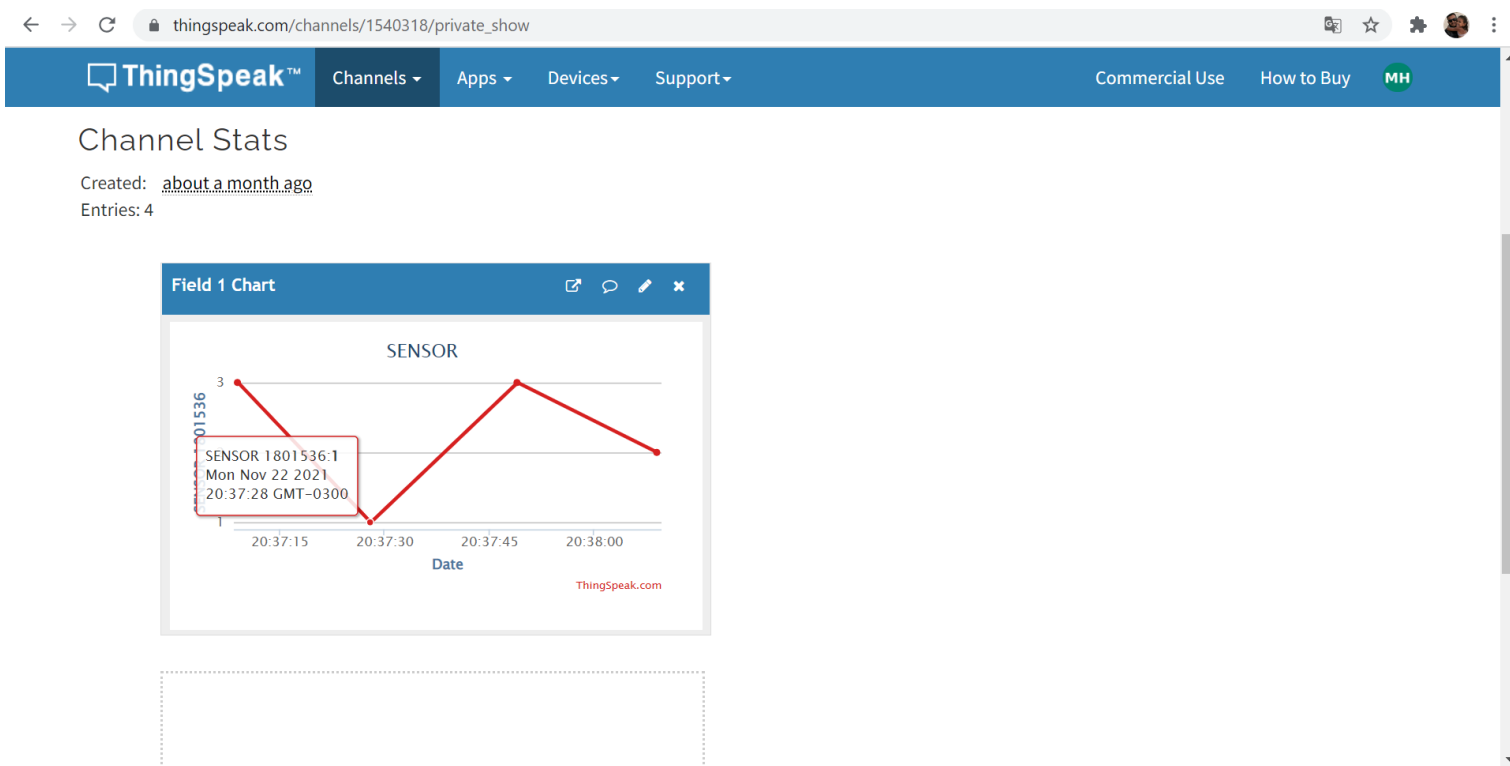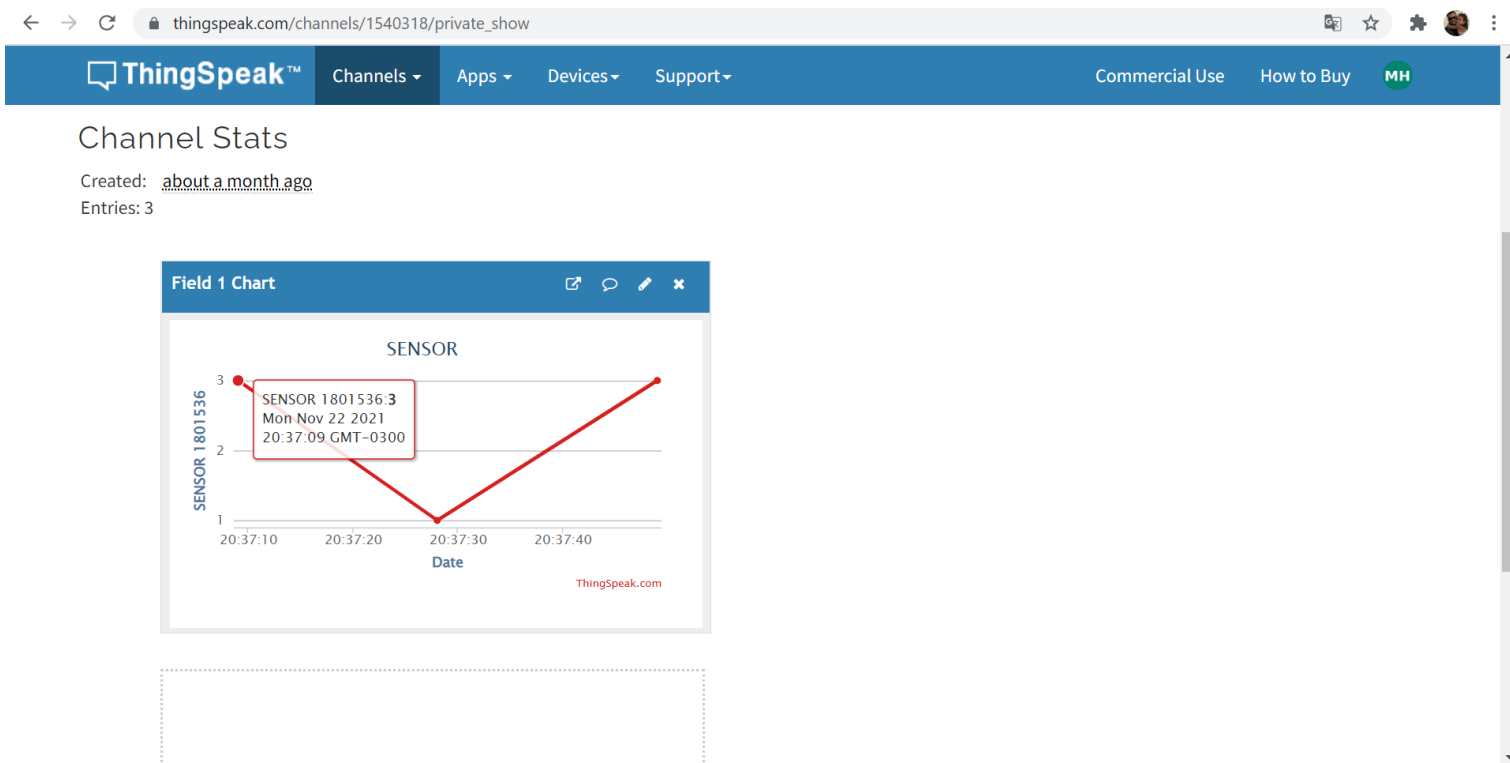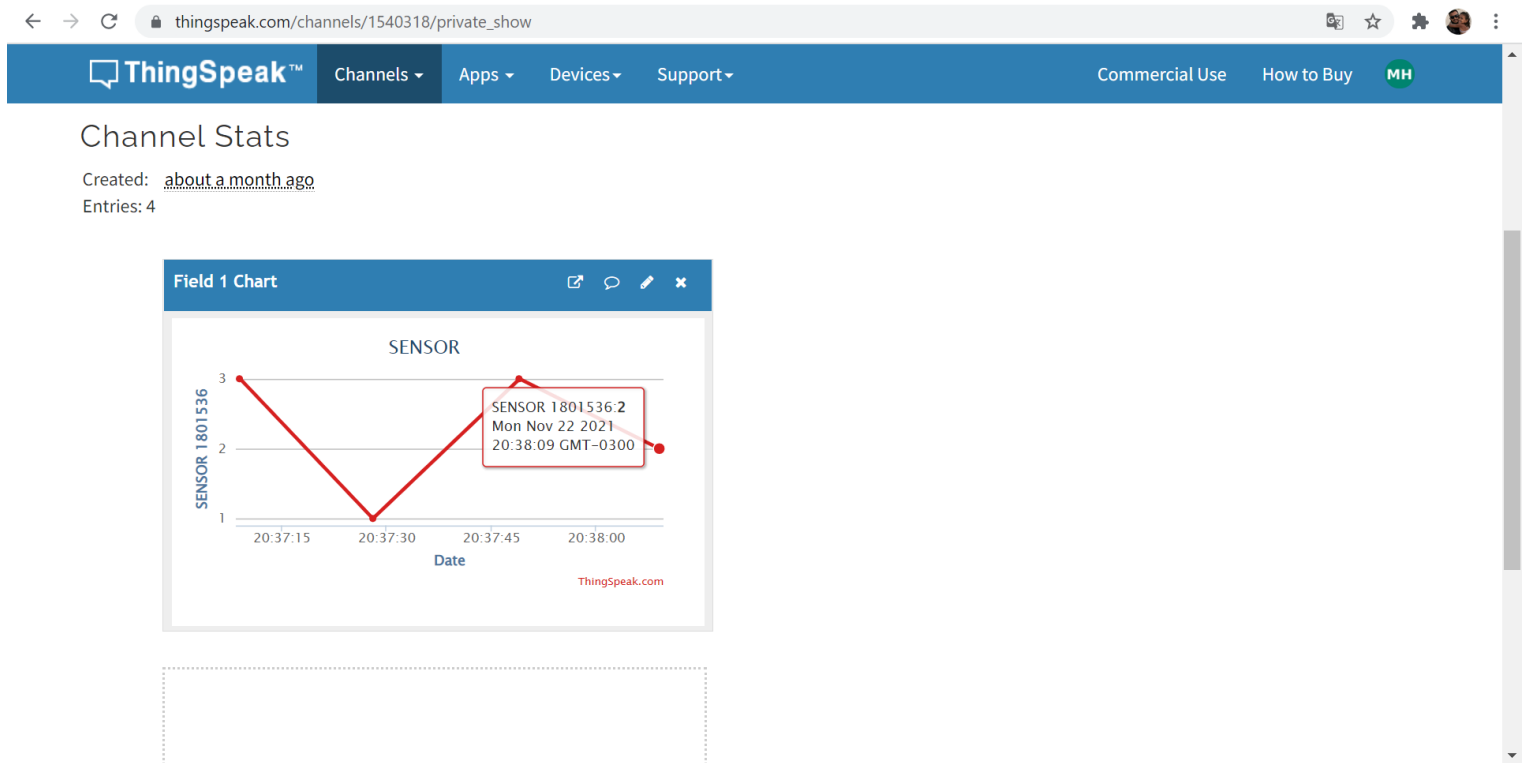
Twitter (tela com os tweets enviados):