

HEALTHY CELEBRATIONS & PARTIES + FUN CLASSROOM REWARDS



Students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy alternatives for parties or celebrations and food rewards is an important part of providing a healthy school environment.

Non-Food Items:

- ◆ School supplies (pencils, erasers, rulers, etc.)
- ◆ Paddle balls
- ◆ Frisbees
- ◆ Water bottles
- ◆ NERF balls
- ◆ Hula hoop
- ◆ Head and wrist sweat bands
- ◆ Jump ropes
- ◆ Stickers
- ◆ Yo-Yo's
- ◆ Finger puppets
- ◆ Stuffed animals
- ◆ Plastic or rubber figures
- ◆ Puzzles
- ◆ Games
- ◆ Temporary tattoos
- ◆ Key Chains
- ◆ Sunglasses
- ◆ Flashlights
- ◆ Crazy Straws
- ◆ Seeds and pot to grow a plant
- ◆ Books (reading or coloring)
- ◆ Cups
- ◆ T-shirts
- ◆ Play Dough
- ◆ Certificates of achievement
- ◆ Tickets, tokens, or letters to spell a word that would add up towards a larger prize

Individual Privileges:

- ◆ Choosing a class activity
- ◆ Lead a brain break/classroom energizer
- ◆ Helping the teacher
- ◆ Extra recess time
- ◆ "No homework" pass
- ◆ Going first
- ◆ Reading morning announcements
- ◆ Reading to a younger class
- ◆ Going to the library
- ◆ Working at the school store
- ◆ Design a bulletin board
- ◆ Draw on the chalk/white/smart board
- ◆ Sit by a friend
- ◆ Help with seedling care
- ◆ Extra credit

Rewards for the Entire Class:

- ◆ Choosing a class or teacher activity
- ◆ Eating lunch outside
- ◆ Going to lunch first
- ◆ Holding class outdoors
- ◆ Extra art, music, physical ed, etc.
- ◆ Listening to music while working
- ◆ Playing a game
- ◆ "Free choice" time at end of day
- ◆ Work on a puzzle together
- ◆ Dancing to music/dance party
- ◆ Scavenger hunt
- ◆ Watching a video
- ◆ Field trip (real or virtual)