



Non-Food Classroom Reward and Celebration Ideas

Rewards are a way to recognize achievement and celebrate success, progress, and events in students' lives. The rewards should fit with the goals and mission of the school, promote healthy living, and support nutrition and physical activity education messages throughout the school. Non-material, non-food rewards are powerful ways to recognize and celebrate students' success.

Middle School Ideas

- Talk Time: chat with friends x 5 minutes
- Listen to music
- Free Time Choice: read, do homework, draw
- Free Pass: skip 3 questions on a certain homework assignment
- Late assignment pass
- Listen to i-pod
- Have class outside
- Take lunch outside
- Word games on the board
- Sit in the teacher's chair/desk/podium for half a day
- Desk Buddy: move desk to sit by a friend x half a day, an hour, etc.
- Nature hike outside
- Indoor Scavenger Hunt
- Choose a book for the class (or game, music, physical activity break)
- Read with a friend in a special area in the classroom
- Drop in PE (if the gym is free)
- Homework buddy: work with classmate on an assignment x 15 minutes
- Call, text or email the parent about the student's success
- Post a certificate on the wall noting student's success
- Computer time
- Group game
- Read the morning announcements

Check out these resources:

Action for Healthy Kids: [Healthy Non-Food Rewards](#)
Center for Science in the Public Interest: [Healthy Classroom Celebrations](#)
Clemson Cooperative Extension: [Non-Food Rewards for Kids](#)
Choose My Plate 10 Tips: [Make Celebrations Fun, Healthy and Active](#)
Alliance for a Healthier Generation
Let's Move! [Active Schools](#)

Benefits of Non-Food, Healthy Celebrations

- Healthy kids learn better
- Promotes a healthy school environment
- Promotes consistent health messages
- Promotes focus on person and event rather than on food
- Keeps kids with food allergies/special diets safe