



## **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.

### **High School Ideas:**

- Recognition in morning announcements
- Late assignment pass
- Reduced homework
- Extra credit
- Post certificate on the wall noting student's success
- Homework buddy: work with classmate on an assignment for allotted amount of time
- Call, text or email the parent about the student's success
- Send a written note in the mail
- Have class outside
- Have lunch outside
- Music choice
- Listen to i-pod in class
- Chat break last 5 minutes of class
- Pep Rally
- Assemblies

### **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