



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.

Elementary Ideas

- Pajama Day
- Crazy Hat Day (or hair, pants, shirt)
- Super Hero Day
- Costume Day (Dress up day in the middle of winter!)
- Beach Party in January
- Have class outside
- Have lunch outside
- Game of quiet ball
- 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
- Sit on desks to read
- Call, text or email the parent about the student's success
- Announce student's success over the morning announcements
- Post a certificate on the wall noting the student's success
- Group game
- Make deliveries to the office
- Walk and Talk with the principal

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