



Healthy Class Reward Ideas

- Extra recess
- Dance Party
- Crazy hair day, hat day, sock day, etc
- Bubbles
- Face Painting
- "Water Party" – squirt bottles, water balloons, etc
- Video or picture slide show
- Class talent show
- Snowball fight with newspaper
- Class games (Freeze tag, Hot Potato, Simon says, Keep the balloon in the air, Unravel the human knot)
- Listen to music while working
- Talk time at the end of class
- Fun video
- Brain teasers
- Have class outside
- Field trip
- Using sidewalk chalk
- Play games with administrators
- "Silly" act by a teacher or principal, such as dunk tank, karaoke, pie in the face, etc
- Picnic lunch



Additional Healthy Class Reward Resources

“Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It’s like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening.”

– Marlene Schwartz, PhD, Co-Director Rudd Center for Food Policy and Obesity, Yale University

Constructive classroom rewards:

http://cspinet.org/new/pdf/constructive_classroom_rewards.pdf

Rewards and Incentives from Eat Smart, Move More NC:

http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/rewards_incentives.pdf

Alliance for a Healthier Generation:

<https://www.healthiergeneration.org/>