



Healthy Celebrations

Birthdays

- Have parents donate one of the child's favorite books to the classroom. Write their name and birthday on the inside cover, and read the book in honor of their birthday.
- Hand out trinkets like pencils, stickers, erasers to each student
- Allow child to be teacher's assistant for the day
- Create a "birthday book"—each student can write something nice or draw a picture for the birthday boy/girl
- Have a birthday box that the kid gets for the day—have a sash or crown to wear, and a certificate
- Let the birthday boy or girl create their own birthday hat
- Draw a birthday mural
- Celebrate birthdays once a month

Other Celebrations

- Have a food tasting party where children can vote for their favorite snack
- Piñata filled with non-food items
- Water party
- Picnic outside
- Dance party
- Class talent show
- Crafts
- Scavenger hunt
- Extra recess
- Students can bring in games to play
- Complete a service project as a class (make cards for a retirement home, make friendship bracelets, books or bookmarks or decorate pillows for a local shelter, make blankets for rescue dogs, make cards or puppets for the children's hospital)
- Theme parties are always fun and can lead to a lot of crafts and activities ideas (Luau, Pirates, Favorite Book Characters, Bugs, Water, and any topic the children enjoy learning about!)
- You can request SPECIFIC healthy food options from parents for any parties. This makes the choice much easier for each family.



Additional Healthy Celebration Resources

"When it comes to parties, kids are often not as concerned about foods and drinks as the adults are. Children mostly look forward to sharing special time with teachers, families and their friends. Healthy alternatives at celebrations provide consistent messages that support nutrition lessons, instead of contradicting them. When school parties promote a balanced eating style, they can help families make positive changes at home too."

-Mississippi Department of Education

Sample Administrator Letter from Alliance for a Healthier Generation:

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

Celebration ideas:

http://www.cspinet.org/new/pdf/healthy_school_celebrations.pdf

Alternative celebration ideas from Kansas City Healthy Kids:

http://www.kchealthykids.org/Resource_/ResourceArticle/29/File/HealthyAlternativesforSchoolSnacksandRewards.pdf

Celebration ideas from Eat Smart Move More North Carolina:

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

Celebrating at school with health in mind from the Mississippi Department of Education:

http://www.healthyschoolsms.org/ohs_main/initiatives/documents/SchoolCelebrations.pdf

Ideas from Oregon State University Extension:

http://extension.oregonstate.edu/fch/sites/default/files/documents/hse_healthycelebrations.pdf

Healthy Celebrations and Event Guide from Eat Smart Move More NC

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

