



Healthy Student Reward Ideas

Rewards for Elementary School Students

- Extra recess
- Bubbles
- Face Painting
- Hopscotch
- Homework pass
- Listen to music while working
- Talk time at the end of class
- Extra credit
- Brain teasers
- Eat lunch with teacher or principal
- A phone call, email, or letter sent home to parents commending a child's accomplishments
- Going first
- Going on a walk with principal or teacher
- Using sidewalk chalk
- "High Five" – hand shaped paper with a positive note either displayed or sent home
- Gift Certificate to school store
- School supplies, such as pencils, erasers, notepads
- Extra computer time
- Extra library time
- Helper for a lower grade level class
- Free Admission to a school function, such as a dance or sporting event
- Put student's photo on an "honor" board
- Getting to use a special chair for the day
- Time in the "Tinkering Center" – an area with nuts, bolts, screws, latches and other similar items where they can build and "tinker"
- Fine Diners
As a reward for excellent behavior during lunch, two children are chosen each week by the lunchroom monitors to be "Friday's Fine Diners." They are invited to sit at a table decorated with a table cloth and flowers, and are allowed to invite a friend.



Healthy Student Reward Ideas

Rewarding Middle & High School Students

- Sit with friends
- Listen to music while working
- Talk time at the end of class
- Reduced homework
- "No Homework" pass
- Extra credit
- Fun video
- Assemblies
- Computer time
- Brainteasers
- Field trip
- Eat lunch or have class outside
- Stickers
- Pencils and pens
- Erasers
- Bookmarks
- Books
- Art time
- Coupon for "one free test answer"
- Coupons/gift certificates for music stores or movies
- Drawings for donated prizes



Additional Student Reward Resources

"Recognizing kids with respect and words of appreciation are better motivators than rewards of food. Telling a child "I appreciate your help" is a healthy alternative to giving him candy for 'good' behavior." -The Clemson University Cooperative Extension Service

More alternative to using food as rewards:

<http://healthymeals.nal.usda.gov/hsmrs/Michigan/foodrewards.pdf>

Classroom reward ideas:

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

*Additional non-food reward ideas:

<http://www.svusd.k12.ca.us/healthykids/PDF/IdeasforRewards.pdf>

Rewards and Incentives Guide:

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

Disadvantages of using food as a reward in the classroom:

- *It undermines nutrition education being taught in the school environment*
- *It encourages overconsumption of foods high in added sugar and fat*
- *It teaches children to eat when they are not hungry as a reward to themselves*
- *In addition to health concerns, it is well known that children that suffer from poor nutrition score lower on tests*

**from Saddleback Valley School District, California*