LESS CANDY. MORE FUN!

Reward students for successes without sugary treats

TOP 10 fun and active ways teachers can reward students without treats:

1. Have a classroom dance party.
2. Play outdoor games (parachute play, tug-of-war game, hula hoop, etc.).
3. Work out to a fun exercise video.
4. Take an outdoor nature walk.
5. Have an extra recess or plan a recess with a special guest (principal, school nurse, secretary).
6. Play a cooperative game as a class.
7. Create a special art projects/craft.
8. Read in a special place (i.e. outside under a shady tree).
9. Assign special jobs or responsibilities.
10. Hold a classroom taste-testing (work with Food Services to come up with fun veggie or fruit samples for students to try).

Think outside the box! The opportunities to reward students in active and healthy ways are limitless.

Learn more: stillwaterschools.org/HealthyMoves

Did you know kids today are expected to live FIVE YEARS LESS than parents because of their unhealthy lifestyles? Together, we can change that! You can start by eliminating food rewards in the classroom and getting kids moving.

Food rewards, such as candy or pizza parties, contribute to childhood obesity, exclude students with allergies/diabetes/dietary restrictions and can even contribute to long-term psychological effects of using food for reward, comfort and instant gratification.

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