

NON-FOOD REWARDS

Students are often offered food, beverages and candy as rewards for accomplishments. Many of these foods have little nutritional value, but are easy, inexpensive and improve behavior in the short-term.

However, using food as a reward can teach kids to eat when they're not hungry, a habit that could last a lifetime. It also shows kids that achievements should be marked by eating and can undermine healthy nutrition practices being taught at home or at school.

Here are ideas for non-food rewards that can be utilized in the school environment.

Choose a prize.

- Pencils/Erasers
- Stickers
- Books
- Entering a raffle or drawing for a bigger prize
- Earning tokens or points for a bigger prize

Shake up your routine.

- Let the student choose a special activity
- Provide a few extra minutes of free time
- Allow student to select a special book
- Let student go first for an activity
- Give a "no homework" pass
- Host a special dress down day

Get moving.

- Lead a physical activity break
- Host a special physical activity event
- Provide extra recess or PE time
- Turn on music and let students dance for a few minutes
- Give students the opportunity to lead an activity

Show recognition.

- Give out certificates or ribbons
- Post recognition sign on bulletin board
- Give a shout out in morning announcements
- Call or send letter home to parent/guardian recognizing achievement