

## Classroom Rewards

Students learn what they live. Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

- Sit by friends
- Watch a video
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Play Tag or Hide and Seek
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Have lunch or breakfast in the classroom
- Sing fun songs (songs with actions are fun)
- Be first in line when the class leaves the room
- Get a "free choice" time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (i.e. sing)
- Have a teacher read a special book to the class
- Take a trip to the treasure box (filled with; stickers, tattoos, pencils, erasers, bookmarks, desktop tents, etc.,)