



Classroom Reward Ideas

Northwoods Dental Project
Serving Forest, Oneida and Vilas Counties

Alternatives to using food as a reward

Promote better health with these classroom reward ideas:

Kids are often offered food or beverage as a reward for "good" behavior. There are disadvantages to using food as a reward:

1. Teaches kids to eat when they aren't hungry as a reward to themselves.
2. It undermines nutrition education being taught in school.
3. Increases acid production in the mouth increasing risk of tooth decay.

Here are some Healthy reward ideas:

- Give a "free choice" time at the end of the day
- Listening to music while working
- Sit by friends

- Have the teacher read a book to the class
- Enjoy extra art time
- Have class outdoors
- Give a "No Homework" Pass
- Earn extra recess
- Play a computer game
- Play board games
- Read to a younger class
- Listen to an audio book
- Watch a movie
- Have a teacher perform (sing or play an instrument)
- Take a trip to the treasure box (filled with stickers, pencils, bookmarks, etc...)
- Choose one student from each class to walk with the Principal at lunch.



Remember Healthy Kids = Better Learning

Include activity in your classroom routine:

- * Take fitness or stretch breaks: jog in place
- * Combine activity to classroom learning
- * Encourage students to be active outside of school
- * Role model by sharing ways you are active
- * Schedule recess every day
- * Encourage active games during recess

For Fund-raising efforts consider these ideas:

Sales Ideas:

- Emergency or first aid kits
- Flowers, plants or bulbs
- Gift wrap and ribbons
- Milk Mustache photos
- Note cards
- Picture frames
- School art
- School event calendars

School logo merchandise

Seasonal decorations/fruit

Stadium seats and blankets

Veggie trays at concessions

Competition Ideas:

- 3 on 3 Basketball, Golf or Tennis Tournaments
- Fun run/walk
- Horseshoe Pitching

- Lip-sync contest
- Parent vs. Student games
- Scavenger hunt
- Sports Clinics
- Teachers vs. Students
- Variety nights
- Other ideas:**
- Book fair
- Bowling Night

- Car Wash
- Exercise Equipment
- Outdoor Pet wash
- Pet photos
- Singing grams
- Skate Night
- Spelling bee
- Student-for-hire Day
- Toothbrushes with logo

Nutrition Resources:
www.actionforhealthykids.org

Check out:
www.shapingamericasyouth.org for more resources about programs, policy & funding opportunities

Oral Health Resources:
Children's Health Alliance of WI: www.chawisconsin.org
Northwoods Dental Project: www.vilaspublichealth.com
Wisconsin Dept. of Health Services: www.dhs.wisconsin.gov

Adapted from Forest County Health Dept. "School Solutions" flyer.

Snacks should be:

Tasty: so they are enjoyable

Quiet: so classmates aren't disturbed

Neat: so desks & classrooms stay clean

Good for Bodies & Minds: so students can do their best

Small: to "hold you over" until the next meal

Kept Cold: if needed

** Beware of food allergies, which can be very serious.*