

Encouraging Kids with Non-Food Rewards

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are effective alternatives to offering food as a reward to individual students or entire classes.

- Read a book.
- Sit by friends.
- 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.
- Sing a silly song together.
- Eat lunch outside as a class.
- Earn coupons for a drawing.
- Listen to music while working.
- Make deliveries to the office.
- Play a favorite game or puzzle.
- Earn play money for privileges.
- Walk with a teacher or principal.
- Be a helper in another classroom.
- Eat lunch outdoors with the class.
- Eat lunch with a teacher or principal.
- Start and maintain a vegetable garden.
- Dance to favorite music in the classroom.
- Listen with a headset to a book on audiotape.
- Be first in line when the class leaves the room.
- Get a "free choice" time at the end of the day.
- Have a teacher perform special skills (i.e. sing).
- Have a teacher read a special book to the class.
- Earn a 5 minute chat time at the end of the hour.
- Take a trip to the treasure box

(filled with stickers, pencils, erasers, bookmarks, etc.).

