



Healthy Classroom Incentives and Rewards

Wellness Policy and Guidelines: School staff will strive to not use food or beverages as a reward and will not use food or beverages as a punishment for behavior or academic performance.

At school, home, and throughout the community kids are offered food and/or beverages as reward for good behavior. Often these rewards have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change. Offering food/beverages as a reward to students undermines the nutrition education being taught in school, encourages over consumption of foods high in sugar and fat, and teaches kids to eat when they are not hungry as a reward to themselves. This includes visits to fast food establishments as a reward.

Zero –Cost Reward Alternatives

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|---|--|
| Allow student to call parent | Help media specialist |
| Banner/poster with name/accomplishments | Homework due date extended one day |
| Be a helper in another classroom | Homework pass |
| Be appointed timekeeper for an activity | Listen to music while working |
| Board game with a special adult | Listen with a headset to an audio book |
| Cafeteria special seating | Make deliveries to office |
| Class gives student applause | Note home (keep a log for all to get a note) |
| Classroom visitors pass | Permission to use iPod |
| Computer game time (15 minutes) | Phone call home with good news |
| Congratulate student in front of class | Physical activity break |
| Coupon reward* | Play a favorite game/puzzle |
| Dance to favorite music in classroom | Play an academic computer game |
| Do work at teacher's desk for 15 minutes | Pledge leader |
| Earn play money privileges | Popcorn/Apple free |
| Eat lunch outdoors with the class | Positive note home |
| Eat lunch with teacher/principal/counselor | Read a comic book |
| Enjoy class outdoors | Read aloud to class |
| Extra art time | Read morning announcements |
| Extra credit | Read outdoors |
| Extra reading/story time | Read to students in lower grade |
| Extra recess | Reading Buddy |
| Feed the class pet | Seating pass for lunch |
| First in line for lunch, recess, and/or bus | Select friend as "study buddy" |
| Free Choice time at the end of day | Shake student's hand and congratulate |
| Free dress on Friday | Show-and-tell |
| Free time to socialize | Sit by a friend |
| Go to library to select a book | Snack (healthy) with principal |
| Hat day (wear your favorite) | Special guest (clown, musician, puppeteer) |
| Happy grams | Special trophy on desk for the day |
| Have a teacher perform a special skill (sing) | Stamp/sticker /star on back of hand |
| Have a teacher read a special book | Teach the class |
| Help custodian | Teacher/principal call home with good report |

Tell a joke or riddle (select from jar)
 Thumbs Up or other sign of praise
 Use teacher's chair at your table/desk
 Walk with a teacher during lunch
 Watch a video
 Wear a badge/sign "student of the day"

Wear a crown
 Wear favorite hat
 Work a crossword puzzle
 Write/draw on blackboard/whiteboard/easel

Low-Cost Alternatives for Rewards

Books
 Bookmarks
 Bracelets
 Coloring books
 Donated prize
 Erasers
 Free passes to school events/games

Jump rope
 Markers
 Paper certificate/award
 Pencils/Pens
 Stickers
 Trading cards
 Treasure box



***Coupon Reward System**

Print a coupon with various student rewards listed. When teachers or other staff believes a student deserves recognition and a reward, they give the student a pre-printed coupon. The student should write their name on the coupon and check the reward they would like to "win". The faculty or staff member writes their name on the back of the student coupon. All coupons are given to the principal for a drawing, (weekly, monthly, etc.). For every coupon drawn, the teacher is also rewarded and given a Staff Reward Choice Coupon to "cash in". Here's a coupon example:

Student Reward Choice Coupon	
Student's Name:	
Teacher's Name:	
<input type="checkbox"/>	Board game with a special adult
<input type="checkbox"/>	Classroom visitor pass
<input type="checkbox"/>	Fifteen minute computer time
<input type="checkbox"/>	First in line pass
<input type="checkbox"/>	Free dress on Friday
<input type="checkbox"/>	Free homework pass
<input type="checkbox"/>	Free popcorn on Popcorn Day
<input type="checkbox"/>	Positive note home
<input type="checkbox"/>	Reading buddy
<input type="checkbox"/>	Snack with principal
<input type="checkbox"/>	Special cafeteria seating
<input type="checkbox"/>	Study buddy
<input type="checkbox"/>	Wear your favorite hat day

Staff Reward Choice Coupon	
Teacher's Name:	
<input type="checkbox"/>	Duty free day
<input type="checkbox"/>	Duty free period
<input type="checkbox"/>	Eat lunch at a different time
<input type="checkbox"/>	Free after-school meeting pass
<input type="checkbox"/>	Jean Day
<input type="checkbox"/>	Leave 15 minutes early
<input type="checkbox"/>	Parking space for day

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