

HEALTHY CLASSROOM CELEBRATIONS

IDEAS FOR TEACHERS

Time to Party! Birthdays, Holiday's, and Special Occasions can be a fun time for students, teachers and parents. Many times these parties also involve foods that are very high in sugar, fat and sodium- far exceeding the standard daily limits. There are many great ways to recognize and celebrate students without food. Classroom parties can be a great opportunity to promote healthy lifestyle choices. Below are some non-food ideas can cut out the empty calories and boost the fun!

NON-FOOD REWARDS

- Pencils, pencil sharpeners or erasers
- Books or Bookmarks
- Puzzles
- Notepads
- Coloring Sheets
- Stickers
- Sidewalk Chalk
- Matchbox cars
- Bubbles
- Activity / Game sheets
- Special occasion classroom items
- "Free Choice" activity

MOVE AND PLAY TOGETHER

- Provide extra recess
- Go for a Nature Walk
- Design an obstacle course
- Play an active game
- Scavenger hunts
- Jeopardy or Kahoot
- Extra Art time / Craft Stations
- Do an Exercise Video Together (GoNoodle or Jammin Minute)
- Eat lunch Outdoors
- Limbo contest with music
- Reading time in a Special place

SHOW RECOGNITION

- Decorate the students Desk
- Special Crown or Sash
- Classroom Leader for the day
- Eat lunch with the Principle
- Sit at the Teachers Desk
- Be a Helper in another Classroom
- Give a shout out in the school announcements
- Let the birthday child choose an activity or game

