



Action Schools! BC

Non-Food Rewards For Children and Youth

Food preferences can be affected when they are associated with rewards or praise. Using unhealthy food as a reward sends mixed messages to students. Using healthy food as a reward links and supports the healthy eating messages and curriculum.

Try any of these alternatives to food rewards or ideas that can be useful to encourage positive behaviour.

No Cost Alternatives

- attention, praise or thanks
- going first in line
- teacher's assistant
- read or have class outdoors
- extra recess
- read to a younger class
- reduced or no homework pass
- extra art, music, PE or reading time
- listening to music while working
- make deliveries to office
- play favourite game or puzzle
- "free choice" time at the end of the day
- a song, dance or performance by the teacher or students
- a book read to the class
- listen with a headset to a book or CD
- going to the library to select a book to read
- reading school announcements
- designing a class or hall bulletin board
- writing or drawing on the whiteboard
- one extra day extension for an assignment etc.

Low Cost Alternatives

- school supplies, e.g. ruler, pencil sharpener, pen, pencil, eraser, glitter glue, marker, highlighter, notepad/notebook
- sticker or stamp
- ribbon, certificate or card with an affirming message, e.g. "great job!"
- photo recognition board in a prominent location in the school
- bookmark
- shoe laces, chapstick
- water bottle
- activity items, e.g. jump rope, hula hoop, disc, ball, pedometer, hacky sack, bean bag
- plastic sliding puzzle or other puzzle game
- playing cards
- temporary tattoos
- key chain
- crazy straw
- book
- a plant or seeds and pot for growing a plant
- "mystery pack", e.g. notepad, folder, cards, etc.
- take a trip to the treasure box, e.g. non-food items
- enter a draw for donated prizes
- create class "money" for students to accumulate to purchase items, e.g. the items on this list etc.

Ask students for more...

RECOMMENDED RESOURCES:

- 1 Classroom Healthy Eating Action Resource (K to 7) and Workshop at www.actionschoolsbc.ca
- 2 Eat Smart Celebrations at www.actionschoolsbc.ca
- 3 Action Pages! at www.actionschoolsbc.ca