



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.

Encourage positive behaviour with these alternatives to food rewards.

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
- 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
- opportunity to lead the class in an activity

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. ball, skipping rope, hula hoop, disc, 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

Ask students for more...

RECOMMENDED RESOURCES:

(refer to www.actionschoolsbc.ca for these and other resources)

- Action Schools! BC – Healthy Eating Resources – K to 7 (F); Healthy Eating Teacher Workshops; Eat Smart Celebrations (F) – at www.actionschoolsbc.ca