

Non-Food Rewards Ideas

Non-food rewards promote a healthier school environment by encouraging healthy eating habits. Kids naturally enjoy healthy eating and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. The following are some alternatives for students to enjoy instead of being offered food as a reward.



- stickers
- bookmarks
- activity/game sheets
- extra recess
- computer time
- sit with friends
- have lunch in the classroom
- walk with the principal/teacher
- fun physical activity break
- drawings for donated prizes
- teacher performs special skill
- field trip
- read to a younger class
- get a free choice time at end of day
- bank system tokens for privileges
- teacher reads a special book
- listen to music while working
- brainteasers
- earn play money for privileges
- erasers
- rulers
- reading time
- extra art time
- teach class
- eat lunch outdoors
- show & tell
- dance to favorite music
- have a free choice time
- coupons to video/music store
- pencils/pens/marker
- books
- game time
- assemblies
- be the helper
- eat lunch with the principal/teacher
- watch a fun video
- listen to a book on tape
- certificates
- make deliveries to office
- home work time or reading time in a special place

