

# HEALTHY CLASS CELEBRATIONS

AT ROCORI

Birthdays, celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices at school.



## EXAMPLES OF HEALTHY CLASS CELEBRATIONS

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### Non-Food Rewards

- Pencils, pencil sharpener or erasers
- Books or bookmark
- Enter a drawing or raffle
- Earn points towards a prize
- Stickers
- Box with non food items
  
- Coloring book
- Tickets to a school event
- Notebooks
- Sidewalk chalk
- Brainteaser puzzles, group activities and games
- Access to items that can only be used on special occasion
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### Move Together

- Lead a special physical activity break (GoNoodle or Jammin Minute)
- Host an event such as a dance party
- Provide extra recess
- Turn on the music - sing and dance!
- Have a themed parade
- Give the opportunity for students to make deliveries to the office
- Play an indoor game of students' choice
- Go for a walk
- Play an active game
- Design an obstacle course
- Dance as you sing happy birthday

### Show Recognition

- Give a certificate or a ribbon
- Post a sign in the classroom
- Give a shout out in the school wide morning announcements
- Have child read the announcements
- For birthdays, decorate the student's desk and allow children to wear a crown or special sash
- Eat lunch with the teacher or principal
- Make a sign, button, or badge
- Sit in the teacher's chair at a special time
- Go to the front of the line or lead the class
- Eat lunch at a special table with a friend.