

Healthy and Active Celebrations

Let's celebrate in healthier ways!

Celebrating Birthdays!

- Creating a special birthday event (the child wears a birthday crown, sits in a special chair, or receives a birthday pencil).
- Assigning the birthday child to be a teacher's assistant for the day or the line leader.
- As a class, make a special card for the birthday child.

Celebrating Actively!

- Creating fun active experiences such as extra recess time, scavenger hunt, arts and crafts with music in the background, bingo w/ prizes, & free choice activity time at the end of the day

Contact us!

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Healthy Food Celebrations!

- Incorporating fresh fruits and vegetables
- Yogurt parfaits with fresh fruit and granola
- Fun Water: Add sliced lemon, limes, oranges, grapefruits, kiwi, berries, melons, cucumbers or a sprig of mint to add natural flavor to water.

PARTY WITH PERSPIRATION

Incorporating activity into celebrations can improve students' focus and learning!

FRIENDLY COMPETITION

Foster teamwork and support physical activity through a favorite team event!

CASH IN ON FITNESS

Enable students to earn "School Mascot Dollars" to spend on extra recess or gym time!

INSPIRING ARTISTS

Reward with art; students can earn "star bucks" which can be traded for items or events such as face painting, chalk drawing and/or dance parties.

NON-FOOD CELEBRATIONS....

Support the focus on learning, promote equality among the students and protect those with food allergies!