

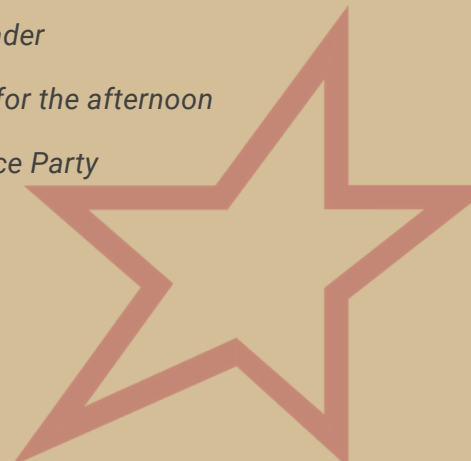
FOOD-FREE CLASSROOM REWARDS

Research shows that moving away from food-based rewards is a win for both safety and long-term health. Avoiding treats, even the small ones, prevents the accidental reinforcement of emotional eating habits and avoids the "sugar crash" cycle that disrupts focus. Here are some ideas to consider to replace food-based rewards in the classroom brought to you by the Maize USD 266 Wellness Committee.

PRE-K THROUGH 4TH GRADE REWARDS

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| ☐ Shoes off in class | ☐ Themed-Dress Days: PJs, Hats, Etc |
| ☐ Sit at the Teacher's Desk for a day | ☐ Stickers, Desk Pets, Pencils, Erasers |
| ☐ Fancy Pen Pass - use a pen on an assignment | ☐ Brag Tags |
| ☐ Positive Email Home | ☐ Show & Tell Day |
| ☐ Pick a Fun Seat (ex: Bean Bag) | ☐ Game Time (Heads Up 7 Up or Sparkle) |
| ☐ Student Jobs: Line Leader, Class DJ | ☐ Mystery Reader |
| ☐ Extra Recess | ☐ Desk-Swap for the afternoon |
| ☐ Reading Rewards: Read-In, Flashlight Reading | ☐ 1-Song Dance Party |

[Find More Healthy Reward Ideas Here!](#)



5TH - 8TH GRADE REWARDS

- ☐ *Comfort-based rewards - Shoes Off, Pick the Lights, Bring a Blanket*
- ☐ *Coupons: Skip a Question, Homework Insurance, One Free Tardy*
- ☐ *Positive Email Home*
- ☐ *Extra "Rights" - Extra Chromebook Time, Class DJ, Leave class 1 minute early*
- ☐ *Preferred Seating - Bean Bag, Rolling Chair, Teacher's Desk, Pick Your Seatmate*
- ☐ *Stickers, Desk Pets, Pencils*
- ☐ *Discounted tickets to a school event*
- ☐ *Brag Tags*

“Most kids enjoy hearing their successes acknowledged in front of their peers.”

HIGH SCHOOL REWARDS

- ☐ *Comfort: Shoes Off, Bring a Blanket, Pick the Lights (Big Lights or Fairy Lights)*
- ☐ *Coupons: Skip a Question, Homework Insurance, One Free Tardy Pass*
- ☐ *Positive Email to a Coach, Club Sponsor, & Parents*
- ☐ *Extra "Rights" - Earbuds during work time, Class DJ, Extra Chromebook time*
- ☐ *Preferred Seating: Bean Bag, Rolling Chair, Teacher's Desk, Pick Your Seatmate*
- ☐ *Legend Wall to recognize "Hall of Fame" effort or work*
- ☐ *Discounted Tickets to a School Event (Musical, Dance, Club Membership)*
- ☐ *Coupons to local businesses*
- ☐ *"Half Time" break in the middle of class to relax and reset*
- ☐ *Game Time - 5 minute break to play a game together and build classroom culture*
- ☐ *Free Time: 10 minutes to do what they want/need at the end of class*
- ☐ *Embarass the Teacher: Earn the right to see your teacher do a tiktok dance or wear a ridiculous costume for the class period*



Physical activity as a classroom reward boosts student engagement, improves concentration, and reduces disruptive behavior, providing a healthy alternative to traditional rewards.