



Non-Food Rewards for Students

Food is frequently used to reward students for good behaviour and classroom success. It can teach students to eat when they're not hungry, increase the risk for tooth decay and cause students to value less healthy food choices.

Rewarding a child with a smile and a kind word is, in itself, the best encouragement that can be given.

HERE ARE SOME SUGGESTIONS FOR NON-FOOD REWARDS

Create a "Prize Box." Students and teachers write down privilege ideas and put them in the box. The rewarded students draw from the box. Older students may respond more favourably to accumulating play money or coupons, which they can redeem for prizes or privileges. Here are some ideas to include in your "Prize Box:"

- ✓ Run errands for the day
- ✓ Erase the boards or help with the SMARTBoard
- ✓ Call out the names on the attendance list
- ✓ Have extra art or computer time
- ✓ Take care of class animal or mascot
- ✓ Sit at the teacher's desk for an activity
- ✓ Have lunch with the teacher, a sibling or a friend
- ✓ Wear a hat, a pin or another item of recognition
- ✓ Be first in line all day or first out for recess
- ✓ Select a library book before the rest of the class or for circle time

Suggestions for rewarding the entire class:

- ✓ Extra recess time
- ✓ Extra art or computer time
- ✓ A classroom walk, hike, or outdoor game
- ✓ Class party with games, music, or dance
- ✓ Hold an outdoor class

Non-food rewards do not need to be large material rewards. Here are some ideas:

- ✓ Stickers
- ✓ Bookmarks
- ✓ Art supplies
- ✓ Chalk
- ✓ Colouring book
- ✓ Reusable bottle of water
- ✓ School supplies (pencil, eraser)
- ✓ Sports equipment (jump rope, Frisbees)
- ✓ Organize a raffle with recycled or used items that are still in very good condition provided by teachers or families. For each good deed, the student earns a place in a ballot for a chance to win a gift of their choice.

