

## Non-Food Rewards

Rewarding students with food contradicts the teaching and modeling of behaviors and skills that promote health, and teaches children to eat when they are not hungry.

Try some of the following suggestions.



- ◆ Be a teacher's helper
- ◆ Sit beside friends
- ◆ Play a game
- ◆ Do puzzles
- ◆ Stickers, pencils, bookmarks
- ◆ Physical activity break  
(dance to music, go for a walk with the teacher)
- ◆ Show-and-tell
- ◆ Enjoy class time outdoors
- ◆ Extra art time
- ◆ Reduced homework
- ◆ Teacher reads a story to class
- ◆ Field trip