

## Rewards and Incentives

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Positive reinforcement can be very powerful for students and schools are encouraged to continue to reward students when appropriate. However using food as a reward or incentive is no longer permitted. Children need to eat when they are hungry and stop when they are full if they are to develop a healthy relationship with their bodies as well as learn healthy eating behaviors. Using food as a reinforcer teaches children to eat when they are not hungry. Finding alternatives to food to reinforce behavior is an important part of providing a healthy school environment.

### Fun interesting rewards & incentives:

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#### School Supplies:

- Bookmarks
- Books or magazines
- Activity or game sheets
- Erasers, pencils, pens, markers, etc.
- Pencil toppers
- Rulers
- Notebooks
- Highlighters, crayons, etc.

#### Extra time:

- Chat break at the end of class
- Work on the computer
- Dance to favorite music in the classroom
- Extra recess
- Extra time in favorite class (Art, Music, etc)
- Reading time
- Free choice time at end of the day

#### Class activities:

- Have class outside
- Eat lunch outdoors
- Watch a movie
- Field trips
- Game time
- Guest presenter/speaker
- Listen to music while working
- Party hour with music and balloons after a big test or before school vacation
- Take a fun physical activity break
- Physical activity break from class

### Trinkets or Toys:

- Small sports equipment (Frisbees, balls, skipping ropes, etc.)
- Stars or smiley faces
- Stickers
- Clothing
- Plastic jewelry
- Small stuffed animals
- Sun glasses
- Balloons
- Bubbles
- Yo-yo's
- Sports or playing cards
- Finger puppets
- Silly putty
- Animal or other creature figurines
- Inflatable toys
- Shoe laces
- Crazy straws
- Hair clips
- Coloring books

- Sidewalk chalk
- Songs for iPods
- Apps for phones
- Passes to sporting events in community

### Other fun options:

- "No homework" pass
- School clothing
- Draws for donated prizes
- Eat a healthy lunch with the teacher or principal
- Free passes to school events, such as dances, and games
- Fun walk with the principal or teacher
- Make deliveries to the office
- Prime parking spot
- Recognition with morning announcements
- Sit with friends
- Taking care of the class pet
- Teach class

**Point system:** Students earn "points" to accumulate toward a *non-food* prize. Students can receive fake money, coupons, tokens, stars, or stickers, which can be exchanged for privileges or prizes when enough are accumulated. The point system can also be used for an entire class to earn a group reward.