

Healthy Student Incentives

Create a healthier environment by using these nonfood rewards and jumpstart your own creative ideas.

Fun for all Ages

- Extra music and reading time
- Time for music and dancing
- Music while doing school work
- Chat break at the end of class
- Extra computer time
- Free time at the end of class or end of day
- Day for watching a movie
- Group activity
- Games
- Fun walk with the principal or teacher
- Homework coupon
- Coupon for prizes and privileges
- Certificate/trophy/ribbon/plaque
- Gift certificate to local non-food merchants
- Free pass to sporting event or play
- Walk break from class
- Guest presenter in class
- Field trip

Elementary School Students

- Extra recess or P.E. time
- Fun physical activity break
- Stickers, pencils, bookmarks, certificates, pencil toppers
- Read outdoors or enjoy class outdoors
- Paperback book
- Teacher or volunteer reads special book to class
- Special lunch privileges such as eat lunch with teacher or principal, sit by friends, or lunch in the classroom or outdoors (have school nutrition prepare a sack lunch)
- Be a helper in another classroom or make deliveries to the office
- Lead the class to lunch, library, recess or on a "follow the leader" walk on the playground
- Take care of the class pet
- Play a favorite game or do puzzles
- Watch a fun video
- Trip to treasure box (filled with nonfood items such as stickers, pencils, erasers, bookmarks)
- Listen with headset to a book on audiotape
- Earn play money for identified privileges
- Extra art time
- Use special occasion items (special art supplies, computer games, toys)



Healthy Student Incentives

Middle School Students

- Sit with friends
- Five to ten-minute chat break at end of class
- Reduced homework, late homework or no homework pass
- Extra credit
- Fun video
- Fun brainteaser activities
- Magazine subscription
- Step Counter
- Pep rally

High School Students

- Extra credit
- Fun video
- Prime parking spot
- Pep rally
- Choose music to play in cafeteria at lunch time
- Sit with friends
- T-Shirt/Hat/Sunglasses
- Magazine subscription
- Recognition at morning announcements
- Small sports equipment
- Reduced homework, late homework or no homework pass
- Coupons to video stores, music stores or movies (from donations)
- Drawings for donated prizes among students who meet certain grades standards



Simple Active Play Ideas for Groups

- Write in the air with body parts: Spell your first name with your right elbow, last name with the left elbow, city you live in with right foot, state you live in with left foot and so forth.
- Ball toss. Give each person a plastic cup and start a Wiffle® ball (or foam ball) toss. Use one or several balls at once, stand in parallel lines or a circle depending on age and space available.
- Write letters or numbers on paper plates, pass out the plates to participants and have them toss the plates like Frisbees®. Call for them to stop throwing and have all participants pick-up a plate. Announce a word; with the letters (or numbers) on their plates, ask them to form groups to spell a word (or add a number).

