



# CLASSROOM CELEBRATIONS FOR THE CHILD.

Help your child's classroom move away from using food as rewards. Non-food gift bags can be given for birthday celebrations or everyday recognition. These can include:

- Pencils
- Pens
- Crayons
- Markers
- Erasers
- Coupons
- Key chains
- Shoelaces
- Bracelets
- Rings
- Necklaces
- Notepads
- Coloring books
- Sticker tattoos
- Crazy straws
- Sidewalk chalk

**Re-think classroom birthday parties and celebrations by taking the focus off of food, while incorporating more physical activity into the school day. Instead of sending your child with cupcakes or sweet**

**treats to share with classmates, you can:**

- 1.** Have your child wear something special
- 2.** Have your child pick a game to play at gym or recess
- 3.** Have a classroom dance party
- 4.** Ask the teacher for extra recess time on your child's birthday
- 5.** Send a favorite book to school with your child and have the teacher or a special person read it aloud to the class.
- 6.** Ask the teacher if your child can have a special role on their birthday (e.g., Line Leader, Teacher's Assistant)



For more healthy classroom tips, visit [spps.org/wellness](https://spps.org/wellness)



# CLASSROOM CELEBRATIONS FOR THE CHILD.

**Re-think birthday celebrations by eliminating food treats and beverages from your child's classroom. It's easier and safer for students and teachers, and it's healthier too.**

Bringing food treats can exclude students with cultural restrictions and/or allergies and medical conditions. It also puts a burden on families to buy treats for the entire classroom. Ask your teacher for fun and FREE alternatives on how to celebrate your child's birthday.

## **TEN treat-free ways to celebrate birthdays at school:**

- 1.** Have a 10 minute classroom dance party
- 2.** Send a favorite book to school with your child and have the teacher or a special person read it aloud to the class
- 3.** Have your child wear something special
- 4.** Ask the teacher for extra recess time on your child's birthday
- 5.** Eat lunch with your child
- 6.** Organize a special classroom craft
- 7.** Ask the teacher if your child can have a special role on their birthday (e.g., Line Leader, Teacher's Assistant)
- 8.** Create a special birthday box that children can use to exchange birthday wishes
- 9.** Have child bring in a picture collage or video about themselves to share with class
- 10.** Ask the teacher to schedule time to play with a fun item that doesn't get used every day or is saved for special occasions (e.g., parachute)



For more healthy classroom tips, visit [spps.org/wellness](https://spps.org/wellness)



# CLASSROOM CELEBRATIONS FOR THE CHILD.

Reward students on their achievements in a healthier way!

Food-based rewards like pizza parties and candy can:

- contribute to childhood obesity
- exclude students with cultural restrictions and/or allergies and medical conditions

## TEN suggestions for memorable, classroom celebrations without food:

1. Have extra recess time outside
2. Have a classroom dance party
3. Create a special class art project
4. Have a theme day (e.g., Pajama Day, dress like favorite character in a book day)
5. Schedule time to play with a special fun item that only gets used for special days (e.g., parachute, scooters)
6. Go on a class scavenger hunt
7. Do a class talent show
8. Have extra choice time
9. Take a special field trip
10. Listen to music while working

