

# Classroom Teacher Rewards

Food Smart Schools • an naq nutrition program

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## Non Food Classroom Rewards

As teachers know, classroom rewards can be an effective way to encourage positive behaviour. Using unhealthy foods as rewards contradicts healthy eating messages. There are a wide variety of alternative non-food rewards listed below, that can be used in the classroom:

### Recognition Rewards

- Trophy, Ribbon, Plaque or Certificate with affirming message (e.g. Great Job!) presented in front of the class/school
- Name announcement at assembly or school function
- "Student/Classmate of the Week" with photo in a prominent position in the class/school
- Congratulatory phone call, e-mail, letter or note sent home to parents

### Privileges Rewards

- Going first in class activities
- Choosing the book to read or the game to play in class
- Extra reading or computer time
- Helping the teacher or being a teachers assistant
- Writing or drawing on the blackboard/whiteboard
- Early lunch or morning tea break

### Sporting/ Physical Activity Ideas

- Choice of game to play at recess/ activity time
- Water bottles
- Hula hoop, Jump Rope, Frisbees,
- Yo-yo's, bubble blowers or hacky sacks

### School Supply Ideas

- Rulers, pencil sharpeners, pens, pencils, glue sticks, eraser, or highlighters
- Stickers or stamps – possibly to add to a collection
- Bookmarks, exercise books or notepads

### No Cost Rewards

- Attention, praise or thanks from the teacher
- Allowed to sit next to friends
- "Free Choice" time at the end of the day
- Selection from "Treasure Chest or Mystery Box"
- Create a class money system, where students are rewarded with 'fake money' to purchase items off a list

### Low Cost Rewards

- Hair ties, plastic clips or shoe laces
- Plants or seeds to grow a plant
- Playing cards

### Individual Rewards

- Allowed to listen to music – through headphones
- Making announcements to class or school
- Reduced homework or "No Homework" Pass
- Taking a break to play a fun computer game or board game with a friend of choice

### Class Rewards

- Conduct the class or read outdoors
- Play music whilst class is working
- Extra art, PE or reading time
- Watch a video the class votes on
- Vote on a topic to learn about from a list

#### Tip

*Asking friends and family to save trinkets from Christmas crackers is a great way to provide low cost rewards in the classroom!*