



Non-Food Rewards for Students

Food is a commonly used, easy and inexpensive way to reward students for good behaviour and classroom success...with many negative consequences. It can teach students to eat when they're not hungry, increase the risk for tooth decay and cause students to associate good behaviour with less healthy food choices.

Satisfaction for a job well done, rewarded with a smile and a kind word is in itself the best reward a child could receive.

Here are some helpful suggestions for non-food rewards

Create a "Privilege Box". Students and teachers write down privilege ideas and put them in the box. The rewarded students draw from the box. Older students may respond more favorably to accumulating play money or coupons which they can redeem for prizes or privileges. Here are some ideas to include in your "Privilege Box":

- ✓ Run errands for the day
- ✓ Erase the boards
- ✓ Call out the attendance list
- ✓ Have extra art or computer time
- ✓ A no homework pass
- ✓ Take care of class animal or mascot
- ✓ Sit at the teacher's desk for an activity
- ✓ Have a healthy lunch with the teacher
- ✓ Wear a hat, a pin or other item of recognition
- ✓ First in line all day or first out for recess
- ✓ Select a library book before the rest of the class

Suggestions for rewarding the entire class:

- ✓ Extra recess time
- ✓ Extra art or computer time
- ✓ A classroom walk or hike
- ✓ Class party with games, movies, or dance

Non-food rewards do not need to be large material rewards. Here are some additional ideas:

- ✓ Stickers and stamps
- ✓ Bookmarks
- ✓ Art supplies
- ✓ Reusable bottle of water
- ✓ School supplies (pencil, eraser)
- ✓ Sports equipment (jump rope, Frisbees)
- ✓ Organize a raffle with recycled or very gently used items provided by teachers or families. For each good deed, the student is granted a ballot for a chance to win a gift of choice



Need more information?

**Talk to your dentist or dental hygienist
or call Ottawa Public Health at
613-580-6744.**