

Wellness Committee Resource: Healthy Birthday/Celebration and Classroom Incentive Options



- ❑ Students can bring a book to donate to the class and get to read aloud from the book as their birthday celebration.
- ❑ Students can pass out special pencils to the class for their birthday.
- ❑ Students can choose one of the healthy snack options to bring in for a birthday treat.
- ❑ Listen to a special CD at lunch.
- ❑ Choose from a classroom treasure chest or mystery bag for items such as stickers, pencils, small toys, and other options.
- ❑ Read to a younger class.
- ❑ Have lunch with the teacher or principal.
- ❑ Be a helper in another classroom.
- ❑ Take care of classroom pet for the day.
- ❑ Make your own pizza party using chopped vegetables, fruits, and low-fat cheeses.
- ❑ Make your own fruit sundae bar with fresh fruit and low-fat yogurt or sorbet.
- ❑ Host a culture club: Ask students to find/prepare healthy recipes from different cultures.
- ❑ Host an agriculture day: Ask a local produce grower to bring in produce-have a tasting party.
- ❑ Play indoor/outdoor games of the students' choosing.
- ❑ Engage students in a special art project.
- ❑ Take students on a field trip.
- ❑ Allow an extra recess time instead of a party. If a birthday celebration, let the birthday student choose and lead an activity.
- ❑ Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers, and other small school supplies instead of food.
- ❑ Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games, and crafts. Compile these ideas into a book that staff and parents can use.
- ❑ Instead of food, ask parents to purchase a book for the classroom or school library in the birthday student's name. Read it to the class or invite student's parent to come in and read it to the class.
- ❑ Instead of a party, organize a special community service project.
- ❑ Create a "Celebrate Me" book. Have classmates write/draw something that is special about the birthday student.
- ❑ The birthday student is the teacher's assistant for the day and gets to do special tasks like make deliveries to the office, start an activity, etc. Or, allow student to spend special time with the principal, etc.

SOME HOW-TO TIPS FOR HEALTHY PARTIES

- ❑ Variety is the "spice of life" and the "life of the party." Plan several contrasting activities- active and quiet, indoor and outdoor, individual and group.
- ❑ Try something new. Students like adventure. In addition to familiar games and foods, offer something different.
- ❑ Plan creative experiences such as art, music and cooking.
- ❑ Involve students in planning and preparing the party. Let them make decorations and favors.
- ❑ Put food in its proper place. Refreshments should compliment the fun, not become the "main event."
- ❑ Be sure that each student receives a prize or favor, if such awards are given.
- ❑ Don't use food as a prize or reward.
- ❑ Choose foods for fun, good taste and health. Parties that feature healthful foods provide opportunities for students to practice making wise food choices.

Resources:

<http://www.actionforhealthykids.org/>

<http://www.oskaloosa.k12.ia.us/OCSD/lunch/celebrations.htm>