

Constructive Classroom Rewards

How to Promote Good Habits While Protecting Children's Health

Junk Food ≠ Rewards for Good Behavior



Kids should not be trained to expect candy or other unhealthy foods as rewards for good performance.

There are tons of beneficial (and inexpensive) ways to reward kids for performing well that don't involve food.



Here are a few suggestions:

Recognition



Ribbon or certificate

Commendation letter to the student and/or parents

Acknowledgment in morning announcements

Photo on school achievement board

Privileges



Being line leader

Sitting by a friend

"No homework" pass

Choosing class activity

Being teacher's helper

Rewards for the Class



Extra recess

Lunch or class outdoors

Playing a game together

Field trip

Listening to music while working

Point/Token System



accumulating points towards a larger prize, such as:

Movie pass

Gift certificate

Magazine subscription

Board game or stuffed animal

School Supplies



Stencils, stamps

Pencils, pens, markers

Attractive notebooks, folders

Fun erasers

Pencil sharpeners

Misc.



Sports equipment, water bottles

Stickers, temporary tattoos

Figurines, slinkies, marbles, balls, games

Hair ties, necklaces, sunglasses

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