

Healthy Ideas

Table of Contents

Healthy Classroom/School Party Ideas.....	1-2
Y Healthy Party Suggestions	
Y Rethink Your Drink	
Y Promote Fresh Fruits and Vegetables	
Y What About Birthday Cake?	
Y Try These Healthy Snacks	
Recipes.....	3-7
Party Ideas.....	8-9
Y Make A Snack Tree	
Y Friendship Salad	
Y Party Themes	
Y Party Games	
Y Craft Parties	
Non-Food Rewards.....	10-13
Y Social Rewards	
Y Recognition	
Y Privileges	
Y Rewards for an Entire Class	
Y School Supplies	
Y Sports Equipment and Athletic Gear	
Y Fashion Wear	
Y Toys/Trinkets	
Y Miscellaneous	
Y A Token or Prize System	
Y Points can also be earned for the literacy prize	
Non-Food Fundraising.....	14-15
Y Things You Can Sell	
Y Things You Can Do	
Y Things That Involve The Community	
Physical Activity Every Day—60 Minutes A Day.....	16-17
Y Activity You Can Do	
Y Try This	
Y Here Are Some Things You Can Do to Encourage and Support	
Y Safety Matters	
Y 40 Everyday Physical Activities	
Y Creative Lessons That Integrate Physical Activity Into The Classroom	

Healthy Classroom/School Party Ideas



Healthy Party Suggestions

- Low fat, low sugar foods and beverages.
- Offer fresh fruits and vegetables, 100% juice, and water.
- Consider dietary needs of students—for example, diabetes.
- Consider food allergies of students such as wheat, dairy, eggs, peanuts.
- Use a sign up system with food suggestions for pot lucks or class parties to ensure you have a variety of healthy foods.

Rethink Your Drink Offer



- Water (plain, flavored, sparkling)
- 100% juice such as apple, orange, pineapple, grape
- Low fat milk or non fat milk (plain)
- Homemade lemonade
- Spiced apple cider

Promote Fruits and Vegetables



- Fruit slices/wedges — cantaloupe, honeydew, watermelon, pineapple, oranges, nectarines, peaches, kiwi, star fruit, plums, pears, apples, grapes
- Vegetables — baby carrots, celery sticks, pea pods, broccoli, cherry tomatoes, jicama sticks, green or red pepper strips, cauliflower, with fat-free or low fat dressing or hummus
- Fruit salad or fruit
- Fruit and cheese kabobs
- Fruit with whipped topping - strawberries w/whipped cream
- Berry parfaits with vanilla yogurt
- Dried fruit (raisins, cranberries, apples, apricots, bananas, etc.)
- Vegetable tray with low fat dip
- Carrots, celery, broccoli, cauliflower, cucumbers with dip
- Salsa & low fat chips
- Salads with a variety of colorful fruits and vegetables, low fat or fat free salad dressings
- Fresh fruit with yogurt dipping sauce
- Apples with cheese or Almond Butter
- Fruit smoothies

What About Birthday Cake?



Once in a while a piece of birthday cake can fit into a healthy diet. However, if each student brings in cake for his or her birthday, eating cake becomes a regular occurrence. Keep cake a "sometimes" food by having all students with birthdays in the same month celebrate on one day. Try to limit parties with cake and other sugary or high fat foods to once a month or less, and provide alternative foods for children with special dietary needs, including allergies and diabetes.



Try These Healthy Snacks

Thirst Quenchers

- Water
- Flavored water
- Sparkling water
- 100% fruit juices

- Punch made with a blend of 100% fruit juices
- Spiced apple cider
- Lemonade
- Milk (skim/1%)

Fruits and Vegetables

- Fruit wedges - cantaloupe, honeydew, watermelon, pineapple, oranges.
- Sliced fruit - nectarines, peaches, kiwi, star fruit, plums, pears, apples
- Fruit salad or fruit added to gelatin.
- Fresh fruit with yogurt dipping sauce
- Apples with cheddar cheese
- Fruit and cheese kabobs
- Fruit with whipped topping -- e.g. strawberries with whipped cream
- 100% fruit snacks (applesauce cups, fruit cups, packaged gels)
- Canned fruit packed in juice or water

- Dried fruit/fruit leather - raisins, cranberries, apples, apricots, bananas
- 100% vegetable or fruit juice - orange, apple, grape, cranberry
- Fruit smoothies
- Berry/fruit parfaits with vanilla yogurt, topped with granola
- Vegetable tray with low fat Ranch dip (carrots, celery, broccoli, cauliflower, cucumbers, snap peas, cherry tomatoes, green pepper/red pepper)
- Celery & peanut butter, celery & squeeze cheese
- Salsa & low fat chips
- Angel food cake with fruit toppings

Grains/Nuts

- Trail mix, granola mixes, cereal mixes (can be mixed with nuts and dried fruit)
- Granola bars
- Graham crackers
- Banana, carrot, pumpkin or zucchini breads/muffins
- Bagels & cream cheese
- Air popped popcorn (sprinkled with parmesan cheese or herb mix)

- Pasta salad
- Bread sticks with marinara sauce
- Low-fat pretzels (honey-mustard dip)
- Animal crackers
- Rice or popcorn cakes in varied flavors such as caramel or cheddar cheese
- Whole grain crackers or pretzels
- Soft pretzels with mustard

Dairy

- String cheese or small packets of cheese (low fat)
- Yogurts in a cup or in a tube
- Yogurt with granola
- Smoothies

- Low-fat pudding cups
- Low-fat cheese & crackers
- Yogurt on a stick (frozen)

Frozen Treats

- Frozen fruit bar - Welch's or Luigi's
- Yogurt on a stick

- Smoothies

Miscellaneous

- Pita bread stuffed with tuna salad
- Lettuce wraps filled with chicken, tomatoes, cucumber
- Quesadillas made with low-fat cheese and vegetables such as red bell peppers
- Mini pizzas (*English muffins, pizza sauce, skim milk mozzarella, vegetables - bell peppers, mushrooms, tomatoes*)
- Peanut butter and jelly sandwiches (cut in triangles or fun shapes using cookie cutters)
- Cheese pretzel kabobs (cheese cubes threaded on thin pretzel sticks)
- Beef jerky
- Hard boiled eggs

Recipes

Orange Fruit Pops (use instead of ice cream or popsicles)

1 ½ cups fresh squeezed orange juice 1 ½ cups apple, grape or pineapple juice
4 paper cups and 4 wooden sticks

Combine juices and pour into cups. Freeze pops for 1 hour, insert wooden sticks. Freeze until firm. To serve, let pops stand at room temperature for a few minutes and peel paper cups off pops.

Fruit Smoothies

1 cup orange juice 1 banana
2 ice cubes or ½ cup crushed ice ½ cup low fat vanilla yogurt

Place all ingredients in a blender. Blend and serve. Makes 2 servings. NOTE: Try a variety of fruit!

Fruit Yogurt Shake

1 cup fresh or frozen fruit (peaches, strawberries, bananas, etc.)
1 1/3 cups non fat yogurt 2 cups skim milk, ice cold

Place frozen ingredients into a blender, close top, then puree. Pour into chilled glasses. Serve with straw. Serves 2

Berry Banana Shake-Up

2 cups low fat frozen yogurt 2 cups fresh or frozen unsweetened strawberries
½ banana

Combine all ingredients in a blender and blend until smooth. Pour into cups and enjoy. Makes 4 (8 oz) servings.

Yogurt Parfait

2 cups vanilla low fat yogurt 1 cup chopped fruit (thawed frozen works well)
1 cup granola

Spoon ½ cup yogurt in each of four cups. Spoon ¼ cup of chopped fruit in each cup. Sprinkle with ¼ cup granola. Serves 4

Mini Banana Splits

16 small bananas, peeled 8 cups fresh berries
16 cups low fat granola

Cut banana in half, share between 2 students. Scoop ½ cup yogurt onto banana. Top with berries and granola. Serves 32

Watermelon-Blueberry-Banana Split

2 large peeled bananas 8 watermelon scoops (use an ice cream scoop)
2 cups of fresh blueberries ½ cup vanilla low fat yogurt
¼ cup low fat granola

Cut bananas in half crosswise and lengthwise. For each serving, lay 2 banana pieces against the side of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with blueberries. Stir yogurt until smooth, then spoon over the watermelon "scoops". Sprinkle with granola. Makes 4 servings.

Recipes *(continued)*

Strawberry Yogurt Split

1 fresh banana
1 cup fresh strawberries
½ cup vanilla low fat yogurt
1 Tbsp. chopped, toasted almonds

Peel and split banana lengthwise. Place banana halves in serving bowl. Top with strawberries, drizzle yogurt over strawberries and bananas. Top with toasted chopped almonds. Serves 1

Fruit Kabob

Thread a variety of fruits such as watermelon, cantaloupe, honeydew, oranges, apple slices, strawberries, banana, grapes, kiwi, etc. on a wooden skewer. You can add cubed avocado or low fat cheddar cheese.

Fruit Salsa

1 mango, peeled, seeded, and cut into small chunks
½ cup finely chopped yellow bell pepper
2 medium pears, peeled and cut into small chunks
2 tsp. olive oil
½ cup finely chopped red bell pepper
¼ cup finely chopped red onion
3 Tbsp chopped fresh cilantro
Lime juice to taste

Mix ingredients in a bowl and refrigerate covered for at least 30 minutes before serving. You can substitute other ingredients such as pineapple or apples.

Make Your Own Trail Mix (no Peanuts)

Use a combination of ingredients such as: granola, mini pretzels, air popped popcorn, nuts, sunflower seeds, dried fruit such as apples, raisins, or cranberries. (No Peanuts)

Vegetable Dip

1 cup low fat cottage cheese
½ cup non fat yogurt
2 Tbsp dry onion soup mix or grated cheese

Mix all ingredients in a blender until smooth. Serve with fresh vegetables.

Vegetable Dip

Low fat Ranch dressing, missed with finely chopped cucumber and radishes.

Avocado Dip

2 ripe avocados
2 tsp. lemon juice
Pinch of black pepper and salt
8 Tbsp. light sour cream
¼ cup chopped tomatoes or salsa

Scoop out avocado pulp and mash with a fork. Add the other ingredients and mix well. Serve immediately. TIP: Lemon juice helps to keep this dip green longer, but don't make it too early.

Spinach Dip

½ cup light mayonnaise
8 oz light sour cream
... (OR) 5 oz. frozen chopped spinach, thawed and squeezed dry.
1 pkg. Knorr Vegetable Recipe Mix
5 oz. fresh baby spinach, chopped, OR
Combine all ingredients. Chill 2 hours.

Recipes *(continued)*

Red Ranch Dip

1 packet ranch dip mix
16 oz. light sour cream
¾ cup diced fresh tomatoes

Combine dip mix with sour cream. Stir in tomatoes. Chill at least one hour before serving.

Lemon Raspberry Yogurt Dip

32 oz. low fat lemon yogurt
2 cup unsweetened frozen raspberries, thawed
2 Tbsp raspberry jam

Place yogurt in large mixing bowl. Add raspberries to yogurt, stir well. Add raspberry jam, stir well again. Enjoy with chunks and slices of fresh fruit. Serves 32. (Serving size: 2 Tbsp)

Potato Bar "Spud Stuffers"

Students can create their own baked potato bar using:

Shredded cheese, broccoli, chopped tomatoes or salsa, mushroom, avocado, low fat sour cream, green chives, grated carrots, low fat chili, low fat cottage cheese, yogurt

Build-Your-Own Sandwiches

Use a variety of grains such as whole wheat pita, multi-grain breads, or whole-wheat tortillas.

Use lean meats such as: turkey, ham, beef. Use dark green lettuce, peppers, low fat cheese, tomatoes, avocado, cucumbers. Spice it up with low fat mayonnaise and mustard.

Pop Snack

1 package light microwave popcorn
¼ cup dried apples
½ cup small, unsalted pretzels
¼ cup dry-roasted Almonds
¼ cup raisins

Mix all ingredients in a plastic bag and enjoy. Serves 2.

Broccoli Apple Salad

3 cups fresh raw broccoli
2 fresh apples
¼ cup chopped walnuts
1 Tbsp. chopped red onion (optional)
1/3 cup raisins
½ cup vanilla low fat yogurt

Wash and clean fruits and vegetables. Cut broccoli into small bite size pieces. Core and chop apples. Mix all ingredients together. Serve on a bed of spinach. Serves 4.

St. Valentine's Day Red Snack Platter

32 each fresh strawberries
4 medium red apples
48 cherry tomatoes
48 radishes

Wash all produce. Core and cut each apple into 8 pieces. Arrange on a large serving platter and serve with Red Ranch Dip (above) and non-dairy whipped cream for fruit. Serves 16.

St. Patrick's Day Green Snack Platter

4 stalks fresh broccoli, trimmed into florets
8 stalks celery, cut into 16stips
1 ½ lb. fresh sugar snap peas
4 small fresh zucchini, cut into 16 strips
4 medium green apples, cored and cut into 32 pieces

Wash, cut, and trim produce. Arrange produce on a large serving platter and serve with green low fat dip of your choice.

Recipes *(continued)*

Carrot Pinwheels

2 Tbsp. light cream cheese, softened	2 Tbsp. low fat ranch dressing, chilled
2 flour tortillas (8 inch)	1 cup finely shredded carrots
1 cup shredded zucchini	Paprika or ground red pepper

Mix cream cheese and dressing until well blended. Spread evenly onto tortillas, sprinkle with carrots and onions. Roll tortillas tightly, wrap in plastic wrap. Refrigerate at least 30 minutes. Unwrap when ready to serve. Cut each roll into 6 pieces. Place on serving plate, sprinkle with paprika. Serves 4, with 3 pieces each. TIP: Let students make their own pinwheels. Set out the tortillas along with the cream cheese mixture and bowls of chopped vegetables.

Sweet Potatoes with Lime (Preheat oven to 375 F.)

4 sweet potatoes, washed and pricked	3-4 cilantro leaves, diced
2 limes, cut into 8 (total) wedges	

Bake or microwave sweet potatoes in their skins, until tender. When the potatoes are tender, slit open the skin and scoop out the insides into a serving bowl. Squeeze fresh lime juice over the top, and sprinkle with diced cilantro. TIP: Scoop the Sweet Potatoes mixture into doubled cupcake holders and serve during classroom celebrations. Makes 8, 1/2 cup servings.

Pumpkin Bread

1 cup whole wheat flour	4 eggs	1 cup Mazola Oil
1 cup all-purpose flour (white)	1/2 tsp. salt	1 1/2 cups sugar
2 tsp. baking powder	1/2 tsp. cinnamon	2 cups pumpkin
2 tsp. baking soda		

Mix all ingredients together in large bowl. Mix together thoroughly and then add 1 cup of chopped almonds and 1 cup of semi-sweet chocolate chips. Pour into greased and floured tube pan. Bake at 325° for 1 hour and 15 minutes or until a knife inserted in center comes clean.

Spiced Applesauce Muffins

1 cup butter <i>or</i> margarine, softened	2 1/4 cups whole wheat flour
1 1/2 cup sugar	1 3/4 cups all-purpose flour (white)
2 eggs	2 cups applesauce
1 tsp. vanilla extract	1tsp. ground cinnamon
2 tsp. baking soda	1 tsp. ground allspice
1/2 tsp. ground cloves	1 cup chopped walnuts (optional)

In a mixing bowl, cream butter and sugar. Add eggs and vanilla; mix well. Stir in applesauce. Combine flour, baking soda and spices; stir into creamed mixture. Fold in nuts. Fill greased or paper-lined muffin cups three-fourths full. Bake at 350° for 25 minutes or until muffins test done. Sprinkle with cinnamon-sugar if desired. Cool in pans for 5 minutes before removing to wire racks to cool completely.

No Peel Apple Cake

4 cups diced unpeeled apples	1 cup brown sugar	1/2 cup oil
2 eggs	3/4 cup sugar	2tsp. vanilla

Mix well and add the remaining ingredients:

3/4 cups flour	2 tsp. cinnamon	2 tsp. baking soda
1 tsp. salt	1 cup chopped walnuts or pecans	

Grease 9x13 pan. Bake at 350° for 35 to 40 minutes.

Recipes *(continued)*

Build a Heart or Clover-Shaped Veggie Sandwich (for Valentine's Day or St. Patrick's Day)

3 cups carrot circles
3 cups cherry tomatoes, cut in half
2 (8 oz) cans sliced black olives
2 cups zucchini, shredded
4 (8 oz) tubs light cream cheese
3 cups cucumber, sliced thin
2 cups red and green pepper, sliced thin
2 cups celery, diced
3 cups spinach leaves, cut in fourths
3 loaves of whole wheat bread, sliced

Clean and prepare vegetables. Remove bread crust. Create an assembly line, so students can build their own sandwich. Cut bread with a large heart or clover cookie cutter. Spread one tablespoon of light cream cheese on each slice of bread. Select and place vegetables on bread. Perfect for a class of 35 students.

Healthy Lemonade



2 lemons, sliced
3 tablespoons of honey
4 to 5 cups of water

Boil the water in any way that you want. In a large container place the sliced lemons and add in the honey. Next, pour in the boiling water and allow the mixture to steep for 10 minutes. Pour the hot lemonade into a large container and refrigerate overnight. Enjoy your natural healthy lemonade. It is also great served hot, and is great for preventing and healing colds.

Yields: 4-5 servings

Homemade Maple Granola

This recipe makes 2 quarts of yummy granola.

Ingredients:

3 cups Old Fashion Oats
2 cups Raw Sunflower Seeds (*do not use salted seeds*)
1 ½ cup Sliced Almonds
2 cups Dried Cranberries or Raisins
1 TSB Vegetable Oil
2 TSB Real Maple Syrup
½ tsp Sea Salt

Preheat oven to 250 degrees.

In a large mixing bowl, mix together oats, sunflower seeds, almonds and salt.

Whisk together vegetable oil and maple syrup.

Toss oat mixture with oil/maple syrup mix.

Spread granola in a thin layer on a greased baking sheet.

Bake for 1 hour, mixing once halfway through baking.

Remove from oven and add cranberries or raisins.

Let cool completely before packing into airtight containers.

Enjoy with milk, yogurt or on parfaits!



Party Ideas



Make a Snack Tree

NEED: Styrofoam cone and decorative paper. Bite size cauliflower, green pepper, cherry tomatoes, grapes, apples, cheese, etc. Cover Styrofoam cone with decorative paper to match the theme of the occasion. Place bite-sized vegetables, fruits and cheese on toothpicks. Push toothpicks into Styrofoam cone. Serve with low fat dip.

Friendship Salad

Is there a way to enjoy a classroom party and reinforce good nutrition principles you have worked so hard to instill in your students? Why not build a party around a **Friendship Salad**. Involve the entire class, but don't over-burden one family or yourself. Add the element of giving by sharing your delicious fruit salad with friends in other classrooms or with hardworking school staff. *It's easy and fun!*

1. Ask each student who wishes to participate to bring 2 cups of the following:

- Seasonal fresh fruit, such as apples, grapes, kiwi, berries, melons. Bring washed, cut into bite-sized pieces, and stored in a plastic bag or container.
- Dried fruits such as raisins, dried cranberries, or cherries.
- Nuts such as almonds (**NO Peanuts!**)
- Bananas can add great flavor. *Slice in class to avoid browning.*
- Drained canned fruit packed in water or juice, such as pineapple chunks, sliced peaches, or mandarin oranges.
- Other ingredients such as coconut or seed, to add texture and flavor.
- Other party items include: small cups or bowls, napkins, spoons, and serving utensils. Provide a cutting board and plastic knives for any last-minute slicing and cutting.

A sign-up sheet ensures that there will be a nice variety of ingredients and supplies for the party.

- 2. Provide an extra-large salad bowl to assemble the fruit salad.** Plastic punch bowls work well. Check with the school kitchen staff to see if you can borrow a bowl. Some teachers make Friendship Salad parties a tradition and invest in an inexpensive bowl to have on hand.
- 3. On the day of the party, ask students to sit or stand in a circle.** Place the bowl in the center. Ask each child to add their special ingredient to the bowl, one by one. Stir to mix. Encourage students to serve themselves and any visitors. Enjoy!
- 4. Share your Friendship Salad.** Suggest a big/little buddy class, or office, custodial, or food service staff. Ask students to share in the clean-up as well.

Each fruit salad feast will be as individual as the students in your class. No two Friendship Salads will look or taste the same. Every ingredient is important, and every small contribution adds to the success of the party. Students will enjoy creating and sharing their special fruit salad. A simple and healthful party alternative!

Party Themes:

Baseball Party

Who-"Dun"-It? Party

A Backward, Upside Down Party

Water-Palooza!

Earth Day Party

Pin the Tails

Rodeo Party

Homemade Miniature Golf

Full descriptions of above parties available at: www.highlightteachers.com/archives/party_ideas

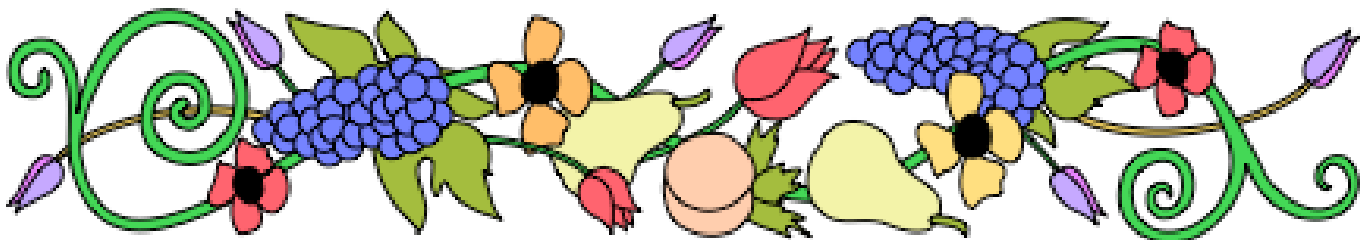
Party Ideas (continued)

Party Games:

- Relay races using plastic eggs and spoons.
- Water balloon toss (obviously -- outside only)
- Freeze dance -- An ever-popular classroom activity where you play music, the children dance, then suddenly stop the music and the children freeze. If they are caught moving when the music is off, they are out. Continue to play until one dancer is left.
- A variation on musical chairs where hula hoops are placed on the ground and the children parade around the hoops and jump into one when the music stops. Works well inside and outside.
- Duck, Duck Goose -- The children sit in a circle, facing in, one child goes round the outside of the circle and gently taps each child on the head saying "Duck", until he/she decides to make one the "Goose". The child tapped as "Goose" needs to chase the child around the circle. If the child gets back to the open spot without being caught, the new child becomes "it". A fun variation is to make the circle VERY large (in the middle of a field) -- thus making the running strenuous. You can make a variation requiring TWO times around the circle, also.
- Pass the potato, or pumpkin, or valentine, or any other theme-appropriate object. Play until one person is left in the circle.
- Mummy Wrap -- A fun game for Halloween. Divide the children into groups, give each group a roll of toilet paper. Then the race is on to see who can be the first to wrap a member of their group with the complete roll of toilet paper. No face wrapping is allowed!

Craft Parties:

- Paint miniature pumpkins for Halloween.
- Make spiders using black pipe cleaners for Halloween.
- Create snowmen out of Styrofoam balls, pom-poms, and buttons for a winter party.
- Make gingerbread houses at a winter party. Give each child a small, empty, clean milk or juice carton. They will cover the carton with graham crackers, using white frosting as "glue". Finally, give them a selection of colorful candy to decorate their house, using the frosting.
- Make hearts with pipe cleaners and beads for Valentine's Day gifts.
- Decorate large cut-out hearts at Valentine's Day.
- Paint and plant small flower pots for a springtime party.
- Create tissue paper flowers for a springtime party.
- Create marble art by placing a sheet of paper in a shallow box, dipping marbles into different color paints, and roll around in box for a colorful design.



Non-Food Rewards



Social Rewards

"Social rewards", which involve attention, praise, or thanks are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

Suggestions from the School Wellness Advisory Committee:

- Read-in/Pajama Day
- Make information available to new teachers
- School-wide awareness of policies and ideas
- Ice Cream Sales—
 - Serve healthier ice cream; frozen yogurt; frozen fruit bar; yogurt; smoothies
- Classes take turns hosting bake sale



Recognition

- Trophy, plaque, ribbon or certificate in recognition of achievement or a sticker with an affirming message (e.g., "Great job")
- Recognizing a child's achievement on the school-wide morning announcements and/or the school's website or newsletter.
- A photo recognition board in a prominent location in the school.
- A phone call, e-mail, or letter sent home to parents or guardians commending a child's accomplishment.
- A note from the teacher to the student commending his or her achievement.
- Suggestion from School Wellness Advisory Committee—Peer to Peer, students nominating peers for good deeds/actions

Privileges

- Going first (early to recess, front of line, early to lunch)
- Choosing a class activity
- Teacher's helper
- A few extra minutes of recess with a friend
- Sitting by friends
- Sitting at teacher's desk
- "No Homework" pass
- Teaching the class
- Playing a computer game or other game
- Reading to a younger class
- Making a delivery to the office
- Listening to music or book on CD or tape
- Eat lunch with teacher/principal
- Helping with a younger class
- Reading the school-wide morning announcements
- Extra library time
- Working at the school store
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Taking care of the class animal for a day
- Watching a video
- "Free choice" time at end of day
- Writing or drawing on chalkboard/whiteboard
- Drink of water anytime.

Non-Food Rewards (continued)

Rewards for an Entire Class

- Extra recess
- Eating lunch outdoors/at park
- Going to the lunchroom first
- Reading outdoors
- Holding class outdoors
- Extra art, music, PE, reading time
- Listening to music while working
- Dancing to music
- Playing a game or doing a puzzle together
- "Free Choice" time at the end of the day
- A song, dance or performance by the teacher or students
- A book read aloud by teacher
- Field trip
- Game day
- Class walking break
- "No Homework" pass for the class
- Watching a video
- Reading to/helping a younger class

School Supplies

- Pencils (colored or decorated)
- Pens
- Erasers
- Notepads/notebooks
- Boxes of crayons
- Stencils
- Stamps
- Plastic scissors
- Bookmarks
- Highlighters
- Markers
- Art supplies
- Rulers
- Pencil sharpeners, grips, boxes
- Gift certificate to the school store
- Sidewalk chalk
- Coloring books
- Glitter
- Clay/Play dough

Sports Equipment and Athletic Gear

- Paddleballs
- Frisbees (mini, regular & other)
- Water bottles
- NERF balls
- Hula Hoop
- Head/wrist sweat bands
- Jump ropes
- Balls for the class
- Other sports equipment

Non-Food Rewards



(continued)

Fashion Wear



- Temporary tattoos
- Hair accessories (barrettes, elastics, ribbons)
- Bracelets, rings, necklaces
- Sunglasses
- Eyeglasses with nose disguise
- Hat or cap
- T-shirt
- Sneaker bumper stickers
- Shoe laces
- Charms



Toys/Trinkets

- Stickers
- Yo-yos
- Rubber balls
- Finger puppets
- Stuffed animals
- Plastic or rubber figurines
- Toy cars, trucks, helicopters, airplanes
- Plastic sliding puzzles and other puzzle games
- Silly putty
- Bubbles
- Balloons
- Capsules that become sponges/figures when placed in water
- Slinkies
- Gliders
- Magnifying glasses
- Spinning tops
- Marbles
- Jacks
- Playing cards (Hearts, etc.)
- Stretchy animals/figures
- Inflatable toys (balls, animals)
- Small dolls or action figures
- Pinwheels
- Whistles, music makers (kazoos, slide-whistle)

Miscellaneous

- Key chains
- Flashlights
- Cups
- Magnets
- Crazy Straws
- Puzzle/word books
- Maze books
- Hand games (dexterity games)
- Backscratchers
- Trading cards
- A plant, or seeds and pot for growing a plant
- Toothbrush
- Books
- Video store or movie theater coupons
- Tickets for drawing (prize box or other items)

Non-Food Rewards



(continued)

A Token or Prize System, whereby children earn points that accumulate toward a bigger prize. Possible prizes include those listed above and:

- Movie pass or rental gift certificate
- Ticket to a sporting event
- Puzzle
- Book
- Gift certificate to a book store or sporting goods store
- Magazine subscription
- Take a trip to the Treasure/Prize Box (non-food items)
- Board game
- Step counter (pedometer)
- Various donated prizes
- Stuffed Animal
- Sports equipment (tennis racquet, baseball glove, soccer ball, basket ball, others)
- “Mystery Prize” (any of the above)

Students can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned. Points can be exchanged for privileges or prizes when enough are accumulated.

A point system also may be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class's "account". When the class has earned a target number of points, then they receive a group reward.

Points can also be earned for the Literacy Prize



Set up a book exchange whereby parents, teachers, and students donate used books. Students can earn points/credit towards selecting a book from the exchange.



Non-Food Fundraising Ideas



Things You Can Sell

- Air fresheners
- Balloon bouquets
- Bath accessories
- Batteries
- Books, calendars
- Brick/stone/tile memorials
- Bumper stickers, decals
- Buttons, pins
- Candles
- Holiday ornaments/decorations
- Coffee cups, mugs
- Cookbooks
- Crafts (including lanyards)
- Coupon books
- Discount cards
- Earthquake kits/72-hour kits
- Emergency kits for cards, homes
- Face painting
- First aid kits
- Flowers, plants, bulbs, seeds, gardening supplies
- Foot warmers
- Gift baskets (fruit & nut, bath items, holiday, tea party, etc.)
- Gift certificates (restaurants, movie passes, etc.)
- Greeting cards/Gift wrap
- Hats
- Holiday wreaths
- House decorations
- Jewelry (hand made or other, including friendship bracelets, beaded items, barrettes)
- License plates or holders
- Magazine subscriptions
- Magnets
- Music/videos/CD's
- Newspaper space, ads
- Pet treats, toys, accessories
- Pocket calendars
- Posters
- Pre-paid phone cards
- Quilts (hand-made) Auction
- Rent a special parking space
- Scarves
- School art drawings
- School event planners (includes school events)
- School spirit gear, Frisbees, etc.
- School supplies (pencils, pens, notebooks, binders, erasers, glitter pens, stickers, coloring books, markers, crayons, backpack decorations, note pads, book markers, pencil sharpener, etc.)
- Sneaker accessories (shoe laces, shoe bumpers, decorations)
- Spirit/seasonal flags
- Sports-related items (water bottles, travel mugs, head bands, wrist wraps, hats, emblems, etc.)
- Stationery
- Student directories
- Stuffed animals
- T-shirts, Sweatshirts
- Temporary/henna tattoos
- Small toys (magnets, figurines, puzzles, maze games, hand games, sudoku/crossword/word find books, marbles, kazoos, yo-yos, paddleballs, pinwheels, mini-Frisbees, spin tops, bubbles, etc.)
- Valentine flowers
- Wishes (sell, rent)
- Work day (students volunteer for odd-jobs)
- Yearbooks/yearbook covers/yearbook graffiti

Non-Food Fundraising Ideas *(continued)*

Things You Can Do

- Auction (teacher/Principal does something)
- Basketball tournament (3 on 3 - charge per team)/Hoops contest
- Bike-a-thons
- Bowling night/Bowl-a-thon
- Car wash (ticket pre-sales!)
- Carnivals (seasonal and other)
- Dances (kids, father/daughter, Sadie Hawkins, family)
- Family/glamour portraits
- Festivals
- Fun runs
- Garage/rummage sale (donations, or charge for booth)
- Gift-wrapping service
- Golf tournament
- Jump-rope-a-thons
- Magic show
- Math Olympics
- Music-a-thon
- Penny drive/penny war (team with most points wins - 1 point/cent)
- Raffle (movie passes, theme bags/baskets)
- Read-a-thons
- Recycling
- Science fairs
- Singing telegrams or singing valentines
- Skate night, skate-a-thon, Skateboarding event
- Spelling bee
- Talent shows/Recitals/Lip-Sync contest
- Tennis/horseshoe competition
- Treasure hunt/Scavenger hunt
- Unusual sports competition (tricycle racing, egg-race, egg toss, 3-legged race, potato sack, backwards-walking, frog-hopping, squirt-bottle target shooting, etc.)
- Walk-a-thons
- Workshops/classes

Things That Involve The Community



- Auctions (lessons, community donations, services, party catering, etc.)
- Catering
- Workshop/Class
- Treasure hunt/Scavenger hunt
- Tennis/horseshoe competition
- Golf tournament
- Rent-a-helper (rake leaves, water, wash car, walk dog, mow lawns)
- Dinner fund-raiser with a live or silent auction (goods, services, talents)
- Community job fair (charge an exhibit fee)
- Bricks/tiles with donor names
- Halloween insurance (\$1 - \$5 insurance sold for guaranteed cleanup the day after Halloween. Usually minimal clean ups and volunteers tipped)
- Sell advertising on sporting event seat cushions
- School clothing or rummage/garage sale (sales, or charge for booth)
- Bingo nights (parents man the tables)

Physical Activity Every Day

60 Minutes A Day

Activities you can do as a family or class

- Walk children to school
- Go for a walk after dinner and set some family goals that you can record
- Put on some music and dance with your children
- Take the dog for a walk and let your children help
- Have the children help you carry in the groceries
- Go to the neighborhood playground and encourage your children to climb and swing
- Play hide and seek
- Teach children the skills they need to be active like jumping rope, throwing and hitting a ball, kicking a ball, running, dancing, skating, climbing, riding a scooter, etc.
- Teach children to ride bicycles and then ride with them
- Borrow/buy some basic equipment such as balls and bats, Frisbees, in-line skates, and teach them how to use them
- Go on a treasure hunt
- Have the children help with gardening
- Go skating, swimming, or skiing with your children
- Let the children help you rake leaves and make a game of it

Try This



- Start out with one or two things that your family/class can do every day: household chores such as raking the yard or cleaning the bathroom or vacuuming, jumping rope, taking a walk, walking to the store instead of driving, playing in the yard or on the playground. Choose one and build from there.
- Plan outing that involve outdoor activities: biking, swimming, games, hiking, tennis, Frisbee.
- Find activities or sports that your children enjoy and can do outside of school: soccer, baseball, basketball, tennis, dancing.
- Let your infant child roam around, safely, as much as possible -- limit time in strollers and playpens.
- Immediately after school: have the children do a physical activity instead of doing homework right away.
- Make sure you are being active as well during the day -- take the stairs as much as possible, bike instead of drive, go swimming, do a mall walk, go on a hike.
- Make staying fit fun for your kids, and for your family by using an activity as a reward. For example: take children bowling after doing chores for a week.

Here are some things you can do to encourage and support physical activity in your community...

- Encourage neighborhood outdoor games
- Be a coach or organizer of physical activities in your community
- Advocate for more physical activity programs and facilities in schools and communities
- Advocate for increased child safety in neighborhoods, playgrounds, parks, and on the roads.

Safety matters

When children are trying new activities and becoming more active, encourage them to be careful. Be sure they wear the appropriate protective equipment -- for example, a helmet when bicycling, skating, or riding a scooter. For vigorous sports activities, get them to concentrate on learning the skills first, then gradually increase the intensity.

Physical Activity Everyday (continued)

40 Everyday Physical Activities

- Walk during lunch hour
- Walk to work or school
- Do sit-ups or crunches in front of the TV
- Walk instead of driving whenever you can
- Take a family walk after dinner
- Mow lawn with a push mower
- Get a dog and walk it
- Join an exercise group
- Do yard work
- Get off a stop early (or park farther away), and walk
- Work around the house
- Bicycle to the store instead of driving
- Take your kids (or dog) to the local park
- Wash the car by hand
- Run when running errands
- Pace the sidelines at kids' athletic games
- Take the wheels off luggage
- Park further from the store and walk
- Ask a friend to exercise with you
- Make time in your day for physical activity
- Exercise with a video if the weather is bad
- Try to be active before work, not after
- Perform gardening or home repair activities
- Dance to music
- Make a Saturday morning walk a group habit
- Swim with your kids
- Walk the beach instead of sunbathing
- Carry your groceries instead of pushing a cart
- When walking, go up the hills instead of around them
- Walk briskly through the mall and shop 'til you drop...pounds!
- Go for a half hour walk instead of watching TV
- Choose an activity that fits into your daily life
- Take a walk or do desk exercises instead of coffee breaks
- Vary your activities, for interest and to broaden the range of benefits
- Keep a pair of comfortable walking/running shoes in your car and office

Creative Lessons that Integrate Physical Activity into the Classroom

- Students in grades K-3 pose in the shape of letters. Create an Alphabet Book using these photos. Share the book with their parents.
- Students "walk the solar system" in the multipurpose room or on the playground.
- Students play a bouncing ball game while practicing the alphabet (e.g., "A, my name is Amy, I come from Alabama, and I sell apples..."). Students could also do hula hoop or jump rope games while doing a language arts game.
- Students throw and catch a Globe Ball and then announce which hemisphere is pointing up.
- Students kick and trap a Globe Ball and then announce which country is pointing up.
- Draw a giant map of the United States on the playground with chalk. Ask students to stand on a state on the map. They exchange cards and switch places if they can guess which state another student is standing on.
- Hold a conversation with students in a circle while bouncing and rolling a ball to the next student who will talk.
- Teach patterns to K-1 students through movement rhythms (dance steps or arm movements).
- Teach addition and subtraction to grades 1-3 using movement (e.g., steps forward and steps backward on the playground, forward rolls and backward rolls on a mat in the multi-purpose room, swings forward or back on the monkey bars, etc.)
- Teach rhythm or poetry through creative dance.
- Teach multiplication and fractions to grades 2-4 using laps on a track when jogging.
- Teach students yoga poses, then ask them to count their breath inhaling and exhaling — as a math exercise. Ask students to draw a picture of their favorite yoga pose afterwards (e.g., Tree, Cobra, Downward Dog, Mountain).
- Create an obstacle course on the playground using cones, the Big Toy, etc. Ask students to count laps on the course as a math exercise. Sixth graders could do a physics lesson on the challenges of the obstacle course.
- Students learn folk dances common in a country they are studying in social studies.
- Teach the concepts of mass and weight while having students lift different kinds of weight in various ways.
- Students stand in the position of a grammar diagram with adjectives and adverbs, running around until they find their place. Dangling modifiers can be groups of children who join to demonstrate the concept.