

Rewards for a class

Extra recess
Eating lunch outdoors
Going to the lunchroom first
A song, dance or performance
By the teacher or students
Dancing to music
A field trip

Playing a game or doing a puzzle together
“Free choice time at the end of the day
Reading outdoors
Extra art, music, PE or reading time
Listening to music while working
A book read aloud to the class by the teacher

School supplies

Pencils: colored or with logos or
Other decorations
Pens
Erasers
Notepads/notebooks
Boxes of crayons
Stencils
Stamps
Plastic scissors
Bookmarks

Highlighters
Chalk (e.g., sidewalk chalk)
Markers
Coloring books
Rulers
Glitter
Pencil sharpeners or grips
Pencil boxes
Gift certificate to the school store

Sports equipment and athletic gear

Paddleballs
Frisbees
Water bottles
NERF balls

Hula hoop
Head and wrist sweat bands
Jump rope

Toys/trinkets

Stickers
Yo-yos
Rubber balls
Finger puppets
Stuffed animals
Plastic or rubber figurines
Toy cars, trucks, planes
Plastic sliding puzzles
Other puzzle games
Capsules that become sponges/
Figures when placed in water

Spinning tops
Marbles
Jacks
Playing cards
Magnifying glasses
Silly putty
Bubble fluid with wand
Inflatable toys (balls, animals)
Small dolls or action figures
Slinkies
Gliders

Fashion wear

Temporary tattoos
Hair accessories (barrettes,
Elastics or ribbons)
Bracelets, rings, necklaces
Sunglasses

Eyeglasses with nose disguise
Hat or cap
T-shirt
Shoe laces

Miscellaneous

Key chains	Backscratchers
Flashlights	Cups
A plant, or seeds and pot for growing a plant	Magnets
Books	Crazy straws

A token or point system, whereby children earn points that accumulate toward a bigger prize. Possible prizes include those listed above and:

Gift certificate to a bookstore or sporting good store	Magazine subscription
Movie pass	Stuffed animal
Movie rental certificate	Ticket to sporting event
Book	Puzzle
Pedometer	Board game
	Sports equipment (soccer ball, etc)

Children 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.

For more information, visit www.cspinet.org/school/food/
Or contact CSPI at <nutrition policy@cspinet.org>

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: "I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!"

FRIDAY FREE TIME: "I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time."