

## Rewarding Middle & High School Students

- Sit with friends
- Listen to music while working
- Talk time at the end of class
- Reduced homework
- “No Homework” pass
- Extra credit
- Fun video
- Assemblies
- Computer time
- Brainteasers
- Field trip
- Eat lunch or have class outside
- Stickers
- Pencils and pens
- Erasers
- Bookmarks
- Books
- Art time
- Coupons/gift certificates for video stores, music stores or movies
- Drawings for donated prizes



## Summing It Up

This pamphlet provides a variety of suggestions for motivating students by means other than using food as a reward.

The Kansas School Wellness Policy Model Guidelines for the Advanced and Exemplary levels of achievement state that foods and beverages for classroom rewards, parties and celebrations will (1) meet the same nutrition criteria defined in the guidelines for “a la carte” foods and (2) will not be provided until at least one hour after the end of the last lunch period.

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### CREATING HEALTHIER KANSAS SCHOOLS

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### CREATING HEALTHIER KANSAS SCHOOLS

# Student Rewards & Incentives



### Child Nutrition & Wellness



## STUDENT REWARDS & INCENTIVES

### *Why use rewards other than food?*

Careful consideration should be given to the messages rewards and incentives send to the students receiving them. Using food as either a reward or withholding it as punishment can have serious negative consequences. For example, when non-nutritious food is used as a primary motivator, poor eating habits can result including a preference for sugary high-calorie foods and over-eating these foods.

Fortunately, there are many effective ways to motivate students other than with food. Following are a few suggestions.



### *Rewarding Elementary Students*

- Stickers
- Praise
- Pencils, pens or markers
- Erasers
- Bookmarks
- Books
- Rulers
- Trinkets (magnets, Frisbees, etc.)
- Paper
- Activity/game sheets
- Game time
- Reading time
- Class, homework time, or reading time in a special place such as outdoors
- Extra recess
- Extra credit
- Extra art time
- Computer time
- Be the teacher's helper
- Help teach class
- Sit by friends
- Eat lunch with the teacher or principal
- Eat lunch outdoors
- Have lunch or breakfast in the classroom

- Private lunch in the classroom with a friend
- Be a helper in another classroom
- Watch a fun video
- Walk with the principal or teacher
- Take a fun physical activity break
- Dance to favorite music in the classroom
- Show-and-tell
- Bank System—earn tokens for privileges
- Teacher or volunteer reads a special book to class
- Teacher performs a special skill (singing, cartwheel, etc.)
- Free choice time
- Listen to a book on tape
- Listen to music while working
- Field trip

