

Treat This,

Not That!

Ten Minute Dance Party!
Let kids bring or select
appropriate music and
get your groove on!



One cupcake with
frosting has at least 250
calories and is loaded
with extra fats/sugars.



Donate a book to your
child's classroom.
Wrap it up, and let your
child open it in class!



One chocolate chip
cookie has 130 calories
and is high in fats/sugars.



Provide small toys or fun
school supplies for a
treasure chest. Students
then select a prize.



Rewarding kids with candy
encourages kids to eat when
they are not hungry and to
associate mood with food.



Never underestimate the
gift of time. Read or have
lunch with kids; take a
walk; give extra iPad time.



The only nutrients in a can
of soda are sugar/sodium.
The 150 empty calories rob
kids of needed nutrients.



For more ideas on how to celebrate special days with your students, check out the next page for a list of non-food related celebration ideas.

For more information about re-thinking classroom celebrations or other healthy school initiatives, please feel free to contact BE WELL, your Blue Earth County Statewide Health Improvement Program, at 507-304-4411.

 **BE WELL**
Making healthy easier.

Healthy Celebration Alternatives

Ideas for the Classroom

- Ten Minute Dance Party with child's favorite (appropriate) music
- Child gets to be the line leader for the day
- Child gets to eat lunch with teacher or principal
- Child's parent/special adult comes in to read a favorite book to the class
- Extra recess or play time for the entire class
- Special show and tell with the celebrating child
- Child gets to spend time with teacher, principal or school staff member taking a walk around school grounds
- Child allowed to bring a favorite stuffed animal from home and carry it with them
- Child gets to wear a special crown, sash, or super hero cape on their special day.
- Consider a treasure chest filled with fun pencils, erasers, or other trinkets supplied by parents at the beginning of the year and allow kids to select something on their special day.
- Allow 10 minutes for a special craft or activity brought in by the child/provided by parents.
- Allow child to create a theme for the day (everybody wears red, sports team shirt day, etc.)
- Have child create and show off an "All About Me" poster or video
- Allow older kids to go read to a younger classroom or help out in a younger classroom
- Time to play with the "fun" items that do not get used every day, like the parachute or scooters



Ideas for Parents

- Donate a book in child's name to classroom or school library—wrap it up and allow child to unwrap it in front of the class
- Donate a playground item (soccer ball, jump rope, Frisbee, hula hoop) to the school or P.E. department in your child's name
- Eat lunch at school with your child
- Read a favorite story to child's class
- Lead a craft project with class
 - Help child create a picture collage or video about themselves to share with the class
 - Send a fun school supply: let your child pick out special pencils, fun erasers, or a small box of crayons for each classmate
 - Send a fun trinket: stickers, key chains, bead necklace, rubber ducks, matchbox cars, bouncy balls, notepads
 - Send in an item (along with markers) for all the kids in the class to sign and decorate for your child (white t-shirt, blank tote bag, pillow case, autograph book)
- Ask teacher if you can send in supplies for an extra craft time (and, if you are able, volunteer your time to help out with the activity in the classroom)
- Coordinate with teacher to lead the class in a special game or outside activity
- Rather than sending your child to school with Show and Tell, see if the teacher will let you bring some of your child's favorite things to school for a parent led Show and Tell.