



Rewards **IDEAS**

Whether at home, school, community clubs or events. Rewards for accomplishments, good behavior and other positive actions are always appreciated. The recognition doesn't have to cost a lot of money or be loaded with calories to be meaningful. Something as simple as a nod, a smile or a few words of praise can help build a child's self-esteem.

Easy rewards for children:

Toys

- Slinkies
- Yo-yos
- Stickers
- Bubble fluid and wand
- Marbles
- Paddleballs
- Jacks

Physical Activity Gear

- Jump rope
- Water bottle
- Frisbee
- Pedometer
- Hacky Sacks

School Supplies

- Pens
- Pencils
- Scissors
- Notebooks
- Crayons
- Bookmarks
- Rulers
- Markers

Recognition

- Note of praise from the teacher
- Photo recognition board
- Certificate, plaque, sticker or ribbon

Privileges

- Working at the school store
- Helping the teacher
- Taking care of the class animal
- Going first
- Reading to a younger class
- Running errands to the office
- Reading the school-wide morning announcements
- Having extra computer or reading time
- Getting a book from the library

Class rewards

- Field trip
- A song or dance by the teacher
- Holding class outside
- Eating lunch outside



Party IDEAS

A time to celebrate a birthday, a holiday or other special event is a time to try a new approach.

Give the class:

- A CD of children's songs
- A book in honor of the birthday child
- An educational board game
- A jig-saw puzzle
- Flower bulbs, cups & dirt

Read a special story
Teach an easy craft
Take a fun class
picture and frame it

When food is an option, think fun, crunch, and color. New things and food from different cultures enhance learning. In-season fruits and veggies save money.

In-season ideas:

- Fall – Pears
- Winter – Clementines
- Spring – Strawberries
- Apples
- Grapes
- Bananas
- Kiwi
- Baby Carrots
- Fruit smoothie
- Applesauce like Mott's Healthy Harvest or Fruit Cups (in juice) like Dole or Del Monte
- 100% fruit juice popsicles like Breyers or Dole "No Added Sugar"
- Bagel with low fat cream cheese
- Veggie tray with low fat dressing
- Low-fat yogurt
- Trail mix with Raisins
- Pita with hummus
- Low-fat milk
- Tortillas with salsa or bean dip
- Low-fat string cheese with whole grain crackers like Triskets or Wheat Thins

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