

Healthy and Active Celebrations

Celebrate the Birthday Person!

- Create a special birthday event. For example, the birthday child wears a sash and crown, sits in a special chair or visits the principal's office for a special birthday surprise, such as a pencil, sticker or birthday card!
- Assign the birthday child to be the teacher's assistant for the day to complete special tasks such as deliveries to the office, line leader, or choosing and leading an active game.
- Ask child for their favorite book or parents to purchase a book for the classroom in the child's name. Let the birthday child invite a special guest to read it to the class.
- Make a "Celebrate Me" book. Ask classmates to write stories or poems and draw pictures to describe what is special about the birthday child.

Keep the Celebration Active!

- Host healthy and active classroom parties. Ask parents to provide game supplies/prizes such as pencils, erasers, stickers, etc.
- Allow extra recess time.
- Craft stations with music in the background. Ask parents to provide supplies or assistance.
- "Free choice" activity time at the end of the day.
- A scavenger hunt for items or information around the classroom or school. Children search for items related to a party theme.
- Complete a special community service event/project, etc

Healthy Food Celebrations

- Fresh fruit assortment.
- Fruit and low-fat cheese kabobs.
- Sliced fruit with spiced yogurt: 1/4 tsp cinnamon per one cup of low-fat vanilla yogurt.
- Fresh vegetables: carrots, snap peas, grape tomatoes, celery, pepper strips, cucumbers, zucchini, jicama - with hummus or low-fat vegetable dip.
- Yogurt Parfaits: Low-fat yogurt layered with fresh fruit and/or low-fat granola.
- Jazzed Water: Add sliced lemons, limes, oranges, grapefruits, kiwi, berries, melons, cucumbers or a sprig of mint to add natural flavor to water.

Non-food Celebrations...

Support teachers' focus on teaching, promote equality among students and protect those with food allergies!

Party with Perspiration...

Incorporating activity into celebrations can improve students' focus for learning!

A Little Friendly Competition...

Foster teamwork and support physical activity through a favorite team event!

Cash in on Fitness...

Enable students to earn "(School mascot) Dollars" to spend on extra recess time!

Inspiring Artists...

Reward with art; students can earn "star bucks" which can be traded for items or events such as face painting, chalk drawing and/or dance parties.

Question or comments?

Call or email us at:

Phone 701-371-9644

knitzkorski@gmail.com

