

# PROMOTING WELLNESS ALTERNATIVES

## Celebration Activity Alternatives:

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child's name. Read it to the class or invite the child's parents to come in and read it to the class.
- Instead of a party, organize a special community service project, e.g., invite Senior Citizens in for lunch, make "curechiefs" for chemotherapy patients, and blankets for rescue dogs. Involve parents in planning the project and providing needed materials.
- Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.).
- The birthday child is the teacher's assistant for the day, and gets to do special tasks like make deliveries to office, lead the line, start an activity, and choose a game or story.

## Healthy Food Alternatives:

- Low-fat, nonfat or soy plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice).
- Fruit smoothies (blend berries, bananas and pineapple).
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping.
- Dried fruit (raisins, cranberries, apricots, banana crisps), 100% fruit snacks.
- Vegetable trays with low-fat dip.
- Whole-grain crackers with cheese cubes, string cheese or hummus.
- Waffles or pancakes topped with fruit.
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers.
- Angel food cake, plain or topped with fruit.
- Bagel slices with jam, fruit or grain muffin (low-fat), whole wheat English muffin, hot pretzels.
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce.
- Ham, cheese or turkey sandwiches or wraps (with low-fat condiments).
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers).
- Quesadillas or bean burrito with salsa.
- Low-fat breakfast or granola bars.
- Low-fat tortilla chips with salsa or bean dip.
- Trail/cereal mix (whole grain, low-sugar cereals mixed with dried fruit or pretzels).

## Fundraising Alternatives:

### Items:

- Activity theme bags
- Air fresheners (with logo)
- Bath accessories
- Balloon bouquets
- Batteries
- Books, calendars
- Brick/stone/tile memorials
- Bumper stickers & decals
- Buttons, pins
- Candles
- Christmas trees
- Coffee cups, mugs
- Cookbooks (made by school)
- Crafts
- Christmas ornaments
- Coupon books
- Customized stickers/bottled water
- Emergency kits for cars
- First aid kits
- Flowers and bulbs
- Foot warmers
- Football seats
- Garage sale
- Giant coloring books
- Gift baskets
- Gift certificates
- Gift items
- Gift wrap, boxes and bags
- Greeting cards
- Hats
- Holiday wreaths
- House decorations
- Jewelry
- License plates or holders with logo
- Lunch box auctions
- Magazine subscriptions
- Megaphones
- Mistletoe
- Monograms
- Music, videos, CD's
- Newspaper space, ads
- Pet treats/toy/accessories
- Plants
- Pocket calendars
- Pre-paid phone cards
- Raffle donations
- Rent a special parking space
- Scarves
- School art drawings

- School Frisbees/water bottles
- School spirit gear
- Scratch off cards
- Sell/rent wishes
- Souvenir cups
- Spirit/season flags
- Stadium pillows
- Stationery
- Student directories
- Stuffed animals
- Temporary/henna tattoos
- T-shirts, sweatshirts
- Tupperware
- Valentine flowers
- Yearbook covers
- Yearbook graffiti

### Healthy Food:

- Frozen bananas
- Fruit baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Lunch box auctions

### Activities:

- Auction (teacher does something for student)
- Bike-a-thon/Blade-a-thon
- Bowling night/Bowl-a-thon
- Car wash (pre-sell tickets)
- Carnivals (holidays)
- Dances (student, student/parent, Sadie Hawkins)
- Family/glamour portraits
- Festivals
- Fun runs
- Gift wrapping
- Golf tournament
- Jump rope-a-thon
- Magic show
- Raffles (movie passes, theme bags)
- Raffles (teachers do silly activity)
- Read-a-thon
- Rent-a-teen helper (rake, mow, water, wash)
- Recycling cans/bottles/paper
- Science fairs
- Singing telegrams
- Spelling bee
- Talent shows
- Tennis/horseshoe competition
- Treasure hunt/scavenger hunt
- Walk-a-thon
- Workshops/classes

## Food as Reward Alternatives:

### Elementary School:

- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with teacher of principal
- Eat lunch outdoors with the class
- Have lunch or breakfast in the classroom
- Private lunch in classroom with a friend
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Stickers, pencils, bookmarks
- Certificates
- Fun video
- Extra recess
- Walk with the principal or teacher
- Fun physical activity break
- School supplies
- Trip to treasure box filled with nonfood items (stickers, tattoos, pencils, erasers, bookmarks, desktop tents)
- Dance to favorite music in classroom
- Paperback book
- Show and tell
- Bank system – Earn play money for privileges
- Teacher or volunteer reads special book to class
- Teacher performs special skill (singing, cart wheel, guitar playing, etc.)
- Read outdoors or enjoy class outdoors
- Have extra art time
- Have “free choice” time at end of day or end of class period
- Listen with headset to a book on audio
- Items that can only be used on special occasions (special art supplies, computer games, etc.)

### Middle School:

- Sit with friends
- Listen to music while working at desk
- Five-minute chat break at end of class
- Reduced homework or “no homework” pass
- Extra credit
- Fun video
- Fun brainteaser activities
- Computer time
- Assemblies
- Field trips
- Eat lunch outside or have class outside

### High School:

- Extra credit
- Fun video
- Reduced homework
- Donated coupons to video stores, music stores or movies
- Drawings for donated prizes among students who meet certain grades/standards