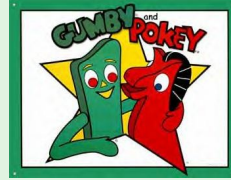


HEALTHY CLASSROOM CELEBRATIONS IDEAS

Promoting a Healthy School Environment

No-Cost Ideas to Acknowledge the Birthday Child:

- Make deliveries to the office
- Teach class for a short period of time
- Sit by friends
- Eat lunch with the teacher or principal
- Eat lunch outdoors with class
- Private lunch in classroom with a friend
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Extra recess time instead of a party
- Walk with the principal or teacher
- Fun physical activity break for entire class with birthday child leading the activity
- Dance to favorite music in the classroom
- Read a special book to the class
- Teacher performs special skill (sings, plays an instrument)
- Birthday child performs a special skill for the class
- Have art time in class
- Have “free choice” time at end of the day or end of class lesson
- Watch a short video
- Read to a younger class
- Listen with a headset to a book on audiotape
- Give a spelling test to the class
- Homework pass
- Work on a special craft



Activities to Celebrate the Birthday Child

(The Dollar Store is a great venue for inexpensive party favors that cost about the same as a cupcake and sugary beverage for the entire class.)

Children won't miss the food because they will just break for or have finished lunch.

Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers, and other small school supplies.

Create a healthy party idea book. Ask parents or school staff to send in healthy recipes and ideas for activities, games and crafts. Compile these into a book that staff and parents can use.

Parents may 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 to 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.

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 the office, lead the line, start an activity, and choose a game or story.

Birthday child gets to choose a prize from the classroom “Treasure Box”.