



Rewards and Incentives

Rewards and incentives should be given careful consideration as to the messages they send to the students receiving them. Food cannot be used as a reward or incentive in the classroom, but other, more appropriate rewards can be used. School staff and volunteers will not offer food as a reinforcer or withhold food from students as a consequence, except in cases where a program planning team is using applied behavioural analysis to implement an individual program plan for a student (Directive 8).

Positive reinforcement can be very powerful for students. However using food is no longer permitted (8.1). Children need to eat when they are hungry and stop when they are full if they are to develop a healthy relationship with their bodies as well as learn healthy eating behaviours. Using food as a reinforcer teaches children to eat when they are not hungry. Finding alternatives to food to reinforce behaviours is an important part of providing a healthy school environment.

Fun interesting rewards & incentives:

School Supplies:

- Bookmarks
- Books or magazines
- Activity or game sheets
- Erasers, pencils, pens, markers, etc.
- Pencil toppers
- Rulers
- Notebooks
- Highlighters, crayons, etc.

Extra time:

- Chat break at the end of class
- Work on the computer
- Dance to favorite music in the classroom
- Extra recess
- Extra time in favorite class (Art, Music, etc)
- Reading time

- Free choice time at end of the day

Class activities:

- Have class outside
- Eat lunch outdoors
- Watch a movie
- Field trips
- Game time
- Guest presenter/speaker
- Listen to music while working
- Party hour with music and balloons after a big test or before school vacation
- Take a fun physical activity break
- Physical activity break from class

Trinkets or Toys:

- Small sports equipment (Frisbees, balls, skipping ropes, etc.)
- Stars or smiley faces
- Stickers
- Clothing
- Plastic jewelry
- Small stuffed animals
- Sun glasses
- Balloons
- Bubbles
- Yo-yo's
- Sports or playing cards
- Finger puppets
- Silly putty
- Animal or other creature figurines
- Inflatable toys
- Shoe laces
- Crazy straws
- Hair clips
- Coloring books
- Sidewalk chalk

Other fun options:

- "No homework" pass
- School clothing
- Draws for donated prizes
- Eat a healthy lunch with the teacher or principal
- Free passes to school events and games
- Fun walk with the principal or teacher
- Make deliveries to the office
- Prime parking spot
- Recognition with morning announcements
- Sit with friends
- Taking care of the class pet
- Teach class

Point system: Students earn "points" to accumulate toward a *non-food* prize. Students can receive fake money, coupons, tokens, stars, or stickers, which can be exchanged for privileges or prizes when enough are accumulated. The point system can also be used for an entire class to earn a group reward.