



## Rewards Kids Will Crave

☆ Non-Food Alternatives ☆

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Proud sponsors of Gold Medal Schools



Developed by the Gold Medal School Team, Salt Lake City, UT. 2005.  
Visit [www.hearhighway.org/gms](http://www.hearhighway.org/gms). To order this book, please use order form in back.

# Introduction

by Jennie Erickson

It's fun, it's fast!  
It's here, at last!

and resource ideas  
for all of your classes.

We share ideas with you  
from teachers all over the state.  
They're non-food rewards  
that kids think are great!

There are ideas for games,  
rewards, and point systems.  
Kids will like them so much  
that their skin will glisten!

It's a teacher's handbook  
for alternatives to candy,  
so we no longer use food  
to reward Ann & Andy.

For you know, creative rewards  
are better than food.  
They last longer than candy  
and enhance the mood.

This booklet includes  
prize ideas and passes,

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# FREQUENTLY ASKED QUESTIONS

## FREQUENTLY ASKED QUESTIONS

### ***What is wrong with food rewards?***

Although rewards and incentives can be an effective way for teachers to encourage positive behavior, health experts recommend using an alternative reward. Below are some reasons why:

- ★ Today's kids are already overwhelmed with unhealthy food choices. They face high risks of being overweight and having serious health problems in the future. Children need to be taught and encouraged to make wise choices about food and healthy eating. Giving food (or treats) as a reward in class makes this confusing and difficult for them.
- ★ Bribing with any food encourages children to eat when they are not hungry. They learn to reward themselves through eating, a habit that may continue into adulthood.
- ★ When treats are offered as a reward for daily activities, children quickly learn to prefer "junk food" over healthier foods.
- ★ Giving food (or treats) as a reward contradicts the healthy eating messages taught in school.

## FREQUENTLY ASKED QUESTIONS

### Why are non-food rewards better?

- ★ Non-food rewards are better for children because they help students establish healthy attitudes toward eating and do not interfere with natural hunger cues.
- ★ Studies show that children actually prefer non-food rewards!
- ★ Non-food rewards are a low-cost alternative to food and treats, and in most cases are free.
- ★ Giving non-food rewards helps students know that rewards don't have to involve food and can be intrinsic. This helps kids become more confident and self-motivated.
- ★ Creative, non-food incentives are fun and can still give the same great results.

To make the change in your classroom, ask your students to help develop a list of non-food rewards that will work best for them.

## FREQUENTLY ASKED QUESTIONS

### How will this book help?

- ★ Teachers have given us ideas that worked in their own classrooms. We've simply compiled them into this handy book.
- ★ *Rewards Kids Will Crave* includes effective ways to encourage good behavior.
- ★ Reward ideas in this book are either inexpensive or free.
- ★ Using this book can help Gold Medal Schools meet the criteria that all teachers and staff will not use food as a reward or punishment.
- ★ This book is for you! Keep it, use it, share it. Make your own adaptations. Be creative, and have fun!

## FREQUENTLY ASKED QUESTIONS

### What do health experts say?

- ★ Health experts advise that food should not be used as a reward or punishment in the classroom; furthermore, they encourage schools to offer healthy food choices at classroom parties.
- ★ Rachel Cox, a Registered Dietitian at the Utah Department of Health, explains, **"Rare social events centered around food are appropriate times to enjoy treats together, but using treats as everyday rewards or to discipline is not a good practice."**
- ★ Health experts agree that when children are rewarded with treats, they unfortunately associate "junk" food with being good or feeling happy. Children start to believe that these kinds of food will actually make them happy. Soon, they are eating to feel good about themselves rather than eating for energy and nutrients. An unhealthy cycle begins.
- ★ Associating food with good or bad behavior makes long-lasting effects on students' food preferences and eating styles, and may contribute to being overweight.

## FREQUENTLY ASKED QUESTIONS

### What do teachers think?

Teachers are often reluctant to give up food rewards until they see the benefits. One teacher was convinced after her class erupted into cheers when she let them walk the Gold Medal Mile instead of giving them candy! Below are some examples of what other teachers think:

- ★ In my classroom, I do not use food incentives for rewards because I find that the kids come to expect "getting something" each time they perform. I use a longer-term reward for behavior in my classroom. - Dawn Cunningham, Christian Heritage, Private School in Riverdale
- ★ The best reward for any student is to help them find that intrinsic reward of knowing that they did their best. - Julie Johansen, Huntington Elementary, Emery S.D.
- ★ One of the greatest things is to be more aware of the non-food awards. . . I have totally "de-junked" my classroom. - Chris Oviatt, Lapoint Elementary, Uintah S.D.

## FREQUENTLY ASKED QUESTIONS

### What do kids really prefer?

- ★ Kids prefer recess!
- ★ A survey in 2002 asked Utah kids what they really want for classroom rewards. Their answers were as follows:

Extra recess time	54%
Earning coupons	25%
New pencils or erasers	14%
Candy bar, my choice	7%

- ★ Brooke Black, a former Gold Medal Schools Mentor who conducted the survey, noticed that surprisingly, kids are very aware of their own health. She says the survey "results tell us that kids usually like something different than candy."
- ★ For more information on this study, see page 50.

## FREQUENTLY ASKED QUESTIONS

### Tell me about Gold Medal Schools. . .

- ★ The Gold Medal Schools program ensures that kids are healthy and ready to learn. Gold Medal Schools encourage Utah students to make healthy food choices, get more physical activity, and stay tobacco free.
- ★ The program supports policies of physical activity and good nutrition. For example, schools will establish a Gold Medal Mile™ weekly walking program at school.
- ★ Proud sponsors of Gold Medal Schools include the Utah Department of Health, Utah State Office of Education, and Intermountain Health Care (IHC).
- ★ \$1500 total cash is awarded to schools that reach Bronze, Silver, Gold, and Platinum levels.
- ★ For more information, please visit [www.hearthighway.org/gms](http://www.hearthighway.org/gms).

## FREQUENTLY ASKED QUESTIONS

### How does the program work?

#### **Gold Medal Schools encourage faculty and staff to . . .**

- ★ Create a healthy environment for students that will increase academic performance.
- ★ Use non-food rewards so that students establish healthy attitudes toward eating.

#### **Gold Medal Schools support a non-food reward policy that . . .**

- ★ All teachers and staff will not use food as a reward or punishment.
- ★ All teachers and staff will know about the benefits of this policy and follow it.  
(This does not include end-of-the-year class parties or social events.)

#### **The Gold Medal Schools program provides . . .**

- ★ Expert staff to help your school reach the Bronze, Silver, Gold, and Platinum levels.
- ★ Cash for your school to use towards things like a salad bar or P.E. equipment.

## PRIVILEGES

# QUICK LIST OF IDEAS

## Materials Needed:

★ (None)

Julie Johansen  
4th Grade Teacher  
Huntington Elem.

Emery School District

## Directions:

- ★ Reward students with one of the following:
  - Thumbs-up
  - First to share writings
  - First to read
  - Winks and smiles
  - For big rewards: books (use bonus points from book clubs)
  - Extra recess or free game time (Scrabble, math games, etc.)
  - Bonus points on assignments, quizzes, or tests
  - First in line
  - Pats on the back
  - Lunch with the teacher
  - Student's choice of where to sit for the day
  - Stickers
  - "No-homework" passes



# "CURE" FOR MISSING ASSIGNMENTS

## Materials Needed:

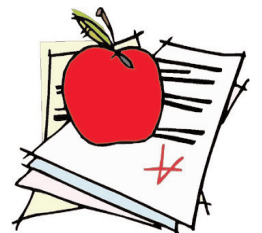
★ (None)

Mr. Jim Leeper  
6th grade Teacher  
Cascade Elem.

Alpine School District

## Directions:

- ★ Reward students who have turned in all assignments with 30 minutes of playing games they have brought from home.
- ★ During game time, students who have not turned in all of their assignments get to work on those "missing" assignments they never completed (a natural consequence).
- ★ For students who would intentionally miss school on game day so they do not have to do their missing assignments:
  - Have students bring the games on Monday.
  - Then, choose a game day at random.
- ★ Students learn game strategies, good sportsmanship, and cooperation. And, amazingly, "missing" assignments are not such a problem anymore!





# SECRET SACK

## Materials Needed:

- ★ Sack or bag to hang on the wall
- ★ One piece of paper with a description of the reward written on it, placed in the sack

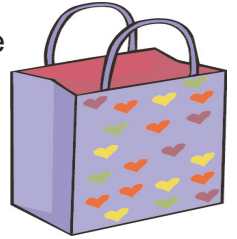
Angela Reynolds  
Western Hills Elem.

Granite School District

## Directions:

- ★ At the first of the week, give the class ten points to start.
- ★ Keep track of points on the chalkboard for all to see.
- ★ Erase a point any time a student interrupts another person.
- ★ At the end of the week, if any points are remaining then the class gets to have the reward from the Secret Sack (written on the piece of paper).
- ★ If no points remain, then the class does not earn the reward. They'll have to try again next week.
- ★ Ideas for the items in the Secret Sack for lower and upper grades are found on the following page.

(continued)



# SECRET SACK (continued)

## Materials Needed:

Angela Reynolds  
Western Hills Elem.

Granite School District

## Directions. (continued):

- ★ Items for the Secret Sack in **upper grades**:
  - Skip a math assignment and play a game
  - Drive-in movie (kids bring boxes, decorate them as cars, and watch a movie that goes with a novel the class has read)
  - Class gets to be the teacher or "boss"
  - Listen to music during work time
  - Play Olympics (teams pick a country to represent, then play academic games, and hold an awards ceremony, etc.)
- ★ Items for the Secret Sack in **lower grades**:
  - Pick own carpet spot for the week
  - Eraser tag
  - Quiet ball
  - Any game where students race to the board to write something



# A RUN FOR YOUR MONEY

## Materials Needed:

- ★ Plastic coins or paper money
- ★ Items for auction
  - Cheap books
  - School supplies
  - Crafts
  - Hacki sacks
  - Any "junk" you have been given as gifts will go like wildfire at the auction!

Unknown

## Directions:

- ★ Let students earn money for bringing back homework, finishing all work for the day, or at least trying (with the really slow perfectionist types).
- ★ Hang up a list of things they can buy with their money.
- ★ Students may buy things each week or each month. Or, they may opt to save their money to buy things at the end of year auction.
- ★ Items for Lower Grades To Buy:
  - Extra recess
  - Computer time during math or work time
  - Sit at the teacher's desk
  - Make a bracelet (or other craft)



# A RUN FOR YOUR MONEY (continued)

## Materials Needed:

Unknown

## Directions. (continued):

- ★ Items for Lower Grades to Buy, continued:
  - Keep the class dog at their seat for the day
  - Be the teacher's assistant
  - Pick your own spot for the day
  - Eat lunch in the classroom
- ★ Items for Upper Grades To Buy:
  - Skip one homework assignment
  - Listen to headphones during work time
  - Extra recess or inside recess
  - Move their desk anywhere in the room (but move it back if student is too chatty)



# HAPPY HELPER & PAJAMA READING DAY

## Materials Needed:

- ★ System of tracking points

Michelle Hoffmann  
5th Grade Teacher  
Trailside Elem.

Park City School District

## Directions:

- ★ Students earn "happy helper" points for positive behavior, completing class work, being polite, caring towards friends, etc.
- ★ Keep track of student's points on an individual or classroom chart.
- ★ Students can use their points to be a helper in another class for an hour or a day.
- ★ Also, the whole class can choose to combine and contribute their points towards having a pajama reading day.



# MINI-MESSAGES

## Materials Needed:

- ★ "Mailbox" for each student
- ★ Small white note-pad
- ★ Cherry pink note-pad

Allison Moschetti  
1st Grade Teacher  
Parley's Park Elem.

Park City School District

## Directions:

- ★ Each student has a "mailbox."
- ★ When students have extra time, they can write mini-messages (on white paper) to each other and put them in their "mailboxes." They LOVE to get these from their peers.
- ★ When you see them doing good things, write them a mini-message (on cherry-pink paper) with specific praise. Students LOVE seeing the pink papers in their mailboxes.
- ★ Students get very excited to take the messages home to share with their parents.



# MASCOTS

## Materials Needed:

- ★ One class "mascot" or pet

Allison Moschetti  
1st Grade Teacher  
Parley's Park Elem.

Park City School District

## Directions:

- ★ Throughout the week, take note of one student who showed outstanding work or citizenship.
- ★ That one student is then allowed to take the class mascot home for the weekend!
- ★ On Monday, they must report or show what they did with "Googallee Bear" (or other mascot/pet).



# COMPLIMENT POINTS

## Materials Needed:

- ★ Chart or 3x5 card

Chris Oviatt  
4th Grade Teacher  
Lapoint Elem.

Uintah School District

## Directions:

- ★ Students earn a point when they are "caught" giving another student a compliment!
- ★ Keep track of each student's progress on an individual chart, individual 3x5 card, or classroom chart.
- ★ For every five points earned, the class can watch a video during Wednesday lunch. It's great to use science videos, animal videos, educational, or informational videos!
- ★ Kids can also earn recess time outside or physical activity time in the gym.
- ★ Some students prefer extra walking time!



# PLUS POINTS

## Materials Needed:

- ★ Ink stamps
- ★ Or, markers
- ★ Or, stickers
- ★ Class chart
- ★ Or, 3x5 cards
- ★ "Store" items

Mrs. Lynne O. James  
4th Grade Teacher  
Lomond View Elem.

Weber School District

## Directions:

- ★ Keep track of each student's progress on an individual chart, individual 3x5 card, or classroom chart.
- ★ Use ink stamps, or stickers, or markers for the points. For the plus points, you can use pictures of hearts, smiley faces, lightning bolts, check marks, "add" signs, stars, moons, or suns.
- ★ Kids earn plus points when they do the following:
  - Paying attention/staying on task = 1 point
  - Proofreading (catching mistakes) = 1 point
  - Projects (handwritten) = 1 point
  - No tardies for a week = 1 point
  - Clean desk/clean floor each day = 1 point
  - Planner signed = 1 point (cont'd)



# PLUS POINTS (continued)

## Materials Needed:

Mrs. Lynne O. James  
4th Grade Teacher  
Lomond View Elem.

Weber School District

## Directions. (continued):

- Notes turned in = 1 point
- Study for a test, earning a score of 100% = 3 points;  
80-100% = 2 points; 70-80% = 1 point
- Spelling Bee (weekly class teams) = Winning team gets out to break time 5 minutes early; Other team = 2 minutes early
- Returned progress reports (given every 2 weeks) = 1 point
- ★ "Plus points" may be used on the same day or before the week is up on certain assignments.
- ★ Only one point can be used on a test.
- ★ Points can be turned in to buy items from the class store.



# TINKERING CENTER

## Materials Needed:

- ★ Screws
- ★ Latches
- ★ Hooks
- ★ Eyes
- ★ Nuts
- ★ Bolts
- ★ Other small appliances

Peggy Moore  
4th Grade Teacher  
Highland Park Elem.

Salt Lake School  
District

## Directions:

- ★ Create a "Tinkering Center."
- ★ Let kids "tinker" around with screws, latches, hooks, eyes, nuts, bolts, and small appliances.
- ★ Students love to see how things are put together.
- ★ This activity encourages kids to be creative and think outside the proverbial box; it helps them to improve interpersonal skills and self-expression.



# EARN A PARTY

## Materials Needed:

- ★ (10) 3x5 cards

Maggie Jones  
Library Media Teacher  
Park Elem.

Cache School District

## Directions:

- ★ Using one 3x5 card for each letter, spell "Earn a Party."
- ★ On the back of each card, write the number "5". Turn the cards over so that only the numbers are showing.
- ★ Keep track on the board as they earn points for staying on task, returning assignments on time, homework, etc. Each time they earn five points, the class gets to turn over a letter.
- ★ When all the letters have been turned over, it spells, "Earn a Party".
- ★ Then, the class votes on what kind of party to have: ie. educational video, read-a-thon, etc.



# YOU CAN BANK ON IT

## Materials Needed:

- ★ Film canister for each student (bank)
- ★ Plastic coins or paper money
- ★ "Store" items (school supplies)

Loene Hill  
1st Grade Teacher  
Green Acres Elem.

Weber School District

## Directions:

- ★ Give each child a film canister for their personal "piggy" bank.
- ★ Students earn plastic coins for hard work, completed homework, exemplary behavior, showing compassion, helpfulness, etc.
- ★ They can earn money for test and/or homework scores!
  - 100% on a test = 25 cents
  - Returning homework packets = 25 cents
- ★ Every privilege in the classroom costs money:
  - Sharpening a pencil = 9 cents
  - Going to restroom during class = 15 cents
  - Rent a ball or use jump rope = 10 cents
  - Getting a drink during class = 6 cents
  - Rent a computer = 25 cents (continued)



# YOU CAN BANK ON IT(continued)

## Materials Needed:

Loene Hill  
1st Grade Teacher  
Green Acres Elem.

Weber School District

## Directions. (continued):

- ★ Hold a "special sale" for buying erasers, rulers, bookmarks, etc.
- ★ Children pay the teacher for talking while the teacher is talking or making the teacher wait because they're not ready (like a fine).
- ★ With this ongoing activity, students will learn:
  - How to save enough money for a certain privilege
  - Lost money or piggy banks cannot be replaced
  - Borrowed money can be paid back with interest or by giving collateral for it
  - Patience and delayed gratification (They won't "die" if they can't get something immediately.)





## QUICK LIST OF MORE IDEAS

### Materials Needed:

★ (None)

Kara Hendrickson  
3rd Grade Teacher  
Jeremy Ranch Elem.

Park City School District

### Directions:

★ Reward students with one of these privileges:

- Art (something messy seems to create more excitement)
- String Art (easy to teach and do, and works the fine motor skills; kids find it relaxing as well)
- Hobby Day (Kids bring their collections to share, even the sometimes forbidden Yu-Gi-Oh cards.)
- Learning and making healthy snacks
- Extra recess or P.E.
- Show and tell
- New pencils and erasers
- Free choice of educational games
- Pajama party
- Something from the treasure box



## CLASSROOM REWARDS

### Materials Needed:

★ (none)

Debby Walter  
4th Grade Teacher  
Jeremy Ranch Elem.

Park City School District

### Directions:

★ Reward students with one of these privileges:

- Chess for 30 minutes (Debby has 12 chess sets for her class)
- Game time for 30 minutes; students bring in their own games
- Jeopardy and review games; give out erasers and pencils
- Pajama party
- Read-a-thon
- Extra recess
- Pass for no homework





# PLAYTIME

## Materials Needed:

- ★ Games
- ★ Bubbles
- ★ Play-dough

Michelle Redden  
Kindergarten Teacher  
Green Acres Elem.

Weber County School  
District

## Directions:

- ★ Use playtime only as a special reward.
- ★ Students may bring play items from home, too.
- ★ Students can play with these fun items for 30 minutes or more:
  - Bubbles
  - Play-dough (or homemade "playclay")
  - Choice of games (like Candyland, etc.)
  - Extra computer time



# CERTIFICATES & COUPONS

# FREE ACTIVITY PASSES

## Materials Needed:

- ★ Activity passes (you can get these for free or at a discounted cost)

Bruce Brinkman  
Welby Elem.

Jordan School District

## Directions:

- ★ Contact and partner with activity-oriented businesses for free passes or the like for students:
  - Classic Skating pass--Students get in FREE and the passes are FREE to the school!
  - Some Dude's Playground, The Fun Dome, or The FunPark
  - Laser tag places
  - Ice skating rinks
  - Karate studios or dance studios
  - Indoor or outdoor swimming pools, etc.
- ★ Most area businesses are glad to partner with and help area schools at NO COST to the school. Students love it, too!



# STORE COUPONS

## Materials Needed:

- ★ Coupons
- ★ Tickets
- ★ Paper money
- ★ "Store" items

Chris Oviatt  
4th Grade Teacher  
Lapoint Elem.

Uintah School District

## Directions:

- ★ Give coupons to students for good behavior or turning in assignments, etc.
- ★ At the end of the month, they may "buy" things with their coupons at a classroom store.
- ★ Ideas for the store include: pencils, erasers, toy lizards and bugs, pop-up toys, stickers, tattoos, and water bottles.



# "BEARY" AWESOME AWARD

## Materials Needed:

- ★ Award certificate
- ★ Bear cutouts
- ★ Honey pot cutouts

Dawn Cunningham  
1st Grade Teacher  
Christian Heritage

Private - Riverdale, UT

## Directions:

- ★ On the board, each child has a bear shaped cut-out with their name on it.
- ★ During the week students can earn honey pots (cut-outs) for their bear by following classroom rules: raising their hand to answer questions, sharing, encouraging their classmates, etc.
- ★ On Monday, give the student a "Beary Awesome" award certificate stating what that student did to earn their award.
- ★ They can bring these awards home to the family so that parents can see the positive things their child is doing (rather than only hearing when something is wrong).



# COUPONS FOR ACADEMICS

## Materials Needed:

- ★ Paper
- ★ Sports cards
- ★ Your own ideas

Joan Archibald  
3rd grade Teacher  
Pleasant Green Elem.

Granite School District

## Directions:

- ★ Make a coupon for any of the following:
  - One free test answer (or more)
  - Complete only half of a homework assignment
  - Guaranteed "A" on a quiz or assignment
  - One sports card - one package will go a long way. Even a lot of the girls like them!



# ACTIVITY COUPONS

## Materials Needed:

- ★ Activity coupons from local businesses

Willow Amendola-Duncan  
Counselor  
Jeremy Ranch Elem.

Park City School  
District

## Directions:

- ★ Give coupons for the following:
  - Miniature golf
  - Alpine Slide Ride from Park City Mountain Resort
  - Rock climbing wall
  - Bowling coupon good for shoes *and* bowling. . . .
- ★ This is wonderful for facilitating family outings and allowing the family to be part of the award.



# PRIZES

# RAFFLE TICKETS AND REWARDS

## Materials Needed:

- ★ Raffle tickets
- ★ Raffle prizes (toys or other trinkets)
- ★ Award certificate

Allison Moschetti  
1st Grade Teacher  
Parley's Park Elem.

Park City School District

## Directions:

- ★ Give students raffle tickets for excellent work, citizenship, or positive attitude.
- ★ Students should write their names on the back of the tickets.
- ★ On Friday, have a raffle for little toys and/or trinkets.
- ★ Also, at the end of each quarter give students an award certificate for something they did well during that quarter (ie. math, reading, spelling, citizenship, art, music, or just for being a super star).



# SHINING STARS

## Materials Needed:

- ★ Star stickers
- ★ Chart or 3x5 card
- ★ Prize items
- ★ Stuffed animals
- ★ Small toys
- ★ Small cars

Dawn Cunningham  
1st Grade Teacher  
Christian Heritage

Private - Riverdale, UT

## Directions:

- ★ Kids earn one shining star (sticker) per day when they follow classroom rules and do not receive a time-out.
- ★ Keep track of student's progress on an individual chart, or classroom chart, or individual 3x5 cards.
- ★ For every 25 stars collected, the student can turn them in to "buy" a treasure from the teacher's prize drawer.



# SMART BOARD

## Materials Needed:

- ★ Poster board chart with 121 squares, laminated
- ★ 10 green Popsicle sticks
- ★ 10 pink Popsicle sticks
- ★ Dry-erase markers

Liz Blalock  
Wasatch School District

## Directions:

- ★ Using a big poster board, make a table that has 121 squares; 11 total squares across and 11 total squares going down.
- ★ Title the poster "SMART BOARD." Laminate for repeated use.
- ★ Label the top row with letters A-J and the far left column with numbers 1-10.
- ★ Using the green and pink Popsicle sticks, label the green ones with letters A-J. Label the pink ones with numbers 1-10.

(continued on next page)

	A	B	C
1			
2			
3			

# SMART BOARD (continued)

## Materials Needed:

Liz Blalock  
Wasatch School District

## Directions. (continued):

- ★ Reward students by letting them write their own name in any square they choose using dry-erase markers.
- ★ When the chart is full, pull out one green Popsicle stick (letter) and one pink stick (number) at random. Whoever's name is in that square gets to pick a prize from the prize box!
- ★ (Hint: The more time a student's name is written on the chart, the higher chance they have of getting their name chosen!)

Jill	Russ
Jenn	Stefan

# COMPLETE CLASSROOM CHALLENGE

## Materials Needed:

- ★ Poster board with picture of pencil sharpener
- ★ Pencils

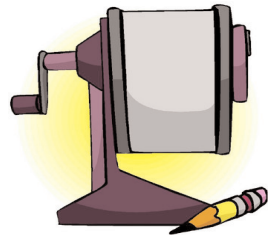
Tasha Hardy  
1st Grade Teacher  
McPolin Elem.

Park City School District

## Directions:

### **For Pencil Sharpener Idea:**

- ★ Hang a giant poster board (picture of a pencil sharpener) on the wall for three weeks.
- ★ The class earns pencil shaped cut-outs to put in the pencil sharpener.
- ★ When 10 items have been collected, everyone gets to pick out a cool pencil to keep.
- ★ Classroom Challenge can also be applied to the book idea on the next page.



# COMPLETE CLASSROOM CHALLENGE (continued)

## Materials Needed:

- ★ Poster board with picture of a book
- ★ Puppets
- ★ Craft ideas

Tasha Hardy  
1st Grade Teacher  
McPolin Elem.

Park City School District

## Directions, (continued):

### **For Book Idea:**

- ★ Hang a giant poster board (picture of a book) on the wall for three weeks. On it, write the title of a book using one letter for each piece of paper.
- ★ As the class earns "letters", gradually turn over the letters to reveal the title of the book.
- ★ When the book title is revealed, students get to read the book, do a puppet show or a craft about the book, and then watch the video!
- ★ This can also be used towards extra recess or free time.
- ★ Students really seem to motivate each other as they realize that they will only receive the reward if everyone works together.



# INK STAMP CARD

## Materials Needed:

- ★ 3x5 card or other for each student
- ★ Ink stamps
- ★ Or, hole puncher with fun shapes
- ★ Or, stickers
- ★ Prize items
  - Bookmarks
  - Shaped erasers
  - Old toys from your kids' closets

Stacy Buhler  
Taylorsville Elem.

Granite School District

## Directions:

- ★ Kids earn a stamp (or hole punch or sticker) on their card for following classroom rules, good behavior, being quiet in the halls, etc.
- ★ When the stamp card is full, students get to choose a prize from the prize box.
- ★ If you cannot always carry around an ink stamp (ie. at school assemblies), then give tickets.
- ★ Students may keep the ticket and trade it in later for a stamp on their card. If the ticket is lost, however, it cannot be replaced. They need to have the ticket in exchange for a stamp.



# TOTALLY TERRIFIC TALLY MARKS

## Materials Needed:

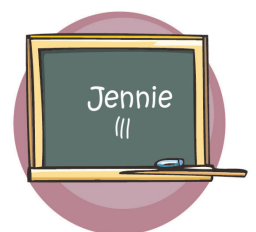
- ★ Shape cut-outs (ie. heart, triangle, football, etc.) for each student
- ★ Prize items

Tasha Hardy  
1st Grade Teacher  
McPolin Elem.

Park City School District

## Directions:

- ★ Have an auction in your classroom every eight weeks for children to spend their points and earn prizes.
- ★ Prizes may include: books, pencils, jump ropes, etc.
- ★ Each student has a shape cut out with their name on it.
- ★ When you catch them "being good", place a tally under their name.
- ★ At the end of the eight-week period, add up all of the tally marks. Hold an auction!
- ★ Use points to bid on auction items. This is a great way to reinforce math skills!





# TWO TICKETS TO RIDE

## Materials Needed:

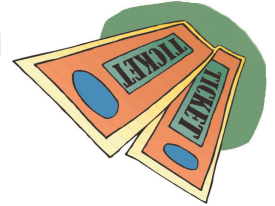
- ★ Pocket chart
- ★ Tickets
- ★ Game dice
- ★ Prize items  
(school supplies  
like pencil or  
notepad, etc.)

Rose Empey  
1st Grade Teacher  
Green Acres Elem.

Weber School District

## Directions:

- ★ At the first of the week, give every student two tickets to start.
- ★ Keep tickets in a pocket chart --one pocket for each child.
- ★ If a child is disturbing others or not following rules, they lose a ticket; if a child is working hard and following classroom rules, they earn a ticket.
- ★ At the end of the week, children write their names on all of their tickets and put them in a box for a drawing.
- ★ Roll the dice to determine how many tickets will be drawn from the box.
- ★ "Winners" pick a prize (school supply item)!



# CHART YOUR COURSE

## Materials Needed:

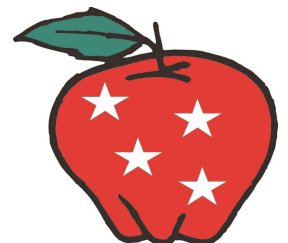
- ★ Individual progress charts with twenty-five spaces on each
- ★ Prize items from Oriental Trading

Marcia Cook  
Special Ed. Teacher  
Greenville Elem.

Cache School District

## Directions:

- ★ Keep track of student's progress on an individual chart (8.5"x11") with 25 spaces.
- ★ Every month, each student must improve his individual score (ie. reading fluency, math scores) 25 times to earn a prize.
- ★ Cross off or initial the spaces for each score improvement.
- ★ Some ideas for the individual progress chart:
  - Game board style with 25 spaces
  - Big picture of an apple with 25 stars inside; teacher crosses off the stars
- ★ Students typically fill up two charts every month!



# LEGOS AND "JUNK" THOUGHTS

## Materials Needed:

- ★ Lots of legos
- ★ Prizes for the monthly drawing

Karla B. DuVall  
Lomond View Elem.

Weber School District

## Directions:

- ★ Kids earn legos for good behavior.
- ★ Students can collect legos from each other if they catch one another in "Junk" thoughts such as: overgeneralizations, catastrophizing, put-downs, coping out, and demands.
- ★ For every three legos collected, students can turn them in for a chance to win the monthly drawing.
- ★ Students learn that "we feel the way we think."  
So, they learn to be more positive!



## RESOURCES

## RESOURCES

### So what do kids really crave?

- ★ In 2002, a survey was conducted in 2nd, 4th, and 6th grades at three elementary schools in the Salt Lake School District. Students were asked the following open-ended question:

**"If I could choose three special rewards  
of my own, they would be . . . "**

- ★ Not surprisingly, extra recess time was mentioned by far the most!
- ★ Following this page are kids' answers in their own words and other valuable resources that teachers have found helpful.



## RESOURCES

### Kids crave these prizes . . .

American flag  
Army parachute people  
Balloons  
Basketball  
Book  
Bouncy ball  
Certificate  
Certificate of fitness  
Charm  
Class coupons

Coupon to the school store  
Dragon-fly toy  
Giant pencil  
Gift certificate  
Gold medal  
Jump rope  
Marbles in a jar  
New baseball  
New eraser  
Pencil

Ribbon  
Slurpee  
Smiley bean (kidney bean)  
Something from prize box  
Squirt gun  
Stickers  
Thank-you notes from teacher  
Trophy

## RESOURCES

And, kids crave these privileges...

5 min. extra recess  
5 min. to run  
5 minutes talking time  
All day P.E. day  
Beach party  
Choose where to sit  
Class movie  
Extra help on math  
Free time  
Game day

Going to Lagoon  
Grown-up day  
Half day of recess  
Huge waterfight  
Lots of spelling words  
Lunch with principal  
Lunch with the teacher  
Mastery tests  
One free test  
Play race cars

Read with the teacher  
Read-a-thon  
Say "Great job!"  
School competition  
Skip one assignment  
Special lunch  
Tend the garden  
Time to talk to friends

## RESOURCES

★ The following ideas for prize items are from Patty Cross at the Utah County Health Department:

- [www.castleoftoys.com/Novelty.htm](http://www.castleoftoys.com/Novelty.htm)  
Erasers - \$ 0.30 each
- [www.wyb.com/school\\_fun.html](http://www.wyb.com/school_fun.html)  
Fruit pencil tops - \$11.98 for pkg of 144  
Erasers (fruit) - \$14.40 for pkg of 72
- [www.usnovelty.com](http://www.usnovelty.com)  
Large fruit erasers - \$1.50 for pkg of 12  
Mini sports erasers - \$0.60 for pkg of 12

★ Also, Julie Wilkin's (Pleasant Green Elementary, Granite School District) 3rd grade class voted that bouncy balls would be a good incentive!



# RESOURCES

★ Chris Oviatt, a 4th Grade Teacher at Lapoint Elementary in the Uintah School District, says the following ideas have worked for her:

- City or county health departments donated 5 A Day pens
- A local store donated a set of pencils and several stickers
- The local travel agency donated a dinosaur pin for each student
- Wal-Mart donated unsold school supplies or ones that have been on discount for too long

★ You can get items such as pencil bags, red pencils, markers, etc. if you simply ask!

★ All you have to do is ask! Some organizations may say "no," but don't let it get you down.



# RESOURCES

★ Find fun stuff at these places for little or no cost:

- Get books using your points from book clubs.
- Dollar stores, thrift stores, scrapbook stores
- Costco
- Sam's club
- Local party stores have cheap items. You can ask for things that have not been sold for a long time; or, ask for leftovers they have in the back.
- Wal-Mart

★ Also, try these online resources:

- [www.toydepot.com/depotshop/default.asp](http://www.toydepot.com/depotshop/default.asp)
- [www.orientaltrading.com](http://www.orientaltrading.com) or call 1-800-875-8480 for the Oriental Trading Company, Inc.



## QUICK TEACHER TIP

### For You. . .

★ Here are non-food reward ideas for you:

- When you do something good, try not to reward yourself with food.
- Let a friend give you a pedicure or a massage.
- Play games at home with your family.
- Buy new running shoes or an exercise outfit.
- Leave the phone off the hook for a whole evening; enjoy the peace and quiet.
- Separate doing something good from eating something good.

