

Say it Without Candy: Non-Food Rewards

How do you say “job well done” or “keep up the good work”? As educators, we know that praise and small rewards go a long way to motivate students. We often hear teachers say, “they’ll do anything for a piece of candy”. Inexpensive and nonperishable, are two reasons why candy is often the reward of choice. And while one piece of red licorice doesn’t amount to much, the chart below illustrates the significant amount of sugar a child can consume if one piece of candy a day is eaten for a week, a month and a school year!

Sugar in Candy Rewards

	1/day	5 days/week	20 days/month	185 days/year
Crème Saver	1 tsp.	4 1/2 tsp.	1/3 c.	3 1/2 c.
Tootsie Roll (sm)	1 1/4 tsp.	6 1/4 tsp.	1/2 c.	5 c.
Red Licorice	2 tsp.	10 tsp.	3/4 c.	7 3/4 c.

Rewards for a Class

Holding class outdoors
Extra art, PE or music time
Dancing
Listening to music while working

Playing a game or doing a puzzle together.
“Free choice” time at the end of the day.

Suggestions for Non-food Rewards



- Stickers/rubber stamp/star on paper
 - Prize box
 - Pencils
 - Clay/Play dough time
 - Classroom jobs
 - Smiles, hugs
 - Extra P.E. or recess time (Exercise!)
 - Video party
 - Tickets for drawing
 - Positive notes home
 - Points to earn bigger prizes
 - Computer, reading, free choice time
- Coupons:**
- Front of the line pass
 - Sit with a friend
 - Drink of water anytime
 - lunch with teacher
 - teacher plays at recess
 - read to class
 - sit in teacher's chair
 - 5 minutes early to lunch
 - give spelling test to class
 - homework pass