

Nutrition for Outside School Hours Care • another NAQ Nutrition program

## Non Food Rewards

As educators know, rewards can be an effective way to encourage positive behaviour. However, using unhealthy foods as rewards contradicts the healthy eating messages passed on in OSHC settings. Instead why not choose an alternative non-food reward from the wide variety listed below;

### Recognition Rewards

- Trophy, Ribbon, Plaque or Certificate with affirming message (e.g. Great Job!) presented in front of the OSHC classroom
- Name announcement during care or during an OSHC function
- "Student of the Week" with photo in a prominent position in the OSHC setting
- Congratulatory phone call, e-mail, letter or note sent home to parents

### Privileges Rewards

- Going first in class activities
- Choosing the book to read or the game to play in class
- Extra reading or computer time
- Helping the educator or being an educators assistant
- Writing or drawing on the blackboard/ whiteboard
- Front of the line privileges during mealtimes

### Sporting/ Physical Activity Ideas

- Choice of game to play time
- Water bottles
- Hula hoop, Jump Rope, Frisbees,
- Yo-yo's, bubble blowers or hacky sacks

### School Supply Ideas

- Rulers, pencil sharpeners, pens, pencils, glue sticks, eraser, or highlighters
- Stickers or stamps – possibly to add to a collection
- Bookmarks, exercise books or notepads

### No Cost Rewards

- Attention, praise or thanks from the educator
- "Free Choice" time during OSHC activities
- Selection from "Treasure Chest or Mystery Box"
- Create an OSHC money system, where students are rewarded with 'fake money' to purchase items off a list

### Low Cost Rewards

- Hair ties, plastic clips, headbands or shoe laces
- Plants or seeds to grow a plant
- Playing cards

### Individual Rewards

- Allowed to listen to music – through headphones
- Making announcements to their peers or the whole OSHC
- Taking a break to play a fun board game with a friend of choice

### Class Rewards

- Conduct the class or read outdoors
- Play music that the whole class enjoys
- Extra art, physical activity or reading time
- Watch a video the students votes on
- Vote on a topic to learn about from a list

### Tip

*Asking friends and family to save trinkets from Christmas crackers is a great way to provide low cost rewards in the classroom!*