

Caught Choosing Healthy

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Promoting healthy choices by giving out a healthy school reward for students observed making healthy choices during the school day.

Why Do It?

Celebrate students who make healthy choices during the school day.

How Do We Do It?

When students are "caught" making a healthy choice (e.g., eating a healthy lunch or snack, drinking water instead of juice, playing games that give them exercise during recess) they receive a ticket to be entered in a weekly or monthly prize draw.

A grand prize winner receives a larger prize (e.g., family tickets to a sporting event, local adventure centre, gift card for sports equipment or activity) and 10 other weekly winners receive a smaller prize (e.g., new piece of equipment to use at recess times).

Teachers and parent volunteers work together to observe all students making great healthy choices.

What Else Do We Need?

- Bulletin board for listing winners
- Promotions including announcements and flyers
- A newsletter to communicate the initiative to parents/caregivers

How Do We Get Creative?

Partner with local businesses or sports teams to donate rewards.

Promote the fundamentals of movement by creating an environment that inspires movement. For example, place a hopscotch in a hallway or hang cardboard "hands" from the ceiling so students can jump up for a "high five."

Adapted from: Morton Way Action Plan, 2016