Use Physical Activity as a Reward

Let’s help kids understand that movement can be fun!

Using physical activity instead of a food reward:

• Helps students get their 1 hour a day!

• Makes physical activity fun!

• Won’t limit how many rewards you can give, as they just add up to more activity for students!

• Helps student build self-esteem and body awareness!

So next time you want to reward students, think about how you could make it physically active. Here are some ideas to get you started:

• Take the lesson outside!
• Free gym time.
• Physically active field trips.
• A monthly physical activity event to celebrate accomplishments.
• Access to active video games (Wii, Dance Dance Revolution).

Research indicates that:
Active video games may be an effective way to increase childrens’ overall physical activity levels. Energy used during active video game play is comparable to moderate-intensity walking.

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