

# Classroom Celebration Tips

We all love a good celebration! Birthdays, holidays and school breaks are just a few reasons to celebrate during the school year. But sometimes it feels like kids are getting cupcakes, candy and other treats over and over (and over) again.

**Try these tips to cut back on sugary celebrations and add more fun to the party:**

- 1. Focus on fun, not food.** Here are some ideas:
  - Celebrate with extra recess or a planned outdoor activity.
  - Create an indoor or outdoor scavenger hunt with non-food prizes.
  - Play games like bingo or charades or host a “bring your own board game” day.
  - Make a special arts and crafts project and play music while they work.
  - Plan a special visit from a parent or community member—they could read a special book, do face painting or bring a special activity for the kids.
  - Have a class picnic outside during lunch or snack time.
- 2. Have one big party!** Celebrate all birthdays on one day each month and combine it with a holiday party or other special day.
- 3. Post a sign-up sheet for parents.** Sometimes parents just need a little direction to bring healthy foods. Include foods like cheese, crackers, fruit, bottled water, utensils and other items. If you choose to include dessert, only provide 1 or 2 spaces for parents to sign up for treats, and skip the juice. Even 100% juice has as much sugar as soda!
- 4. Encourage non-food giveaways for celebrations,** like shoelaces, pencils, coloring books, stickers, crayons, glow sticks, flower seeds, temporary tattoos, etc.

**Bonus tip:** Not only do these tips help cut the sugar, but also make it easier for you to manage food allergies and uninvited classroom pests!

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