

Healthy and Active Celebrations

Active Celebrations

- Healthy and Active Classroom Parties. Ask parents to provide game supplies/prizes such as pencils, erasers, stickers, etc.
- Extra recess time.
- Craft stations with music in the background. Ask parents to provide supplies or assistance.
- “Free choice” activity time at the end of the day.
- A scavenger hunt for items or information around the classroom or school. Children search for items related to a party theme.
- A special community service event/project, e.g. invite senior citizens in for lunch, make blankets for rescue dogs.

Celebrate the birthday person!

- Create a special birthday event. For example, the birthday child wears a sash and crown, sits in a special chair or visits the principal’s office for a special birthday surprise, such as a pencil, sticker or birthday card!
- Assign the birthday child to be the teacher’s assistant for the day to complete special tasks such as deliveries to the office, line leader, or choosing and leading an active game.
- Ask child for their favorite book or parents to purchase a book for the classroom in the child’s name. Let the birthday child invite a special guest to read it to the class.
- Make a “Celebrate Me” book. Ask classmates to write stories or poems and draw pictures to describe what is special about the birthday child.

Healthy Food Celebrations

- Fresh fruit assortment.
- Fruit and low-fat cheese kabobs.
- Sliced fruit with spiced yogurt: 1/4 tsp cinnamon per one cup of low-fat vanilla yogurt.
- Fresh vegetables: carrots, snap peas, grape tomatoes, celery, pepper strips, cucumbers, zucchini, jicama - with hummus or low-fat vegetable dip.
- Yogurt Parfaits: Low-fat yogurt layered with fresh fruit and/or low-fat granola.
- Jazzed Water: Add sliced lemons, limes, oranges, grapefruits, kiwi, berries, melons, cucumbers or a sprig of mint to add natural flavor to water.

Can I see the menu?

Create a menu of healthy choices for parents and students to choose from to make their celebration special and healthy.

Party with Perspiration...

Celebrate with time spent with hula-hoops, bikes, jump ropes, hop scotch, or balls.

A Little Friendly Competition...

Celebrate with a friendly game of kickball or baseball or another favorite team sport!

Cash in on Fitness...

Enable students to earn “(School mascot) Dollars” to spend on fitness equipment.

Inspiring Artists...

Reward with art; students can earn “star bucks” which can be traded for items or events such as face painting, chalk drawing and/or dance parties.

A Curling Celebration

Question or comments?
Call or email us at:
Phone 218-737-6553
drieth@lcsc.org

