

Ideas for

NON-FOOD CELEBRATIONS

We know that celebrations are often associated with foods like cakes, cookies, and other sugary treats. But it's important to show kids that they can have fun and celebrate without all the sugar. Non-food celebrations can be some of the most fun and popular ways to honor a holiday or special event. Try some of these fun-filled ideas the next time you want to celebrate!

- Play special games or do themed crafts or projects.
- Donate a plant or packet of seeds that the kids could plant and grow together.
- Ask kids to bring in small items for a trading event, such as pencils, stickers, or erasers.
- Have a dance party.
- Bring in special guests to read a story or lead an activity.
- Have a scavenger hunt.
- Stock a surprise box for each child to choose something from.
- Eat snack outside.
- Set up an obstacle course.
- Host a brainteaser competition.
- Play special music.



MaineHealth

LET'S GO!

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