

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!

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.

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).



MaineHealth

LET'S GO!

5-2-1-0