

Classroom Celebrations Starter Kit

Healthy Moves for any Occasion

Celebrate with Movement: Incorporate these ideas to focus on fun, not food.

- Dance Party: Let students pick the playlist!
- The Floor is Lava: Use tape or other markers to create “stones” on the floor, and challenge students to navigate the room without touching the “lava”.
- Obstacle Course: Create an obstacle course using floor tape, cones, bean bags, buckets, pool noodles, and classroom furniture.
- Scavenger Hunt: Choose themes to align with the celebration.
- Charades: Have students create the list of items to act out in various categories.

Toast the Occasion with Water: Replace sugary beverages with water! Add flavor with fruits, vegetables, and herbs to make it a special occasion. Add the following to plain or carbonated water.

- Mojito Magic: Fresh mint, sliced limes
- Very Berry: Sliced strawberries or blueberries
- Citrus Twist: Sliced lemons, limes, and oranges
- Spa Water: Sliced cucumbers, sliced lemons
- Rainbow Cooler: Sliced strawberries, mandarin orange segments, pineapple chunks, kiwi slices, blueberries, sliced grapes

Healthy Foods: Fun experiences preparing healthy snacks make memorable parties.

- Zesty Pizza Party: Halved English muffins or pitas, pasta or pizza sauce, part-skim mozzarella cheese, crushed pineapple, washed and diced green and red peppers, canned sliced mushrooms, basil
- Yogurt Parfait Party: Low-fat vanilla yogurt, halved grapes, sliced strawberries, blueberries, bananas (slice on-site to prevent browning), granola, shredded coconut, sunflower seeds
- Salad Bar Party: Chopped lettuces, baby spinach, shredded low-fat cheese, diced tomatoes, sliced cucumbers, shredded carrots, sliced radishes, croutons, sunflower seeds, chopped hardboiled egg

Recognizing Birthdays

Idea	Make it Happen
<u>Morning Announcements</u> : Announce the birthday children each day. If video announcements are used, share photos of the birthday child(ren) in the slides.	Birthday face-in-a-hole photo prop Other props for a taking fun birthday photos
<u>Bulletin Boards</u> : Establish classroom or schoolwide birthday bulletin boards with names, fun facts, or photos of the birthday students each month.	Birthday photo template for bulletin boards Props for a taking fun birthday photos
<u>King/Queen of the Day</u> (younger students): Allow the birthday child to color and wear a crown on their special day.	Printable crown coloring sheet
<u>Birthday Cards</u> : Teachers can show the birthday child some love with handwritten notes.	Printable birthday note cards
<u>Birthday Wish Jar</u> : Decorate a jar and allow students to fill the jar with special messages the birthday child can take home.	Jar or other container Stickers Slips of paper

Other Ideas for Birthday Fun



- Active Fun: Allow the birthday child to select the movement break for the day, or a song for a dance break.
- Show and Tell: Allow the birthday child to bring an object from home to share with the class.



Options for Parents: Communicate with parents about what they may do to recognize their child's birthday.

- Send in non-food goody bags for all class members: pencils, stickers, small trinkets
- Visit the class to read a storybook or participate in art, music, or gym class
- Send in a fruit or vegetable loved by the birthday child for a class tasting

Celebrating Holidays

If food is served during class celebrations at your school, make it healthy and fun! Plan the foods you will request or purchase for parties using ideas below. These can be created as “snacktivities” during the celebration, or prepared by parents.

Holiday	Snacktivities
Halloween	 <p>Clementine Pumpkins</p> <p>Ingredients: Clementines (1-2 per student) Short celery sticks (1-2 per student)</p>
Thanksgiving	 <p>Fruit Turkey</p> <p>Ingredients: Pear (1 per five students) Several varieties of fruit in bite-size pieces (apples, berries, grapes, oranges) Pretzel sticks Skewers</p>
Winter holidays	 <p>Snowmen on a Stick</p> <p>Ingredients: Bananas (1 per 4 students) Strawberries (1 container) Blueberries (1 container) Pretzel sticks (1 bag) Raisins (1 container) Wooden skewers (1 per student)</p>

Valentine's Day	 <p>Cupid's Arrows</p> <p>Ingredients: Strawberries (3 containers) Grapes (1-2 bags) Wooden skewers (1-2 per student)</p> <p>Note: Students can use plastic knives to remove leaves and cut strawberries into heart shapes</p>
End of the Year Parties or Field Day	 <p>Fun-in-the-Sun Snacks</p> <p>Items to serve: Cut watermelon Popcorn cups Flavored water (see above)</p>

Tips for Success

- Remember to review your school or district policies around whether food is allowed at celebrations, and if so, what is allowed to be served.
- Use the ideas above to generate a list of what you need for the party. Create a signup list for parents to send in items for the celebration. Online sign up tools make this easy!
- Don't forget to consider hand sanitizer/wipes, plates, napkins, cups, and plasticware, as well as volunteers.
- All fruits and vegetables should arrive washed, prepared, and ready to serve.
- Ensure that cut fruits and vegetables and other perishable items can be stored in the refrigerator until needed.