



Department of Family Medicine, Stony Brook University
NYSDOH Health Heart Program

Alternative Non-Food Rewards

PRIVILEGE-BASED REWARDS

- ❖ Sit with your friend for a day
- ❖ Have lunch with the teacher
- ❖ Extra free time
- ❖ No homework pass
- ❖ Choice of classroom jobs

TOKEN ECONOMY

- ❖ For the redemption of non-food incentives such as small toys, stickers, pens, pencils or privileges

NICE LETTERS SENT HOME TO PARENTS DETAILING THE STUDENT'S GOOD BEHAVIOR

NON-FOOD BASED CLASSROOM CELEBRATIONS

- ❖ See attached ideas for games and arts & crafts

ADDITIONAL GYM CLASS

- ❖ Must be done in accordance with Physical Education department – a successful program is in place in a local Heart Links school and more information can be provided upon request

