

Healthy Party Ideas to Share with Parents and Teachers, Including Non-Food Celebration Ideas

1. Host a special dress day
2. Host a special event (dance party, watch a movie, game day, etc.)
3. Provide a special craft for the class
4. Have a special guest read a book
5. For birthdays, pick one day each month and celebrate all that month's birthdays on that day, as opposed to having multiple birthday celebrations
6. Schedule parties after lunch rather than in the morning to ensure students eat a full, nutritious lunch
7. Make it a learning experience and celebrate students' cultural heritage with traditional crafts, games and stories
8. Set up a treasure hunt
9. Host a special show and tell
10. Set up an obstacle course