
Healthy Ways for Schools to Celebrate

INSTRUCTIONS

This handout was designed for use with the video, “Let’s Celebrate! Healthy Ways for Schools to Celebrate,” from The Alliance for a Healthier Generation. The questions and activities in this handout could be used in a work session (e.g., professional learning community, professional development session), for individual coaching, or for self-reflection.

Goals

- ◆ Discuss how healthy ways to celebrate promote healthy habits in preschoolers.
- ◆ Identify ways to partner with families to engage preschoolers in healthy ways to celebrate.
- ◆ Plan to support preschoolers’ healthy habits at home and within the learning environment.

Activity

- ◆ Watch the video
- ◆ Use the questions below to reflect on how you can partner with families to explore healthy ways to celebrate and promote preschoolers’ healthy habits.
- ◆ Implement your plan and adjust as needed to support healthy habits in preschoolers.

“New traditions are an opportunity not only to include healthy foods and beverages, but also for kids to enjoy more play, music, games, or sports.”

Alliance for a Healthier Generation

REFLECTION QUESTIONS

- ◆ What caught your attention from the video? What made that fact, excerpt, or example meaningful to you?

- ◆ The presenter emphasized that new traditions are an opportunity to not only include healthy foods and beverages, but also for children to enjoy more play, music, games, or sports. Reflect on your current practices related to celebrations.
 - How does your learning center currently celebrate special occasions? Do you promote healthy habits while celebrating? If so, how?
 - If not, what changes do you think can be made to ensure that celebrations promote preschoolers' healthy habits? What additional resources may be needed?
 - How do you currently engage with families to plan and celebrate special occasions?
 - How might you involve families in celebrations to further promote healthy habits?
 - What challenges may arise as you make changes to celebrations at your center? What support do you need to overcome those challenges?

- ◆ In the video, the presenter suggested exploring new ways to celebrate, such as throwing a dance party and offering nutritious food options.
 - How can these alternatives promote healthy habits in preschoolers?
 - Brainstorm additional ways you may intentionally promote preschoolers' healthy habits during celebrations.
 - How can you include families in these celebrations while respecting their unique ideas and ways of celebrating events?

- ◆ Develop a plan in partnership with families to intentionally use celebrations to promote healthy habits, such as making healthy food choices and active engagement in physical activities.
 - What specific steps might you take as you partner with families to promote preschoolers' healthy habits during celebrations at home and at your learning center? For example:
 - Create a physically active party toolkit
 - Plan a themed parade
 - Invite families to share a favorite story, song, or dance with the group
 - Make a list of healthy foods and beverages to include during celebrations
 - Implement the plan, monitor children's progress, and adjust your plan as needed.

ADDITIONAL RESOURCES

Learn more about healthy ways to celebrate:

- ◆ **Source:** Alliance for a Healthier Generation
- ◆ **Handout:** Celebrations That Support Child Health
- ◆ **Link:** <https://api.healthiergeneration.org/resource/155>
- ◆ **Description:** This handout offers suggestions to support schools and communities in providing fun, healthy celebrations for young children. It includes healthy snack and beverage ideas as well as non-food celebration ideas.

- ◆ **Source:** Action for Healthy Kids
- ◆ **Article:** Healthy Celebrations
- ◆ **Link:** <https://www.actionforhealthykids.org/healthy-celebrations/>
- ◆ **Description:** This article offers suggestions for celebrating while practicing healthy habits. It includes party alternatives and food-free celebrations.

- ◆ **Source:** Action for Healthy Kids
- ◆ **Handout:** Birthdays, Celebrations and Family Events
- ◆ **Link:** https://www.actionforhealthykids.org/wp-content/uploads/2019/07/TS_Celebrations_v2.pdf
- ◆ **Description:** This handout offers suggestions for planning celebrations and family events that encourage children to make healthy choices. It includes ideas for family events as well as active celebration ideas.