

Appendix 3

Food Free Birthday Celebrations

- Birthday child selects book to donate to the library. Their name and picture goes in front of the book.
- Birthday child shares an item special to them with their classmates (e.g. favorite book, favorite song, favorite stuffed animal, favorite picture or souvenir, etc)
- Birthday child chooses game classmates play at recess.
- Birthday child is the classroom “leader” for the day.
- Classmates design and decorate a Birthday crown to be worn by the Birthday child.
- Classmates prepare a page about the Birthday child; teacher compiles pages and then reads “book” to the class
- Birthday child wears a special button for the day
- Birthday child invites a special visitor to the class to read a story to classmates
- Birthday child brings in photos of their life and explains pictures
- Birthday child brings in special gifts to share with classmates (e.g. pencils, stickers, notepads, erasers etc.)
- Birthday child’s name is announced over the school PA system or at “All School Meeting”
- Birthday child’s name is announced at lunch in cafeteria and everyone sings “Happy Birthday To You”
- Birthday child and friend eat lunch with teacher in cafeteria.