



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

Non-Food Classroom Birthday Party Celebration Ideas

CELEBRATE MONTHLY BIRTHDAYS TOGETHER

Choose a day each month to acknowledge those birthdays.

Fun classroom activities include:

- Games such as Trivial pursuit, Pictionary, Charades, and Karaoke
- Special movie
- Arts and crafts
- Special Birthday table

ACKNOWLEDGE ACTUAL BIRTHDAYS FOR EACH STUDENT

On the actual Birthday of the student, take a few minutes at the start of class to acknowledge this event.

Some ideas include:

- Having the class sing "Happy Birthday" to the student
- Display a special flag or banner each morning someone has a birthday
- Hang a special pillowcase over the back of the birthday child's chair
- Have a special birthday box supplied with non-food items such as small toys, stickers, and pens in which they can choose from.
- No homework pass

*Parent/family member of student can be invited to read a special book or do another activity with class

BIRTHDAY PRIVILEGES

Give the Birthday student a special privilege of his/her choice.

Some ideas include:

- Have lunch with the teacher
- Choose seat for the day
- Lunch with a parent
- Special class chore
- Extra recess or gym time
- Birthday throne
- Accounce morning messages





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FOR FOOD BIRTHDAY CELEBRATIONS:

To avoid the potential for food borne illness and/or allergic reactions, food would be ordered through the food service department and either:

A. Celebrated in the classroom on a monthly basis

Or

B. In the lunchroom by having one day per month put aside for all students that have birthdays that month – a special birthday table can be designated for those students celebrating

Suggestions for healthy birthday treats include:

Muffins

Fruit platter

Frozen berries with non-dairy dessert topping

Make your own parfait