

Healthy Birthday Celebration Ideas

1. Birthday Poster

Each child makes a list of three things that they like about the birthday child. The teacher uses these ideas to make a Birthday web poster which is hung up in the classroom on the child's birthday and can be taken home.



2. Birthday Book

The teacher asks the students in the class to complete the following sentence: "Happy Birthday! You are special because ____." Students then draw a picture to go with their sentence. Their work is collected and made into a book for the child who is celebrating his/her birthday.

3. Flower/Soccer Ball Birthday



A flower with petals or a soccer ball is drawn on a large sheet of chart paper. Students write birthday wishes on individual petals for the flower or sections of the soccer ball. They are then glued onto the chart paper. The birthday child gets to bring the poster home.

4. Birthday Wishes Stars

Each child in the class gets a star and completes the following sentence: "Here is my birthday wish for _____. I wish _____." The stars are collected and stapled together for the birthday child to take home.



5. Birthday Cards

The birthday child is asked about some of his or her favorites (favorite color, television show, movie, sport, etc.). Classmates make a birthday card using these ideas. Cards will be sent home with the birthday child at the end of the day.

6. Birthday Chair Cover

The birthday child brings in a pillow case that his or her classmates will sign and decorate throughout the day. The pillow case chair cover will cover the back of his or her chair and then go home with them as a keepsake.

7. No Homework Pass

The birthday child selects a "No Homework" pass that can be used on his or her birthday.

**NO HOMEWORK
PASS**

8. Birthday T-Shirts

The birthday child brings in a plain white T-shirt. The T-shirt will be decorated by their classmates and will be sent home as a keepsake.



9. Special Guest Reader

The birthday child invites a special guest to come to the class and read one of the student's favorite books.

10. Birthday Trivia

The student celebrating his or her birthday researches facts or trivia about the day he or she was born and shares this information with his or her classmates. An example: "On the day I was born, it snowed four inches." The trivia can also be turned into trivia questions for the birthday child to ask classmates, such as, "How many inches did it snow on the day I was born?"

11. Show And Tell Picture Book



A child brings in a photograph album of childhood pictures. The pictures should be arranged chronologically and the child speaks about the events. Pictures can include vacations, birthday parties at home, adventures with a pet, or other special events that were meaningful to the child.

12. Share A Favorite Story With The Class

The birthday child shares a favorite story with the class. The student can read or "retell" a story from a special event in his or her life in sequence. After the story is retold, the other students can ask questions.

13. Treasure Chest

The birthday child brings home a "treasure chest" the night before his or her birthday. The chest is filled with treasured possessions and brought back to school for the birthday child to share with classmates and explain why each item is special.



14. "Inedible" Goodie Bags

The child celebrating their birthday distributes goodie bags to classmates. These goodie bags would not contain anything to eat but rather "school-related" items such as pencils, erasers, stickers etc.

15. VIP Day

The birthday child brings in three items from home that describes who he or she is and what he or she likes to do. They then tell the class about the items that they brought in and why it makes them a VIP on their birthday. The birthday child then gets VIP treatment such as being first on line!

16. Donated Birthday Book

The family of the child celebrating their birthday donates a book to the library in honor of the event. The teacher places a "Happy Birthday" name plate at the front of the book containing the student's name and date. The book is kept in a special "Birthday Books" section in the library.

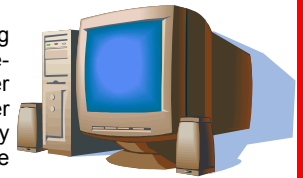
17. Birthday Puzzle



The family of the child celebrating their birthday donates a board puzzle to the class in honor of the event. The teacher places a "Happy Birthday" name plate at the bottom or back of the puzzle containing the student's name and date.

18. Computer Fun

The student celebrating his or her birthday receives extra computer time either on his or her birthday or at a mutually agreeable time with the classroom teacher.



19. Bean Bag Toss

Students take turns gently tossing a bean bag to each other as they sit at their desks. Every time a child catches the bean bag, he or she says something positive about the child celebrating his or her birthday.

20. Simon Says

The birthday child leads the game of Simon Says. The other students do what "Simon" tells them to do when the phrase "Simon Says" is used. If the leader says "Simon Says jump," then players must jump. If they do not, they are out. However, if the leader says "jump," without first saying "Simon Says," players do not jump and those that do jump are out. The last student standing wins.

21. Seven Up

Seven Up is a traditional children's game. The goal is for each selected participant to correctly guess the person who pressed down his or her thumb. Seven children are selected and come to the front of the room. The teacher says, "Heads down, thumbs up!" The seven students circulate through the room, secretly pressing down one thumb each and then returning to the front of the room. The students whose thumbs were pressed down must try to guess who pressed their thumb. If they are correct, the thumb-presser sits down and the winning child takes their place.



Please complete this form and return it to your child's teacher if you and your child select one of the activities included in this Happy Healthy Birthday Activities brochure.

Student's Name

Teacher's Name

Student's Birthday

We have selected the following activity:
(please check one)

1. ____ Birthday Poster
2. ____ Birthday Book
3. ____ Flower/Soccer Ball Birthday
4. ____ Birthday Wishes Star
5. ____ Birthday Cards
6. ____ Birthday Chair Cover
7. ____ No Homework Pass
8. ____ Birthday T- Shirt
9. ____ Special Guest Reader
10. ____ Birthday Trivia
11. ____ Show And Tell Picture Book
12. ____ Share a Favorite Story
13. ____ Treasure Chest
14. ____ Inedible Goodie Bags
15. ____ VIP Day
16. ____ Donated Birthday Book
17. ____ Donated Birthday Puzzle
18. ____ Computer Fun
19. ____ Bean Bag Toss
20. ____ Simon Says
21. ____ Seven Up

Dear Parents,

Hicksville Public Schools is committed to providing a school environment that promotes children's health, well-being and ability by supporting healthy eating and physical activity. The District established a Wellness Policy to enhance the learning and development of lifelong wellness practices.

A Wellness Committee, consisting of District administrators, principals, teachers and parent representatives from all seven elementary schools prepared this brochure to highlight healthy ways to celebrate your child's birthday.

These activities are not all inclusive and other ideas, including traditional snacks can be discussed with your child's teacher or principal. The purpose of the brochure is to provide alternative activities that are not only healthy, but build your child's self esteem when he or she celebrates a birthday.

We hope your child has a Happy Healthy Birthday!

Sincerely,
The Wellness
Committee

**HICKSVILLE
PUBLIC SCHOOLS**

*Happy
Healthy
Birthday*



Activities!
2010-2011