

Common Classroom Pitfalls

AVOID:

- Selling junk food as fundraiser
- Taking away recess or PE as punishment
- Serving holiday junk food
- Giving food as a reward
- School parties with junk food
- Bullies
- Lack of resources for support
- and additional help



PRACTICE:

- Sell books, jogathons, fresh fruits and vegetables as fundraiser
- Pick up 10 pieces of trash on the playground before playing
- Serve fresh fruits and vegetables in season
- Giving extra recess time as a reward
- Focus school parties on activities
- Encourage team exercises
- Go to www.drpatriciamd.com for helpful tips and resources

