



## Volume 8: Josh Landan – Filmmaker & Director of Natural High Video Series

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

*Natural High: Any activity, art form or sport that you love to do and that does not involve drugs.*

*Role Model: Any person who shows the qualities, interests that you admire.*

Watch the clip about Josh Landan and answer the following questions:

1. How did Josh get his start in filmmaking?
2. How did Josh become the Natural High filmmaker and director?
3. Why is the Natural High message so important to Josh at this stage in his life?
4. How would the use of drugs and the abuse of alcohol affect Josh and his ability to do a good job as a filmmaker and director?
5. Quote: "Drugs overshadow who you are." What is your opinion on this quote?
6. How would the use of drugs and alcohol affect your own "identity" or true self?
7. What is Josh's Natural High?
8. Could you make your Natural High a part of your career someday?

Explain how – be creative:

Go to [NaturalHigh.TV](http://NaturalHigh.TV) and tell, Josh "What's Up" and be entered to win a prize pack!!