

DOCUMENT YOUR NATURAL HIGH

ACTIVITY

Time Needed

40–120 minutes (This could be a quick informational presentation or you could take more time to prepare a more formal presentation.)

Materials

Natural High videos

Note-taking supplies

Design supplies (tablets, computers, poster board, markers, etc.)

Activity Description

Documenting your experience teaches a lesson in reflection and synthesis. A creative outlet allows for you to share your natural high in a way that is personalized and authentic. You will develop materials (video, poster, demonstration, podcast, essay, slide presentation, etc.) that document your own natural high.

Suggested Steps

1. Watch some Natural High videos and take note of how they are constructed. What types of information are helpful? What makes them interesting?
2. Talk about what makes a natural high a natural high, instead of just another activity or exploration.
3. Decide on how you would like to document your natural high and whom you will share it with.
4. Design your natural high documentation.
5. Use this information to share alternative activities with your peers and possibly a broader audience. Help spread the importance of finding a natural high.



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