

WHY I LIVE NATURALLY HIGH

ACTIVITY

Distance Learning Tips

Our activities are designed to be used in and out of the classroom. All steps are written directly to a student audience.

Students: Consider working with your peers where discussion is encouraged. You can meet virtually, share a live document, or chat to exchange ideas.

Parents: Talk with your child through the activity and ask them what is most impactful. Be open to answering questions and exploring new topics together.

Teachers: Suggest your students follow along and digitally share their responses/projects.

Time Needed

20 Minutes

Materials

Internet Access

Activity Description

We know that social distancing can create anxiety and it's important to find and practice positive coping strategies. That's why we encourage you to dive into your Natural High while staying home. And if you can't, we encourage you to find a new one to try out. You can help spread the positivity, encouraging others to practice and/or find a natural high and remember why it's important. This activity is designed to help you learn about the dangers of drugs and also to do something positive with the information

Suggested Steps

1. Watch these two videos:
<https://youtu.be/wCMkW2ji2OE>
<https://youtu.be/Xbk35VFpUPI>
2. Consider what was obvious to you (if anything) and what you learned?
3. What is one thing you would like to share about what you learned?
4. Share your natural high on social media with **#livenaturallyhigh** and share why you want to live naturally high.

