

DRAW YOUR NATURAL HIGH

ACTIVITY

Distance Learning Tips Our activities are designed to be used in and out of the classroom. Below are some tips for working on them at home.

Students: Consider working independently or 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. Your role, now more than ever due to remote learning, is so important. Because you'll be seeing them in person the most in this time, be sure to keep tabs on their activities and that they're still pursuing their natural high! **Teachers:** Suggest your students follow the activity directions independently or engage with peers where discussion is encouraged. You can also facilitate virtual conversations or encourage offline chats/emails. Encourage students to share their responses and projects with you digitally.

Time Needed

15-30 minutes

Materials Paper (print the included template if you like) Markers/Pencils/Pens

Activity Description Take pride in what you do and share it with others. This activity is designed to support you in your growth and interests. Share what you love to do or something you are trying out.

Suggested Steps 1. Use the template (or a blank piece of paper) to draw yourself doing your Natural High.

2. Consider including the following in your illustration.:

- what the natural high is
- how you discovered it
- what you like best about it
- how long you have been doing it
- why you love it
- what goals you have with it