

# SHARE 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

10-20 minutes

### Materials

Pen, Pencil, or Markers

Download the [#MyNaturalHigh sign](#)

### Activity Description

We know that having a natural high helps you stay engaged in healthy activities. Why not share what brings you joy and what you spend your time doing? We've designed this activity to help you think through your natural high and to share it with our community so we can cheer you along!

### Suggested Steps

1. Download and fill out your [#MyNaturalHigh sign](#) or go to <https://bit.ly/MyNaturalHighIs>
2. Take a selfie with your sign. Maybe in the place where you do or practice your natural high most often.
3. Post your selfie on social media with the #MyNaturalHigh hashtag and tag your location, your friends, and us on Instagram @NaturalHigh2020.
4. If you aren't able to print the #MyNaturalHigh sign, that's OK! Just follow steps two and three to share your natural high selfie and write your natural high in your post caption.
5. Spend some time enjoying your natural high, and try someone else's natural high to see if you like it.
6. Take a picture of your classmates holding up the sign and share it with us (you can do a screenshot if you are in class virtually).



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