

# DRAW YOUR NATURAL HIGH

## ACTIVITY



Want to share your natural high with us? Tweet us @NaturalHigh with #LiveNaturallyHigh. We might tweet back!

### 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 [our template](#) (or a blank piece of paper) to draw yourself doing your Natural High.

- Click or enter this into your browser: [bit.ly/DrawYourNH](https://bit.ly/DrawYourNH)

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



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