

PAY IT FORWARD

EDUCATOR HANDOUT

COMMUNITY SERVICE OPPORTUNITY: STUDENTS FACILITATING A NATURAL HIGH LESSON PLAN WITH YOUNGER STUDENTS

Time Needed

25 minutes

Materials

Access to internet

Digital projector

Pens, pencils

Printed Worksheet

Activity Description

Community service is good for everyone, especially kids. Research shows that service to others is a vital component for a young person to gain the assets they need and deserve to thrive in life. But, here's the thing, rarely will a teenager go out of their way to make a commitment to ongoing service. Typically, they will need to be guided into those opportunities and given a vision for why they will benefit from doing so. Community service is often thought of as an activity like a beach cleanup, painting a wall, or passing out food. However, it can also include sharing your time, talents, or personal story with others.

In this Natural High activity, we provide instructions for you to teach your students how to present a Natural Storyteller and facilitate a discussion and activity with younger students. Included you will find a link to the student handout. This activity gives your students an opportunity to serve and provides younger students with older role models to look up to.

Suggested Steps

1. Take a group of students through the [Research Your Natural High](#) lesson plan. (40-60 minutes)
2. Provide students with [Student version of this activity](#). This includes guidance on how to facilitate the Natural High program.
3. Educate your students about Natural High by sharing the [NaturalHigh.org](#) website. Using the following prompts, ask students to first write a response, and then in pairs or small groups, share about Natural High in two minutes or less. (30 minutes)
 - What sticks out to you from the website? Share at least three observations.



FOLLOW US

@NATURALHIGH

@LIVENATURALLYHIGH

/LIVENATURALLYHIGH

Natural High is a 501(c)(3) nonprofit organization that relies on the generosity of individuals, corporations and foundations to help youth discover, amplify and pursue their own natural high so they have a reason to say no to an artificial high.

[NaturalHigh.org](#) | [#LiveNaturallyHigh](#)

- How does Natural High the organization describe its mission?
- How would you describe to a peer what Natural High is, who it's for, and what it hopes to accomplish? Use at least 5 sentences.
- In what ways do you appreciate or respect Natural High?

4. Coordinate with teachers from another grade level for your students to visit in pairs or small groups to facilitate a 25-30 minute Natural High lesson plan. Assign students to partners or groups, and give them time to plan for the lesson plan including logistics (showing the Natural High video), minute-by-minute agenda, and assigning each student a role. (30 minutes)

- Encourage your students to select a [Natural High Storyteller](#) video appropriate for younger students. We recommend [Bethany Hamilton's](#) story or [Tony Hawk](#).
- Students can use the discussion questions associated with that storyteller video.
- Have students facilitate the [Draw Your NH Activity](#), and follow the instructions provided.
- Print out enough copies of the [Natural High declaration](#) for each student in the classroom they will visit.

5. Deploy students to classrooms for facilitation. (30 minutes)

6. Facilitate a debrief discussion and a writing reflection. (25-30 minutes)

- Ask students to:
 - Share their experience with a peer who wasn't the person they facilitated with. (5 minutes)
 - Share their highs and lows with the entire class. (5-7 minutes)
- Assign the following questions as a writing prompt: (10 minutes)
 - *What did you appreciate or enjoy about the facilitation experience?*
 - *What are you grateful for?*
 - *What would you do differently if you did it again?*



FOLLOW US

@NATURALHIGH

@LIVENATURALLYHIGH

/LIVENATURALLYHIGH