

NATURAL HIGH MEETING



WHAT IS YOUR NATURAL HIGH?

As you earn this patch, you will further explore your passions, be educated on addiction, and find out how having a natural high is scientifically connected to living a healthy and happy life.

PURPOSE:

When I have earned this patch, I'll have learned the importance of engaging in a passion to keep me inspired to make healthy choices in my life.

AFTER COMPLETING I CAN:

- Stay focused on my Natural High
- Encourage others to find their Natural High
- Recognize the benefits of having a Natural High

STEPS:

1. Brainstorm what inspires YOU
2. Learn about Natural High
3. WATCH Storyteller videos
4. DISCUSS as a troop
5. GO DEEPER through interactive activities



STEP 1: BRAINSTORM WHAT INSPIRES YOU

ACTIVITY 1: BROWN BAG CHALLENGE

ESTIMATED TIME TO COMPLETE: 2 minutes per scout

PURPOSE: To get scouts to think about what interests them

PRE-MEETING PREPARATION: Instruct scouts to bring a paper bag to the meeting with 3-5 items that represent their hobbies or items that are important to them.

DURING MEETING: Use this activity as an icebreaker. Have scouts sit in a circle and allow each scout to present the contents of their bag to the troop.

ACTIVITY 2: PASSION ACRONYM (SEE PAGE 5)

ESTIMATED TIME TO COMPLETE: 10 minutes

PURPOSE: To define the definition of a passion and to get your troop thinking about some of their passions.

PRE-MEETING PREPARATION:

1. Decide how you want to display the acronym
2. Get materials for activity; whiteboard, poster board or individual handouts passed out to scouts

DURING MEETING: Explain and write out letters of acronym

ACTIVITY 3: NATURAL HIGH WORKSHEET (SEE PAGE 4)

ESTIMATED TIME TO COMPLETE: 10-15 minutes

PURPOSE: Scouts will be identifying their Natural High

PRE-MEETING PREPARATION: Print out Natural High Handouts for scouts

DURING MEETING: Give scouts time to fill out worksheet and then discuss answers with a partner or together as a troop

NATURAL HIGH HANDOUT

1. IF YOU ALREADY HAVE A PASSION, ANSWER THESE QUESTIONS:

- a. How often are you engaging in your passion

- b. What is one way you can get more involved?

- c. What is one way you can take it to the next level (with regard to achievement, commitment, and/or sharing it)?

2. IF DON'T HAVE A PASSION YET, ANSWER THESE QUESTIONS:

- a. List three activities you enjoy:

- b. List three activities you would like to try for the first time:

- c. Of the activities you listed above, what is one that you can commit more time and energy towards?



FIND YOUR PASSION

P

Having a passion gives a sense of purpose to our lives.

A

A passion can be a lot of different activities such as art, music, sports, or volunteering.

S

People can support you in your passion such as coaches, teachers or anyone who you feel is a role model. Friends can also support you in your passion!

S

A passion is something you really enjoy doing and want to do more of.

I

Having a passion allows you to be a part of something bigger than yourself such as a team or troop.

O

A passion is something you keep doing and make time for.

N

Gives excitement and happiness when you engage in your passion.

STEPS 2-4: LEARN ABOUT NATURAL HIGH & WATCH VIDEOS

WATCH & DISCUSS NATURAL HIGH STORYTELLER VIDEOS

USE THE SLIDESHOW BELOW TO COMPLETE THIS STEP.
ESTIMATED TIME TO COMPLETE: 15 minutes

ACCESS SLIDESHOW:

1. Sign into a Gmail Account on a computer or phone
2. Click the link below and select make a copy when prompted
3. Edit and add to the slideshow if needed. Feel free to personalize for your troop.
4. Click slideshow button in top right when ready to share!

bit.ly/NHScoutSlideshow

STEP 5: GO DEEPER WITH AN ACTIVITY

ACTIVITY: TROOP NATURAL HIGH POSTER DISPLAY

ESTIMATED TIME TO COMPLETE: 30 minutes

PURPOSE: To allow the scouts to share their Natural High with others and create a fun hands-on activity

PRE-MEETING PREPARATION: Gather materials: Poster board, creative cutouts (example below), markers/colored pencils, glue



DURING MEETING: Instruct scouts to draw their passion on the cutout and then glue each cutout to poster board. Write Troop # on the poster board, and take a troop picture to wrap up the meeting.

