

THE SCIENCE OF JOY: EXPLORING DOPAMINE AND NATURAL HIGHS

DISCUSSION QUESTIONS

After watching the short video, use these discussion questions to guide the conversation.

1. What are some fun activities or experiences that can trigger the release of dopamine in our brains? Can you share an example of an activity in your life where this reinforcement might have led to positive or negative habits?
2. The video discusses the balance between the brain's reward center and the prefrontal cortex when making decisions. How might understanding this balance help you in making choices about fun activities? How might understanding this balance help you in making choices about responsibilities like homework?
3. The video mentioned that what you find most rewarding is what makes you uniquely you. Share something you enjoy doing, and explain how it makes you unique by reflecting on your personality or interests.



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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.

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