

Individual Natural High Boards - Guide



CHECK LIST

- 30 - 45 min
- Magazines/ Newspapers
- Markers/Pens
- Large Paper/ Poster boards
- Tape/ Glue

ACTIVITY DESCRIPTION

This board is an open canvas for each one of you students to embrace or discover their Natural Highs. Students will have the opportunity to think about what they want to pursue, learn, or just simply enjoy doing!

THE STEPS

1. Review your checklist to ensure you have materials you need.
2. Pass out supplies to students.
3. EXPLAIN THE TASK TO YOUR STUDENTS:
 - a. As you have seen in the Natural High video, you can have more than one Natural High. Now, I want you to think about activities that bring your great joy, that make time just fly when you do them. What is your natural high? Once you have a few ideas, take your supplies and find a way to express your natural highs on the sheet/poster board in front of you.
4. BEGIN ACTIVITY:
 - a. Walk around the room and seek out those who are struggling.
 - b. Engage with your students and ask them what are their natural highs. Share examples of your personal natural highs.
 - c. Enlighten your students on their strengths and abilities!

The Outcome: Your students have now created a personal space where they were able to identify their natural high's and express it to their peers. Encourage students to display in class or put up in their room and look at it daily to inspire them to pursue their natural highs.



FOLLOW US

@NATURALHIGH

@LIVENATURALLYHIGH

/LIVENATURALLYHIGH