

WHAT'S YOUR NATURAL HIGH?

ACTIVITY

Time Needed

10–15 minutes

Materials

Paper (print the [included template](#) on the following pages in black/white or color)

Markers/Pencils/Pens

Activity Description

Take a moment to think about what gives you a natural high. It could be something you love to do or are just starting to explore. Then, proudly share it.

It's a way to show who you are and what inspires you.

Suggested Steps

1. Take a moment to reflect. What's one thing you do that makes you feel excited, peaceful, strong, or free?

2. Grab a piece of paper (or the template) that says:

"_____ Is My Natural High"

3. In the big blank space above the sentence, show us what it is!

- Draw it
- Write about it
- Add symbols or designs
- Make it yours

