

BROWN BAG CHALLENGE

ACTIVITY

Time Needed

30–45 minutes

Materials

A brown paper bag (or basket, folder, etc.) for each person

Scratch paper

Activity Description

It's important to have strong support systems in place, especially when you need to lean on someone for comfort, help, or advice. This activity is designed to help you identify positive qualities in your peers to create community. You will also have a chance to learn what it is about you that people admire so you can develop some self confidence.

Suggested Steps

1. Take a brown paper bag (or another receptacle) and put your name on it.
2. Write down something positive about each person in the group. (This could be about their character, a personality trait, or an accomplishment.) Be sure to write their name on it.
3. Pass the bags in a circle and place your personalized note in each person's bag.
4. What are some of the qualities your peers admire about you?
5. Keep your brown bag somewhere you can easily access it when you're feeling low and need a source of support.



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](https://www.naturalhigh.org) | [#LiveNaturallyHigh](https://www.naturalhigh.org)