

# EXPRESS YOUR NATURAL HIGH

## ACTIVITY

### Time Needed

40–120 minutes (This could be a quick informational presentation or participants could take some time to prepare a more formal presentation.)

### Materials

Select Natural High Videos  
Sample questions for peer presentations  
Sample presentation to model

### Activity Description

While we know exploration helps to build resilience and develop deeper interests, it takes time and courage to try new experiences. This activity is designed to support you in your growth and interests. Share what you love to do, learn from others, and try something new. Prepare a mini presentation of your natural high and share it with your peers through a presentation that you design. Ask each presenter questions and pick one or two activities you may want to explore in the near and/or distant future.

### Suggested Steps

#### 1. Make your presentation.

Everyone has interests and some of us find passion in those interests. What are your interests and how do you practice or explore them? Develop a brief presentation of your natural high to share casually with the group. This can be done in small groups or a large group depending on the time you have available. Presentations should include what the natural high is, how you discovered it, how long you have been doing it, why you love it, and what goals you have with it. This does not have to be something you are an expert at—it can be something you want to try and haven't tried yet.

For example, if you dance, share a video of a dance, talk about how and when you started dancing, and who you share the dancing with. You could conclude by teaching a 16-count dance to the group. Remember, a natural high doesn't have to be a sport or specialized talent. It is something that engages you and brings you joy and pride. Examples can range from working with animals to excelling at a musical instrument and performing live.

#### 2. Generate questions.

Everyone should generate one or two questions for the person presenting. If there is not enough time for everyone to present, feel free to break this activity up into two sessions or break the group into smaller groups so presentations are done in half or quarter groups. Be respectful of your peers, especially as they present. You can use group norms to keep everyone on task and respectful of one another, like: All voices heard, All good ideas, Step-Up/Step Back.



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4. Give your presentation.  
Include questions and answers. Have fun!

5. Enjoy your natural high.  
Spend some time enjoying your natural high, and try someone else's natural high to see if you like it.



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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.

[NaturalHigh.org](http://NaturalHigh.org) | [#LiveNaturallyHigh](https://www.instagram.com/NATURALHIGH)