

<i>Document Overview</i>
The purpose of this lesson is the encourage natural highs through enriching environments and activities.
<i>Standards</i>
<u>Minnesota State Academic Science Standards</u> <ul style="list-style-type: none"> ○ ○
<u>Next Generation Science Standards</u> <ul style="list-style-type: none"> ○ ○
<u>Other Standards:</u> <ul style="list-style-type: none"> ○ ○
<i>Objective</i>
To get students to research and create enriching activities and environments.
<i>Type of Activity</i>
Student led presentations that encourage natural highs.
<i>Suggested Duration</i>
1-2 50 minute class periods
<i>Connection to Nobel Speakers</i>
All of the speakers are appropriate as natural highs are a way to curb addiction.
<i>Concepts/Keywords/Appropriate Classes</i>
Addiction, natural high, artificial high,
<i>Description of Activity</i>

Materials

Internet access and computers, food, sports equipment,

Teacher Tips

This activity should be done at the beginning of a drug unit, or at the beginning of the school year as it is a way to build commonality with students by sharing likes and dislikes and help students to get to know one another.

Activity

Students begin this lesson by searching youtube for an inspirational video of a sport, accomplishment, or activity that they think has the potential to positively influence their lives or encourage others to try something new. They will then read an article on natural highs and focus on six of the natural highs that they want to share with their classmates.

<https://www.youtube.com/watch?v=PLAmfjDVu7U>

www.naturalhigh.org

http://www.huffingtonpost.com/mark-sisson/natural-highs_b_5358901.html

Students read the article in the Huffington Post about natural highs. They will research 6 of the categories from the article and present to the class what they found to be most inspirational or beneficial. Each student will select an exercise, group exercise, extreme sport, spicy food, spot in nature, selection of music, and comical joke, video, or activity that they found to produce a natural high. When students present their topics to class they will suggest an exercise with a rationale of how it produces endorphins, a theoretical group exercise that they would like to try, they can bring in a spicy food to share as long as there are not any food allergies, present a video of an extreme sport of their choosing, describe a place in nature where they feel relaxed and perhaps takes students to an area on campus, play a selection of music that they find relaxing or uplifting, and share something humorous.

Extension and Follow-up Activity

As an extension to this lesson, there is a website devoted to encouraging natural highs. There is a video contest that promotes drug free living. The site gets a bit preachy so I am not certain how students will react to it.

<http://naturalhigh.org/>

Sources/Bibliography