

SHARE YOUR NATURAL HIGH

ACTIVITY

Time Needed

10-20 minutes

Materials

Pen, Pencil, or Markers

Download the [#MyNaturalHigh sign](#)

Activity Description

We know that having a natural high helps you stay engaged in healthy activities. Why not share what brings you joy and what you spend your time doing? We've designed this activity to help you think through your natural high and to share it with our community so we can cheer you along!

Suggested Steps

1. Download and fill out your [#MyNaturalHigh sign](#) or go to <https://bit.ly/MyNaturalHighIs>
2. Take a selfie with your sign. Maybe in the place where you do or practice your natural high most often.
3. Post your selfie on social media with the #MyNaturalHigh hashtag and tag your location, your friends, and us on Instagram @NaturalHigh2020.
4. If you aren't able to print the #MyNaturalHigh sign, that's OK! Just follow steps two and three to share your natural high selfie and write your natural high in your post caption.
5. Spend some time enjoying your natural high, and try someone else's natural high to see if you like it.



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