


# Natural Highs

## More Practice With Bugs

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### 3 Cs

-  I care about myself.
- I care about you.
- I care about my community.

#### Help students to understand and invite them to state clearly:

- I have the right to care about myself.
  - I have the responsibility to make smart choices when I care about myself.
  - I show I care about myself when I make choices to live healthy and not use alcohol, tobacco or other drugs.
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### Preparation

#### Materials

- Butcher paper
- Paper and pencil

#### Music

- “Scoot, Scat, Groove” from the CD: Take a Stand (see page 158)
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### Vocabulary

- natural highs
  - unnatural highs
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### Lesson at a Glance

#### Introduction

1. Describe Good Feelings

#### Strategy

2. Natural Highs and Unnatural Highs
3. “Scoot, Scat, Groove”

#### Conclusion

4. Natural High Mural
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### Core Curriculum Objectives and Standards

#### Objectives

- Recognize what they can do to feel the pleasure of a natural high.

#### Standards

- 7030-0302** Model behaviors that foster healthy interpersonal relationships.
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Teacher Notes

## Introduction

Discussion

### 1. Describe good feelings.

- Think of a time when you felt good because you accomplished something hard, won a race or game, or did something enjoyable.
- What kinds of things were you thinking about?
- What are the words and phrases that you use to describe those good feelings?

List the words on the board.

## Strategies

### 2. Natural Highs And Unnatural Highs.

- These good feelings are called “natural highs.”
- When you receive a natural high, your body actually secretes special chemicals called “endorphins” that affect the pleasure center of your brain.
- You get these feelings without taking any drugs or taking anything unnatural into your body.
- Natural highs have no negative physical consequences.
- Sometimes, people who are bugged try to feel good by using unnatural highs such as feelings caused by drugs.
- Unnatural highs can impair judgement and ruin your health.
- Unnatural highs can create more bugs that can make us feel stressed or out of control.

Song

### 3. “Scoot, Scat, Groove.”

- Teach song: “Scoot, Scat, Groove.”
- Let children move around to the beat of the music and point out that it feels good to exercise, dance, etc.
- Think of other ways to feel good without taking anything unnatural into your body.
- Instruct students to choose an activity in which they’ve experienced a natural high.
- Write another verse to “Scoot, Scat, Groove” using the chosen experience.
- Allow students time to perform their new verse.

Activity

## Tie in the 3 Cs

I care about me.  
I care about you.  
I care about my community.

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.
- I show I care about myself when I make choices to live healthy and not use alcohol, tobacco or other drugs.

## Conclusion

Chart

### 4. Natural High Mural

- Emphasize the importance of looking for natural highs when feeling low.
- Title a chart or mural “50 Ways to Feel Good Naturally.”
- Have students complete and display the mural by listing 50 different ideas for natural highs.

