

## Natural High Game

Some people use alcohol and other drugs to get high. Alcohol might make a person feel good at the moment, but alcohol can cause lots of problems, like it can mess with a person's brain. A person under the influence of alcohol might do or say something inappropriate, have poor judgment, or not be able to control their impulses. That's kind of like Fetal Alcohol disorders. Alcohol use can cause a person to get into trouble. Someone could get hurt, arrested, or killed.

There are better ways to feel good. What are some ways a person can get high naturally, in a healthy way, that does not cause these problems?

Let's play a game. Each of us can think of some way to get a natural high. I'll go first, and the person on my left will go next, and so on around the group. Each person will add their own favorite idea to the ideas of the others. Let's see how good our memories are. We can help each other if anyone gets stuck. I'll start:

“A person can get a natural high by singing.”

(Next person will repeat this and add their idea)

“A person can get a natural high by singing, or running.”

“A person can get a natural high by singing, or running, or eating chocolate.”

“A person can get a natural high by singing, or running, or eating chocolate, or going for a swim.”

Keep the game going until everyone has a chance to share their favorite natural high, and the person who went first has to try to remember all the others.

