**What’s your natural high?**

**Unit 4 assignment**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Class\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Due\_\_\_\_\_\_\_\_\_\_\_\_\_**

-Plan approval by Coach Lowe- -**Worth 35 points total**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Presentation in class **\_\_\_\_\_\_/10\_\_**

Video of you actually performing your natural high **\_\_\_\_\_\_/10\_\_**

Creativity & Effort **\_\_\_\_\_\_/10\_\_**

Include your pledge **\_\_\_\_\_\_/5\_\_**

**TOTAL PTS----------------------------------------------------------------------------------------------\_\_\_\_\_\_/35\_\_**

Instructions: You are to create your own naturally high video with pledge.

* It will either be emailed to slowe@alpinedistrict.org , airdrop it with Iphone, OR you can bring it to class on a thumb drive.

Must Include: 1-You participating or presenting your natural high

2-Your pledge stating, “My name is (First Name), my natural highs are:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and I pledge to live naturally high.”

Length: Should be at least 30 seconds and NO LONGER than 2 minutes

Example of natural highs are: Sports, dance, musical instruments, helping others, art, music, hobbies, talents, passions. Everyone has at least one!----🡪NO VIDEO GAMES!!!

You can either choose to: 1. Work individually

2. Work with a partner

**If you choose to work with a partner, you must each present your individual natural high and pledge**

\*If you are not able to record your natural high, you can simply present it live to the class on the day that it is due. For example: Display a piece of artwork, sing, play an instrument, or reading lyrics you wrote. This must also be under 2 minutes\*