

NATURAL HIGH SCOPE AND SEQUENCE

NH PRINCIPLE 1: PURSUE YOUR NATURAL HIGH

AREA OF FOCUS	ACTIVITY	STANDARDS	VIDEO
Understanding the Consequences of Drugs and Alcohol	<i>Busting Myths</i> 120–180 minutes	<p>NHES 2.8.2, 2.8.5, 2.8.7, 2.12.2, 2.12.5, 2.12.7, 3.8.1, 3.8.2, 3.12.1, 3.12.2, 7.8.1, 7.12.1, 8.8.1, 8.8.2, 8.8.3, 8.8.4, 8.12.1, 8.12.2, 8.12.3, 8.12.4</p> <p>CCSS.ELA-LITERACY.SL. 6.1, 6.2, 6.4, 6.5, 7.1, 7.2, 7.4, 7.5, 8.1, 8.2, 8.4, 8.5, 9-10.1, 9-10.2, 9-10.4, 9-10.5, 11-12.1, 11-12.2, 11-12.4, 11-12.5</p>	Kelly Slater
	<i>IQ and Pledge</i> 40–60 mins	<p>NHES 1.8.1, 3.8.5, 3.12.1, 4.8.4, 4.12.4, 5.8.1, 5.12.1, 6.8.2, 6.12.2</p> <p>CCSS.ELA-LITERACY.RI. 6.8, 7.8, 8.8, 9-10.8</p>	<p>Beau Bokan POD Cassadee Pope</p> <p>Jordan Romero Kelly Slater</p>
Sharing the NH Message	<i>NH Club</i>		
	<i>Research Your NH</i> 40–60 mins	<p>NHES 1.8.1, 6.8.2, 6.12.2</p> <p>CCSS.ELA-LITERACY.SL. 6.2, 7.2, 8.2</p>	<p>Corbin Bleu Corrine Alexandra Lauren Conrad Chris Malloy</p> <p>David Ottestad POD Jon Sundt</p>

NH PRINCIPLE 1: PURSUE YOUR NATURAL HIGH CONT'D.

AREA OF FOCUS	ACTIVITY	STANDARDS	VIDEO
	<p><i>Documenting Your NH</i> 40–120 mins</p>	<p>NHES 7.8.2, 7.12.2 8.8.4, 8.12.4</p> <p>CCSS.ELA-LITERACY.SL. 6.4, 7.4, 8.4, 9-10.4, 11-12.4</p> <p>CCSS.ELA-LITERACY.SL. 6.5, 7.5, 8.5, 9-10.5, 11-12.5</p>	<p>Corrine Alexandra Echosmith Chris Malloy Jon Sundt</p>
Awareness	<p><i>Watching NH Videos</i></p>		
	<p><i>Discussion Questions</i> 15–30 mins</p>	<p>NHES 2.8.2, 2.8.3, 2.8.5, 2.8.7, 2.8.8, 2.12.2, 2.12.3, 2.12.5, 2.12.7, 2.12.8, 5.8.7, 5.12.7</p> <p>CCSS.ELA-LITERACY.SL. 6.1, 6.2, 6.3, 6.4, 7.1, 7.2, 7.3, 7.4, 8.1, 8.2, 8.3, 8.4, 9-10.1, 9-10.2, 9-10.3, 9-10.4, 11-12.1, 11-12.2, 11-12.3, 11-12.4</p>	
	<p><i>Expressing Your Natural High</i> 40–120 mins</p>	<p>NHES 6.8.2, 6.8.4, .12.2, 8.8.2, 8.8.3, 8.8.4, 8.12.2, 8.12.3, 8.12.4</p> <p>CCSS.ELA-LITERACY.SL. 6.4, 6.5, 7 .4, 7.5, 8.4, 8.5, 9-10.4, 9-10.5, 11-12.4, 11-12.5</p>	<p>Jon and Tim Foreman Jon Sundt</p>

NH PRINCIPLE 2: EMBRACE POSITIVE PEER INFLUENCE

AREA OF FOCUS	ACTIVITY	STANDARDS	VIDEO
Decision Making	<p><i>PSA</i> 120–200 mins</p>	<p>NHES 2.8.4, 2.8.5, 2.8.7, 2.8.8, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 3.8.1, 3.8.2, 3.12.1, 3.12.28.8.1, 8.8.2, 8.8.3, 8.12.1, 8.12.2, 8.12.3</p> <p>CCSS.ELA-LITERACY.SL. 6.1, 6.2, 6.4, 6.5, 7.1, 7.2, 7.4, 7.5, 8.1, 8.2, 8.4, 8.5, 9-10.1, 9-10.2, 9-10.4, 9-10.5, 11-12.1, 11-12.2, 11-12.4, 11-12.5</p>	<p>Mýa Harrison Cassadee Pope</p>
	<p><i>Show What You Know</i> 45–90 minutes</p>	<p>NHES 2.8.4, 2.8.5, 2.8.7, 2.8.8, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 3.8.1, 3.8.2, 3.12.1, 3.12.2, 8.8.1, 8.8.2, 8.8.3, 8.8.4, 8.12.1, 8.12.2, 8.12.3, 8.12.4</p> <p>CCSS.ELA-LITERACY.SL. 6.1, 6.2, 6.4, 6.5, 7.1, 7.2, 7.4, 7.5, 8.1, 8.2, 8.4, 8.5, 9-10.1, 9-10.2, 9-10.4, 9-10.5, 11-12.1, 11-12.2, 11-12.4, 11-12.5</p>	
Conflict Resolution	<p><i>Advice Blog</i> 60–90 minutes</p>	<p>NHES 1.8.7, 1.12.5, 2.8.3, 2.8.8, 2.12.3, 2.12.8, 4.8.1, 4.8.2, 4.8.3, 4.8.4, 4.12.1., 4.12.2, 4.12.3, 4.12.4, 8.8.4, 8.12.4</p> <p>CCSS.ELA-LITERACY.W. 6.2, 6.4, 7.2, 7.4, 8.2, 8.4, 9-10.2, 9-10.4, 11-12.2, 11-12.4</p>	<p>Jon and Tim Foreman Cassadee Pope Jordan Romero Danyelle Wolf</p>

NH PRINCIPLE 2: EMBRACE POSITIVE PEER INFLUENCE CONT'D.

AREA OF FOCUS	ACTIVITY	STANDARDS	VIDEO
Peer Leadership	<p><i>Step Up to Be a Leader</i> 60 mins</p>	<p>NHES 8.8.2, 8.12.2</p> <p>CCSS.ELA-LITERACY.W. 6.3, 7.3, 8.3, 9-10.3, 11-12.3</p> <p>CCSS.ELA-LITERACY.SL. 6.1.C, 6.2, 7.1.C, 7.2, 8.1.C, 8.2, 9-10.1.C, 9-10.2, 11-12.1.C, 11-12.2</p>	<p>Mýa Harrison Jordyn Wieber Danyelle Wolf David Wright</p>
	<p><i>Brown Bag Challenge</i> 30-45 mins</p>	<p>NHES 4.8.1, 4.12.1</p> <p>CCSS.ELA-LITERACY.SL. 6.1, 7.1, 8.1, 9-10.1, 11-12.1</p>	<p>Mýa Harrison Chelsie Hightower</p>
Media Influence	<p><i>Using Models to Understand Consequences</i> 40-60 mins</p>	<p>NHES 2.8.5, 2.8.7, 2.12.5, 2.12.7</p> <p>CCSS.ELA-LITERACY.SL. 6.2, 6.4, 6.5, 7.2, 7.4, 7.5, 8.2, 8.4, 8.5, 9-10.2, 9-10.4, 9-10.5, 11-12.2, 11-12.4, 11-12.5</p>	<p>Darrin Henson Switchfoot Jordyn Wieber</p>

NH PRINCIPLE 3: CULTIVATE MENTOR RELATIONSHIPS

AREA OF FOCUS	ACTIVITY	STANDARDS	VIDEO
Support System	<p><i>Develop My Support Team</i> 40–60 mins</p>	<p>NHES 2.8.1, 2.8.2, 2.8.4, 2.12.1, 2.12.2, 2.12.4, 3.8.2, 3.12.2, 6.8.3, 6.12.3</p> <p>CCSS.ELA-LITERACY.SL. 6.1.B, 7.1.B, 8.1.B, 9-10.1.B, 11-12.1.B</p>	<p>Corbin Bleu Jason Heyward Beau Bokan Terry Kennedy Mark Capicotto Toby Morse Mike Conley POD Dartanyon Crockett Kelly Slater Mýa Harrison Switchfoot Queen Harrison David Wright</p>
	<p><i>Prompting a Family Conversation</i> 40–60 minutes</p>	<p>NHES 2.8.1, 2.12.1, 4.8.1, 4.12.1</p> <p>CCSS.ELA-LITERACY.SL. 6.4, 7.4, 8.4, 9-10.4, 11-12.4</p>	<p>Ally Burnett Mark Capicotto Bethany Hamilton Terry Kennedy Lisa Leslie Rob Machado</p>
Build Community	<p><i>Host a Crucial Conversation</i> 90-120 minutes</p>	<p>NHES 2.8.4, 2.8.10, 2.12.4, 2.12.10, 8.8.1, 8.2.1, 8.8.3, 8.8.4, 8.12.1, 8.12.2, 8.12.3, 8.12.4</p> <p>CCSS.ELA-LITERACY.SL. 6.1, 6.2, 6.4, 6.5, 7.1, 7.2, 7.4, 7.5, 8.1, 8.2, 8.4, 8.5, 9-10.1, 9-10.2, 9-10.4, 9-10.5, 11-12.1, 11-12.2, 11-12.4, 11-12.5</p>	<p>Donald Brown Dartanyon Crockett Echosmith POD</p>

NH PRINCIPLE 4: BELIEVE IN YOURSELF

AREA OF FOCUS	ACTIVITY	STANDARDS	VIDEO
Growth Mindset	<i>Secret to Success Reflection</i> 40–60 mins	NHES 6.8.3, 6.12.3 CCSS.ELA-LITERACY.SL. 6.1, 7.1, 8.1, 9-10.1, 11-12.1	Kyle Dake Jason Heyward
	<i>Growth and Fixed Mindset</i> 60 mins	NHES 6.8.3, 6.12.3 CCSS.ELA-LITERACY.SL. 6.1, 7.1, 8.1, 9-10.1, 11-12.1	Tim Howard Rob Machado
Confidence	<i>Finding the Words and Sharing Them</i> 60–90 mins	NHES 4.8.1, 4.12.1, 4.12.2, 8.8.2, 8.8.3, 8.12.2, 8.12.3 CCSS.ELA-LITERACY.SL. 6.2, 6.5, 7.2, 7.5, 8.5, 9-10.5, 11-12.5	Ally Burnett Mike Conley Colleen D’Agostino Tony Hawk Rob Machado
Coping Strategies	<i>Reacting in the Moment</i> 40–60 mins	NHES 4.8.1, 4.8.2, 4.8.3, 4.8.4, 4.12.1, 4.12.2, 4.12.3, 4.12.4, 5.8.1, 5.8.2, 5.12.1, 5.12.2 CCSS.ELA-LITERACY.SL. 6.1, 6.4, 6.6, 7.1, 7.4, 7.6, 8.1, 8.4, 8.6, 9-10.1, 9-10.4, 9-10.6, 11-12.1, 11-12.4, 11-12.6	Kyle Dake Darrin Henson Chelsie Hightower David Ottestad

NH PRINCIPLE 5: SET GOALS

AREA OF FOCUS	ACTIVITY	STANDARDS	VIDEO
Decision Making	<i>Making Decisions</i> 40–60 mins	NHES 4.8.1, 4.8.2, 4.8.3, 4.8.4, 4.12.1, 4.12.2, 4.12.3, 4.12.4 CCSS.ELA-LITERACY.SL. 6.1, 7.1, 8.1, 9-10.1, 11-12.1	Colleen D’Agostino Darrin Henson Jason Heyward Jordan Romero Switchfoot Erik Wahl Adam Wainwright David Wright
Planning	<i>Landing Your Trick</i> 40–60 mins	NHES 6.8.2, 6.8.3, 6.12.2, 6.12.3 CCSS.ELA-LITERACY.SL. 6.1, 7.1, 8.1, 9-10.1, 11-12.1	Corinne Alexandra Mark Capicotto Kyle Dake Lauren Conrad Queen Harrison Tony Hawk Darrin Henson Tim Howard Lisa Leslie Anna Rawson Adam Wainwright

NH PRINCIPLE 6: DEVELOP RESILIENCE

AREA OF FOCUS	ACTIVITY	STANDARDS	VIDEO
Media Influence	<i>Media Inspection</i> 50–90 mins	NHES 2.8.5, 2.8.6, 2.8.7, 2.12.5, 2.12.6, 2.12.7 CCSS.ELA-LITERACY.SL. 6.1, 6.2, 7.1, 7.2, 8.1, 8.2, 9-10.1, 9-10.2, 11-12.1, 11-12.2	Toby Morse Travis Pastrana

NH PRINCIPLE 6: DEVELOP RESILIENCE CONT'D.

AREA OF FOCUS	ACTIVITY	STANDARDS	VIDEO	
Stress and Anxiety	<i>Strategies to Manage Stress</i> 60 mins	NHES 4.8.3, 4.12.3, 5.8.2, 5.12.2, 6.8.3, 6.12.3, 7.8.2, 7.12.2 CCSS.ELA-LITERACY.RI.6.7, 11-2.7 CCSS.ELA-LITERACY.SL.6.1, 7.1, 8.1, 9-10.1, 11-12.1	Colleen D'Agostino Bethany Hamilton	
Communication Skills	<i>Peer Pressure Bag of Tricks</i> 45–120 mins	NHES 4.8.1, 4.12.1, 4.8.2, 4.12.2, 4.8.3, 4.12.3, 4.8.4, 4.12.4, 5.8.1, 5.12.1, 5.8.2, 5.12.2, 7.8.2, 7.12.2, 8.6.1, 8.6.2, 8.12.1, 8.12.2 CCSS.ELA-LITERACY.SL.6.1, 7.1, 8.1, 9-10.1, 11-12.1	Kyle Dake Jon and Tim Foreman Mýa Harrison Tony Hawk Chelsie Hightower David Ottestad Danyelle Wolf	
Develop Persistence and Grit	<i>Spreading Resilience</i> 60 mins	NHES 7.8.2, 7.12.2 CCSS.ELA-LITERACY.SL.7.1, 7.2, 7.4, 7.5, 8.1, 8.2, 8.4, 8.5, 9-10.1, 9-10.2, 9-10.4, 9-10.5, 11-12.1, 11-12.2, 11-12.4, 11-12.5 CCSS.ELA-LITERACY.W.6.1, 7.1, 8.1, 9-10.1, 11-12.1	Donald Brown Chelsie Hightower Tim Howard Anna Rawson Eirk Wahl Jordyn Wieber	
	<i>Find Your Grit Score</i> 40 mins	NHES 1.8.2, 1.12.2, 4.8.1, 4.12.1, 6.8.1, 6.12.1 CCSS.ELA-LITERACY.RI.6.7, 7.7, 8.7, 9-10.7, 11-12.7	Donald Brown Bethany Hamilton Travis Pastrana Anna Rawson Eirk Wahl Jordyn Wieber	