

420

WAYS TO ACHIEVE A NATURAL HIGH

You can feel great by engaging with what life has to offer without using substances. Here are just a few things you can do throughout the year:

#122 | TURN UP THE STEREO

#99 | ATTEND A SHOW

#402
LIFT WEIGHTS



#97 | VISIT THE OCEAN

#226 | DISC GOLF

#348
MAKE A GREAT MEAL



#50 MAKE A SNOW ANGEL



#313 | RUN A 5K

#116 | EXERCISE

#48
MAKE ART



#140 | TAKE A HIKE

#16 | HULA HOOPING

#7
DANCE PARTY



#396 | PLAY BOARD GAMES

#281
WATCH A SUNSET



#24
PLANT FLOWERS

#33
ZIP LINING

#9
CATCH SOME RAYS

#63 | CATCH A CONCERT

#172
PLAY WITH YOUR PET



#207 | PRACTICE GRATITUDE

#31 | EXPLORE BY KAYAK

#135 | ICE FISHING

#418
SPEND TIME IN NATURE



WE'RE COLLECTING 420 IDEAS—
WHAT ARE YOURS?

Follow us on Instagram and share your own NATURAL HIGH ideas and photos. #VT420ideas

