

Name: _____

There Is a Reason for Your Season

Part 1

Directions:

Complete the following activities while watching "There Is a Reason for Your Season," the retiring address of 2020-21 National FFA Secretary Anna Mathis. The video is available at <https://vimeo.com/640329383>.



What year was Anna's first time at convention in the blue jacket?

- a. 2014
- b. 2016
- c. 2018
- d. 2020

What does the word "season" mean in Anna's speech?



"When we embrace our season, we are able to embrace and soak up experiences we will need one day."
— Anna Mathis, 2020-21 National FFA Secretary

What does this quote from Anna mean?



What are you trying to fast-forward through right now? Why?



"No matter what season we are in, we can encourage someone else while they are in theirs."
— Anna Mathis, 2020-21 National FFA Secretary

Who can you encourage right now? What can you do?

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Part 2

Directions:

Go for a walk outside (if the weather does not permit a walk outside, find a teacher-approved place to walk). While walking around, find a quiet place to sit without your classmates. Reflect on what is going on in your life. What is your season, or challenge, you are currently facing? Using the space below, journal about your current season. Be sure to think through and reflect on the following: (1) Describe your "season" or challenge, (2) Why are you trying to fast-forward through this "season" or challenge? (3) What can you do right now to help you through this season or challenge? and (4) What can you learn from this season of challenge?

