



Lesson Plan

Inside Out

Created: 01/2025 by the National FFA Organization

Description of Lesson: *Seeing the good things first can help shift your mindset. In his retiring address, 2023-24 National FFA Southern Region Vice President Carter Howell shares his story on how to develop strategies to shift toward a more positive mindset.*

Student Learning Objectives:

After completing these activities, students will ...

1. Reflect on their thought patterns.
2. Develop strategies to shift toward a more positive mindset.
3. Understand the impact their mindsets have.

Suggested Grade Level:

Grades 9 and 10 (This lesson is written so instructors can scale up and down based on class needs.)

Suggested Time: 60 minutes (*Time requirements may vary based upon student understanding and class schedule.)

Resources/References:

1. Video: "Inside Out" | Carter Howell 2024 Retiring Address, <https://vimeo.com/1023369405>

Related Resources:

1. Retiring Addresses and Keynote Speeches, FFA.org/ffa-video-center/convention-keynotes-and-retiring-addresses/
2. Keynote-Retiring Address Lessons, <https://FFA.box.com/v/retiringaddresslessons>

Equipment and Supplies Needed:

1. A copy of the "Inside Out" worksheet for each student
2. Internet access to play the video in real time or embed it in a PowerPoint ahead of time

Vocabulary:

1. Mindset
2. Positivity

Cross-Curricular Connections:

English/Language Arts

Create growth-oriented statements.

SAE and FFA Connections:

1. Agricultural Communications and Education SAE Idea Cards, <https://FFA.box.com/s/x7e4v2qzxcwkleugkun3mt042lm5nejx>
2. Extemporaneous Public Speaking LDE, FFA.org/participate/lde/extemporaneous-public-speaking/
3. Prepared Public Speaking LDE, FFA.org/participate/prepared-public-speaking/

Student Activity Sheets:

Direct access to student activity sheets without lesson plan or answer key for easy upload to a learning management system or printing for classwork.

<https://ffa.box.com/s/3h1vxxjguhlukqvru2zkoxh7is8bluq5> (Word)

<https://ffa.box.com/s/rmnlqqipyoyjlly7xquprhfsz9ml7mbb> (PDF)

<https://docs.google.com/document/d/1aLhjuzbw42uxemlTUsRpkARYjsKA8YcuLKyYVjqlfeA/copy> (Google)

These Activities Are Aligned to the Following Standards:

FFA Precept

- FFA.PL-A.Action: Assume responsibility and take the necessary steps to achieve the desired results, no matter what the goal or task at hand
- FFA.PL-F.Continuous Improvement: Accept responsibility for learning and personal growth.
- FFA.PG-K.Emotional Growth: Share and express healthy feelings and emotions.

Common Core – Writing

- CCSS.ELA-LITERACY.W.9-10.4 Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

AFNR Career Ready Practices

- CRP.01. Act as a responsible and contributing citizen and employee. Career-ready individuals understand the obligations and responsibilities of being a member of a community, and they demonstrate this understanding every day through their interactions with others.
- CRP.02. Apply appropriate academic and technical skills. Career-ready individuals readily access and use the knowledge and skills acquired through experience and education to be more productive.
- CRP.04. Communicate clearly, effectively, and with reason. Career-ready individuals communicate thoughts, ideas and action plans with clarity, whether using written, verbal and/or visual methods.

Partnership for 21st Century Skills

- Communication
- Leadership and Responsibility
- Productivity and Accountability
- Think Creatively

Lesson Plan:

1. **Bell Ringer:** Write down your favorite inspirational quote. What does this mean to you?
2. **Introduction:** Give a copy of the "Inside Out" worksheet to each student. *Today, we are going to watch a retiring address from the 97th National FFA Convention & Expo. This retiring address was given by 2023-24 National FFA Southern Region Vice President Carter Howell. In his speech, he shares his journey to a more positive mindset. As we are watching the video, look over the questions on the worksheet "Inside Out" and be ready for the answers.*
3. **Activity:** Each student needs a copy of the worksheet "Inside Out."
 - a. **Part 1:** Have students watch the retiring address of the 2023-24 National FFA Southern Region Vice President Carter Howell. The video is available at <https://vimeo.com/1023369405>. While students watch the video, have them answer the questions.
 - b. **Part 2:** Students will reflect on their thought patterns and develop strategies to shift toward a more positive mindset.
4. **Follow-up:** Have students work in groups of four to share their plans to shift their mindsets toward positivity.
5. **Optional – Extended Learning Opportunities (Not factored into time requirement):**
 - a. This should take 15 minutes. Have students write down at least three things they're grateful for every day for one week. At the end of the week, have a class discussion on how gratitude affected their mindsets.
6. **Exit Ticket:** What is one thing you learned today about the power of a positive mindset?

Name: _____

Aligned to the following standards:

FFA.PL-A; FFA.PL-F; FFA.PG-K; CCSS.ELA.W.9-10.4; CRP.01; CRP.02; CRP.04.

Inside Out

Part 1

Directions:

Answer the following questions while watching the retiring address of 2023-24 Southern Region Vice President Carter Howell, "Inside Out." The video is available at <https://vimeo.com/1023369405>.

1. Why will the date May 15, 2006, forever live in infamy in Carter's mind?
2. What saying does Carter's mom frequently use?
3. In our country and world today, we tend to see the _____ things first.
 - a. good
 - b. bad
4. What was Carter diagnosed with?
5. At this moment in time, how are you doing? How are you really doing?



6. List the three things that have helped Carter in his journey to see the good in himself.
 -
 -
 -
7. Explain the metaphor "a glass half full" and "a glass half empty."

8. Do you have more of "a glass half full" or "a glass half empty" mindset? Why?



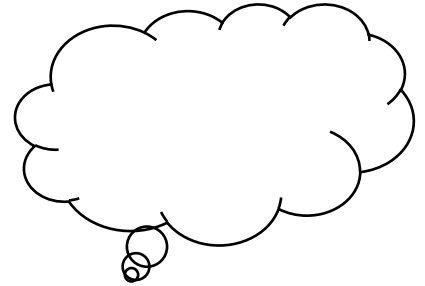
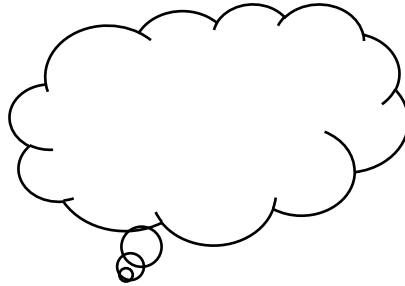
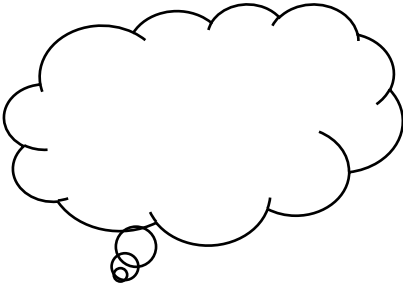
Name: _____

Part 2

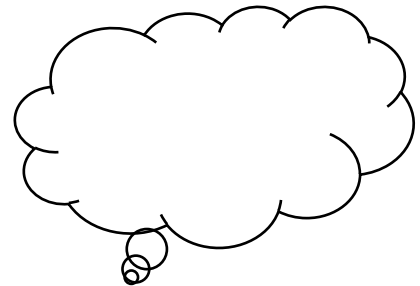
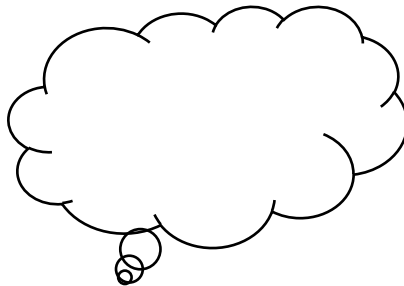
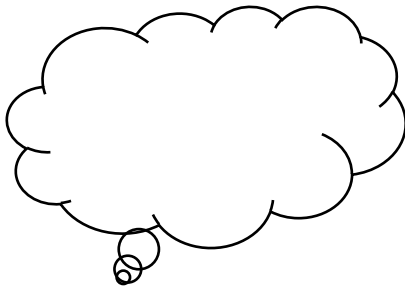
Directions:

In Carter Howell's retiring address, he shares the importance of seeing the good things first. In this activity, you will reflect on your own thought patterns and develop strategies to shift toward a more positive mindset. Answer the questions below.

1. Share three common negative thoughts you have about yourself or your abilities (e.g., I'm not good at math, I can't do this because ____ or I'll never succeed at ____).



2. How do these thoughts make you feel?
3. How do they impact your actions?
4. Rewrite each of your common negative thoughts as positive or growth-oriented statements (e.g., I'm not good at math → I'm working on improving my math skills).



5. Using what you learned from the video, write a paragraph on how you plan to shift your mindset.
6. Why is it important to work on shifting your mindset?

Name: _____

KEY: Inside Out

Part 1

Directions:

Answer the following questions while watching the retiring address of 2023-24 Southern Region Vice President Carter Howell, "Inside Out." The video is available at <https://vimeo.com/1023369405>.

1. Why will the date May 15, 2006, forever live in infamy in Carter's mind?
His baby sister was born.
2. What saying does Carter's mom frequently use?
"Carter, you have to see the good."
3. In our country and world today, we tend to see the _____ things first.
 - a. good
 - b. bad
4. What was Carter diagnosed with?
Pancreatitis
5. At this moment in time, how are you doing? How are you really doing?

Answers will vary.

6. List the three things that have helped Carter in his journey to see the good in himself.
 - Slow down and ask the question "how are you doing?"
 - Be honest with yourself.
 - Let your people love you.
7. Explain the metaphor "a glass half full" and "a glass half empty."
Answers will vary but should be along the lines of "half full" is an optimistic view while "half empty" is a pessimistic view.

8. Do you have more of "a glass half full" or "a glass half empty" mindset? Why?
Answers will vary.



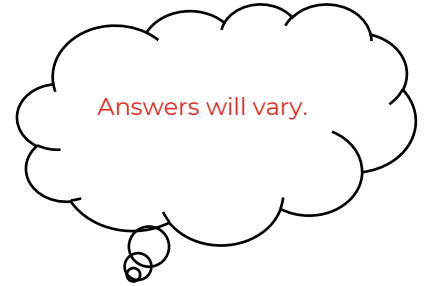
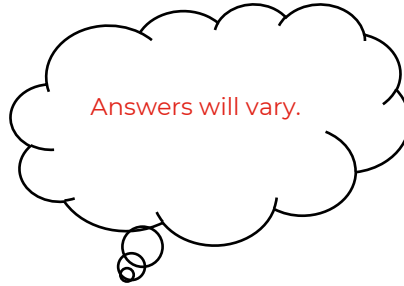
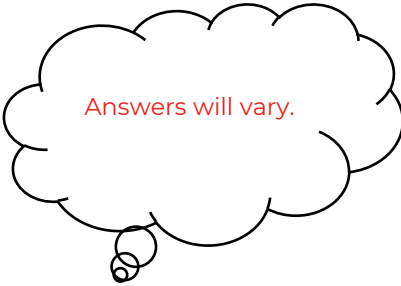
Name: _____

Part 2

Directions:

In Carter Howell's retiring address, he shares the importance of seeing the good things first. In this activity, you will reflect on your own thought patterns and develop strategies to shift toward a more positive mindset. Answer the questions below.

1. Share three common negative thoughts you have about yourself or your abilities (e.g., I'm not good at math, I can't do this because __ or I'll never succeed at __).



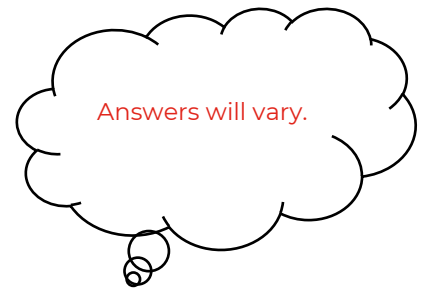
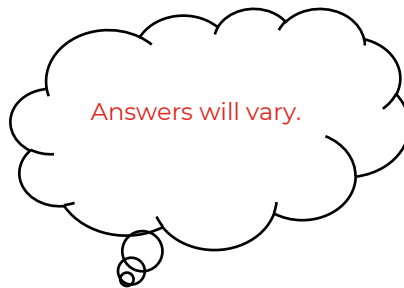
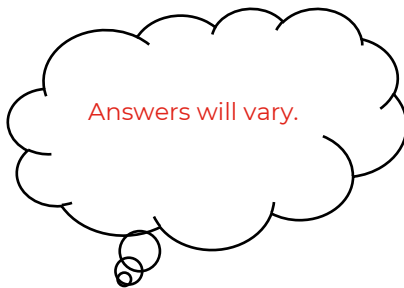
2. How do these thoughts make you feel?

Answers will vary.

3. How do they impact your actions?

Answers will vary.

4. Rewrite each of your common negative thoughts as positive or growth-oriented statements (e.g., I'm not good at math → I'm working on improving my math skills).



5. Using what you learned from the video, write a paragraph on how you plan to shift your mindset.

Answers will vary.

6. Why is it important to work on shifting your mindset?

Answers will vary.