



Lesson Plan

The Comparison Trap

Created: 01/2025 by the National FFA Organization

Description of Lesson: You are unique, and no one else can bring the exact value you bring. In this retiring address, 2023-24 National FFA Central Region Vice President Kanyon Huntington shares his story of falling into the comparison trap.

Student Learning Objectives:

- After completing these activities, students will ...
1. Describe the negative effects of comparing themselves to others.
 2. Reflect on their unique strengths and traits.
 3. Develop strategies to celebrate individuality and avoid the "comparison trap."

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: "The Comparison Trap" | Kanyon Huntington 2024 Retiring Address, <https://vimeo.com/1023247352>

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 "The Comparison Trap" 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. Comparison
2. Venn Diagram

Cross-Curricular Connections:

English/Language Arts
• Write a letter. • Complete a remodeled Venn diagram.

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/5fulywwg805vk82knm0w8zl06jzglc05> (Word)

<https://ffa.box.com/s/bq13fxl6zqyfm55flm0iqex5yb7xwnk6> (PDF)

<https://docs.google.com/document/d/14ObDKx71grot5cAcCOLLsuFuLx-sGtfgWMV1uajXUo8/copy> (Google)

These Activities Are Aligned to the Following Standards:

FFA Precept

- FA.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-D.Character: Conduct oneself appropriately in relation to others regardless of the situation.
- FFA.PL-E.Awareness: Understand personal vision, mission and goals.

Common Core – Writing

- CCSS.ELA-LITERACY.W.9-10.3 Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details, and well-structured event sequences.
- 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.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
- Initiative and Self-direction
- Leadership and Responsibility
- Productivity and Accountability
- Think Creatively

Lesson Plan:

1. **Bell Ringer:** Think about a time when you compared yourself to someone else. How did it make you feel? Write two or three sentences.
2. **Introduction:** Give a copy of the “The Comparison Trap” 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 Central Region Vice President Kanyon Huntington. In his speech, we will learn about the trap of comparing ourselves to others. As we are watching the video, look over the questions on the worksheet “The Comparison Trap” and be ready for the answers.*
3. **Activity:** Each student needs a copy of the worksheet “The Comparison Trap.”
 - a. **Part 1:** Have students watch the retiring address of the 2023-24 National FFA Central Region Vice President Kanyon Huntington. The video is available at <https://vimeo.com/1023247352>. While students watch the video, have them answer the questions.
 - b. **Part 2:** In this activity, students will complete a remodeled Venn diagram about their unique values and achievements. When they are completed, they will use the information in the Venn diagram to write a letter to themselves highlighting their unique values, traits and achievements. Encourage students to include affirmations!
4. **Follow-up:** Over the next week, have students journal about the times they noticed they were comparing themselves to others. Ask them to record the moment and their feelings. At the end of the week, have students write a summary about what they noticed and can do in the future to stop the comparison trap.
5. **Optional – Extended Learning Opportunities (Not factored into time requirement):**
 - a. This should take 15 minutes. On an index card, have students pick another student in the classroom and write down one quality or skill they admire about that person, with no names on the card for either student. Then collect each card, shuffle and read some out loud. Then discuss how everyone has their own unique strengths.
6. **Exit Ticket:** Share one strategy to escape the “comparison trap.”

Name: _____

Aligned to the following standards:

FA.PL-A; FFA.PL-D; FFA.PL-E; CCSS.ELA.W.9-10.3; CCSS.ELA-.W.9-10.4; CRP.01; CRP.04.

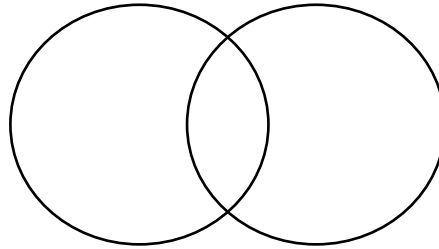
The Comparison Trap

Part 1

Directions:

Answer the following questions while watching the retiring address of 2023-24 National FFA Central Region Vice President Kanyon Huntington, "The Comparison Trap." The video is available at <https://vimeo.com/1023247352>.

1. Kanyon recalls having to do a Venn diagram in the second grade. Fill in the Venn diagram below to show what he had to compare and contrast.



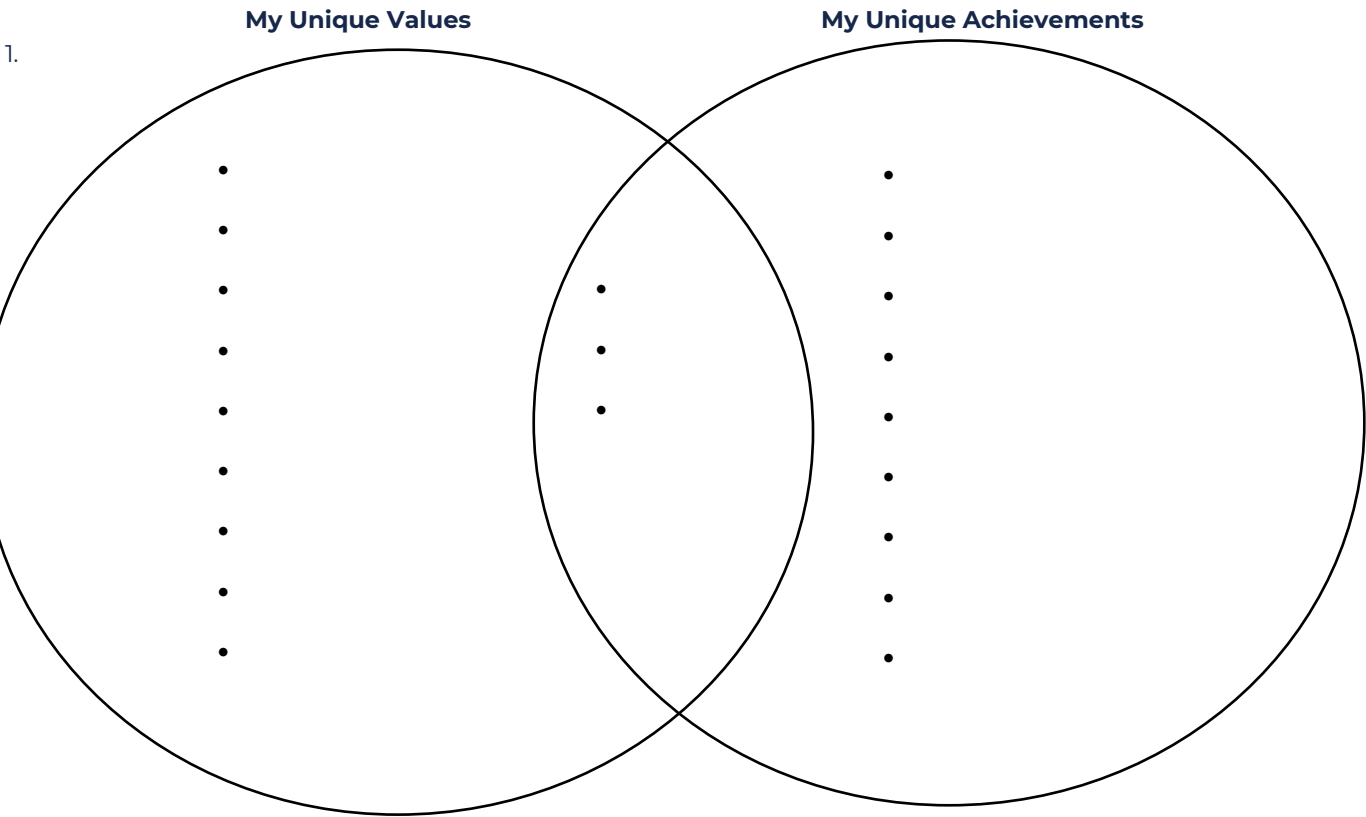
2. What did Kanyon settle on as the similarities?
3. What was one topic Kanyon knew he could always ace?
4. What word did he misspell on his spelling test?
5. What was Kanyon's all-time favorite sport?
 - a. Track
 - b. Basketball
 - c. Football
 - d. Golf
6. What is a comparison trap?
7. In the space below, share two words that remind you of the unique value you bring in your everyday life.
 - o
 - o
8. What unique value does Kanyon bring?
 - a. Optimism
 - b. Creativity
 - c. Compassion for Others
 - d. Sense of Humor
 - e. Loving Unconditionally
 - f. Constant Joy
9. How will you adjust your mindset from comparison to self-appreciation?
 - a. How could this shift impact you and your day-to-day life?

Name: _____

Part 2

Directions:

In Kanyon Huntington's retiring address, he shares the importance of not comparing yourself to others and finding your unique values. In this activity, you will complete a Venn diagram about your unique values. Once you've completed it, write a letter to yourself highlighting your unique values, traits and achievements.



2. Letter to myself:

3. Why is it important to recognize and celebrate your unique traits?

Name: _____

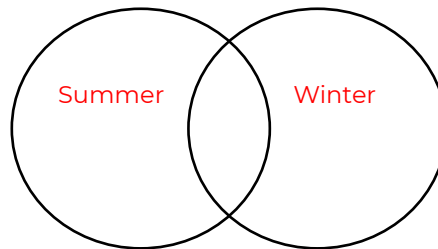
KEY: The Comparison Trap

Part 1

Directions:

Answer the following questions while watching the retiring address of 2023-24 National FFA Central Region Vice President Kanyon Huntington, "The Comparison Trap." The video is available at <https://vimeo.com/1023247352>.

1. Kanyon recalls having to do a Venn diagram in the second grade. Fill in the Venn diagram below to show what he had to compare and contrast.



2. What did Kanyon settle on as the similarities?

Both were seasons in Iowa

3. What was one topic Kanyon knew he could always ace?

Spelling tests

4. What word did he misspell on his spelling test?

Because

5. What was Kanyon's all-time favorite sport?

- a. Track
- b. Basketball
- c. Football
- d. Golf

6. What is a comparison trap?

Comparing yourself to someone else

7. In the space below, share two words that remind you of the unique value you bring in your everyday life.

- o Answers will vary.
- o

8. What unique value does Kanyon bring?

- a. Optimism
- b. Creativity
- c. Compassion for Others
- d. Sense of Humor
- e. Loving Unconditionally
- f. Constant Joy

9. How will you adjust your mindset from comparison to self-appreciation?

Answers will vary.

- a. How could this shift impact you and your day-to-day life?

Answers will vary.

Name: _____

Part 2

Directions:

In Kanyon Huntington’s retiring address, he shares the importance of not comparing yourself to others and finding your unique values. In this activity, you will complete a Venn diagram about your unique values. Once you’ve completed it, write a letter to yourself highlighting your unique values, traits and achievements.

