



Lesson Plan

Behind the Dinosaur

Created: 11/2020 by the National FFA Organization

Retiring Address Video Summary: Many put on a happy face to meet the needs of society; however, what we don't see is the struggle that could be lying underneath the smile. In this retiring address, 2019-20 National FFA Secretary Kourtney Lehman shares how we stop faking it and start facing it.

STUDENT LEARNING OBJECTIVES:

After completing these activities, students will ...

1. Describe how to show up for others.
2. Describe mental health and how to face what is inside.
3. Develop a kindness tree.

TIME REQUIRED: 45 minutes

RESOURCES/REFERENCES:

1. Video: "Behind the Dinosaur | Kourtney Lehman Retiring Address,"
<https://vimeo.com/showcase/7865594/video/477811246>

EQUIPMENT AND SUPPLIES NEEDED:

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

CROSS-CURRICULAR CONNECTIONS:

English/Language Arts
Students will write words to uplift others.

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-C.Vision: Visualize the future and how to get there.
- FFA.PL-E.Awareness: Understand personal vision, mission and goals.
- FFA.PG-J.Mental Growth: Embrace cognitive and intellectual development relative to reasoning, thinking and coping.
- FFA.CS-N.Decision Making: Analyze a situation and execute an appropriate course of action.

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.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.
- CRP.06: Demonstrate creativity and innovation. Career-ready individuals regularly think of ideas that solve problems in new and different ways, and they contribute those ideas in a useful and productive manner to improve their organization.
- CRP.08: Utilize critical thinking to make sense of problems and persevere in solving them. Career-ready individuals readily recognize problems in the workplace, understand the nature of the problem, and devise effective plans to solve the problem.

Partnership for 21st Century Skills

- Critical Thinking and Problem Solving
- Flexibility and Adaptability
- Initiative and Self-Direction
- Leadership and Responsibility

LESSON PLAN:

1. **Bell Ringer:** What does mental health mean to you?
2. **Introduction:** *Mental health is very important today more than ever. Today, we are going to watch a retiring address from the 93rd National Convention & Expo. This retiring address was given by 2019-20 National FFA Secretary Kourtney Lehman. In her speech, we learn how we need to stop "hiding behind the dinosaur" and "show up for others."*

Hand out the worksheet "Behind the Dinosaur." *Before watching the video, look over the questions on the "Behind the Dinosaur" worksheet, and be ready to listen for the answers as you view the video.*
3. **Activity:**
 - a. **Part 1:** Each student needs a copy of the worksheet "Behind the Dinosaur." Students will then watch the retiring address of 2019-20 National FFA Secretary Kourtney Lehman and complete the activities. The video "Behind the Dinosaur | Kourtney Lehman Retiring Address" is available at <https://vimeo.com/showcase/7865594/video/477811246>.
 - b. **Part 2:** Offering kind words to others is a great way to help uplift a person. Have students develop a "kindness tree" that could be placed in your school's common area that will contain kind and uplifting words that students can take when in need of a positive moment in their day. Have students use the provided space on the worksheet to create their trees.
4. **Follow-up:** Have students set up a space in the common area of their school and fill the tree with the positive notes they have developed.
5. **Optional – Extended Learning Opportunities (Not factored into time requirement):**
 - a. Have students extend the kindness tree and place one in the elementary and/or middle school.
6. **Exit Ticket:** How will you "show up" for others?

NAME: _____

Aligned to the following standards:
FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N;
CCSS.ELA.W.9-10.4; CRP.02; CRP.04; CRP.06; CRP.08

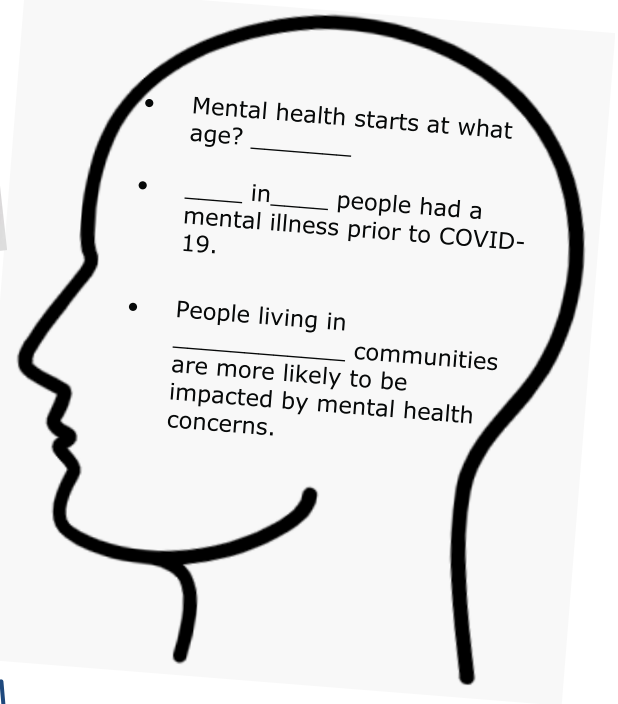
Behind the Dinosaur

Part 1

DIRECTIONS:

Fill in the blanks and answer the questions while watching "Behind the Dinosaur," the retiring address of 2019-20 National FFA Secretary Kourtney Lehman. The video is available at <https://vimeo.com/showcase/7865594/video/477811246>.

According to Kourtney, what does "behind the dinosaur" mean?



We have to stop _____ it and start _____ it.



Who provided a space for Kourtney to be vulnerable?

- a. Her mom
- b. Her officer team
- c. Her dad
- d. Her advisor

What does "showing up for others" mean to you?

Explain the glasses of water Kourtney discussed.



Are you "behind" a dinosaur? Why or why not? How will you move forward?

Identify 5 ways you can "show up" for others.

- 1.
- 2.
- 3.
- 4.
- 5.

What does Kourtney's retiring address mean to you?
(Response should be *at least* one sentence.)

Part 2

Aligned to the following standards:
FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N;
CCSS.ELA.W.9-10.4; CRP.02; CRP.04; CRP.06; CRP.08

DIRECTIONS:

Offering kind words to others is a great way to help uplift a person. Develop a “kindness tree” that could be placed in your school’s common area that will contain kind and uplifting words that students can take when in need of a positive moment in their day. The tree can be built on a bulletin board, butcher paper, or a fake tree of some kind. Use the space provided below to develop the kind words students could take with them.

1.

2.

3.

4.

5.

NAME: _____

Aligned to the following standards:
FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N;
CCSS.ELA.W.9-10.4; CRP.02; CRP.04; CRP.06; CRP.08

KEY: Behind the Dinosaur

DIRECTIONS:

Fill in the blanks and answer the questions while watching "Behind the Dinosaur," the retiring address of 2019-20 National FFA Secretary Kourtney Lehman. The video is available at _____.

According to Kourtney, what does behind the dinosaur mean? **Hiding behind a mask to avoid a true struggle**



- Mental health starts at what age? **14**
- **1** in **5** people had a mental illness prior to COVID-19.
- People living in **rural** communities are more likely to be impacted by mental health concerns.

We have to stop **faking** it and start **facing** it.



Who provided a space for Kourtney to be vulnerable?

- a. Her mom
- b. Her officer team
- c. Her dad**
- d. Her advisor

What does "showing up for others" mean to you?
Answers will vary.

Explain the glasses of water Kourtney discussed. **When we pour into others, we have to allow others to pour into us to keep our glass from being empty.**



Are you "behind" a dinosaur? Why or why not? How will you move forward? **Answers will vary.**

Identify 5 ways you can "show up" for others.
Answers will vary.

- 1.
- 2.
- 3.
- 4.
- 5.

What does Kourtney's retiring address mean to you?
(Response should be *at least* one sentence.)
Answers will vary.