



Lesson Plan

All You All the Time

Created: 11/2016 by the National FFA Organization
Updated: 08/2017 by the National FFA Organization

STUDENT LEARNING OBJECTIVES:

After completing these activities, students will...

1. Recognize the characteristics of the person they want to be.
2. Reflect on experiences that have molded them into who they are.
3. Assess potential changes that would allow them to be proud of who they are.

TIME REQUIRED: 50 minutes

RESOURCES:

1. FFA.org
2. Video: "2015-16 National FFA Secretary Nick Baker's Retiring Address," <https://vimeo.com/188425523>

EQUIPMENT AND SUPPLIES NEEDED:

1. Loose-leaf lined paper or FFA branded template
2. Envelopes
3. Stamps
4. Sticky notes

THIS QUICK LESSON PLAN WOULD WORK WELL AS:

1. An activity to have students reflect on their personal goals and ideals.
2. A personal growth development activity.

STUDENT ACTIVITY SHEETS:

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

<https://ffa.box.com/s/uifmm7cq5ah518ds47v1vhkvnfmw1yq> (Word)

<https://ffa.box.com/s/68hyvzc9l6ve2v0adf922puq2tmyqx77> (Non-Designed)

<https://ffa.box.com/s/odussv31es9em36lrdnt85ztpfyo5zz> (PDF)

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-D.Character: Conduct oneself appropriately in relation to others regardless of the situation.
- FFA.PL-E.Awareness: Understand personal vision, mission and goals.
- FFA.PL-F.Continuous Improvement: Accept responsibility for learning and personal growth.
- FFA.PG-I.Professional Growth: Assume responsibility for attaining and improving upon the skills needed for career success.
- FFA.PG-J.Mental Growth: Embrace cognitive and intellectual development relative to reasoning, thinking and coping.
- FFA.PG-K.Emotional Growth: Share and express healthy feelings and emotions.
- FFA.PG-L.Spiritual Growth: Define personal beliefs, values, principles and sense of balance.

Common Core - Writing

- CCSS.ELA-LITERACY.W.9-10.2 Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.
- 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 the development, organization, and style are appropriate to task, purpose, and audience.

Partnership for 21st Century Skills

- Communication

- Critical Thinking and Problem Solving
- Initiative and Self-direction
- Leadership and Responsibility
- Productivity and Accountability
- Social and Cross-Cultural Skills
- Think Creatively

LESSON PLAN:

1. **Interest Approach:**

Hello class, I need each of you to pull out a sheet of paper and writing utensil. On this paper, I would like you to imagine that your life story is a book; as with any book, there needs to be a summary of the story on the back. When I say the words, "tell me your story," you will begin to write a short summary of what your book would be about. You will have seven minutes to write your summary. Are there any questions?

Let the students write their summary. You may tell them that these are for their eyes only and will not be shared.

2. **Activity:**

Now, we are going to watch a retiring address from the 89th National FFA Convention & Expo. This retiring address was given by 2015–16 National FFA Secretary Nick Baker. You may take notes if you would like, but please remain quiet and attentive as there will be an assignment that follows the video.

Show the video "2015–16 National FFA Secretary Nick Baker's Retiring Address." The direct URL is <https://vimeo.com/188425523>.

After the video is over, pass out sheets of lined loose-leaf paper or the template provided below, and one envelope to each student.

Students, in front of you are a few pieces of paper; take the paper and write your future self a letter. These letters are only meant for your eyes, and I will do my best to protect your message to your future self. In this letter, I would like you to write about your goals and about the type of person you are striving to become. Additionally, write about how the video made you feel. What advice do you want to remind yourself of in the future? What memories do you want to remember? What makes you proud? What are your dreams and goals? Take your time writing this letter; you will have 15 minutes to write it. Once you are finished with your letter, address the envelope to yourself, seal it and hand it to me.

****Note:** We ask that the letter stay confidential to encourage candid messages from the students. Please mail the letters to the students based on your discretion. The end of the school year or when the student graduates would be appropriate times.**

3. **Follow Up:** On a sticky note, have students share three main takeaways they received while watching the retiring address. Use this as a grade for the activity.

As you finish your letters, I will hand you a sticky note. Please write three things that stuck with you after watching the retiring address today.

4. **Leveling Up:** Have students design inspirational Instagram posts to motivate and inspire them, as well as others, to be their best self. (See "Inspirational Instagram Post" worksheet below).

Now that you have written your letters to your future selves, let's take it one step further. On the worksheet in front of you, create and design two inspirational Instagram posts to motivate and inspire yourself. For each post, you will draw a picture and will write a caption related to the post (the caption goes at the bottom of each post on the lines next to "national ffa").

NAME: _____

Aligned to the following standards:

FFA.PL-A.; FFA.PL-C.; FFA.PL-D.; FFA.PL-E.; FFA.PL-F.; FFA.PG-I.;
FFA.PG-J.; FFA.PG-K.; FFA.PG-L.; CCSS.W.9-10.2; CCSS.W.9-
10.3; CCSS.W.9-10.4

All You All the Time

DIRECTIONS:

Write a letter to yourself in the future. In this letter, write about your goals and the type of person you are striving to become. Additionally, write about how the video (Nick Baker's retiring address) made you feel. What advice do you want to remind yourself of in the future? What memories do you want to remember? What makes you proud? What are your dreams and goals?

Dear

Sincerely,

NAME: _____

Inspirational Instagram Post

Aligned to the following standards:
FFA.PL-A.; FFA.PL-C.; FFA.PL-D.; FFA.PL-E.; FFA.PL-F.; FFA.PG-I.;
FFA.PG-J.; FFA.PG-K.; FFA.PG-L.; CCSS.W.9-10.2; CCSS.W.9-
10.3; CCSS.W.9-10.4

DIRECTIONS:

Use this template to create two inspirational Instagram posts to motivate and inspire you to be your best self. For each post, you will draw a picture and will write a caption related to the post. The caption goes at the bottom of each post on the lines next to "national ffa."

Verizon 11:15 AM 90%

Instagram

nationalffa



1,373 likes

nationalffa _____



Verizon 11:15 AM 90%

Instagram

nationalffa



1,373 likes

nationalffa _____

