



Lesson Plan

Let's Get to Work

Created: 02/2020 by the National FFA Organization

Retiring Address Video Summary: In this retiring address, 2018-19 National FFA Central Region Vice President Ridge Hughbanks shares how hard work and resiliency are key components to being a great leader and caring for yourself.

STUDENT LEARNING OBJECTIVES:

After completing these activities, students will ...

1. Describe why hard work is needed to move forward.
2. Describe why resiliency leads to good leadership.
3. Identify the importance of and steps to self-care.

TIME REQUIRED: 45 minutes

RESOURCES:

1. Video: "Let's Get to Work | Ridge Hughbanks Retiring Address," <https://vimeo.com/370525702>

EQUIPMENT AND SUPPLIES NEEDED:

1. A copy of the "Let's Get to Work" worksheet for each student
2. Purple and green markers, colored pencils or pens
3. Internet access to play the video in real time or embed it in a PowerPoint ahead of time

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/2lgrnj4qg30hn4j4j281etjbu421swae> (Word)

<https://ffa.box.com/s/24pxu2z2eowmcksu37hjgmarcouh4j1d> (Non-Designed)

<https://ffa.box.com/s/i0oseg5yqesdw1h9t2ixawa028h57pl7> (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-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 Reading: Informational Text

- CCSS.ELA-Literacy.RI.9-10.2: Determine a central idea of a text and analyze its development over the course of the text, including how it emerges and is shaped and refined by specific details; provide an objective summary of the text.
- CCSS.ELA-Literacy.RI.9-10.3: Analyze how the author unfolds an analysis or series of ideas or events, including the order in which the points are made, how they are introduced and developed, and the connections that are drawn between them.
- CCSS.ELA-Literacy.RI.9-10.4: Determine the meaning of words and phrases as they are used in a text, including figurative, connotative, and technical meanings; analyze the cumulative impact of specific word choices on meaning and tone (e.g., how the language of a court opinion differs from that of a newspaper).

Common Core – Math Practices

- CCSS.MP1: Make sense of problems and persevere in solving them.
- CCSS.MP5: Use appropriate tools strategically.
- CCSS.MP6: Attend to precision.

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 being tired mean?
2. *Introduction:* Today, we are going to watch a retiring address from the 92nd National FFA Convention & Expo. This retiring address was given by 2018-19 National FFA Central Region Vice President Ridge Hughbanks. In his speech, he shares how hard work and resiliency, even when tired, are key components to being a great leader and caring for yourself.

Before watching the video, look over the questions on the "Let's Get to Work" worksheet, and be ready to listen for the answers as you view the video.

3. *Activity:* Each student needs a copy of the worksheet "Let's Get to Work." Students will watch the retiring address of 2018-19 National FFA Central Region Vice President Ridge Hughbanks and complete the activities. The video "Let's Get to Work | Ridge Hughbanks Retiring Address" is available at <https://vimeo.com/370525702>.
4. *Follow-up:* As a class, plan a self-care activity that could be completed in class. For example, incorporate yoga or deep breathing exercises into class.
5. *Leveling Up:* To keep themselves accountable, have students keep a journal of how they are practicing self-care. Have students share each week or day.
6. *Exit Ticket:* Why is practicing self-care so important?

NAME: _____

Aligned to the following standards:
FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N;
CCSS.ELA.RI.9-10.2; CCSS.ELA.RI.9-10.3; CCSS.ELA.RI.9-10.4;
MP1; MP5; MP6; CRP.02; CRP.04; CRP.06; CRP.08

Let's Get to Work

DIRECTIONS:

Fill in the blanks and answer the questions below while watching "Let's Get to Work," the retiring address of 2018-19 National FFA Central Region Vice President Ridge Hughbanks. The video is available at <https://vimeo.com/370525702>.

According to Ridge's choir director, who is the world run by?

- a. Those with power
- b. Those with the biggest heart
- c. Those that have a law degree
- d. Those who are tired



According to the National Institute for Mental Health, over 25% (1 out of 4) of students in the United States suffer from _____.

- a. anxiety disorders
- b. depression disorders
- c. physical disabilities



According to the National Institute for Mental Health, over 3 million children have had one major _____ in the last year.

- a. anxiety attack
- b. depression episode
- c. physical disability



Who is the hardest working person you know? Why do you see them as hard working?



According to Ridge,

"It is like we are no longer tired _____ things, but we are tired _____ things."



Is this true for you? Why or why not? Give a specific example.

Ridge made the following statement during his retiring address:

"To those who are anxious or depressed or worried about the future, we do not get to choose what happens to us in this life, but we get to decide how we respond to it."

What does this statement mean to you? How can you apply this to your life now?

Invictus

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet then menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul.

—William Ernest Henley

DIRECTIONS:

1. In purple, underline two meaningful words from each stanza in the poem *Invictus* by William Ernest Henley.
2. In green, circle words or phrases you have questions about.
3. Based on the poem, describe what those words mean to you in the provided space.



How does this poem apply to you?



William Ernest Henley

Create a text message, with emoji, to summarize the meaning of this poem.

Why is this poem so important to Ridge?

What does this poem teach us?

According to Ridge, if we show _____ we find that things
are never as _____ as they _____.

What is one act you can do in
the moment when something
gets tough to help you get
through?

Let's Take Care of Ourselves!

DIRECTIONS:

Mental Health America states that mental health care for yourself is crucial. To work on your own self-care, Mental Health America says you should practice the following five points:

Point 1: Live healthy. (Ex. make healthy food selections, full night of sleep, etc.)

Point 2: Practice good hygiene.

Point 3: See friends.

Point 4: Try to do something you enjoy every day.

Point 5: Find ways to relax.

Additionally, it has been shown that purposefully planning self-care activities into your daily routine will help to ensure that you are indeed practicing self-care. Plan out one day this week and incorporate a specific task for each of the five points above. An example for Point 1 would be to have a fresh fruit and yogurt parfait for breakfast.

(Day of the Week)

Plan for Point 1:

- Time of Day: _____
- Specific task to complete for self-care: _____

Plan for Point 2:

- Time of Day: _____
- Specific task to complete for self-care: _____

Plan for Point 3:

- Time of Day: _____
- Specific task to complete for self-care: _____

Plan for Point 4:

- Time of Day: _____
- Specific task to complete for self-care: _____

Plan for Point 5:

- Time of Day: _____
- Specific task to complete for self-care: _____

Why is practicing self-care
important?

Summarize Ridge's retiring
address in one word.

KEY: Let's Get to Work

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CCSS.ELA.RI.9-10.2; CCSS.ELA.RI.9-10.3; CCSS.ELA.RI.9-10.4;
MP1; MP5; MP6; CRP.02; CRP.04; CRP.06; CRP.08

DIRECTIONS:

Fill in the blanks and answer the questions below while watching "Let's Get to Work," the retiring address of 2018-19 National FFA Central Region Vice President Ridge Hugbanks. The video is available at <https://vimeo.com/370525702>.

According to Ridge's choir director, who is the world run by?

- a. Those with power
- b. Those with the biggest heart
- c. Those that have a law degree
- ☒ d. Those who are tired



According to the National Institute for Mental Health, over 25% (1 out of 4) of students in the United States suffer from _____.

- ☒ a. anxiety disorders
- b. depression disorders
- c. physical disabilities



According to the National Institute of Mental Health, over 3 million children have had one major _____ in the last year.

- a. anxiety attack
- ☒ b. depression episode
- c. physical disability



Who is the hardest working person you know? Why do you see them as hard working?
Answers will vary.



According to Ridge,

"It is like we are no longer tired from things, but we are tired of things."



Is this true for you? Why or why not? Give a specific example.

Answers will vary.

Ridge made the following statement during his retiring address:

"To those who are anxious or depressed or worried about the future, we do not get to choose what happens to us in this life, but we get to decide how we respond to it."

What does this statement mean to you? How can you apply this to your life now?

Answers will vary.

Invictus

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet then menace of the years
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It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate,
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—William Ernest Henley

DIRECTIONS:

1. In purple, underline two meaningful words from each stanza in the poem *Invictus* by William Ernest Henley.
Underlines will vary.
2. In green, circle words or phrases you have questions about.
3. Based on the poem, describe what those words mean to you in the provided space.

Answers will vary.



Answers will vary.



Answers will vary.



Answers will vary.



How does this poem apply to you? Answers will vary.



Why is this poem so important to Ridge?

It reminds him to have the mindset that he is stronger and he can make it through when adversity strikes.

Create a text message, with emoji, to summarize the meaning of this poem.

Answers will vary.

What does this poem teach us?

When the going gets tough, leaders know how to dig in. Leaders find a way to get to work and make a difference. If we find resiliency in hardship, things are never as bad as they seem.

According to Ridge, if we show **resiliency** we find that things are never as **bad** as they **seem**.

What is one act you can do in the moment when something gets tough to help you get through?
Examples may include putting the phone down, taking a deep breath, etc.

Let's Take Care of Ourselves!

DIRECTIONS:

Mental Health America states that mental health care for yourself is crucial. To work on your own self-care, Mental Health America says you should practice the following five points:

Point 1: Live healthy. (Ex. make healthy food selections, full night of sleep, etc.)

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Point 5: Find ways to relax.

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Answers will vary.

(Day of the Week)

Plan for Point 1:

- Time of Day: _____
- Specific task to complete for self-care:

Plan for Point 2:

- Time of Day: _____
- Specific task to complete for self-care:

Plan for Point 3:

- Time: _____
- Specific task to complete for self-care:

Plan for Point 4:

- Time of Day: _____
- Specific task to complete for self-care:

Plan for Point 5:

- Time of Day: _____
- Specific task to complete for self-care:

Why is practicing self-care important?
Self-care is important to maintain a healthy relationship with yourself and those around you.

Summarize Ridge's retiring address in one word.
Answers will vary.