

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.