Lesson Plan

Fear

Created: 12/2018 by the National FFA Organization

***Retiring Address Video Summary**: Fear is a feeling that creeps up in everyday life, anything from fearing the judgment of peers to bigger feelings such as being unwanted. We should not let fear control our lives. We need to learn to combat the fears. Erica Baier discusses fear and why we need to overcome our biggest obstacle … ourselves.*

STUDENT LEARNING OBJECTIVES:

After completing these activities students will …

1. Recognize fears that exist in our lives.
2. Recognize why fear exists.
3. Determine how to work toward eliminating fear.

TIME REQUIRED: 60 minutes

RESOURCES:

1. FFA.org
2. Video: "2017–18 National FFA Secretary Erica Baier's Retiring Address," https://vimeo.com/297423663.

EQUIPMENT AND SUPPLIES NEEDED:

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

THIS QUICK LESSON PLAN WOULD WORK WELL AS:

1. A personal growth 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/qyq9kw5oxcc99bp8lkq8a8iijybtha42 (Word)

https://ffa.box.com/s/dcqm9ihzf2o1utk0lgw2xl9th2fyrgtq (Non-Designed)

https://ffa.box.com/s/649v1cpobph8d9tll9jsvggn498e1bkq (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 – Speaking and Listening

- CCSS.ELA-Literacy.SL.9-10.1: Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9-10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.

Common Core – Literacy in Science & Technical Subjects: Writing

- CCSS.ELA-Literacy.WHST.9.10.4: Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

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

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

LESSON PLAN:

1. *Bell Ringer:* Distribute the "Fear" worksheet. Have students answer the first question. When students are finished have students share answers with the class.

2. *Activity:* *Today, we are going to watch a retiring address from the 91st National FFA Convention and Expo. This retiring address was given by 2017-18 National FFA Secretary Erica Baier. In her speech, she recognizes the fears that exist in our lives and discusses how to address these fears.*

   Before watching the video, look over the questions on the "Fear" worksheet, and be ready to listen for the answers as you view the video.

   Show the video "2017–18 National FFA Secretary Erica Baier's Retiring Address." The URL is https://vimeo.com/297423663.

   After the video is over, as a class, discuss how we can work to not let fear run our lives and how we can start fighting fear together.

3. *Follow-up:* Have students create a timeline (using the "Timeline" worksheet) of how they are going to combat one of their three identified fears.

4. *Leveling Up:* Have students become a peer mentor to a younger student to help them through any struggles they have in their lives.

5. *Exit Ticket:* Why is it important to combat our fears?

NAME: _____

Aligned to the following standards:
FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N; CCSS.ELA.SL.9-10.1; CCSS.ELA.WHST.9.10.4; MP1; MP5; MP6; CRP.02; CRP.04; CRP.06; CRP.08

Fear

DIRECTIONS:
Answer the question in the box below.

What is your biggest fear? Why?



DIRECTIONS:
Fill in the blanks and answer the questions below after watching the video "2017-18 National FFA Secretary Erica Baier's Retiring Address." The URL is https://vimeo.com/297423663.

_____ _____ the _____

and

_____ _____ the _____

Why do we allow fear to control our lives?



One time I let fear control my life was …

_____ _____ _____ _____

and

_____ _____ _____ _____



Identify three fears you have *and* three ways to combat each of those fears.

Fear:	Fear:	Fear:
_____	_____	_____
_____	_____	_____
_____	_____	_____

Identify three words you could use to help you work through any fear that may arise.

_____ _____ _____

Identify a fear Erica mentioned in her speech and compare that to your own life. What challenge have you gone through and overcome?

Aligned to the following standards:
FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N; CCSS.ELA.SL.9-10.1; CCSS.ELA.WHST.9.10.4; MP1; MP5; MP6; CRP.02; CRP.04; CRP.06; CRP.08

KEY: Fear

DIRECTIONS:
Answer the question in the box below.

What is your biggest fear? Why? Answers will vary.



DIRECTIONS:
Answer the questions below after watching the video "2017-18 National FFA Secretary Erica Baier's Retiring address." The URL is https://vimeo.com/297423663.

Stop fearing the fight,

and

start fighting the fear.

7u

Why do we allow fear to control our lives? Answers will vary.



One time I let fear control my life was ...

Stop fighting fear alone,

and

start fighting fear together.



Identify three fears you have *and* three ways to combat each of those fears.		
Fear: Answers will vary. _____ _____ _____	Fear: Answers will vary. _____ _____ _____	Fear: Answers will vary. _____ _____ _____

Identify three words you could use to help you work through any fear that may arise.

_____ _____ _____

Identify a fear Erica mentioned in her speech and compare that to your own life. What challenge have you gone through and overcome?

NAME: _____

Aligned to the following standards:
FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N; CCSS.ELA.SL.9-10.1; CCSS.ELA.WHST.9.10.4; MP1; MP5; MP6; CRP.02; CRP.04; CRP.06; CRP.08

Timeline

DIRECTIONS:

Complete the timeline by setting goal dates for different steps in addressing a fear. Each date should have a description of what you will accomplished by that time. Include a minimum of 5 goals for your fear. Example: April 1 give a speech in front of my first hour class.

Fear to be addressed: _____
(Example: speaking at my sport/FFA/academic honors/etc. banquet)

