



# 4-H



# GRATITUDE CHALLENGE

## NOVEMBER 2021

Members who complete FIVE tasks will receive a prize. Members who complete 10 tasks will receive a larger prize. One 4-H member from Cleveland county will be recognized for the most participation (must complete at least 10 tasks).

Check off each activity you complete and have a parent sign below and turn into your 4-H Agent, Charlie Godfrey by Friday December 3rd

Child's name: \_\_\_\_\_  
 Parent's Signature: \_\_\_\_\_

SUN	MON	TUE	WED	THU	FRI	SAT
	1 START A GRATITUDE JOURNAL. EACH DAY WRITE DOWN SOMETHING YOU ARE THANKFUL FOR.	2 DESIGN A SERVICE PROJECT OF YOUR CHOOSING AND COMMIT TO CARRYING IT OUT THIS MONTH.	3 COMPLETE ONE RANDOM ACT OF KINDNESS TODAY	4 HANDWRITE A LETTER AND SEND IT TO A FRIEND.	5 COMPLIMENT AT LEAST 5 PEOPLE TODAY.	6 CREATE A PIECE OF ART THAT SHOWS WHAT YOU ARE THANKFUL FOR.
7 SPEND TIME WITH SOMEONE YOU CARE ABOUT.	8 WRITE A THANK YOU NOTE TO YOUR 4-H LEADER.	9 CREATE A PAINTING OR DRAWING THEN DELIVER IT TO A NURSING HOME RESIDENT.	10 VOLUNTEER TO DO AN UNPLEASANT TASK (EXAMPLE: TAKE OUT TRASH/DO THE DISHES)	11 THANK A VETERAN FOR THEIR SERVICE TODAY.	12 BAKE/MAKE A TREAT FOR A NEIGHBOR.	13 PAINT KINDNESS ROCKS AND LEAVE THEM FOR SOMEONE TO FIND IN YOUR NEIGHBORHOOD/TOWN
14 DO A BEAUTIFICATION PROJECT TODAY THAT WILL BENEFIT SOMEONE OUTSIDE OF YOUR IMMEDIATE FAMILY	15 COLOR OR DRAW A PICTURE AND GIVE IT TO A FRIEND	16 VOLUNTEER TO DO A FAMILY MEMBER'S CHORE FOR THEM.	17 WRITE A THANK YOU NOTE TO A TEACHER OR COACH.	18 WRITE A NICE LETTER OR NOTE TO YOUR PARENTS OR GRANDPARENTS.	19 SET TIME ASIDE TO PLAY A GAME AS A FAMILY.	20 READ A BOOK TO A YOUNGER SIBLING OR FRIEND.
21 THINK OF A CREATIVE WAY TO PAY IT FORWARD TODAY.	22 MAKE A CARD FOR SOMEONE IN THE NURSING HOME.	23 GATHER FIVE ITEMS FROM YOUR CLOSET AND DONATE THEM.	24 NO COMPLAINING DAY! EACH TIME YOU FEEL LIKE COMPLAINING, THINK OF ONE THING YOU ARE GRATEFUL FOR.	25 SPEND TIME WITH FAMILY AND FRIENDS.	26 GIVE A SMALL GIFT TO SOMEONE FOR NO REASON AT ALL.	27 MAKE A MEAL FOR SOMEONE AND DELIVER IT.
28 DONATE ONE FOOD ITEM FOR EVERYDAY THAT YOU FORGOT TO WRITE IN YOUR JOURNAL.	29 TELL A FRIEND WHY YOU ARE THANKFUL TO BE A PART OF 4-H.	30 SPEND TIME LOOKING THROUGH YOUR JOURNAL AND REFLECTING ON THE CHALLENGE.				