



# Morgan County 4-H NOVEMBER 2020 VIRTUAL GRATITUDE CHALLENGE

The COVID-19 pandemic created an increased need for virtual outreach education to increase positivity and gratitude within families. The 4-H Virtual November Gratitude Challenge was implemented to give families in Morgan County an opportunity to focus on the positive aspects in their lives, feel a sense of gratitude, create a more positive mindset, and to start a healthy habit of practicing gratitude. There was an emphasis of practicing gratitude as a family, while also having the opportunity to practice gratitude on an individual basis while filling out a Gratitude Journal.

## 34 PARTICIPANTS

in our 1st-ever Virtual Gratitude Challenge during the month of November, 2020.

 = 1 YOUTH  
 = 1 ADULT



### EVENT INCENTIVES:



**Free Registration**



**\$5 gift card to a local business**



**An opportunity to focus on all the positive aspects of life**

### JOURNAL ENTRIES:

"What song are you thankful for? I'm thankful for "Somewhere Over the Rainbow." It brings me peace. When I was a teenager, I taught the song to my step-mom's family. They sang it to my step-grandfather at his request when he was dying." -Chandra P.

"What memory are you thankful for? I am grateful for the memory of my son, Gabe, being born. He was screaming loudly as they cleaned him up, but when I called his name, he stopped crying and looked into my eyes." -Chris C.

"Name 5 things good that happened today. This made me look at all the good things that happened that day/the fun time/the good times for the day. I didn't realize how many good things had happened until I had to list 5 of them. It made me see the positive things and not the negative things that seem to stand out more." -Alex L.

### SURVEY PARTICIPANTS RESPONDED:



I've previously participated in a virtual gratitude challenge.



The event helped me (and my family) feel a sense of gratitude.



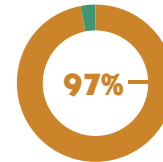
I plan to participate in additional activities that will help me to continue practicing gratitude.



The event helped me (and my family) focus on the positive aspects of my life.



The event helped me (and my family) to have a more positive mindset.



The event helped me (and my family) feel involved with the 4-H program.

In addition to filling out the gratitude journal, participants were encouraged to fill out a google form to complete the challenge. They were asked to share a photo and to tell us about their favorite entry from their gratitude journal. The majority of participants have never participated in a virtual gratitude challenge before. This will now become an annual event in our county.

**EXTENSION**   
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