





# Morgan County 4-H VIRTUAL KINDNESS CHALLENGE

The 4-H Virtual Kindness Challenge, first launched during the COVID-19 pandemic, was implemented to address pressing community needs expressed by families in Morgan County. The USU/Morgan County Extension office addressed these needs by creating purposeful opportunities for community members to focus on being kind to others, feel joy, boost happiness, and start a healthy habit of practicing kindness. This was accomplished by launching a kindness challenge and providing a "My Acts of Kindness" journal to all who participated. There was an emphasis of practicing kindness as a family, while also having the opportunity to practice kindness on an individual basis while documenting the experience in the journal. We created a youth journal version and an adult journal version. Below are the outcomes and impacts of this virtual program in Morgan County.

## 36 PARTICIPANTS

in our 1st-ever Virtual Kindness Challenge during the month of February, 2021.

 = 1 YOUTH  
 = 1 ADULT



## PROGRAM INCENTIVES:

 **Free Registration**

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

 **An opportunity to do at least one act of kindness each day for 7 days**

## KINDNESS ACTIVITY IMPACTS:

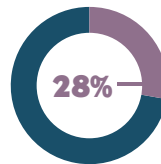
Impact: Selfless kindness. "I offered to help a co-worker with a project that I normally wouldn't have need to do." – Chris C.

Impact: Mindful kindness. "I helped a classmate when they slipped on the ice." – S.J.G.

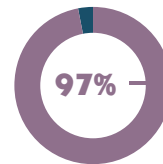
Impact: Showing kindness even when it's difficult. "Taking a treat and a nice note to a girl in class that excludes me and bullies my sister at the bus stop." – Alexa C.

Impact: Kindness that strengthens relationships. "When I took the time to tell my parents how much I love and appreciate them on Valentine's Day, I stood up and said a lot of things and then gave them both a hug." – Gabe C.

## SURVEY PARTICIPANTS RESPONDED:



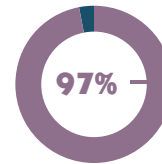
I've previously participated in a virtual kindness challenge.



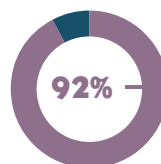
The event helped me (and my family) boost our happiness.



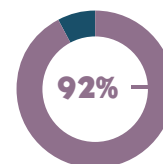
The event helped me (and my family) feel a sense of joy to be kind to others.



The event helped me (and my family) focus on being kind to others.



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



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

In addition to filling out the "My Acts of Kindness" journal, participants were encouraged to fill out a Google form once the challenge was complete. They were asked to share a photo and describe their favorite entry from their journal. Qualitative responses confirm how participants were positively impacted. The majority of participants had never participated in a virtual kindness challenge before. We are excited to offer this event to Morgan County residents every year.

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