

NOV 2020

4-H Gratitude Challenge



SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
Start a gratitude journal. Each day write down something you are thankful for.	Write a thank you note to your 4-H advisor.	Think of someone you are grateful to know. Tell them.	Complete one random act of kindness today.	Send a text to someone who makes you smile and tell them why.	Handwrite a letter and mail it to a friend.	Create a piece of art that shows what you are thankful for.
08	09	10	11	12	13	14
Spend time with someone you care about.	Compliment at least 5 other people today.	Think of someone you are proud of. Tell them!	Thank a veteran for their service. Veteran's Day	Volunteer to do an unpleasant task, like taking out the garbage or doing the dishes.	Write a thank you note to a special teacher.	Bake a treat for your neighbors.
15	16	17	18	19	20	21
Gather 10 items from your closet to donate.	Make a social media post highlighting a person you are grateful for.	Write a thank you note to a coach or mentor.	Color a picture and give it to a friend.	Do a family member's chores for them today.	Set time aside to play a game with your family.	Share a photo of something you are grateful for on social media.
22	23	24	25	26	27	28
Think of a creative way to Pay It Forward today.	Leave a note of encouragement for a friend.	Call a relative you haven't spoken to recently.	No complaining day! Each time you want to complain, say something you are grateful for instead.	Spend time with family and friends. Thanksgiving	Give a small gift to someone for no reason at all.	Write a letter or note to your parents or grandparents.
29	30					
Donate one canned food item for each day you forgot to write in your gratitude journal	Read over your gratitude journal and spend time reflecting on the challenge.					

4-H wants you to take our 2020 Gratitude Challenge! 2020 has not been an easy year, but we still have plenty of reasons to give thanks. Print this calendar and complete each daily task to help show gratitude to your Club, Community, Country, and World.

Use [#4HGrowsHere](#), [#Grateful4Her](#), and [#4HGratitudeChallenge](#) to spread an attitude a gratitude to all of your social media friends and followers.



4-H GROWS HERE