

# gratitude challenge!

challenge submissions due May 3<sup>rd</sup>, 2020 by 11:59 pm

In honor of volunteer appreciation week, the challenge this week asks you, "What are you grateful for today?" Sometimes it's easy to answer that question and other times it might be hard, so this week we'd like to offer ideas to help you recognize things to be thankful for and challenge you to express your gratitude by sharing it with someone. You may find you are grateful for someone, or something they do, or a talent you have, or resources available to you, or just simply the sunshine – but whatever it is, this week's challenge is to identify at least one thing for which you are grateful and share it with someone.

## official challenge instructions . . .

**Step 1) Think of one thing you are grateful for.** If something doesn't readily come to mind, perhaps you could reflect on what happened this week or what you may be looking forward to later today, or in the near future. Think about people in your life who care about you. Or maybe this list of gratitude prompts will help:

- A strength of mine for which I am grateful is ...
- Something money can't buy that I'm grateful for is ...
- Something that comforts me that I'm grateful for is ...
- Something that's funny for which I'm grateful is ...
- Something in nature that I'm grateful for is ...
- A memory I'm grateful for is ...
- Something that changes that I'm grateful for is ...
- A challenge that I'm grateful for is ...
- Something interesting that I'm grateful for is ...
- Something beautiful I'm grateful for is ...

**Step 2) Share your gratitude!** You could draw a picture of what you're grateful for, or write it down to share it. If you are grateful for a person or something they do, perhaps you can say thank you or write a card. Did you think of more than one thing? Can you think of more people you can share your gratitude with? Go ahead and do that! Sharing gratitude can brighten someone's day and reminds us of the positive things in our lives!

**Step 3) Email what you are thankful for, who you shared it with, and answers to the Challenge Questions to [a.hernandez-hall@wsu.edu](mailto:a.hernandez-hall@wsu.edu) by May 3<sup>rd</sup>, 11:59 pm.**

### Challenge Questions

Answers to these questions can be typed in an email, written and scanned and attached to email, or you can take a picture of your answers to attach to the email. You can ask a parent or guardian to help you.

1. What is your first and last name?
2. What is the name of your 4-H club?
3. What did you like about this challenge?
4. What part of this challenge was not so fun?
5. What did you learn while completing this challenge?

**Step 4) Earn an awesome virtual badge! We're excited to hear what you are grateful for this week!**