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OSU Extension News

November is a month known for giving thanks and something we try to do in 4-H all year long. Being intentional in our efforts of showing gratitude and recognizing what we have to be thankful for is important. Ohio 4-H has issued a Gratitude Challenge for the month of November. The great thing about this challenge is that everyone can participate!

On our Facebook page and website there is a calendar for the month of November with a different task to complete each day. Complete as many as you can throughout the month to adopt an attitude of gratitude. Use #4hgrowshere #grateful4her and #4hgratitudechallenge if you post on social media.

The more you are intentional about recognizing what you are thankful for and showing thanks, makes it become a habit that is second nature. Additionally, research shows that giving thanks has proven benefits. Psychology Today identified seven scientifically proven benefits including opening the door to better and more relationships, improving your physical and mental health, better sleeping habits, and increased self-esteem.

As you are saying thanks to the people around you, here are a few things to remember. Be intentional by taking the time to write a thank you note or speak with the person. Be personal and use their name or title. Be specific by thanking them for exactly what they did that is important to you. For example, if you received a scholarship or award, specify exactly what scholarship or award you received. Or maybe you are just thanking them for being a good friend, describe how they have been a good friend. Then be sincere by describing what it means to you or what you have learned from the experience. If you received a camp scholarship, explain how it made it possible for you to attend camp, what you did and what you learned and how you will use this in the future.

The reason for thanking them is personal to you but taking the time to show your gratitude can help foster positive benefits for them and you. Recognizing individuals and showing appreciation also encourages them to continue the behavior or action you are thankful for. With all these benefits, taking the time to be intentional about recognizing what we have to be thankful for and showing our appreciation of others should be something we all strive to do.

As part of my gratitude challenge, I would like to say thank you to each and everyone of our volunteers who have persevered in an unprecedented year to maintain a 4-H experience for our members. As volunteers, you adapted to rapidly changing situations to still offer club meetings and support to members. You helped assist them with projects and provided updates as they were available. Without your help and support, our members would not have been able to



have a positive 4-H experience this year. Thank you for all that you did and continue to do to support the youth of our county. I am excited to see what all we can accomplish moving forward. Thank you for your continued involvement.

The 4-H program is part of the Ohio State University Extension services. For more information on the 4-H program and how to get involved, contact the Brown County OSU Extension office at 937-378-6716. Due to COVID-19 our office is operating under reduced hours by appointment only. We are available by phone daily from 8am – 4:30pm M-F. You can also find more information on our website brown.osu.edu or follow Brown County 4-H on Facebook at facebook.com/brownco4h. A list of canceled and postponed events is listed on our website.

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