



Ways to Focus on Generosity



Head

- Think about who needs to be thanked – make a gratitude list.
- Think about who around you might need some help and what you can do safely.
- Play trivia on [Freerice](#) and generate funds from sponsors with the United Nations World Food Program.



Heart

- Send a virtual Thank You Card! Use our 4-H [virtual card](#) to an organization or individual you know working to keep our community healthy and safe or make your own.
- [Record a personal Thank You Video message](#) as part of a Washington 4-H statewide Thank You
- Write cards to nursing home residents or deployed soldiers – scan the cards and send them virtually! The [Kenny Pen Pal Program](#) connects youth with a resident.
- Draw a personal Thank You Message and put it in your window.



Hands

- Put a [heart](#) or teddy bear in your window to participate in a [community bear hunt](#).
- Read a children’s book and share the video for younger youth to watch.
- Host a virtual field trip or demonstration teaching others about your project.
- Make a [non-medical grade mask](#), ear band, or cap for community members.
“Cloth masks are intended to assist with respiratory etiquette only and should not be considered personal protective equipment for medical purposes. The construction of masks is a personal choice.”



Health

- Donate to the food bank – call to find out what they need.
- Grow food for your family and donate any extra produce to the food bank: [gardening resources](#)
- Challenge others to a physical activity such as a community I Spy Game or make a [Scavenger Hunt](#).
- Make a healthy snack or meal for your family using a [MyPlate recipe](#).

A Few More Fun Ideas

Possible 4-H Activities at a Distance:

- Practice Public Presentations & Demonstrations
- Independent Community Service Projects
- Exhibit Hall Arts & Crafts
- Practice Judging/ Oral & Written Reasons
- Hold a Book Club
- Start a new Project



Most Importantly

Share what you’re doing with us to help inspire others.
Stay home and stay healthy!
Need support, training, or additional ideas?
Contact your 4-H Program Staff today!

→ Abby Brandt
4-H Program Manager
Abbyb@klickitatcounty.org
[Klickitat County 4-H](#) on Facebook



4-H Grows Generosity

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