



Mountrail County 4-H Scavenger/Selfie Hunt 2025

4-H Clovers represent Head, Heart, Hand and Health



HEAD (Learning and thinking)

1. Find a book or article about a topic you know little about

Goal: read a paragraph or share 1 thing you learned.

What I learned (3pts) _____

Selfie: (5pts) Take a selfie around town where you might find books or an article?

2. Locate a map or globe

Goal: Find a country or state you would like to visit and tell a fun fact about it.

What I learned (3pts) _____

Selfie: (5pts) Take a picture of your favorite place in your town or your towns name is painted.

3. Riddle or Fun Fact

Goal: Who was born in Stanley ND in 1944 and is the author of "Natives of a dry place: Stories of the Dakota before the Oil Boom" Documents of life in a small town during the 1950's. (Might need to ask a parent/grandparent for help)

Who is (5pts) _____

Selfie: (5pts) Take a selfie with something related to the oil field or what is made from Petroleum. (example: tires) 1 extra point if it's related to Agriculture.

HEART (Caring and Compassion)

1. Do Something kind for someone else.

Goal: Leave a note for a family member, friend or teacher telling them something you appreciate about them. Or rake up a yard of leaves.

What did do that was kind and for whom: (3pts)

Selfie: (5pts) Take a selfie in front of a place in your town that takes care of people.

2. Find a plant, flower or tree.

What 2 ways do these things help the earth? (3pts)

1. _____

2. _____

Selfie: (5pts) Take a selfie with a plant, flowers or tree in the background.

3. *Write a letter to a family member, friend or future self.*

- a. Goal: tell them what is new, something exciting or maybe what you wish the future holds for you.

Who did you write a letter to? Mark with an X (3pts)

Family Member ___ Friend ___ Future Self ___

Selfie: (5pts) Take a selfie where you might mail this letter?

HANDS (working and doing)

1. *Do a quick craft project.*

Goal: use whatever supplies and materials you have in your home (paper, marker, scissors) to create something new.

What did you create? (3pts) _____

Selfie: (5pts) Take a selfie with your creation.

2. *Find something that needs fixing.*

Goal: Fix something broken- it could be a ripped paper and fixing it might need to be taped. Maybe you fixed a loose chair or put together a puzzle.

What did you fix and how? (3pts) _____

3. *Organize a small area in your room or work area (like a garage or playroom).*

Goal: Tidy up a drawer, shelf or desk and make it look organized.

Selfie: (5pts) Take a picture somewhere you might go to get something fixed?

Health (Living Healthy and Staying Active)

1. *Do a quick physical Challenge (like jumping jack or running in place).*

Goal: Do 10 jumping jacks, 10 push-ups or jog in place for 1 minute.

What did you do? (3pts) _____

Selfie: (5pts) Take a selfie at a place where you can do physical activities like this.

2. *Find a healthy snack in your kitchen.*

Goal: Choose a fruit or vegetable and share why it's good for you.

What did you choose. (1pt) _____

Why is it good for you? (2pts) _____

Selfie: (5pts) Take a selfie at a place you might get these fruits/vegetables.

3. *Take a deep Breath and relax.*

- a. Goal: Close your eyes for 2 minutes and focus on your breathing. Take deep breaths in and out. (Slowly, in through your nose. Slowly, out through your mouth)

Where is a place you like to relax. (3pts) _____

Bonus Selfie Challenge

Submission by posting on Facebook and tag @MountrailCounty4H

- 1) Find and take a selfie at all the business with the 4-H clover posted.
- 2) Take a selfie with an animal you can show at 4-H.
- 3) Take a selfie with a 4H member or Leader
- 4) Take a selfie with a group of friends all wearing “green”

How to Submit Your Form

Submission Deadline: Monday, Oct. 20 by 8am.

Email: heathertomlinson@ndsu.edu

Text: (701) 629-6009

To enter for the grand prize, please sign your name and have a parent sign that the activities listed were completed!

Entry Name: _____

Parent/Guardian Name: _____