

# 4-H At Home BINGO

Have your parent or another adult sign off that you completed your BINGO, make arrangements to return it to the office, and be entered into a drawing for \$10 item(s) of your choice from the 4-H Mall! Items in **GREEN** should also be sent to the 4-H Office. Contact me at [shari.rossow@sdstate.edu](mailto:shari.rossow@sdstate.edu) if you have questions.

A BINGO is 5 completed squares in a row: up/down, across, or diagonal. Each separate BINGO can be turned in for additional entries. 5 winners total; one prize per person. Completed cards will be accepted through May 1 – Prize drawing held May 4.



<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Give everyone in your household a compliment	Make a paper airplane and see how far it flies! What modifications can you make?	Be sure all information is correct in 4HOnline – enroll in project areas, update your animal information	Have someone record you doing a demonstration	Take a look at the 2020 State Fair Book – Find at least one new project area you want to try!
Count how many jumping jacks you can do in one minute	Selfie with an animal – bonus points if it's also your 4-H project	Practice deep breathing: 4 seconds in and 4 seconds out. Close your eyes and continue for a minute or more	Find a science experiment or engineering activity to do as a family. Have you seen Rube Goldberg machines?	Make a picture or a card – send to a grandparent or someone in a nursing home
Develop and practice your 4-H story. – Bonus if you write it down and send to the office!	Plant seeds, flowers, or a plant in a pot or outside	Work on your 4-H Record Book	Make a healthy snack	Learn at least 3 new 4-H Yoga for Kids poses – find them on YouTube!
Clean out your closet – Donate if you can. Don't forget about SD 4-H's Teens for Jeans!	Write down 2 things you are grateful for. Bonus if you can keep it up for a week!	Go for a walk with your family. Take a bag along to pick up trash in your neighborhood or public space.	Thank someone in the medical field (video shout out, picture on social media, send a card, draw a picture, etc.)	Download the 4-H Inspire Kids To Do or the 4-H Healthy Living Activity Guide and do at least one activity from the guide
Practice your photography skills! Take a photo, then find where to enter it at the fair	Prepare a meal (or help) for your family. Think about entering Special Foods!	Read a new book	Find a resource (article to read, instructions to print) for a 4-H project to do	Attend a virtual webinar/Facebook live OR listen to a TEDtalk/YouTube video on any project area you are interested in



I love 4-H

