



Rules: How to enter the challenge

Let's savor MN Summer together! We want to see what Summer (social distancing) activities move you! Here's how to enter:

- Follow @momsdishmn on Instagram or Facebook
- Download OR print the checklist and GO out and embrace the Minnesota Summer!
- Take a picture when you are out exploring.
- Use the hashtag #exploremnsummer and Tag @momsdishmn on your post so we know to enter your name in our drawing.
- Each tag gets ONE entry
- Be entered to WIN one of (2) \$50 gift cards to one of the locally WOMEN owned restaurants featured on our guide.

BONUS There are 3 children's worksheets included for kids to draw a photo of their experience, complete a scavenger hunt, and/or do a silly Mad Lib. Share the completed worksheet (don't forget to tag us) and be entered to win one of FIVE children's book from a local author!



Explore Points of Interest

- [The Sculpture Garden, Minneapolis](#)
- [Stillwater Lift Bridge](#)
- [Caponi Art Park, Eagan](#)
- [Duluth/Superior Area-Lake Superior, Split Rock LightHouse](#)
- [Arboretum](#)
- [Arboretum, Northfield](#)
- [The Stone Arch Bridge](#)
- [Berry Picking](#)
- [Paul Bunyon and Babe the Blue Ox](#)
- [Green Giant Statue Park](#)
- [Summit Avenue-the St. Paul mansions](#)
- [Rice Park- Look for the Peanuts statues](#)
- [Mears Park](#)
- [Harriet Island](#)
- [Canoe or boat rental at any area lake](#)
- [Midway Murals](#)
- [Vali-Hi Drive-In](#)
- [Franconia Sculpture Park](#)
- [World's Largest Crow](#)
- [Sidewalk Harp, Minneapolis](#)
- [Airplane Viewing Area](#)
- [Basshenge Bass Sculptures](#)
- [Elf Door at Deming Heights Park](#)
- [World's Largest Ball of Twine](#)
- [Broken Down Dam Park](#)
- [Ellsworth Rock Gardens](#)

Explore Minnesota Women Owned Restaurants

- [Bryant Lake Bowl](#)
- [Book Club](#)
- [Tiny Diner](#)
- [Barbette](#)
- [The Grand Cafe](#)
- [Hai Hai](#)
- [Pizzeria Lola](#)
- [Young Joni](#)
- [Wendy's House of Soul](#)
- [Twin Spirits Distillery](#)
- [Rainbow Chinese](#)
- [Urban Growler](#)
- [Psycho Suzie's](#)
- [Cheesecake Funk](#)
- [Birchwood Cafe](#)
- [Honey and Rye](#)
- [MN Nice Cream](#)

- [El Burrito Mercado](#)
- [At Sara's Table Chester Creek Cafe](#)
- [Joan's in the Park](#)
- [Milah's Royal Bistro](#)
- [Bogart's Doughnut Company](#)
- [Maria's Cafe](#)
- [Glam Doll Donuts](#)
- [Sweet Science Ice Cream](#)
- [Wholesoul Eatery](#)
- [Limu Coffee](#)

Explore Nature

- [Sheridan Memorial park](#)
- [Gold Metal Park](#)
- [3 Rivers Park District](#)
- [Wood-Rill Scientific and Natural Area](#)
- [Normandale lake and Japanese Garden](#)
- [Lake Phalen](#)
- [Hidden Falls Regional Park](#)
- [Lyndale Peace Gardens](#)
- [Prairie Wetlands Learning Center](#)
- [Veterans Memorial Park](#)
- [Woodlake Nature Center](#)
- [Voyageurs National Park](#)
- [Vince Shute Wildlife and Bear Sanctuary](#)
- [Hyland Park Reserve](#)
- [Eloise Butler Wildflower Garden and Bird Sanctuary](#)
- [Vermillion Falls Park](#)
- [Lost 40 SNA](#)
- [Touch the Sky Prairie](#)
- [Theodore Wirth Park](#)
- [Minnehaha Falls](#)
- [Charlotte Partridge Ordway](#)
- [Frontenac State Park](#)
- [Big Bog State Recreation Area](#)
- [Crosby Farms Regional Park](#)
- [Como Park](#)
- [Barn Bluff Scenic Point, Red Wing](#)
- [Eastman Nature Center](#)
- [Springbrook Nature Center](#)
- [Terrace Oaks Park, Burnsville](#)
- [Fort Snelling](#)
- [Gunflint Trail](#)
- [Westwood Nature Center, St. Louis Park](#)
- [Louisville Swamp, Jordan](#)
- [Afton State Park](#)

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- ❑ [Lebanon Hills, Eagan](#)
- ❑ [Whitewater State Park-Winona](#)
- ❑ [Whitetail Woods Regional Park](#)
- ❑ [Gavin Heights Overlook, Winona](#)
- ❑ [Devils Kettle, Grand Marais](#)
- ❑ [Preserve Park, Farmington](#)
- ❑ [Spring Lake Park Reserve](#)
- ❑ [Daisy Knoll Park](#)
- ❑ [Ritter Farm](#)
- ❑ [Thomas Lark Park/Trails](#)
- ❑ [Nerstrand Big Woods State Park](#)
- ❑ [Carpenter Nature Center](#)
- ❑ [Sugar Loaf Cove](#)
- ❑ [Trapp Farm Park](#)
- ❑ [MN Valley Wildlife Refuge](#)
- ❑ [Hempker Park and Zoo](#)
- ❑ [Long Prairie River State Trail](#)
- ❑ [Carlson Lovable Llamas](#)
- ❑ [Rebecca Park Reserve](#)
- ❑ [Elm Creek Park Reserve](#)
- ❑ [Big Pond Loop-Northfield](#)
- ❑ [Enger Park and Tower](#)
- ❑ [Minneopa Falls](#)
- ❑ [Water Power Park](#)
- ❑ [Alexander Ramsey Park and Waterfall](#)
- ❑ [Boundary Waters](#)
- ❑ [Helen Allison Savanna Scientific
and Natural Area](#)
- ❑ [Munsinger Clemens Gardens St. Cloud](#)
- ❑ [Lake Pepin](#)

Explore MN Summer Challenge Scavenger Hunt

Name: _____ Age: _____

Find 4 or more items from below, check them off and be entered to win one of five children's books by a local author! (Don't forget to tag us @momsdishmn)



A SCULPTURE



WATERFALL



LIFT BRIDGE



LOCAL ICE CREAM



LOCAL DONUTS



CANOE



MURAL



LILLIES



BLUFFS



HEAR/SEE A LOON



COWS



HISTORIC MANSION



FISH IN WATER



LOCAL PIZZA



LIGHTHOUSE



ISLAND



#ExploreMNSummer

@MomsDishMN

Minnesotan Mad Libs

Name: _____ Age: _____

Fill out your Mad Lib with a caregiver or friend and share your silly story with us! (Don't forget to tag us @momsdishmn)

Once upon a time in the land of 10,000 _____ (plural noun) there was a child named _____ (Name of friend). They LOVED to explore while outdoors! During their walk that day, they stumbled across a _____ (adjective) _____ (noun). They were so _____ (adjective) that they _____ (verb) and told their friend the _____ (type of animal) all about it! Afterwards it was lunch time, it was a hot dish made of _____ (noun) and _____ (noun). It was really _____ (adjective)! After lunch _____ (Name of friend) headed back outside to look for _____ (body part). They even found some _____ (adjective) _____ (noun) in a leaf pile! After a long day of _____ (verb ending in -ing) their parent let them know it was time for bed. They sat in bed and listened to the sound of loons _____ (verb ending in -ing) and drifted off to sleep. What a _____ (adjective) day!



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Name: _____ Age: _____

I visited _____
from the MomsDishMN Explore MN Summer Challenge.



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