



DAY 1 • MARCH 17, 2020

DAILY DIGEST

RESOURCES FOR FAMILIES TO LEARN AT HOME
from the South Dakota Statewide Family Engagement Center

Tomorrow is:

**NATIONAL
AWKWARD
MOMENTS DAY!**



[CLICK HERE](#)
for ideas to celebrate

**VIRTUAL
TOUR OF THE DAY:**

Visit **IRELAND**

[CLICK HERE](#)
to visit

COMMUNITY FOOD RESOURCES

The spread of the novel Coronavirus (COVID-19) has forced our communities and schools to rapidly adjust daily routines. With school cancelled this week, it can be very stressful on families, especially when it comes to ensuring your children have access to adequate meals. Below is the contact information for Helpline Center, which is monitoring the intake for COVID-19 calls across South Dakota. We have also provided a link that takes you directly to a food resource page. This resource page has food distribution sites filtered by area.

If you are in need of food resources, you also may consider calling your local churches, fire stations, elementary schools, and police stations to gather information on the nearest food distribution site. Each community's response is different, but people across South Dakota are dedicated to helping families stay healthy and fed during this crisis.

Contact Helpline Center 211 for more info:

- To speak with someone dial **1-800-997-2880** through the SD Dept. of Health OR dial **211**
- Check for COVID-19 food resources in your area by [CLICKING HERE](#)

Content provided by **SOUTH DAKOTA** 
STATEWIDE FAMILY ENGAGEMENT CENTER

With the support of the Community, Family, and Special Services Team of Black Hills Special Services Cooperative

[CLICK HERE to learn more about our team](#)



ACTIVITY IDEAS

STEM Activity

M&M STEM

Find out what sorts of liquids affect the coating on M&M's. Observe and record!

[CLICK HERE](#)

Self-Paced Lesson

Intro to St. Patrick's Day

Learn about the history of St. Patrick's Day in this self-paced lesson.

[CLICK HERE](#)

Mindfulness

Rainbow Breath

Learn how to raise your energy and face your day with this Rainbow Breath video.

[CLICK HERE](#)

Physical Activity

Shamrock Shake

Celebrate St. Patrick's Day and dance along with Koo Koo Kanga Roo's Shamrock Shake.

[CLICK HERE](#)

Art

End of the Rainbow Twirlers

This activity uses paper plates, paint, and colored paper to create a hanging St. Patrick's Day craft.

[CLICK HERE](#)

Fun

Green Scavenger Hunt

To celebrate St. Patrick's Day, have your children look through your house and yard to identify GREEN objects.

[CLICK HERE](#)

[CLICK HERE](#) more home learning resources from SD SFEC!

