



# #kdysonlineclub

## Week 1

**A Positive Activity  
program for all the family**



Available on all our social media sites!



**Share with us by posting pictures or  
videos with the hashtag :**

# #kdysonlineclub

# KDYS ONLINE CLUB

## A Tech Free Time With Family In Your Home

Join KDYS In Taking  
Time Out & Getting  
Active With Your Family  
In A Positive Way.

Follow Our Positive  
Activity Program In Your  
Home Each Week We will  
Suggest New Activities

Share With Us By Posting  
Pictures/Videos With  
#kdysonlineclub



For More Info Contact Local  
Youth Centre

### This Weeks Positive Activity Program:

- Indoor Treasure Hunt
- Indoor Family Picnic
- Create A Book Club
- Yes/No Game (answer questions 30 secs without using yes/no) - Question Examples on KDYS Social Media
- Play A Board/Card Game
- Cook A New Recipe - Recipe Suggestions on KDYS Social Media
- Create A Family Tree

KDYS Listowel (085) 8011172

KDYS Tralee (085) 7599567

KDYS Castleisland (085) 8729488

KDYS Killarney/Cahirseven (087) 7801575

# Cupcakes

**Cook Time: 20 Mins**

**Makes: 12**

## Ingredients:

125g/4oz Self Raising Flour  
125g/4oz Butter or Margarine (room temperature)  
125g/4oz Caster Sugar  
2 Eggs (room temperature)  
Few Drops Vanilla Essence

## To Decorate:

125g/4oz Butter (room temperature)  
225g/8oz Icing Sugar (sieved)  
Few Drops Vanilla Essence  
Selection Food Colouring  
Sweets (optional)



## Method:

1. Preheat oven to 180°C/350°F/Gas 4 Line cupcake tin with baking cases.
2. Beat the butter/margarine and sugar together until light and fluffy. Gradually beat in the eggs and the vanilla essence. If mixture starts to curdle, add a little of the flour.
3. Gently stir in remaining flour with a spoon. Place spoonfuls of the mixture into the baking cases and bake for 15-20 minutes until firm to the touch.
4. Remove from the oven and leave to cool on a wire tray.
5. Make buttercream by beating the butter, icing sugar and vanilla essence together until smooth and creamy.
6. Divide the icing into separate bowls for each colour you want to use, gradually add the colouring, mixing well until required colour is achieved.
7. Pipe or swirl icing onto each cupcake. Top with sweet if liked!



# Yes/No Game

## Few Questions To Get You Started

1. Do you take a shower every day?
2. Did you put make up on today?
3. Can you play an instrument?
4. Are you wearing jeans?
5. Are you tired?
6. Are you 23?
7. Are you working?
8. Do you wear glasses?
9. Do you watch tv?
10. Can you swim?
11. Is she your friend?
12. Have you been to the beach?
13. Have you ever been on an aeroplane?
14. Are you a vegetarian?
15. Are you wearing a necklace?
16. Have you ever seen an UFO?
17. Do you like fish?
18. Have you ever had surgery?
19. Do you like junk food?
20. Do you do your own laundry?
21. Do you drink coffee?
22. Do you like sports?
23. Do you like chocolate?
24. Do you wash your hair every day?
25. Are you blond?
26. Have you ever kissed a dog?
27. Do you like Christmas?
28. Can you ride a bike?
29. Are you a good dancer?
30. Do you play tennis

YES

NO

**Person to answer the most questions in 30 seconds without using  
yes/no answers wins!!!**

# Frozen Banana Popsicles

**PREP: 10 MINS**

**COOK: 5 MINS(plus freezing)**

**SERVES 4**

## Ingredients:

- 2 Bananas**
- 4 Large Strawberries**
- 100g Natural Yogurt**
- 200g Dark Chocolate**
- 1 tbsp Sprinkles**
  
- 4 Wooden Lolly Sticks**



## Method:

- 1. Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.**
- 2. When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.**
- 3. Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.**
- 4. Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.**
- 5. The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.**

# No Bake Crispy Flap Jacks

## Ingredients:

- 150g Porridge Oats
- 75g Brown Sugar
- 100ml/6 tablespoons Golden Syrup
- 125g Crunchy Peanut Butter
- 1 teaspoon Vanilla Essence
- 75g Sultanas
- 75g Rice Crispies



## Method:

1. Lightly grease a swiss roll tin 28cm x 18cm/ 11" x 7" or line tin with greaseproof paper.
2. Put the brown sugar and syrup into a saucepan over a medium heat until just boiling, then remove from the heat.
3. Add the peanut butter and vanilla essence and stir until smooth.
4. Meanwhile in a large bowl, mix together the oats, sultanas and rice crispies. Pour the saucepan contents over the cereals and mix well.
5. Press into the prepared tin using wet hands. Allow to cool, then cut into squares.

## Notes:

Smooth peanut butter can be used instead of crunchy.

Sultanas may be replaced with chopped cherries.

Wrap in greaseproof paper when cold to keep fresh and crunchy.

