



# #kdysonlineclub

## Week 2

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



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# #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**

## **Week 2**

### **Positive Activity Program:**

- Create Your Favorite Music Playlist
- Play Our "Emoji Movie Quiz" - Questions/Answer Sheet Attached
- Indoor Camping Night
- Hold A "Kerry's Got Talent" Show
- Play "I have Never" - Game Rules Attached
- Cook/Bake A New Recipe
- Play "A Lie & 2 Truths" - Game rules Attached

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# Cooking With Kids: Fajitas

## Ingredients:

4 Chicken Breasts (cut into chunks)  
Olive Oil (to cook)

### Marinade:

4 limes (juice only)  
2 tsp Fajita Seasoning  
4 Spring Onions (finely sliced)  
1 Garlic Clove, crushed

### Salsa:

1 Red Pepper  
½ jar Roasted Pepper  
1 Small Apple (peeled)  
4 ripe tomatoes  
½ lime (juice only)  
Small Bunch Coriander  
Chilli Sauce (optional)

### Guacamole:

2 Ripe Avocados (halved and stone removed)  
½ lime (juice only)  
Grated Cheese (to serve)

### To Serve:

6 - 8 tortillas



## Method:

- 1. Grown-ups:** Put the chicken and marinade ingredients in a bowl and cover. Put in the fridge for at least two hours.
- 2. Children:** If your children are 5 or over, you can get them to roughly chop the pepper, roasted pepper, apple and tomatoes for the salsa using a good quality firm plastic knife or cutlery knife. Otherwise do this yourself. Younger children can pick the leaves from the coriander and mix them into the salsa.
- 3. Grown-ups:** Tip the salsa ingredients into a food processor, along with the lime juice and a little seasoning and pulse until finely chopped. Take out 2 large spoons of the mixture for younger children, then add chilli sauce, if using, and pulse again to combine.
- 4. Children:** Squeeze or spoon the avocado into a bowl and use a potato masher to mash it. Stir in the lime juice and some black pepper with a spoon. Lime juice can sting so grown ups may want to squeeze them for younger children.
- 5. Grown-ups:** Heat a little olive oil in a frying pan and pour the contents of the chicken bowl into the pan. Cook for 5- 8 minutes or until the chicken chunks are cooked through.
- 6. Children:** Put the grated cheese, salsa (for grown-ups and children), guacamole and sour cream in separate colourful bowls to put on the table.
- 7. Grown-ups:** Heat the tortillas according to the pack instructions and put the cooked chicken in a bowl. Show children how to fill and roll their tortilla.
- 8. Children:** Layout your tortilla, choose your toppings, roll them up and eat!



# "Lights Out"

## Positive Activity Sheet Week 2

### Game 1: I Never Ever

#### **You Will Need:**

Packet of Sweets

#### **How To:**

1. Hand out an equal amount of candies to each player.
2. Let all players sit down in a circle.
3. Now walk around the circle and say things that begin with the phrase 'I never ever.' For instance, "I never ever had a full chocolate bar at night"
4. After every sentence, whoever did that activity has to eat one candy from his pile. The person who finishes all the candies first is the winner.

### Game 2: A Lie & Two Truths

#### **You Will Need:**

Packet of Sweets

#### **How To:**

1. Give equal number of candies to each player. Ask each player to take turns at the game. One player says three sentences about himself, a lie, and two truths. The others have to guess which one is the lie. If someone guesses right he gets a candy. For every wrong guess, the teen has to give a candy.
2. The player who collects the maximum number of candies is the winner.

# Victoria Sponge Cake

**COOK TIME: 20 mins**

## Ingredients:

200g Self Raising Flour  
200g Butter (at room temperature)  
200g Caster Sugar  
1 level teaspoon Baking Powder  
4 Eggs, beaten  
2 tablespoons Milk

## Filling

125g Butter (room temperature)  
175g Icing Sugar  
Few drops Vanilla Essence (optional)  
Jar Raspberry Jam  
Icing Sugar, for dusting



## Method:

1. Preheat oven to 180°C/350°F/Gas 4 Grease and base line two 18-20cm/7-8" sandwich tins.
2. In a large bowl, beat all the cake ingredients together to form a smooth soft batter.
3. Divide the mixture between the prepared tins and smooth the top with back of spoon. Bake for about 20 minutes until golden brown and the cake springs back when pressed.
  4. Turn onto a wire tray or cooling rack and allow to cool completely.
5. Meanwhile, make the filling by beating the butter until smooth, then gradually beat in the icing sugar. Finally, beat in the vanilla essence, if used.
6. Spread the buttercream filling over the base of one of the sponges, spread the jam over the other and sandwich the two.
  7. Dust with icing sugar before serving.
8. Store in an airtight container and enjoy within 3 days.

# Can you guess the movies?

GUESS THE MOVIE:

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# Can You Guess The Movies?

## Answer Sheet

1. Life of Pi
2. Sweeny Todd
3. Harry Potter and the Goblet of Fire
4. I Know What you Did last Summer
5. Broke Back Mountain
6. Pearl Harbour
7. Cinderella
8. Thor
9. Planet of The Apes
10. Titanic
11. The Devil wears Prada
12. Eat Pray Love
13. ET
14. The Ring
15. Edward Scissor hands
16. Forest Gump
17. Babe
18. Kung Fu Panda
19. 27 Dresses
20. Lost in Translation
21. Ninja Turtles
22. Men in Black
23. Happy Feet
24. 2012
25. Independence Day
26. UP
27. Lord of the Rings
28. Final Destination
29. The Curious Case of Benjamin Button
30. American Pie

